

BETHEL Senior Center

Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801 Telephone: 203-792-3048; 203-794-8593; FAX 203-744-3812

Hours: Mon. - Fri. 8:30 am - 4:30 pm. STAFF: Lisa Plumb, Maureen Decker, Ana Ross, Marie Zappala
50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

Baby it's Cold Outside... Tips on Keeping Yourself & Home Warm & Safe

When temperatures drop, it is risky for everyone, but for the elderly, it can be fatal. Seniors are particularly susceptible to complications from winter weather, falls, influenza and hypothermia.

Tips and advice for the seniors in our community as to how they can protect themselves against the dangers of winter.

- When going outside, make sure you wear a warm coat, mittens and a hat. Mittens are warmer than gloves as your fingers touching will help to generate some heat. A hat is also very important as 30 percent to 50 percent of heat loss occurs through the head.
- Make sure that sidewalks and driveways are clear and sanded or salted to minimize the risk of slips and falls.
- Make sure you have plenty of blankets to keep warm while you sleep.

Another noteworthy tip is the importance of eating nutritious foods, as this will provide energy for your body and help to keep you warm.

Also very important during cold, dry weather is making sure you get enough fluids, at least six to eight glasses of liquid daily to avoid becoming dehydrated. Drinking the recommended amount of fluids daily can also help to prevent dry-skin problems.

Be aware of the medications that you are taking, as certain medications can cause dizziness or affect the blood vessels' ability to respond to temperature changes.

Seniors also need to be aware of hypothermia. This is a condition of below-normal body temperatures and can occur when the body's temperature is at or below 96 degrees. Persons who are older than 75 years are five times more likely to die from hypothermia than those younger than 75.

The Connecticut Energy Marketers Association has some tips for keeping your house warm and safe and keeping your pipes from freezing.

Remember, your plumbing is only as safe as its coldest pipe, so think about where the coldest pipe is – maybe the basement where you don't have the heat on, maybe a pipe against an outside wall where there's little insulation? CEMA recommends keeping your thermostat, even programmable ones, no lower than 60.

If your sink is against an outside wall, open the cabinets underneath to let the warm air from the house get at those pipes. Also, moving water is much less likely to freeze, so if you're worried about pipes freezing, open your faucet so it drips a little and keeps the water moving.

And if you see some snow this week, CEMA reminds you to shovel a path for your oil delivery person, and keep the vents for your heating system free of snow. -"WTNH"

Valentine's Party!

Friday, 2/13/15 at 12 noon the BSC will once again get on their dancing shoes and kick their heels up to the Boot, Scoot & Boogie, Macarena, Electric Slide and other popular favorites. Music by our favorite Solid Gold x2...the wonderful Josie and Bob Schmidt. Lunch will include chicken marsala, rice pilaf, green beans and almonds, salad, and cheesecake.

All for \$10./person.

Please register at the BSC before it is sold out.

Let's Hang On!

Foxwoods Casino+ Show

Thursday, May 21, 2015

The nation's most popular Frankie Valli & the Four Seasons Tribute Show at Foxwoods Casino! The bus package includes free Foxwoods Buffet and \$10. slot play. Prices for the show are \$71. each and for the bus without the show are \$26. All prices include the bus package and the tip for the driver. The bus will leave BSC at 8 am and depart Foxwoods Casino at 4:45 pm. Please come in to the BSC to sign up. Our trips sell out quickly.

Handmade Card Workshop

Fri., 2/6 - 4:30-6:30 pm (\$10.); or Fri, 2/6; 7 pm-9 pm (\$10.) or Sat. 2/7 ;10 am - 12 noon (\$10.); or Sat. 2/7 ; 1 pm-3 pm (\$10.)

Greeting cards are so expensive. Why not make your own? In this workshop you will make at least 5 handmade, professional looking cards at a fraction of the cost it takes to buy a card.

Choose from one of the workshops above or attend all of them! If you plan on attending multiple workshops please bring lunch and/or a snack. Register at the BSC in advance.

Information Technology Day

at Bethel High School on Thurs., 2/19/15,
 9:15 am to 10:30 am

Learn how to use your laptop, IPAD, IPOD, Kindle, smart phone, or cell phone. If you don't know every function of the device this class is for you. Learn from the students who teach you one-on-one easily how to use *your* device and answer *your* specific questions.

A great class that has been very popular in the past. Sign up early at the Senior Center. Free.

Tax Assistance

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/11/15 through 4/15/15 from 9 am to 12 noon . Please call the BSC to make an appointment.

Appointments fill up quickly so *please* make your appointment early to avoid disappointment.

PROGRAMS

AARP Safe Driving Course - 2/24; 9 am. \$15 members/\$20 non-members. Sign up by calling the BSC.

Art Class-Thurs., 12:30 -3:30 pm. Work on any painting or drawing using the medium of your choice. \$3.

Basketball- Mon./Wed. at 11:30 am a group meets in the gym to play a leisurely game of basketball. Free.

Bible Study-Taught by one of our members, a bible book or verse is discussed each week. Free on Wed. at 10:30 am.

