

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.

Charter Oak Pass (Life Use)

The Charter Oak Pass provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older.

The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver.

Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks. All other visitors, however, will be required to pay the appropriate fee.

Please note that each pass is issued to a specific person and can only be used when presented by that individual. The passes are non-transferable. They are not valid for camping or special events having separate admission charges and may not be used for commercial purposes.

To obtain a Charter Oak Pass by mail:

Send a LEGIBLE photocopy of your current CT drivers license or other legal proof of age and residency to: DEEP Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127. (Phone 860-424-3200)

Heritage Passport

The Heritage Passport allows the bearer to gain admittance to three facilities (Dinosaur, Fort Trumbull and Gillette Castle State Parks) for unlimited visitation until the end of the calendar year in which it was purchased. The Heritage Passport cost is \$67.00 and will allow a family (2 adults and up to 4 children) unlimited admittance to the three facilities. The Heritage Passport can be purchased at any one of the three facilities.

Disabled Veteran Pass (Life Use)

The Disabled Veteran Pass provides access to the State Parks and Forests and is available free to Connecticut residents who have a service connected disability. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. Free admittance is also provided for the Disabled Veteran Pass holder when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks. All other visitors, however, will be required to pay the appropriate fee. Please note that each pass is issued to a specific person and can only be used when presented by that individual. The passes are non-transferable. They are not valid for camping or special events having separate admission charges and may not be used for commercial purposes. *(continued on back page)*

Free SUMMER CONCERT SERIES

Bring a blanket or lawn chair

Bethel Sunday evenings at 6:00 p.m. at the Gazebo on the Municipal Center front lawn.

Brookfield Friday evenings at the Bandstand located at Town Hall, 100 Pocono Rd., 6:30 p.m. from June 17th, to August 26th.

Newtown Thursday evenings, at 6:30 PM at Dickinson Park Bandshell (6/30-8/11)

New Fairfield 7:30 p.m. at the bandstand. (Sat., Sun., Wed. - 6/5-9/3)

New Milford 7:30 p.m. at the bandstand. **Redding** - Sundays-**Redding** - Town Green from 6-8 PM (6/19-8/28)

Ridgefield Tuesday and Thursday nights in Ballard Park located in the heart of Ridgefield at 7 p.m.

Baseball Game - Trip

New York Yankees

vs.

Baltimore Orioles

The baseball game is at 1:05 p.m., on Thurs., July 21

Tickets will go on sale:

Wednesday, July 6 - at 9:00 a.m.; \$38./per person

At the Bethel Senior Center

(Must be 50 years old to participate)

Beginning Quilting Class

4 weeks - September 8 - 29 - Thursdays at 1 p.m.

Make a table runner or pillow

\$10./for 4 week class. Supply list is extra and can be picked up in the office when signing up for the class.

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**

~ Wait List ~

New Program! Wii Bowling

Tuesdays - 9 am - 11 am; in the Activity Room - Free

**FOXWOODS CASINO & Tanger Outlets
Tuesday, 10/25, \$25.00/per person**

PROGRAMS

AARP Safe Driving Course Thurs., 8/11. 9 am – 1 pm. \$15 members/ \$20. non-members. Sign up by paying in advance at 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, \$30./ 6 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. This is no longer a Senior Center activity. Offered through Park & Recreation only. Fee.

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- 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 12:30 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. Includes all paints/stains and firing. 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. Annual trip to Italy – optional. Fee - \$3.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us 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.

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- Thurs.at 1 pm. Members meet to work on a seasonal quilt as well as 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.

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. Guest speakers occasionally. 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: 11-Flags of our Fathers; 18-National Parks;

25-Friday Night Lights

August: 1-The Wedding Planner; 8-Pirates of the Caribbean; 15- "42" Jackie Robinson Story; 22-50 First Dates; 29-Jersey Boys

Lunch & Learn Programs - 12 noon

There are no Lunch & Learn programs scheduled during the summer months. The Lunch & Learn programs will continue in September.

