

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.*

11/10 -Veteran's Breakfast - 9 am.

If you are a Veteran or a spouse of a Veteran please join us to celebrate your dedicated service to our country. Free.
 Pre-registration required.

Let's Sing Our Hearts Out...

Bob Becker will present a 'feel-good' program on the history of songs and provide some great music. A popular, well-loved instructor of our Memoirs class, Bob is always a pleasure to listen to. Come join us for an afternoon of delightful pleasure and lunch at 12 noon on Friday, 11/13. (regular \$2. fee for lunch.)

ASSISTANCE PROGRAMS

AVAILABLE FOR YOU:

Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program benefits thousands of homeowners and renters throughout the state.

Energy Assistance Applications, Bethel

Energy Assistance applicants must be 60 years or older and those who are social security disabled. Applications are accepted by appointment only. Applicants need to have their income/asset limitations as well as the documentation required in order to apply. To schedule an appointment please call John Sarver, Bethel Tax Benefit Coordinator, (203) 794-8594. If he is not available, please leave a message and he will return your call.

Supplemental Nutrition Assistance Program,

(SNAP-formerly Food Stamps). SNAP is administered by State of Connecticut Department of Social Services (DSS) and provides monthly benefits through a credit card system (EBT) to help low-income households to buy the food they need for good health. The amount of money available to eligible persons depends on the number of people in the household, income, plus rent and utility expenses. The SNAP Representative meets at

HOLIDAY SHOPPE

11/6 & 11/7; 9 am - 3 pm.

White Elephant (Tag Sale), Craft Sale, Vendors
 BSC Famous Hot Dogs & Sauerkraut
 Cookie Trays, and more...

New Programs ...

Adult Meditative Coloring The popular new hobby opens many people's minds to the idea of how they can benefit from coloring using books specifically designed for adults. The relaxing, therapeutic activity offers an extraordinary and practical approach to benefit people with anxiety and depression; it helps to balance one's emotional imbalance; and is a wonderful tool to help people heal from illness, whether it be mental or physical or just for everyday self therapy. Coloring can be one of the best therapies! Recent news reports and marketing ads have unleashed massive interest in this new hobby. This quick-spread phenomenon is changing the perception that coloring books are only for children. Adults can enjoy the same benefits as well. While exploring one's creativity, it helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. **Free...come and try it! Mondays - 10 am to 12 noon.**

Beginning Crochet & Knitting classes - No experience necessary! Come and learn the art of either crochet or knitting. Taught by one of our expert members, the class will meet on Wednesdays in November for 3 weeks (BSC is closed 11/11/15). Sign up in advance. \$10./3 classes.

Beginning Quilting - Make a table runner or pillow top for the holidays! Learn how to rotary cut, pin, sew, and quilt properly. No previous experience necessary. **Tues., Nov. 3, 10, 17, 24. at 1 pm. - \$10./4 weeks.** Supply list provided when you sign up in advance.

IPAD & Kindle Instruction - Mondays, 2:00 - 3:30 pm, free.

Organization & Get Rid of that Clutter - What a perfect time before the holidays to clean up and organize. Are you the person who feels doomed to live in chaos forever? Do you

hear the internal dialogue... "I've got to get organized!"? Does your accumulated clutter go back over 10 years? Are there clothes in your closet you haven't worn in 3 years? If you don't know where to begin, this course is for you! Taught by a professional organizer (and author!) and one of our members. Linda Chiara will teach a 4-week session on how to get organized once and for all. Mon., 10-11 am, 11/2-11/23. \$10./4 weeks.

Pokeno - Tuesdays, 1-3 pm. Bring \$3.00 in pennies to play.

PROGRAMS

AARP Safe Driving Course 12/10; 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- 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. 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! \$ 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 10:00 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. \$ 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.

IPAD/Kindle Instruction Class - learn the basics or have your questions answered here at BSC. Mondays 2-3:30 pm.

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)

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

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- Beginning Class, Tuesdays, 1 pm. \$10./4 weeks.

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.

November - 11/2 Revolutionary Road; 11/9 Flags of our Fathers; 11/16 Shall We Dance?; 11/23 Camelot; 11/30 Laugh With Lucy

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

11/20 Challenges of Medicaid & the Solutions

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., 12/14; 10:30 a.m.

