

HELLO

May

Cromwell Senior Center
Senior Scene
2024

OUR TEAM

Amy Saada
Human Services Director

Cathi Jackson
Senior Center Assistant

Olivia Lespier
Outreach/Program
Coordinator

Awilda Rodriguez
Human Services
Assistant

Bus Drivers
Mario Genovese
Paul Pierce
Sharon Townsley

Senior Commission Members

Anne Kaiser, Chair
Deirdre Daly, Vice Chair
Ann Jordan
Patricia Snow
Bonnie Sprague
Judy Benvenuto
Linda Worden
Judy Norris
Diane Wiegert
Sean Condon

Next Meeting:
May 13, 2024



41 West Street
Cromwell CT 06416

OLDER
AMERICANS
MONTH



POWERED BY CONNECTION: MAY 2024

Established in 1963, Older Americans Month is celebrated every May. Led by a federal agency, the Administration for Community Living, Older American's Month is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults. We at the Senior Center feel if we focus on enhancing mental, physical, and emotional well-being that connectedness plays, we can help mitigate issues like loneliness, ultimately promoting healthy aging for us!

Join us as we celebrate you at our Older American's Month Celebration!

WHEN: Wednesday, May 29th
WHERE: Riverport Park, Cromwell
TIME: 5:00pm-8:30pm

The first 75 Cromwell Seniors to register will receive a free food truck voucher!

Music by Jukebox 45 Showband
All are welcome, bring your families!
Food Truck, Raffles, Music, Fun!
Rain Date May 30th

Drama Club Performance!

Come back to the days of radio, when the Senior Center Drama Club performs an original soap opera entitled. *... "As The Faucet Drips, So Are The Tears Of Our Times"*. Laugh with us as the wealthy Houston family drinks, bickers and backstabs each other until murder and trickery enters their world! And see if you can spot the famous lines of dialog borrowed from some of your favorite movies!

Date: Thursday May 23rd
Time: 2:00pm

Please RSVP by 5/20/24



Author Meet & Greet

Join us in welcoming author Greg Dillon and learn about his non-fiction book *The Thin Blue Lie*!

