

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. Website: Bethel-ct.gov

50 Years & older! *Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel. All towns welcome.*

September is Fall Prevention Month

The National Council on Aging is excited to announce the theme for 2016 Falls Prevention Awareness Day: *Ready, Steady, Balance: Prevent Falls in 2016.*

To celebrate at the Bethel Senior Center we are offering new programs in September:

Balance & Meditation class – a 4-week program to strengthen and improve balance. The class features approximately 30 minutes of mild balance exercises and 30 minutes of meditation. Classes are held **Mondays at 11 am – noon and are \$16./for 4 classes** payable at registration. Great beginner class. (9/12-10/3)

Fall Prevention DVD – “Sit & Be Fit” - FREE

Monday, 9/19, 11:00 am– noon. Participate in warm up exercises, breathing and circulation exercises, leg strengthening and balance exercises, all that have been formulated through Stanford University Medical Center, Sequoia Hospital, and San Mateo Fall Prevention Task Force. These exercises are designed to improve leg strength, flexibility, balance, posture, and breathing.

Qi Gong – (also called Chinese Yoga, Qigong or Chi Kung) Qi, pronounced “chee”, means vital energy. “Kung” means skill cultivated through steady practice. An Ancient Chinese collection of integrated movements, postures and breathing techniques and cognitive intentions that are practiced to promote health and healing. Movements can be done sitting, standing or moving and the transitions from one movement to another are rhythmic. Wear loose comfortable clothing and flat shoes. **Starts in Sept.; Thursdays 12 noon – 1 pm; \$4./class.**

New Class:

‘Powerful Tools for Caregivers’

Over six weeks, participants learn to reduce stress, improve self-confidence, better communicate feelings, make tough decisions and locate helpful resources. If you are caring for a loved one, have cared for a loved one in the past, or would like to learn techniques how to best care for yourself and others, this class is for you. Limited seating – Free – Sign up in advance. **Mondays – 9:30 am – 12:30 pm**
6 weeks: 11/7, (off-11/14), 11/21,11/28, 12/5, 12/12, 12/19

FOXWOODS CASINO & Tanger Outlets

Trip includes the bus, Lunch, and gaming incentives. Plenty of opportunity to shop in the new outlets!

Tuesday, 10/25, \$25.00/per person

Grandparent’s Day Celebration

~ FREE ~

Ice Cream Sundaes – Monday, 9/12, 3 pm.

For you and/or your grandchildren to celebrate you being a Grandparent! “...the most wonderful joy in the world!”
Please register at the Bethel Senior Center by Friday, 9/9/16 to participate.

Halloween Party

Monday, October 31, 12 noon

Come in costume and participate in our Costume Contest or come as you are and enjoy and afternoon with friends, dancing, and lunch: Chicken Marsala, salad, and pumpkin pie. Music by: Joel & Francine. Limited seating. Please buy your tickets early to guarantee your seat. \$8.00 / person

Autumn is a great time for a Beginning Quilting Class

4 weeks – September 8 through 29 – Thursdays at 1 p.m.
Make a table runner or pillow.
\$10./for 4 week class. A supply list can be picked up in the office when signing up for the class.

BIG E State Fair

Wednesday, Sept 21, \$38.00

Join us for CT Day as we celebrate our great State at the Big E listening to local bands and enjoying all of the Big E entertainment, crafts, shows, Big Top, and carnival food!
Sign up early. This trip always sells out quickly.

Recipe Book- We are once again trying to publish a cookbook. We need just a few more recipes to have enough to publish. Please bring in a few recipes to the Senior Center with your name on the recipe card. We will do the rest! Any original recipe will do. Thank you.

Medicare Open Enrollment

Monday, Oct 31 (Halloween) 11:00 am

Bill Caron will be at the BSC to discuss Medicare, the changes in the plans, updates, Prescription plans, etc... A must-see lecture to keep you informed and educated on Medicare and the coverage that is the best for you.

BSC Closed: Labor Day 9/5, & Columbus Day, 10/10.

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.

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.

Qi Gong An Ancient Chinese collection of integrated movements, postures and breathing techniques and cognitive intentions that are practiced to promote health and healing. Thursdays 12 noon – 1 pm, beginning in September.

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.

Wii Bowling – Tuesday, 9 am – 11 am. \$2.00

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. Movies begin at 1 pm.

September:

12 -Fly Away Home-The soaring adventure of a 13 yr old girl and her father who learn what family is about when they adopt an orphaned flock of geese & teach them to fly.

19 – Pay It Forward – Doing a favor for someone and asking them not to pay it back but to pay it forward to three people.

26- How To Lose A Guy in 10 Days- An Author agrees to write an account of what it takes to drive a man out of your life. At the same time an eligible bachelor accepts a bet to lure any woman to fall in love in 10 days.

October

3 – My Fair Lady -Back to the classics. Audrey Hepburn has never been more “lovely” playing a sassy working class street vendor that an arrogant professor (Rex Harrison) attempts to turn into a sophisticated lady.

10 – Five People You Meet in Heaven – From Mitch Albom’s bestselling novel about the unexpected mysteries of the afterlife by reminding us what really matters on earth.

17 – The Kite Runner – The film is from a best-selling novel featuring the true meaning of friendship.

24-The Glenn Miller Story

Lunch & Learn Programs - 12 noon

Lunch & Learn programs provide a free lunch during a presentation to the first 30 members that sign up. No additional lunch is served. Members must stay for the entire presentation as a courtesy to our presenter.