Band Practice-Please sign up in the office if interested in joining a new band being formed at the BSC.

Bike Club- Fall is a beautiful time to ride! Go for a leisurely 10 - 20 mile ride. Varied routes. Wed., at 9 am. Stop by the office for information and schedules. Free.

Billiards- Mon./Wed. at 1 pm. Please call to register. Free.

Bingo - Open to all. \$2.10 (in dimes). Fri., 1pm.

Board Games - Anytime throughout the week. Just ask!

Bridge- Wed. / Fri. at 1:00 pm. New members welcome. Free.

Canasta- A card game played Thursdays at 10 am. Free.

Ceramics-Our new program is growing weekly in our newly decorated and nicely organized ceramic studio. There's an awful lot of laughing coming from the studio when ceramics is in session. If you want to have fun and be creative...this is the class for you! \$ 2/class. Classes held Tu/Th. from 9 am- 1 pm.

Chair Yoga-Chair Yoga is great for those having difficulty getting down on the floor or need a chair to hold on to. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Wed. at 10 am., Fri., 11am. \$ 2/class.

Chorus- Wed. at 10 am. All are welcome. Free.

Circuit Training- Nautilus equipment plus exercise stations throughout the room. Timed sessions. 10:15 am-Tu./Thurs. \$3.

Computer-This free course is individualized to what *you* want to learn. Members may sign up for a one-month session. Mon., 2:00 p.m. Limited seating. Please sign up in the office. Free.

Country Dance-Fri. at 10:30 am is the time to do-si-do, swing your partner, and enjoy both square and line dances with a group of upbeat, fun participants. Only \$2.

Crafts-A new group starting that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Wed., 2 pm. Free.

Creative Writing-Tap into your creative talents by penning your thoughts or stories. Led by a passionate writer, this group meets Mondays at 2:00 pm. \$ 2./class.

Crochet & Knit-A lively group of ladies crochet and knit for our annual holiday shoppe as well as a variety of charity work. The yarn is provided. All you need to do is show up! Thursdays at 9:30 am. Free.

Genealogy-Members may sign up for this popular course, on a 1-month basis, held on Tues. at 11 am. Search your family tree under the instruction of Kevin Cleary. Members have found out interesting facts and relatives they didn't know they had! Limited seating available. Free.

Italian Class-Wed., 1 pm the Italian class learns Italian words, history, & culture. Fee - \$2. The instructor plans an annual trip to Italy each year.

Line Dancing-We have a new instructor and new dances! She will amaze you with her energy and enthusiasm. Join us on Tues. from 2:30 pm - 3:30 pm. \$3./class.

Movie Matinee on Mondays; - Best deal in town...free movies and popcorn. A relaxing way to spend an afternoon. *Please see page 3 for a list of all movies shown.* 1 pm.

Piano Lessons-Have you always dreamt of playing the piano but never had the chance to take lessons? That's what retirement is for! We have a very patient teacher who is encouraging and she makes it all seem so easy. \$60/4 weeks. The lesson is 30 minutes on Fridays.

Ping-Pong - New Time! We have a new table and are looking forward to upcoming tournaments. Come practice Thursdays at 1 pm. Free.

Pinochle-Every day 10 am - noon. New players welcome!

Poker-A popular card game played every day at 1 pm.

Positive You - This class focuses on positive self image and learning techniques to improve your mind, body, and spirit. Relaxation and motivation skills will be presented and demonstrated. An interactive, feel-good program. Seasonal.

Reflexology - 3rd Tues., 10:00 am. - 12 noon. Please call the BSC office for an appointment.

Quilting- Thursdays at 1 pm. Members meet to work on a Quilt of Valor for our Veterans. Free.

Scrapbooking - The art of taking photographs and embellishing them in an album using phrases, quotes, and decorative art. Frames, clip art, die cuts, and stories are used to embellish the photos. A wonderful trendy craft that makes a great gift or keepsake. No experience necessary. Bring your photographs and a 12" x 12" album. Free. Thursdays, 2 pm.

Set Back-Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try!

Seniorcize-One of our most popular programs. Get back in good shape, move to great music. Members love this program. You can too! Tues/Thurs from 9-10 am. \$2.

Spanish Class- Mon. 10-10:45 am. \$4.

Tai Chi-Tai Chi, is a mind-body practice in complementary & alternative medicine. Many people practice tai-chi to improve their health and well-being Th., 11 am.; \$3 per class monthly fee; \$4/walk-in fee.

Tap Dance - NEW INSTRUCTOR! Mon., 12 -1 p.m., \$4.

Toastmasters-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. Free.

Walking Club- Fall strolls through our beautiful town. Meet Tues. in the office. The group leaves at 8:30 am. Free.

Wii Games-Bowling on Tues., Wed., Fri. at 9 am. Free.

Writing Your Memoirs-Each week a topic will be discussed encouraging you to pursue writing about that time in your life. Friday, 1:00 p.m., Free.

Yoga-Wed. at 11:00 am.; Fri.- noon, \$2

Zumba-High energy, fast moving exercise. A good workout with latin rhythm music. Mon., Wed., Fri. at 9-9:45 am. \$3.