Thursday May 23rd
@ 10:30

Contact us at the Senior Center to sign up



Signed copies will be on sale for \$20

TRANSPORTATION: 860-632-3451 / PHONE: 860-632-3447 / FAX: 860-632-3446

Monday

Tuesday

Wednesday

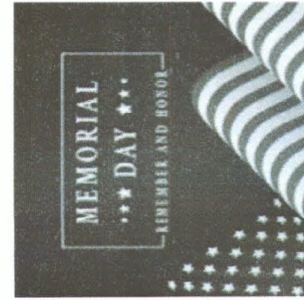
Thursday

Friday

May 2024

6	9:00 Billiards 9:00 Yoga with Lisa 10:30 Senior Commission Meeting 11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Virtual Travel- Awe Striking Antarctica 1:00 Quilting Class 1:00 Mahjongg 2:15 Arthritis Exercise	7	9:00 Tai Chi w Lisa 9:00 Billiards 11:00 Tai Ji Quan 12:00 Lunch & Learn: Heritage Commons Retirement Living Community & Adult Day Center 12:00 Lunch 1:00 Bingo 1:00 Table Tennis 2:00 Symphonic Music with Charles Rex 2:00 Cards/Setback	8	9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards 9:30 Wii Bowling 12:00 Lunch & Learn: Medicare Conversation with Joe Mooney 12:00 Lunch 12:00 Drumming with Donna 1:00 Art with Angel 1:00 Pickleball for Beginners	9	9:00 Tai Chi w Lisa Gibson 10:00 Meditation 10:30 Billiards 11:15 Balance & Strength with Michelle 11:30 Mother's Day Brunch 12:00 Lunch 1:00 Cards/Setback 2:15 Arthritis Exercise	10	9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 10:30 Computer Coaching 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg/Rummikub 1:00 Movie 1:00 Pickleball for Advanced Players	11	9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 10:30 Computer Coaching 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg/Rummikub 1:00 Movie 1:00 Pickleball for Advanced Players	12	9:00 Tai Chi w Lisa Gibson 10:00 Meditation 10:30 Billiards 10:30 Pick up & Delivery Service Presentation by Dameon Gayle 11:15 Balance & Strength with Michelle 12:00 Lunch 1:00 Cards/Setback 2:00 Trivia 2:15 Arthritis Exercise	13	9:00 Billiards 9:00 Yoga with Lisa 10:00 Kentucky Derby Craft 10:30 Pickleball s 10:30 Computer Coaching 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg/Rummikub 1:00 Movie 1:00 Pickleball for Advanced Players	14	9:00 Tai Chi w Lisa 9:00 Billiards 10:30 Snack & Learn: UNIPER & Memory Lane TV by Jewish Family Services	15	9:00 Wii Bowling Team Tournament @ Bristol 9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards	16	9:00 Tai Chi w Lisa Gordon 9:00 Billiards 10:00 Meditation 11:15 Balance & Strength with Michelle	17	9:30 Reiki with Linda-Call for Appointment 9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents
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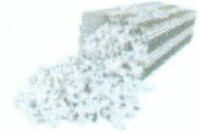
12:00 Lunch	11:00 Tai Ji Quan	9:30 Massage Therapy	11:30 Lunch & Learn:	10:30 Computer
1:00 Quilting Class	12:00 Lunch	10:00 Snack & Learn by	Warning Signs of Dementia	Coaching
1:00 Mahjongg	1:00 Bingo	Suburban Physical	12:00 Lunch	12:00 Lunch
2:15 Arthritis Exercise	1:00 Table Tennis	Therapy on Shoulders	1:00 Cards/Setback	12:30 Tai Ji Quan
	2:00 Cards/Setback	12:00 Lunch	2:00 Trivia	1:00 Mahjongg
		1:00 Art with Angel	2:15 Arthritis Exercise	1:00 Movie
		1:00 Pickleball for		1:00 Pickleball for
		Beginners		Advanced Players
20	21	22	23	24
9:00 Billiards	9:00 Tai Chi w Lisa	9:00 Yoga with Lisa	9:00 Tai Chi w Lisa Gordon	9:00 Billiards
9:00 Yoga with Lisa	9:00 Billiards	9:00 Wellness Nurse	9:00 Billiards	9:00 Yoga with Lisa
11:00 Balance &	10:30 Snack & Learn:	9:00 Billiards	10:00 Meditation	10:30 Pickleball for
Strength with Michelle	Safe Banking by Liberty	9:30 Wii Bowling	10:30 Book Presentation:	Cromwell Residents
12:00 Lunch	Bank	10:30 Memorial Day	The Thin Blue Lie by Author	10:30 Computer
1:00 Mahjongg	11:00 Tai Ji Quan	Craft	Greg Dillon	Coaching
1:00 Quilting Class	12:00 Lunch	12:00 Lunch	11:15 Balance & Strength with	12:00 Lunch
2:15 Arthritis Exercise	1:00 Table Tennis	12:00 Giving Hands	Michelle	12:30 Tai Ji Quan
	2:00 Cards/Setback	Homecare Presentation	12:00 Lunch	1:00 Mahjongg/Rummikub
		1:00 Art with Angel	1:00 Cards/Setback	1:00 Movie
		1:00 Pickleball for	2:00 Trivia	1:00 Pickleball for
		Beginners	2:15 Arthritis Exercise	Advanced Players
27	28	29	30	31
CLOSED	9:00 Tai Chi w Lisa	9:00 Yoga with Lisa	9:00 Tai Chi w Lisa Gordon	9:00 Billiards
	9:00 Billiards	9:00 Wellness Nurse	9:00 Billiards	9:00 Yoga with Lisa
	11:00 Tai Ji Quan	9:00 Billiards	10:00 Meditation	10:30 Pickleball for
	12:00 Lunch	9:30 Wii Bowling	10:30 Snack & Learn: Estate	Cromwell Residents
	1:00 Bingo	12:00 Lunch	Planning by Czepiga Daly	10:30 Computer
	1:00 Table Tennis	12:30 Birthday Bash	Pope and Perri Law	Coaching
	2:00 Cards/Setback	1:00 Group Paint with	11:15 Balance & Strength with	12:00 Lunch
		Angel	Michelle	12:30 Tai Ji Quan
		1:00 Pickleball for	12:00 Lunch	1:00 Mahjongg/Rummikub
		Beginners	1:00 Cards/Setback	1:00 Movie
		5:00: Older American's	2:00 Trivia	1:00 Pickleball for
		Month Celebration	2:15 Arthritis Exercise	Advanced Players



Live, Laugh, Learn

MOVIES, MOVIES, MOVIES!

All movies start at 1:00pm on Fridays!



May 3rd Wonka

A musical adventure comedy about the origins of the chocolate genius and his inventions. (Timothee Chalamet, Olivia Colman, Hugh Grant)

May 10th Gran Turismo

A true story of a gamer who becomes a professional racer with the help of a former driver and a motorsport exec. (Archie Madekwe, Orlando Bloom, David Harbour)

May 17th Ordinary Angels

A hairdresser helps a widower and his sick daughter in this film based on a true story. (Hilary Swank, Alan Ritchson, Nancy Travis)

May 24th Mean Girls

A musical comedy about a homeschooled girl who joins the popular clique of high school girls and faces their wrath and revenge. (Lindsay Lohan, Tina Fey, Angourie Rice)

May 31st Freelance

In this action comedy, a former special operative who's stuck in a dead-end desk job, takes a free-lance gig providing security for a journalist as she interviews a ruthless dictator. (John Cena, Alison Brie, Juan Pablo Raba)

Educational & Fun Events

We have lots of great programs scheduled....be sure to check the **CALENDAR** for all of the events such as our **Mothers Day Brunch, Drumming Circle, 4 Snack & Learns, 3 Lunch & Learns** and **MORE!** Please RSVP a week prior to any events that offer food!

As it being Older American's Month with the theme of "powered by connections", we ask you to invite a neighbor or friend to come join you at some of our events! Even getting one person more socially connected is better than none!

Computer Coaching With Melissa



**Every Friday
at 10:30
in the Senior
Center**

Virtual Travel with Lia Levitt

**Monday May 6th
@1:00PM
ZOOM**

**Awe Striking Antarctica
part two
SEE INSERT**

Symphonic Music with Charles Rex

**Celebrate the birthdays of
composers
Brahms & Tchaikovsky**

WHEN: Tuesday May 7th

TIME: 2:00pm

Birthday Bash

We invite you to our monthly birthday party! Come enjoy cake sponsored by Rose Hill Funeral Home.