SEPTEMBER

9-Social Security & Estate Conservation

16 Fraud with Seniors

23 Home Care Advantage: *Journey of the Caregiver*;

30 – Right at Home

OCTOBER

7- Cindy Perham from Atlantic Home Loans

14- Damina Setzer from “The Gardens”, long term care

21- Insurance coverage by Liberty Mutual by Carlos Arrindell

28- Medicare Open Enrollment by Darryl Magali, Western CT Area Agency on Aging

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., 9/12/16; 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)

September Birthdays

- 1 Gertrude Kellenberger, Marilda Machado
- 2 Hannelore Hillebrand, Lorette Pugner, Richard Merritt
- 3 Kathleen Gillen, Evelyn Franzese
- 4 Ben Slesinsky, Bea Prunty
- 5 Rose Rubino; 7 Vito Gesualdi, Adele Walter
- 8 Jacob Baker, George Reid
Donna Backmann, Peter DeJesus
- 9 Bob Baron, Ed Taylor
- 10 William Jones, Onofrio Piacquadio, Betty Hurgin
- 11 Robert Taylor; 13 Linda Callahan, Vilroy Keyes
- 14 Emil Slevin; 16 Carol Amaral
- 17 Justine Scocclera, Anne Krieg
- 18 Rosemary Jackson; 19 Patricia Ackerman
- 20 Ronald Strand, Margaret Caruso, Patricia Deysenroth
- 21 Marianne Muskus
- 22 Joan Bevington, Marie Ghio, Alphonse Palange
- 24 Chick Volpe; 25 Kathy Czado, Barbara Sheehan
- 26 James Stanis, Fred Kaltenstein, Elaine McCormack
- 28 Rosalie Chiaferi; 27 Mary Allaire
- 29 Thomas Maxwell, Sara Flanigan, Joan Glassman,
Thomas Kelly; 30 Diane Ludovisky

Anniversaries

- 8 Joan & Same Gourley; Marie & Joe Zappala
- 17 Jackie & Bob Leonard

October Birthdays

- 1 Jean Hazard, Marie Zappala, Barbara Bozeman,
Mary Morrill, Janet Summa, Gail Caladrino, Joseph Avalos
 - 2 Rutilio Padillo; 3 Eileen Heerd
 - 4 Marianne Passer, Mary Karen Merrill, Robert Mathews,
Barbara Anderson; 5 Molly Berger, Salvatore Scalzo
 - 6 Leila Hiteshow; 7 Mona Bugler, Bill Mohrwinkel
 - 8 Mary Lou Staffieri, Christian Mueller
 - 9 Heide Lock, Giuliano DeLuca
 - 10 Jean Fisch, Diane Lambertson, Karen Magee, Carm Connolly,
Kathleen Taylor
 - 11 Ada Cole, Philip Lu, Mary Ruffles, Francois St. Pierre,
Cynthia Keeton
 - 12 Irene Daniska, Geraldine Mills, Meta Schroeter
 - 13 Mary Spain, Edward Guman, Jean Gordon, Sandra Creamer
 - 14 Nancy Citrone, Marquerita Zenobia; 15 Jack Dietter
 - 16 Helen Baker, David Glahn,, Frances Poletti, Helen Sturm
 - 17 Marge Gaylord, Donald Hughes, Catherine Hickey
 - 18 Carol Smith; 19 Gerald Hedley; 20 Marie Willmott, Carol Lefebvre
 - 21 Carol Decker, Barbara Waterhouse
 - 22 Anatole Harkawij, Kurt Frey, Charles Kindya,
Deborah Holt, Nancy O’Connor, Barbara Waterhouse
 - 23 Julia Heering, Geri Soukup
 - 24 James Rush, Theresa Signorelli, Eva Beote
 - 25 Betty Campbell, Suzanne Janousek, Patricia Ann Reese
 - 26 Rena Dobrydnio; 27 Lois Pannoza, Kathleen Keane, Marie Dowding
 - 28 Bill Bey, Lorraine Mele, Lucy Liponi, Michael Gillotti,
Teresa Sabatino
 - 29 Steve Papish, Pat Kennedy, Brendan Sniffin
 - 30 Kay Visconti; 31 Dorothy Staib, Sally Ann Morabito
- ## Anniversaries
- 10 John and Sally Lord; 12 Tom and Linda Pace
 - 22 Dave and Meg Glahn; 23 Priscilla and Gordon Brown
 - 24 Miriam and David Demitio

Congratulations...

To our Memoirs class who published their first book. Thank you to the “Anonymous” donor (you know who you are!) who generously donated the publishing costs of the book. Copies are available for sale at Byrd’s Books in Bethel and at the Bethel Senior Center. The class meets Fri.- 1 pm.

UPCOMING TRIPS...

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

Thurs., 9/8, Million Dollar Quartet at Westchester
Dinner Theatre. \$38.

Wed., 9/21 Big E State Fair, \$38.

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.

ANNOUNCING 2017 WESTCHESTER DINNER

THEATRE SHOWS: *First come, first serve basis.*

2/9 Bikinis – featuring songs such as: Bringing Back the Sun,
Heat Wave, The Twist, These Boots are Made for Walking,
It's Raining Men...

6/15 – Mamma Mia

9/7 - Anything Goes

10/19 – Annie Get Your Gun

Contest - Baby Pictures... that's right!

We want *your* baby picture! We are sponsoring a baby picture contest. Please drop your picture off in the office with your name, age in the photo and address on the back of the photo clearly written. We will display it during the month of October and announce the winners at our Halloween Party. Guess how many members you can correctly name...Cutest baby...Name the sex of the child...Age of the child in the photo...and... who is the most destined to succeed.

Bakers Wanted

COOKIE BAKERS

Join the Bethel Senior Center as we bake for our annual Holiday Fair. Our cookie trays are a big hit each year. Any help is appreciated. If you show up, we will find a job for you. **Tuesdays, 1 pm.**