

# 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 - 4:00 pm. STAFF: Lisa Plumb, Rosemary Cywin, Joan Simpson, 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

## **WINTER TEA & PURSE SALE !**

**Friday, February 12, 11 am – 1 pm**

**~ Limited seating ~**

**\$6.00/per person. Please register in advance.**

Enjoy an afternoon of lunch, tea, & refreshments as you bid on purses. We have been collecting lovely gently used & new purses for months and are ready to have a spectacular sale. There are great bargains and great gift items available. Silent auction, raffles and more...Don't miss this fun event. Hats and gloves are welcome and encouraged!

***Quilt Raffle** – Our Quilting Group made a lovely Spring flower quilt. Tickets are on sale at the Senior Center daily. The quilt will be raffled on 3/18/16, 12:30 p.m.*

### **Tax Assistance**

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/10/16 through 4/13/16 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.

### **Game Night & Dinner with the Titans !**

Come meet the new Danbury Titans hockey team as they host a Dinner and Game Night at the Bethel Senior Center. *Bethel Senior Center Night* will be announced where you can receive free tickets to take your grandchildren to a hockey game at the Danbury Ice Arena. Great fun!

Date to be announced.

### **DELAYED OPENING:**

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. (Example: 8:30 a.m. , normal opening time. 90 minute delay would make the Senior Center open at 10:00 a.m. Any program schedule prior to 10:00 a.m. would be cancelled. Any program scheduled after that time would be held.)

**The Bethel Senior Center is C L O S E D :**  
**President's Day, 2/15; & Good Friday 3/25.**

# PROGRAMS

**AARP Safe Driving Course** 2/11; 9 am. \$15 members/ \$20. non-members. Sign up by calling the BSC.

**Adult Meditative Coloring**, Mondays, 10 am - 12 noon. Free.

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

**Art Class - Special** - Mondays, 1 pm - 3 pm, \$25./ 4 weeks.

**Astrology** - Fridays, 9:30 am - 11 am.

**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.

**Bike Club**- Will resume in the Spring. 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. at 10 am. Please call to reserve the table. Free.

**Bingo** - Open to all. \$2.10 (in dimes). Fri., 1:15 pm.

**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 noon. Free.

**Ceramics**- 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! \$ 3/class. Classes held Mon/Tu/Th. from 9 am- 12 noon.

**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. 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., 1:00 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 group of members that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Special projects, also. Wed., 1 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. \$ 3./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 - \$3.

**Line Dancing**- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us FOR A Thurs. from 1 pm - 2 pm. \$3./class. A great leg exercise!

**Movie Matinee on Mondays**; - Best deal in town...free movies and popcorn/candy available for sale. 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. (9 am - 12 noon)

**Pinochle**- Every day 10 am - noon.

**Pokeno** - Tues., 1 pm, Bring \$3.00 in pennies.

**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.

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

**Reikki** - Tuesdays from 10 - 12 noon. \$25./ 30 min. Please call the office for an appointment.

**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. \$2.00.Wed. 9 am - 12 noon. Bring your own supplies/glue/photos/album.

**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** - Get your tap shoes out! Beginners welcome. Mon., 12 -1 p.m., (In process of hiring a new instructor).

**Toastmasters**-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. 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 & candy will be on sale.**

Movies begin at 1 pm.

### February:

- 1- He Named Me Malala; 8- 90 Minutes in Heaven;  
22- War Room 29- A Walk in the Woods

## Lunch & Learn Programs - 12 noon

*Free lunch to first 30 members to sign up.  
Pre-registration required. Limited seating.  
No additional lunch is served.*

### February:

- 5 – Kate Jordan, Mary Kay  
12 – No Lunch & Learn due to the Winter Tea & Purse Sale. Please Note: 11 a.m. – 1 p.m. \$6.00/per person.  
19 Emlyn Duemmler: Companions & Homemakers  
26 – Rich Belanger: Foresters Financial

## IMPORTANT NUMBERS & MEETINGS

**Sweetheart Bus Reservations / Meals on Wheels**  
203-748-2511 203-628-7540

### Friends of BSC Meeting

2nd Monday, every other month: Mon., 2/8/16; 10:30 a.m.

### Commission on Aging Meeting

2nd Monday of the month, 2:30 p.m.