**Wednesday 5/29
@ 12: 30pm**



Wellness

Yoga (in person & zoom)

Mondays, 9:00-10:00am

Wednesday, Beginner, 9:00-10:00am

Friday, Intermediate, 9:00-10:00am

Tai Chi

Tuesdays, 9:00am-10:00am

Thursdays, 9:00am-10:00am

Arthritis Exercise

Mondays, Thursdays, 2:15-3:15pm

Strength and Balance

Mondays, 11:00am-12:00pm (Zoom only)

Thursdays, 11:15pm-12:15pm (Zoom only)

Mindful Meditation Class

Thursdays, 10:00am-11:00am

Reiki Sessions

Every 3rd Friday— must schedule an Appointment by calling Linda at (860) 316-7553

Fees: \$30 for 30 minute session

Massage Therapy

Joanie Silvia is here on the 1st & 3rd Wednesday of every month.

Call 860-301-6507 to book your appointment today!

Fees:

\$25/30 min - \$50/60 min - \$65/90 min

Billiards

Monday- Friday / 9:00am—11:30am

Come join us, meet new friends and challenge someone to a game!

Table Tennis

Tuesdays 1:00pm-3:00pm

A little indoor fun and a fun way to exercise!

Trivia

Thursdays 2:00pm-3:00pm

Come enjoy a little brain health and fun competition amongst friends!

Congregate Meals by The Estuary of Old Saybrook!

Come join us for a daily meal and socialization! No where else can you eat for a \$3.00 suggested donation. We have a new provider and the meals are delicious! Call us to register, 860-632-3407 **Daily, 12:00pm-1:00pm**

Meals on Wheels

If you are homebound and need meals, please contact The Estuary at 860-388-1611.

Wellness Nurse

Donna Denert, RN. provides health screenings including blood pressure, glucose and general health counseling.

Wednesdays, 9:00am-12:00pm

Pickleball

Wednesdays will be a beginners session running from 1:00-3:00. This session is for players who are relatively new to the sport and have been playing less than a year. **(Indoor)**

Fridays will be the advanced session for people who want to play more competitively and have been playing over a year. This will be held from 1:00-3:00. **(Indoor)**

Wii Bowling

Wednesdays at 9:30am

Come join your peers for an Interactive experience where you will socialize and benefit from a low impact exercise!

Mahjong

Mondays and Fridays at 1:00pm

Test your strategies and skills with your friends!

Bingo

Tuesdays at 1:00pm-3:00pm

Who doesn't love a friendly game of Bingo! Come join your friends and play for small prizes!

Trivia

Thursdays 2:00pm-3:00pm

Come challenge your brain and compete against friends! All are welcome!

Art Class

Wednesdays 1:00pm-3:00pm

This is an ongoing class meeting regularly and you can join at any time.

Quilting Class

Mondays 1:00pm-3:00pm

Come join us as you'll learn all the skills you need to bring a quilt to life!

Cards/Setback

Tuesday 2:00pm / Thursdays 1:00pm

Bring yourself or a friend for some trick taking! Not 2nd Tuesdays

Cromwell Senior & Disabled Transportation

Keeping you Connected!

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call 860-632-3447.

Date/Departure Time Out Trips (on our Senior Bus)

May 1st / 10:00am	Visit the Daffodils at Hubbard Park in Meriden Then Lunch at KLaMay's. Voted top burger in the State of CT by Connecticut Magazine for a steamed burger or a sandwich.
May 8th / 9:30am	Lessard Lanes-- Enjoy 1 round of Indoor Mini Golf & 2 games of bowling w/shoes, a slice of pizza & coffee. \$14.00 per/person
May 22nd / 9:30am	Mattatuck Museum in Waterbury / Lunch at D'amilio's then A quick stop at Sweet Maria's Bakery. Admission to museum / \$12.00 fo seniors
May 29th / 10:30am	S & P Oyster Restaurant & Bar in Mystic , enjoy lunch and Then shopping in the shops of downtown Mystic.

Friendship Tours Excursions (Chartered Bus)

Payment for these trips are due one month prior to departure. Flyers are included in the newsletter or at the Center. Open to all in town and out of town members.

May 14	King of Diamonds, Neil Diamond Tribute	\$94
June 16-23	Bermuda Cruise from NJ	\$1449 pp twin
June 21	Ride the Naugy	\$124
Aug 20-21, 2024	Turning Stone Casino	\$499 pp twin
Sep 3-16, 2024	Escorted Mediterranean Cruise Italy, Slovenia,, Greece, Montenegro, Croatia	\$3799 pp twin
Nov 9-23	Escorted Repositioning Cruise Sail Boston to Southern Caribbean to Ft Lauderdale	\$2549 pp twin
Dec 4-8, 2024	Escorted San Antonio Holiday	\$2799 pp twin

Give us a call to schedule a ride or to book a Trip! 860-632-3447

Weekly Shopping Routes on our Senior Bus
Join us Mondays & Fridays!

9:00am : Stop & Shop, ShopRite and Dollar Tree

2:15pm: Walmart

Just call us and ask to be put on our shopping shuttle!

Places to go

Human Services Corner

Awilda Rodriguez

Human Services Assistant

Staff provides advocacy, information and referral, short term guidance and referrals for counseling and support services for adults, families, elderly and disabled residents. Staff assists clients in completing a variety of assistance applications for state and federal programs, and operates a client choice food bank and holiday programs.



860-632-3449

Many households used the Affordable Connectivity Program (ACP) credit towards either their broadband or cellular service. *The ACP program last full month of credit was April of 2024.* These household may also be eligible for the Life Line discount, also funded by the FCC.

About Lifeline

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discount of up to \$9.25.

- **USAC's Lifeline Support Center** helps you apply for the program, understand eligibility requirements, and keep your benefit current through an annual recertification process.
- **Lifeline consumers** must apply for Lifeline and then sign up with a participating phone or internet company, recertify annually, and keep their information up to date.