Commission on Aging Meeting

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

Next meeting: 11/9

Supplemental Nutrition Assistance Program

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

V.N.A. Blood Pressure Clinic

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

November Birthdays

- 1 Ron Caporale
- 2 Linda Smart, Alesia McLachlan, R. Joyce Murray
- 3 Cynthia Farris, Joan Gourley Gene Barfield, Linda Berghofer
- 4 Rebecca Pelletier, Norma Einhorn
- 5 Kathy Oles, Ingeborg Hanlon, Glen Athans, Ellen Vicotoria Scott, Janet Jankowski, Kathleen Smith
- 6 Charlene Maher, Deborah Allen, Candace Brown, Jacob Matthews
- 7 John Chmielowiec; 8 Francine McLeod
- 9 Adrienne Hunt, Veronica Bursuker
- 10 Ruth Stolle, Barbara Hurley, Betty Briscoe
- 11 Ann Kennen, Lorraine Clark, John Somoskovec, Janet Surace
- 12 Lena Rasamny; 13 Jeanne Volpe, Gen Lanuto, Chip Welsh
- 14 Priscilla Cundari, Helena Huddleston, Leslie Whone
- 15 John Ferraro; 16 Peggy Grace, Patti McCord
- 17 Marilyn Rios, Marie Horton, Jim McGowan
- 18 Luis Rodriguez; 19 Lynn Dexter, Dorothy Carvalho
- 20 Mary Ruggiero; 21 Gail Margarum, Jill Kuhn
- 22 Catherine Gadarowski, Judith Harco, Thomas Sankowski
- 23 Dr. John Cleary, Lorraine Hughes, Susan Davis
- 25 John Grogan
- 27 Joann Randi, Eleanor Coffey, Joseph Tank
- 28 Nathan Betesh, Tina Gallacher; 29 Beverly Barta
- 30 Velda Greenan

ANNIVERSARIES

- 6 Pat & John Pudelko
- 26 Kathy & Mike Oles
- 28 Judy & Fritz Novachek

The Bethel Visiting Nurse Assoc., is actively seeking volunteers. We have positions available in all areas.....Clerical, assisting with scheduling, patient companions, running errands, shopping for patients and participating in community wellness events. Please contact Mary Einzig RN, Volunteer Coordinator, 203-792-0862. We look forward to meeting and working with you!

Tuesday, Nov. 17.

Dec. 2-4 Amish Trip featuring:

Christmas Miracle

\$499./double; \$630./single; \$485./triple.

2016 Trip & Special Event calendar will be completed soon. Please check with the office.

*Bethel Senior Center
Clifford J. Hurgin Municipal Center
1 School Street
Bethel, CT. 06801*

<p>PRSR STANDARD US POSTAGE PAID DANBURY, CT PERMIT NO. 3111</p>
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RETURN SERVICE REQUESTED

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

MOHEGAN SUN CASINO !

By popular demand we have scheduled a trip to the exciting Mohegan Sun Casino. \$25. fee includes the bus, and bonuses by Mohegan Sun Casino. Convenient, free parking at the Bethel Municipal Center.

Holiday Party - Fri., Dec. 11, 12 noon - 4 pm.
We are thrilled to announce our holiday party at **Michaels at the Grove** (formerly Cappellaro's Grove) in Bethel. \$28./person includes live music, a buffet lunch and cash bar. Get out your dancing shoes and holiday glitz and join us for a wonderful day out in a beautiful local facility. Last year's party at this location was great fun! Please register in the office. Sign up early...Limited seating.

COAT DRIVE (through Dec. 2015) Please

bring in your gently used coats, jackets, hats, mittens/gloves for those in need in our community. Any one may take whatever they need. The Coat Drive is located next to the Ceramic Studio in the BSC.

New 'WiFi' available at the BSC - You are now able to use your IPAD, smart phone, laptop throughout the Senior Center.

message and he will return your call.

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Are you aware of Assistance Programs available to you?

The federal **National Family Caregiver Support Program** and the **Connecticut Statewide Respite Care Program**.

The term 'caregiver' means an adult relative or non- relative, or another individual who is an informal provider of in-home and community care. Only caregivers who provide care to the applicant that meets the eligibility requirements may receive services under these programs.

Respite Care: Respite care is a short term option designed to provide a break from the physical and emotional stress from caregiving. Respite care services include, but are not limited to: adult day care, home health aides, homemaker, companion, skilled nursing care, or short term assisted living or nursing home care. Funds may be used for day or night respite. A mandatory assessment must be completed before respite services are provided.

Supplemental Services: Supplemental services are one time health-related items or service options designed to help "fill the gap" when there is a need or there are no other ways to obtain the service or item. Supplemental services help improve the quality of life for the care recipient and help to alleviate the strain on caregivers who care for older individuals. Supplemental services include, but are not limited to, home safety modifications and medical related equipment. These services are available through the federal National Family Caregivers Support Program funding only. Programs to assist caregivers and the combined application are listed below. The program selected with you will depend on your eligibility and the types of services requested. All applicants must have an identified caregiver in order to receive services.

Please visit WCAA Family Caregiver Guide for helpful tips and websites.

More information on the back page.

Assistance Programs, continued

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