SPECIAL EVENTS

Come out to the Movies

Best deal in town...free movies! A relaxing way to spend an afternoon. *Popcorn will be on sale for 50. cents beginning in 1/2015.* Movies begin at 1 pm.

2/9 The Fault in my Stars;
2/23 Maleficent.

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

2/6-"Heart Health" by Masonicare

2/27- Pain & Stress Relief by Exercise Physiologist, Janet Schroeder.

BETHEL SENIOR CENTER COOKBOOK

Bring in your favorite recipes to be included in our cookbook.

If you have not submitted a recipe please do so quickly so you can be included in our Cookbook.

The Committee will be working on the cookbook soon.

IMPORTANT NUMBERS & MEETINGS

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

12/8, 10:30 am.

Commission on Aging Meeting

11/10, 2:30 pm.

Supplemental Nutrition Assistance Program

(every 2nd Thurs., 9 am - 2 pm)

V.N.A. Blood Pressure Clinic

2nd Fri. of month: 10:30 am

Kathy's Corner

In need of donations!

Adaptive equipment is available at the Senior Center for loan free of charge to any resident or BSC member in need. Items available include canes, walkers, commodes, shower/tub benches, wheelchairs and transfer chairs. However, no electric wheelchairs or beds are accepted. Please do not leave items outside of the Senior Center. Donations accepted only during business hours.

February Birthdays

- 1 Lorraine Settani, Betty Jane Dinto
- 2 Maura Lombardi
- 4 Mary Baille, Bill Hasselberger,
- 5 Johann Henits, Jean Ross
- 6 Patricia Pudelko, Dolores Simpson
- 7 Susan Wohlken, Mary Stanis, Olive Lawlor, Alena Mica
- 8 Elizabeth Grecco, Charlotte Douglas
- 9 Betty Croal, Delores DeMarzio
- 10 Pat Sell, Julia Holmberg, Marguerite Linse
- 11 Noreen Mola, Ana Ross, Joan Anderson, Joan Summers,
- 12 Donny Fazotico
- 14 JoAnn Halas, G. Jean Stith
- 15 Kathy Keith
- 16 Doris Settani, Patricia Clancy, Joan Kahn
- 17 John Barnick
- 18 Al Barney, Beverly Hasselberger, Dot Sutton, Dave Fine, Elaine Edwards, Luann Trombetta
- 20 Peggy Townsend
- 21 Nanny Snellman, Sandy Poletti
- 22 Shirley Sniffin, Carol Fusaro
- 24 Samuel Mazza
- 25 Jane Ventrella
- 26 Bertha Hallock
- 27 Elizabeth Hill, Barbara Krebs, Kathy Moody, Jeanne Ofiero
- 28 Maggie Butler

February Anniversaries: 2/11 Bob & Maria Baron

Our deepest Sympathy to the families of:

Susan, daughter of Rosalie & Bernie Lichtenstein

Ellin Anderson

DELAYED OPENING: Please note the new policy:

If the Bethel Schools are closed because of weather the BSC will be closed. If the Bethel schools are **delayed because of weather the Bethel Senior Center will have the same delayed opening.** Scheduled programs will be cancelled if normally held prior to the delayed opening.

The Bethel Senior Center is closed:

if the Bethel Schools are closed.

Also closed: President's Day-2/16/15.

Find us On the Web...

We are officially on-line. You may find our newsletter by going to the Town of Bethel website at bethel-ct.gov. Go under the "Departments" tab and click "Senior Center". Once on the Senior Center page you can click on to the "newsletter". *Please notify the BSC office if you are able to read the newsletter on line and no longer require us mailing you a newsletter. Thank you.*

TRIPS & SPECIAL EVENTS

Please sign up at the Bethel Senior Center.

Feb. 13 Valentine's Day Party, \$10.

Mar 3 Mohegan Sun Casino, \$25.

Mar. 12 Irish St. Pat's Celebration at Gavin's, \$85

Apr. 1 Broadway Show, NYC: Choice of:
"Kinky Boots" or " Gentleman's Guide to Love
& Murder", includes lunch at Pietrasanta . \$210.

Apr 20-24 Las Vegas, Nevada, \$1131.

Apr. 29 West Side Story, Westchester Broadway Theatre , \$81.

May 21 New! Just added... Foxwoods Casino and
Frankie Valli & 4 Seasons Tribute Show. \$76. bus/show;
\$26. casino/no show.

May 27 - 29 Maine Coast Tour, \$479. Double;
\$589. Single; \$464. Triple.

Lower Electric Bills? Count me in!

On Thursday, 2/12 Karl Noivadhana will present a program to give suggestions on how to lower your electric bills.

Art Class - Hanging Party

2/19/15

Bring in a pot-luck dish and your Art work to hang throughout the Municipal Center, 1st floor, under the guidance of Adele Moros. 12:30 pm.

Happy Chinese New Year!

Chinese Lunch - 2/19/15, noon. \$2.75.

Please register at the BSC in advance.