Lunch will be served daily at 12 noon. (fee)

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., 8/8/16; 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)

Bethel V.N.A. Blood Pressure Clinic

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

FEATURED PROGRAM OF THE MONTH

BICYCLE CLUB – Free.

Join the Bethel Senior Center Bicycle Club! They meet Wednesday mornings, April through October. Each week a leisurely ride is planned in a nearby bicycle rail trail or town. Members meet at the location or in the senior center parking lot before the ride. If you are interested in joining this fun group, getting to know some new people, while exercising outdoors, please visit the Bethel Senior Center office for more information. All riders 50+ years are welcome!

July Birthdays

- 1 Virginia Moore, Gerri Zanni, Anne Isakson
- 2 Natalie Covey, Sandy Griesbach
- 3 Jo-Ann Lisee, Fabiola Buitron
- 4 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 Fred Mirabito, Betty Tenk, Kay Reed
- 12 Ed Washington
- 13 John Bocuzzi
- 14 Lydia Sanchez, Marilyn Murray, Shirley Keeler, Ellie Mastriani
- 15 Cathy Geoghegan, Betty Lepus, Venae Nicolson`
- 16 Lois Reed, Melanie Schlemmer, Kathleen Kelly, Judy Martin
- 17 Irene Foster, Sandra Nichols
- 18 Isabele Noyce, Monica Schaefer, Audrey Martini
- 19 Maria Rodriguez
- 20 Helena Corrigan, Charles Cundari, Barbara Bigham
- 21 Marilyn Keegan, Violet Mattone, Joan Welsh, Linda Rozmus
- 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

Anniversaries 7 Pat and John Grunert

August Birthdays

- 1 Alexandra King, Alliene Cullen, Mary Jerman, Judy Russo Fran Michalkiewicz; 2 Arlene Bennett
- 3 Diane Meldon, Genevieve Dagobert
- 4 Marianne Kindya, George Miller, Diane Gott
- 5 Mary Ellen Nelson, Beverly McKeane, Rosario Testa, Lisa Farrar
- 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, Suzanne Mortati
- 12 Joan Macelletti, Denise Koury, Michele Koury; 14 Donna Betts,
- 15 Aileen Arico, Lavinia Schmaling, Sal Esposito, Terese Burns Lavinia Schmaling, Rosemary Cywin, Harold Lang, Asha Mehta, Susana Chiara
- 16 Joan White, Robley Sailer, Richard Schlemmer
- 17 Patricia Mitchell, 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, Angela Elliott
- 23 Shirley Whitmire
- 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

Anniversaries 22 Carol & Al Barney

UPCOMING TRIPS...

All trips require payment in full & emergency contact when signing up.

Sun., 7/10 Tanglewood, Boston Pops/lunch, \$138.

July 12 – 19 Macinac Island Tour

Thurs, 9/8 Million Dollar Quartet at Westchester .
Dinner Theatre \$85.

MILLION DOLLAR QUARTET is the Tony Award-winning Broadway musical inspired by the true story of the famed recording session where Sam Phillips, the "Father of Rock 'n' Roll" brought together icons Johnny Cash, Carl Perkins, Jerry Lee Lewis and Elvis Presley For one unforgettable night.

Wed., 9/21 Big E State Fair Price TBA

10/6 – 10/15 Tour of Ireland, information in the office.

Tu, 10/25 Foxwoods Casino + Tanger Outlets, \$25.

Th., 11/3 Saturday Night Fever at Westchester . \$ 85.

TOUR OF IRELAND



Non Stop flights on October 6th-15, 2016
(the price includes; Air, air taxes,
Land and Tour, transfers, Travel Insurance)
\$2,799.00 per person/double

Disabled Veteran's Pass

(continued from the front page)

To get a Disabled Veteran's Pass:

Send a LEGIBLE photocopy of your current CT drivers license or other legal proof of residency AND your VA card or VA Benefits Letter indicating a service connected disability to: DEEP Disabled Veteran Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127, for more information please call (860) 424-3200.