Phone or Internet company enrolls you in the Lifeline program, manages your service, and answers questions about your service, phone or device, or bill.

You will need your full name, date of birth, last 4 digits of your Social Security Number or number, and home address.

If you need assistance with your Lifeline application, please contact the [Lifeline Support Center at \(800\) 234-9473](#).

Anyone can have food insecurity, it can be a short term hurdle or an on-going barrier. Residents of Cromwell, we are here when you need it. We offer a food choice pantry, meaning you can take the items that your family will use. By using the food pantry, it can help save money for some of life's other worries. Call and make your appointment.

UniteCT Workforce Rental Assistance Program.

This program provides up to 3 months of rental assistance for qualifying participants registered in a workforce training program in Connecticut. The Workforce Rental Assistance Program is only processing applications as long as program funds are available. To be eligible for the UniteCT Workforce Rental Assistance Program, a tenant must be registered for a workforce training program in Connecticut.

How do I register for the Career ConneCT program?

Go to the Career ConneCT web portal and complete the intake form.

Will I have someone to help me navigate the Career ConneCT program?

Yes! After you complete the intake form and the skills inventory, you will be assigned a case manager.

To get started visit online
[CareerConneCT](#)

THE CROMWELL SENIOR CENTER DRAMA CLUB PRESENTS: "AS THE FAUCET DRIPS. SO ARE THE TEARS OF OUR TIMES"

Come back to the days of radio, when the Senior Center Drama Club performs this original soap opera.

Laugh with us as the wealthy Houston family drinks, bickers and backstabs each other until murder and trickery enters their world! And see if you can spot the famous lines of dialog borrowed from some of your favorite movies!

Thursday May 23rd @ 2:00PM

**RSVP by 5/20
860-632-3447**





Support Programs for Older Adults at no cost

Snack & Learn
Tuesday May 14th
@ 10:30

at the Cromwell Senior Center

Call us at 860-632-3447
to sign up

Care at Home by JFS has two grant-supported technology programs that can help our care partners. Both programs are provided at no cost and with Care at Home support staff.



Online Connection

Connect to what and who you love, discover new passions, meet new friends, and improve your health; all from the comfort of home! Uniper is an interactive virtual community that empowers older adults to remain active, engaged, and connected. Events, broadcasts, and special programming are streamed directly to their TV's or connected devices.

Aging in place doesn't mean giving up on community, connections, and ongoing learning. Uniper can open one up to a diverse array of live activities, vibrant communities, mental and physical fitness classes, and more. Let's keep building memories, together.



uniper@jfshartford.org



Streaming Support

Memory care research shows that reducing stress and frustration can improve memory in older adults. Redirecting their attention and re-engaging them with another activity can help get them out of that rut. One tool is Memory Lane TV using positive, plot-free, guided imagery to evoke a sense of wonder and wellbeing using inspiring images, immersive video, mood-elevating music, and more.

Memory Lane TV provides positive, multisensory, therapeutic programming on demand. Each immersive and interactive experience engages all the senses, helping one focus on a series of magical, mindful moments right in your own home.



memorylane@jfshartford.org

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 3 OZ BEEF TIPS W/ GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 4 OZ VANILLA PUDDING 4 OZ FRUIT JUICE	2 3 OZ BAKED CHICKEN 2 OZ LEMON CAPER SAUCE 4 OZ RICE PILAF 4 OZ BROCCOLI 4 OZ PEARS	3 6 OZ MEXICAN LASAGNA 4 OZ MIXED VEGETABLES 4 OZ RICE PUDDING 4 OZ FRUIT JUICE
6 3 OZ CHICKEN 2 OZ ORANGE SAUCE 4 OZ WILD RICE 4 OZ ORIENTAL BLEND VEG 4 OZ PINEAPPLE	7 3 OZ SAUSAGE 4 OZ SAUCE W/ ONIONS AND PEPPERS 4 OZ GRINDER ROLL 4 OZ MIXED VEGETABLES 4 OZ TROPICAL FRUIT	8 3 OZ BREADED CHICKEN 2 OZ FLORENTINE SAUCE 4 OZ RICE PILAF 4 OZ SCANDINAVIAN VEG 4 OZ PEARS	9 Chicken Pesto Pasta 6 OZ LINGUINI 3 OZ SHREDDED CHICKEN 4 OZ PESTO CREAM SAUCE 4 OZ SPRING BLEND VEG 4 OZ MANDARIN ORANGES	10 TUNA SANDWICH 3 OZ TUNA SALAD W/ LETTUCE 1 CROISSANT 4 OZ TOMATO CUCUMBER SALAD 1 OZ POTATO CHIPS 1 ORANGE
13 3 OZ SWISS STEAK 2 OZ COUNTRY GRAVY 4 OZ MASHED POTATOES 4 OZ CAPRI BLEND VEG 4 OZ FRUIT COCKTAIL	14 3 OZ SALMON 2 OZ CRANBERRY GLAZE 4 OZ BROWN RICE 4 OZ VEGETABLE BLEND 4 OZ PINEAPPLE	15 8 OZ CHEESE LASAGNA 4 OZ BROCCOLI 1 GARLIC KNOT 4 OZ MANDARIN ORANGES	16 3 OZ ROAST TURKEY 2 OZ GRAVY 4 OZ MASHED POTATOES 3 OZ PEAS & CARROTS 2 OZ CRANBERRY SAUCE 4 OZ APPLE CRISP	17 3 OZ BAKED CHICKEN 2 OZ GRAVY 4 OZ ROASTED RED POTATOES 4 OZ CAPRI BLEND VEG 4 OZ FRUIT COCKTAIL
20 3 OZ BREADED TILAPIA 4 OZ SWEET POTATOES 4 OZ SPINACH 4 OZ TROPICAL FRUIT	21 3 OZ CHICKEN 1 OZ BBQ SAUCE 4 OZ MACARONI & CHEESE 4 OZ SPINACH 4 OZ MANDARIN ORANGES	22 3 OZ PORK ROAST 2 OZ GRAVY 4 OZ SWEET POTATO 4 OZ BRUSSELS SPROUTS 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE	23 MEATBALL GRINDER 3 OZ MEATBALLS 1 GRINDER ROLL 4 OZ MARINARA SAUCE 4 OZ ITALIAN VEGETABLES 4 OZ ICE CREAM CUP 4 OZ FRUIT JUICE	24 3 OZ HERB BAKED CHICKEN 4 OZ BROWN RICE 4 OZ CAPRI BLEND VEG 4 OZ FRUITED JELLO
27 MEMORIAL DAY CLOSED	28 1 HOT DOG W/ BUN 4 OZ POTATO WEDGES 4 OZ 3-BEAN SALAD 1 APPLE	29 BIRTHDAY LUNCHEON Chicken Caesar Salad 3 OZ BAKED CHICKEN BREAST 8 OZ SHREDDED LETTUCE 1 OZ SHREDDED CHEESE 2 OZ GRAPE TOMATOES 2 OZ SALAD DRESSING 1 CORN MUFFIN 4 OZ FRUIT JUICE 1 SLICE BIRTHDAY CAKE	30 8 OZ SHEPHERD'S PIE 4 OZ CORN 1 BISCUIT 4 OZ PEARS	31 Fish & Chips 3 OZ BATTERED FISH 4 OZ FRENCH FRIES 4 OZ COLE SLAW 4 OZ BAKED BEANS 1 BANANA