### Supplemental Nutrition Assistance Program

(every 2nd Thurs., 9 am - 1 pm)

### V.N.A. Blood Pressure Clinic

(2nd Fri. of month: 10:30 am)

## FEATURED PROGRAM OF THE MONTH CIRCUIT TRAINING

Circuit training is a form of body conditioning and resistance training. using stretch bands, light weights, and Nautilus machines. Each class can be personalized to fit your needs.

The class targets strength building and muscular endurance.

The Bethel Senior Center has an instructor who will guide you through the various exercises.

Feel good, and join others who have improved their strength & balance, improved bone density , and lowered their cholesterol.

...all here at the Bethel Senior Center!

**Tuesdays & Thursdays - 10:15 a.m. - \$3.**

## February Birthdays

- 1 Lorraine Settani, Betty Jane Dinto, Betty Mirabal  
2 Maura Lombardi.;3Kay Cratty  
4 Mary Baille, Bill Hasselberger,  
5 Johann Henits, Jean Ross, Theresa O'Connor  
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  
11 Noreen Mola, Ana Ross, Joan Anderson, Joan Summers,  
12 Donny Fazotico; 14 JoAnn Halas, G. Jean Stith  
15 Kathy Keith, Helen Miller  
16 Doris Settani, Patricia Clancy, Joan Kahn, Joan Simpson  
17 John Barnick  
18 Al Barney, Beverly Hasselberger, Dave Fine, Elaine Edwards, Luann Trombetta, Dot Sutton  
19 Carol Gerner; 20 Peggy Townsend; 21 Nanny Snellman  
22 Shirley Sniffin, Carol Fusaro; 24 Samuel Mazza  
25 Jane Ventrella; 26 Bertha Hallock, Glen Shadrick  
27 Elizabeth Hill, Barbara Krebs, Kathy Moody, Jeanne Ofiero; 28 Maggie Butler

## February Anniversaries

- 11 Bob & Maria Baron

**Our Sympathy** to the family and friends of our dear friend Theresa Gimigliano. May she rest in peace.

## Looking for Set-Back players



Looking for members willing to learn – or experienced- Set Back players. Set Back is an easy, relaxing card game played every Tuesday at the Senior Center with a great group. Please call for more information or simply show up on Tuesday afternoons. We'd love to have you!

**CHORUS** – Enjoy singing? Join the BSC Chorus group that meets every Wednesday at 10:00 a.m. You don't have to be an expert...just have a desire to sing and enjoy yourself.

## Medieval Times

**Trip to Lynhurst, New Jersey**

**Great Fun!**

4 course meal

Time to visit the museum on your own

Banners – Pictures – Real beautiful horses

2 hour jousting tournament – 6 competing knights

Live flight of the Royal falcon

## **UPCOMING TRIPS...**

### **ALL TRIPS REQUIRE PAYMENT IN FULL.**

- Sun., 2/6 UCONN plays at Gambel Pavilion \$60.  
Thurs., 2/18 Ct Flower Show in Hartford \$80.  
Tues., 2/23 Mohegan Sun Casino \$25.  
Wed., 3/2 Broadway Show!, "On Your Feet" & . .  
. Carmine's Restaurant \$210.  
Sun/Mon-3/6-3/7 Philadelphia Flower Show , \$375/d  
Wed., 3/16 St. Patrick's Celebration at the Aqua Turf \$77.  
Wed., 3/30 Man of LaMancha at the Westchester Dinner  
. Theatre \$85.  
Wed., 4/6 Broadway Show! Choice of two: Beautiful,  
. the Carole King Musical (\$262.) *or* An .  
. American in Paris (\$232 -Lunch at Buca .  
. di Beppo and bus driver tip is included.  
April 10 - 17 Springtime Tour: Smokey Mountains &  
Nashville (Please stop in the office for a flyer)  
Tues., 4/19 Medieval Times - Dinner, Museum Tour, &  
Tournament \$74.  
Tues., 4/26 Foxwoods Casino + Tanger Outlet Stores \$25.

### Please note:

*If the Bethel schools are closed, the Senior Center is closed. If there is a delay, the Senior Center operates on the same delayed schedule as the schools. Any program offered prior to the delayed opening will be cancelled.*



## **TOUR OF IRELAND**



Non Stop flights on October 6th, 2016  
on Aer Lingus  
and return 15th of October 2016  
( the price includes; Air, air taxes, Land and  
Tour, transfers, Travel Insurance)  
**\$2,799.00 per person based on double  
Single Supplement an additional \$459.00**