

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, Rosemary Cywin, Joan Simpson, Marie Zappala
50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

Lyme Disease...What you Should Know

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics. Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. The ticks that transmit Lyme disease can occasionally transmit other tickborne diseases as well. While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks

Avoid wooded and bushy areas with high grass and leaf litter. Walk in the center of trails.

Repel Ticks with DEET or Permethrin

Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth. Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may provide longer-lasting protection.

Find and Remove Ticks from Your Body

Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)

Create a Tick-Safe Zone Through Landscaping

You can make your yard less attractive to ticks depending on how you landscape. Here are some simple landscaping techniques that can help reduce tick populations: 1. Clear tall grasses and brush around homes and at the edge of lawns. 2. Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas and around patios and play equipment. This will restrict tick migration into recreational areas. 3. Mow the lawn frequently and keep leaves raked. 4. Stack wood neatly and in a dry area (discourages rodents that ticks feed on). 5. Keep playground equipment, decks, and patios away from yard edges and trees and place them in a sunny location, if possible.

6. Remove any old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

-Center for Disease Control, 2015.

Summer Concert Series

Bring a blanket or lawn chair.

~Free~

BETHEL, Sun., 6 pm, Municipal Center front lawn
 7/12 Nashville Drive; 7/19 Hollister Thompson Band;
 7/26 Survivors Swing Band; 8/2 David Devonshuk;
 8/9 Crosstown; 8/16 J & B Band; 8/23 Mental Health;
 8/30 The Angry O'Haras

BROOKFIELD, Fri., 6:30 - 8 pm, Bandstand Town Hall, Pocono Road. 7/3 Gold Rush, 7/10 Bock & Blu, 7/17 Jamnesia, 7/24 Top Dead Center, 7/31 Sweet Redemption, 8/7 Ryan Hartt & Blue Hearts, 8/14 Scratch, 8/21 Four Barrell Billy, 8/28 Dan's Garage.

DANBURY, CityCenter Danbury, Concerts on the Green, 7 pm Opening Act; Concert 8 pm.

7/10 Way-Back Machine, 7/11 Whiskey & Rye, 7/17 Conroy Warren & Coastal Zone, 7/18 Bacon & Brew Fest, 7/24 Mad Satta, 7/25 Alternate Universe, 7/31 Mighty Ploughboys, 8/1 Brothers of the Road Band, 8/6 West Afrikan Drumming, 8/7 Higher & Higher, 8/8 Ze Rodrigo, 8/13 Thumbs Up Thursday, 8/14 Griffin Anthony, 8/15 Jai Ho Indian Festival, 8/20 Danbury Drum Corp, 8/21 Get Your Wings, 8/22 Blues Buddha, 8/28 Beyond the Wall, 8/29 Doug Wahlberg Band.

NEWTOWN, Thurs., 6:30 pm, Dickinson Park
 7/9 Midnight Rodeo Band, 7/16 Survivors Swing Band, 7/23 Shawn Taylor: "Wandering Roots", 7/30 Frank Porto Band, 8/6 Kenn Morr Band, 8/13 Willie Portera Band.

REDDING, Sun., 6 pm, Redding Town Green.
 7/5 Sliders (Trombone), 7/12 Doug Hartline (Gentle Jazz), 7/19 Yipee Coyote (Rock), 7/26 Afro-Semitic Experience, Back Up Band (Old School), 8/9 Funky Butt Jazz Band, 8/16 David Morgan, Jazz, 8/23 Almonte (Latin/Salsa), 8/30 Griff Anthony (Soulful Americana).

RIDGEFIELD, Tues./Thurs., 7 pm., Ballard Park.
 7/2 Matt Munisteri, 7/7 The Duhks (Irish), 7/9 Fairfield Counts, 7/14 Frank Solivan & Dirty Kitchen, 7/16 Mark Erelli, 7/21 Front Country, 7/23 Wild Ponies, 7/28 Cherish the Ladies, 7/30 Susan Werner, 8/4 Jimmy LaFave, 8/6 Lunasa, 8/11 Hot Club of Cowtown, 8/13 Matt Andersen, 8/18 Revelers, 8/20 Humming House, 8/25 Sarah Potenza, 8/27 Harpeth Rising, 9/1 Pedrito Martinez (Latin Jazz).

The Bethel Senior Center will be closed:

Friday, July 3

Monday, September 7

PROGRAMS

AARP Safe Driving Course 8/20 or 10/20; 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.

Astrology - Mondays, 1:30 - 3 pm. Will start in Sept.

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- Spring 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. at 10 am. Please call to reserve the table. 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 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! \$ 2/class. Classes held 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. Will resume in September. 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. *Will resume in September.*

Country Dance-Fri. at 10:00 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. \$ 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.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us on Tues. from 2:30 pm - 3:30 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)

Ping-Pong - Come practice Mon. 10 am. Please call in advance to reserve the table. Free.

Pinochle- Every day 10 am - noon.

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. Free.Wed.1 pm. (with Crafts) Bring your own supplies/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.

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.

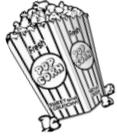
Yoga-Wed. at 11:00 am.; Fri.- noon, \$2

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 & candy will be on sale.**
Movies begin at 1 pm.



July:	August:
7/6 Captain Phillips	8/3 Patch Adams
7/13 Aviator	8/10 Perfect Storm
7/20 Into the Woods	8/17 Rookie
7/27 Titanic	8/24 We Are Marshall
	8/31 Pirates of the Caribbean

Lunch & Learn Programs - 12 noon

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

Lunch & Learn programs will resume in September.