(Menu subject to change without notice)

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, fish, or sesame. Please advise a staff member of any food allergies prior to consumption of meals. **Thank you!**
RESERVATIONS AND CANCELLATIONS FOR MEALS NEED TO BE MADE 24 HRS IN ADVANCE

CONGREGATE DINERS PLEASE CALL THE ESTUARY RESERVATION LINE AT 860-388-1611 X216 BEFORE 11 am
HOMEBOUND CLIENTS PLEASE CALL 860-388-1611 X217 FOR LAURA OR 860-388-1611 X237 FOR GARIANN

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

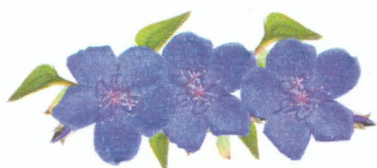
Condiments are served as posted

Monthly Birthday Celebration!

May Birthdays



May 3 rd – Anthony Amenta	May 17 th – Dolores DiMauro
May 3 rd – Jennie Bouchard	May 17 th – Janet Flannigan
May 3 rd – Shirley Cordone	May 18 th – May Gallipo
May 3 rd – Laverne Mayo	May 18 th – Carol Max
May 3 rd – Mary Ann Scarpini	May 18 th – Douglas Thomesen
May 4 th – Susan Candy	May 19 th – Douglas Eccleston
May 5 th – Janice Oros	May 19 th – Alan Fleet
May 6 th – Billy Bonaiuto	May 22 nd – Sarah Hopley
May 6 th – Peggy Cappellenti	May 22 nd – Marie Kluza
May 7 th – Florence Alison	May 22 nd – Dorothy Linehan
May 7 th – Lucille Lancia	May 23 rd – Gregory Kearns
May 8 th – Fran Grasso	May 24 th – Nelda Babbitt
May 9 th – Carol Wieczorek	May 24 th – Theresa Bowser
May 11 th – Phyllis Golec	May 25 th – Francis Gaffney
May 13 th – Jim McLeod	May 25 th – Lawrence Sanderson
May 14 th – Brian Fisk	May 28 th – Sue Angel
May 15 th – Kathy Macko	May 28 th – Nellie Mandracchia
May 16 th – Dolores Mahard	May 28 th – Marilyn Perone
May 16 th – May Jo Piskura	May 30 th – Margaret Hodges
May 16 th – Craig West	



Register your Birthday now! 860-632-3447
Join us on May 29th at 12:30pm for cake
Sponsored by Rose Hill Funeral Home





Virtual Travel with Lia Levitt

The conclusion of our two-
part Antarctic experience

**Monday May 6th
at 1:00pm- ZOOM**

Please join us for the elusive ending to the journey which has an unexpected twist no one could've prepared for. Before we depart however, enjoy the most amazing whale watching on earth and a trip to the miraculous deception island for history, nature and untouched beauty. You'll also see an Antarctic wedding and birthday party all while experiencing more of the exquisite beauty of the white continent.

Sign up today through the
Cromwell Senior Center

860-632-3447





NoCoClub.com PICKUP AND DROP OFF SERVICE

NoCoClub.Com is a pickup and delivery service that offers service to local municipalities that are currently not serviced or underserved. Customers can simply place their orders online with businesses we do pickups for. The customer then contacts us with the order number. We then retrieve and delivery the order at one of our predesignated stops. We also accept and return any Amazon orders to UPS for FREE. Yes it's that simple.

Info Presentation

Thursday May 2nd

at 10:30AM

in the Cromwell Senior Center

Current Pickup Locations

Walmart

Walgreens

Target

CVS

Kohl's

Michaels

Home Depot

JOANN fabric

Lowe's

Stop and Shop

*Locations added based on need and can be changed at any time without prior notice. Delivery times and cost are based the needs of our customers.