IMPORTANT NUMBERS & MEETINGS

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

Friends of BSC Meeting

8/2, 10:30 a.m.

Commission on Aging Meeting

7/6 and 8/2
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)

New 1-Day Class: Aug. 20, 1 - 3 pm.

*Adaptive Sewing Tips, Alterations, Dressmaking,
and Interior Design by a Professional,
Paul Adinolfi.*

The Bethel Senior Center will be closed:

Friday, July 3
Monday, September 7

July Birthdays

- 1 Virginia Moore, Gerri Zanni, Anne Isakson
- 2 Natalie Covey, Sandy Griesbach
- 3 Jo-Ann Lisee, Fabiola Buitron
- 4 Berdyth Bailey, Ginger Hanrahan, Ellie Preisig James Reilly
- 5 Ellie Gabordi, Robert Gunther, Constance Hedley, Emily Antanastes
Patricia Rees, Laurent Pepin
- 6 Susan Johns, Janet Valine, Jean Pidala
- 7 Alice Hoxie, Peggy Lettieri; 8 Solange Routhier
- 9 Karen McWright, Helen Nassra, Jeannine Judkins
- 10 Edward Collins, Marion Wells, Nancy Shirk
- 11 Betty Tenk; 12 Ed Washington; 13 John Boccuzzi
- 14 Lydia Sanchez, Marilyn Murray, Shirley Keeler, Ellie Mastriani
- 15 Cathy Geoghegan, Betty Lepus
- 16 Lois Reed, Melanie Schlemmer, Kathleen Kelly, Judy Martin
- 17 Irene Foster, Sandra Nichols
- 18 Isabele Noyce, Monica Schaefer, Audrey Martini
- 20 Helena Corrigan, Charles Cundari, Vi Jones, Barbara Bigham
- 21 Marilyn Keegan, Violet Mattone, Joan Welsh
- 23 Norma Miles, Elin Mikula; 24 Adele Moros; 25 Anne McDonald
- 26 Henry Jensen; 27 George Cozzolino, Eleanor Roche, Bob Sutton, Jr.
- 28 Grace Moody, Anna Harkawij, Susan Samolis
- 29 Barbara LiVolsi-Conlin; 30 Hassel Larka, Laura Bigham, John Caraszi
- 31 Theresa Pollander, Mary Schneider

August Birthdays

- 1 Alexandra King, Alliene Cullen, Mary Jerman, Judy Russo
Fran Michalkiewicz; 2 Arlene Bennett; 3 Diane Meldon
- 4 Marianne Kindya, George Miller, Diane Gott
- 5 Mary Ellen Nelson, Beverly McKeane, Rosario Testa
- 6 Eleanor Gianfortune; Michael Urban, Patricia Indelicato
- 8 Flo Murphy, Alma Sohle, ; 9 Zahra Nafisi, Roberta Struski
- 10 Gretchen Carpenter
- 11 Pat Scollon, Herb Watson, Maryann Zacchea, Mary McWeeney,
Constance Pardey; 12 Joan Macelletti, Denise Koury, Michele Koury
- 14 Donna Betts; 15 Aileen Arico, Lavinia Schmalng, Sal Esposito
Lavinia Schmalng, Rosemary Cywin, Harold Lang,
Asha Mehta, Susana Chiara; 16 Joan White, Robley Sailer
- 17 Patricia Mitchell, Richard Schlemmer Carol Fisher, Linda MacGregor, Teresa McGowan
- 18 Barbara Laine, Marilyn Wajert, Ron Consigli
- 19 Lillian Clement, Jean Ledney, Marywallis Soetebier
- 21 Lilo Pap-Nemes, Dominic Ippolito
- 22 Linda Graft, Alex Nassra, Barbara Williams
- 23 Shirley Whitmire, George Humphrey
- 24 Kenneth Waterhouse, Susan Ford, Mary Jo Whitlock, James Wedman
- 26 Jo'Ann Delleventura, Martha Voccia, Suzanne Cassel
- 27 Mamie Craig, Walter Lehner, Kathleen Muldoon
Waldy Kunz, Charlene Lambe, Jacqueline Menewitch
- 28 Hazel Barrett, Ellen Slocum, Flo Modzelewski
- 29 Patricia Tirrell, Ellen Doutney
- 30 Gloria Lucas, Carmen Morales, Bonnie Miller, Catherine Trias-Jones; Pedy Myslik, Richard Lanigan; 31 Louise Previte

TRIPS...Join us for our exciting day trips or overnight excursions.

- July 7 All You Can Eat Lobster Festival, \$94.
July 28-NEW DATE! Foxwoods Casino \$25.
July 23 Godspell at Westchester Broadway Theatre, .
\$81
Sept. 3 Backwards in Heels, Westchester Broadway
. Theatre, \$81
Sept. 19-23 Cruise to Bermuda
Sept. 30 Big E Fair, Springfield, \$38.
(Please Note:It is not -"CT Day")
Oct. 8 October Fest at Pratzel Brauhaus, \$ 70.
Oct 22 Show Boat , Westchester Broadway Theatre, .
\$81.
Dec. 2-4 Amish Trip featuring: Christmas Miracle
\$499./double; \$630. /single; \$485./triple.
-
-

Looking for Donations...

- Tea Cups - all shapes and sizes for our annual Tea Party.
- Slightly used purses for an upcoming purse sale.
- Handicapped and disabled equipment: reacher, walker, cane, wheelchair (not motorized), commodes, shower chair/bench.
- Scrapbooking materials: papers, punches, scissors, ink pads, stamps.

Please bring to the Bethel Senior Center office. Thank you.

=