Owner: Dameon Gayle

Email: Dameon@nococlub.com

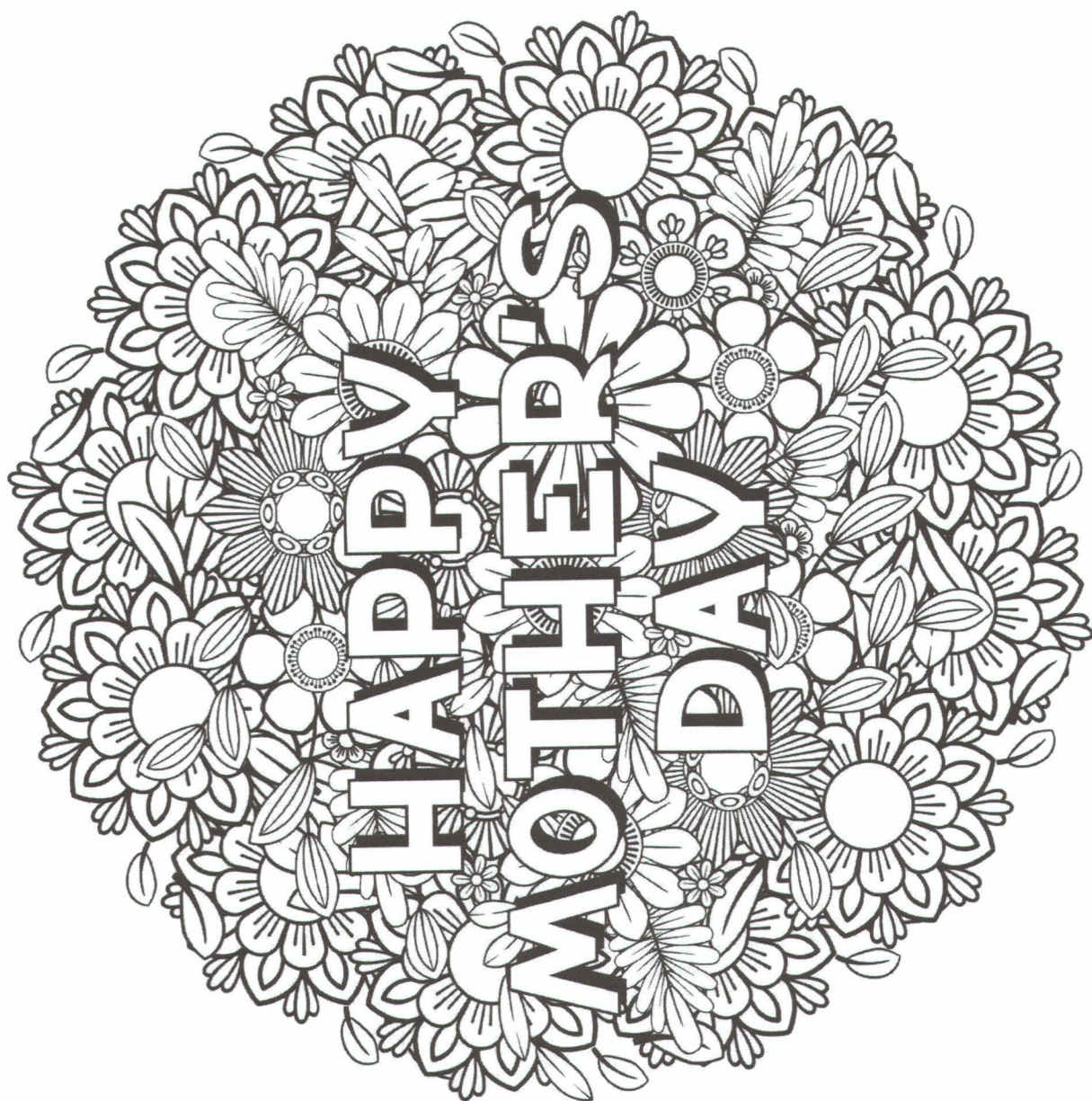
FREE WHEEL LOCKS ARE NOW AVAILABLE!

Hyundai and
Kia thefts are
on the rise!
Steering Wheel
Locks assist in
the prevention
of it happening
to you!



 (860) 635-2256

Contact the Cromwell
Police Department to
receive a Wheel Lock



Free Printable Word Search Puzzles

Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

A H U G S C M F T T D G H O D B T H E
Y L I M A F L S R N N E R E E N S A G
E R A R S O M U U I A G S A L S I N D
A T I U W M S G T P N R U S G P I K E
R N A E G T I R N I P T E N E V F G V
G E R R I H O L H I I O I L O L N U O
J S H N E F T C E F T R R L O I B D L
R O G T M D A E U S U P E T Z T P E E
T P Y O O E I L R T E M E A I R A V B
E R C D T M E S R O V F M C O V T O E
N E T E G N D U N E I A R U C N E T C
D C H E N S N S A O T N D D C A H E I
E I O S I R E S P E C T F U L I L D N
R O U S R A D V I C E G E N E R O U S
R U G E I L U F H C T A W G I V I N G
O S H L P E S I W D O A G N I R A H S
T R T F S G N I G A R U O C N E E N S
N L F L N E E P S M P O U G N O R T S
E N U E I D L Y L I S T E N E R I N T
M H L S D E A R L U F R E D N O W E M

ACCEPTING
ADVICE
AMAZING
BEAUTIFUL
BELOVED
BLESSED
CARING
COMFORTING
CONSIDERATE
DEAR
DEVOTED
ENCOURAGING

FAMILY
FLOWERS
GENEROUS
GIVING
HELPFUL
HUGS
INSPIRING
JOY
KIND
LAUGHTER
LISTENER
LOVING

MENTOR
MOTHER
NICE
NURTURING
PRECIOUS
PROTECTIVE
PROUD
RESPECTFUL
SELFLESS
SHARING
SMILES

STRONG
SUPPORTIVE
TEACHING
TENDER
THOUGHTFUL
TOLERANT
TRUSTING
WARM
WATCHFUL
WISE
WONDERFUL

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Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1033 (Medium)

	6			9			7	
		1			3		9	
				7	8	6		
4		3						
		5		8		3		
	1							
7					6			
			2					8
	4		1				3	7

Sudoku #1034 (Medium)

	8			9			1	
3	6		5	4				
	7	1					6	4
	5			2				
			4	5				3
		7						9
	1			7				
					3		8	

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Free Printable Sudoku Puzzles

These are the solutions to the puzzles located [here](#)

Sudoku #1033 (Medium)

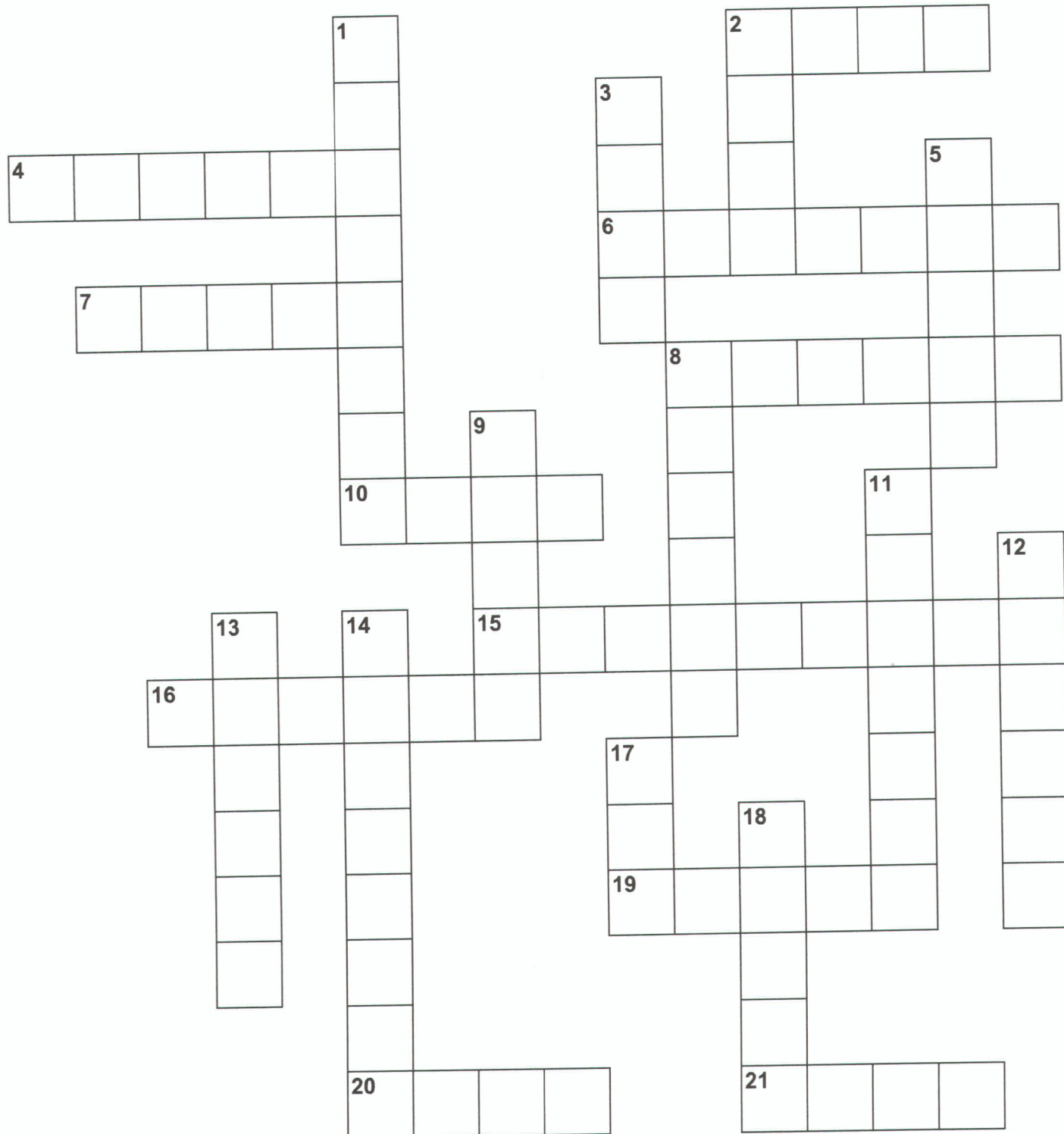
3	6	8	4	9	1	5	7	2
5	7	1	6	2	3	8	9	4
9	2	4	5	7	8	6	1	3
4	8	3	9	1	5	7	2	6
6	9	5	7	8	2	3	4	1
2	1	7	3	6	4	9	8	5
7	3	2	8	4	6	1	5	9
1	5	9	2	3	7	4	6	8
8	4	6	1	5	9	2	3	7

Sudoku #1034 (Medium)

7	8	4	6	9	2	3	1	5
3	6	9	5	4	1	2	7	8
1	2	5	7	3	8	9	4	6
2	7	1	3	8	9	5	6	4
4	5	3	1	2	6	8	9	7
6	9	8	4	5	7	1	2	3
8	3	7	2	1	4	6	5	9
9	1	6	8	7	5	4	3	2
5	4	2	9	6	3	7	8	1

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WILDFLOWERS



By Jimmy and Evelyn Johnson - www.qets.com

WILDFLOWERS

ACROSS

- 2 Grows another plant when put into the ground
- 4 Native to Great Plains
- 6 Ranks below genus
- 7 A group of closely related species
- 8 Lives only one growing season
- 10 Grows downward into the soil
- 15 Comes back each year from the same root
- 16 A group of plants having biologically similar features
- 19 Has pure white flowers with mustard-yellow centers
- 20 Usually flat and green
- 21 Part of a plant from which a flower grows

DOWN

- 1 Has blossoms arranged on spikes
- 2 Desert region native
- 3 Flowering shrub
- 5 Colored or white leaf-like part of a flower
- 8 Stem that bears pollen
- 9 Has brilliant orange cup-shaped flowers
- 11 Blue flowers remain on plant for only a day
- 12 Colorful part of a plant
- 13 Has feathery foliage
- 14 Has a two-year life cycle
- 17 Can develop into a flower
- 18 Climbs or creeps

Free Printable Word Search Puzzles

Animals 3

Find and circle all of the animals that are hidden in the grid.
The remaining letters spell the name of an additional animal.

F S R N J A G H Y E N A D I N G O
L S O O C E L O T K N U K S M R A
O O D C M I C R H A C A R I B O U
W R N L U A U A C T N K W O P U L
C T O A L M R O T E R R E F H S I
O A C F E N N M A L P A C A E E B
U B E L I D O C O R C H W W A R R
G L K L A O X H E S A S W I S M E
A A A U O O M S T M E O H L A I G
R D N G K L O A E Y L T C D N N P
E E S S I O L L R L P L I E T E C
P R U Z G B E I A T K O R B B M I
A M A N E O B W D H E O T E A U G
N R O H N R S O O A C N S E D S U
D M N I F F U P N C M N O S G S A
A S P S Q U I R R E L R I T E O N
E R U T L U V T E R G E A F R P A

ALBATROSS	EGRET	LIZARD	PUFFIN
ALPACA	ERMINE	LOON	PYTHON
ANACONDA	FALCON	MARMOSET	SHARK
ARMADILLO	FERRET	MARTEN	SKUNK
ASP	FINCH	MOLE	SNAKE
BADGER	GERBIL	MONGOOSE	SQUIRREL
CARIBOU	GIBBON	MULE	SWALLOW
CHAMELEON	GROUSE	MUSKOX	VULTURE
CONDOR	GULL	OCELOT	WARTHOG
COUGAR	HARE	OSTRICH	WILDEBEEST
COW	HYENA	PANDA	WOLF
CROCODILE	IGUANA	PHEASANT	
DINGO	LEMUR	POSSUM	

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

Free Printable Word Search Puzzles

Fishing

Find and circle all of the Fishing words that are hidden in the grid.
The remaining letters spell a quote by Henry David Thoreau.

L E E R D N A D O R M A N F T U O R T Y
M R E G U A F E N G G L S R L O F X I S
B A S S G N I L G N A N O A H O O H I N
F L I E S G P B I K H L I S L B A F A R
R I S L B L D O E P L S I H E M L T O E
E N P S L F A A L I P F I L S Y O T E B
V E O I U H I T N E D I K F C I R N S B
I E O N E I L G F E F C N A N G F A A O
R T L K F R Y R R L A I S G N A L Y E B
I E V E I E L E E T Y T S I S F P K L G
W N N R S I I L T L I R H H L H I N E F
E G O N H U M I T N G S E Y I R K O R N
L N P O I W I A G I I N R E T N N O D G
B I T O H P T R A F T O A S L I G P N C
B D T T N R S T L I D R E P E E K S A R
I N I S E D G L N F L O U N D E R T H A
N A O D S P I N C A S T R E E L F T C P
B L A F I T J R E L W A R C S I H T T P
H E E Y S S T R E A M A R E S A F T A I
L U R E J I G G I N G E R H K O O H C E

ANGLER
ANGLING
AUGER
BAIT
BASS
BLUEFISH
BOAT
BOBBER
CATCH AND RELEASE
CATFISH
CRAPPIE
CRAWLER
DAILY LIMIT

FLIES
FLIPPING
FLOAT
FLOUNDER
FLY CASTING
FLY FISHING
FLY REEL
FLY ROD
GEAR
HOOK
JIGGING
JIGS
KEEPER

LAKE
LANDING NET
LEADER
LINE
LURE
NIBBLE
PANFISH
POLE FISHING
POND
REDFISH
RIVER
ROD AND REEL
SALMON

SINKER
SPINCAST REEL
SPINNER
SPOOL
SPOON
STILL FISHING
STREAM
STRIKE
TACKLE BOX
TRAILER
TROLLING
TROUT

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1033 (Easy)

4		1		8				3
					6			
2			3	7		8	4	1
		3			5	9		6
				2	7	1		
			4				7	
			7					2
							6	
	6	8						

Sudoku #1034 (Easy)

					3			
			5					8
				1		4		
9	7						3	2
1	8			2				4
4		5	7					
6					1	7		5
					8		4	
	1		6	5	9	2		

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Free Printable Sudoku Puzzles

These are the solutions to the puzzles located [here](#)

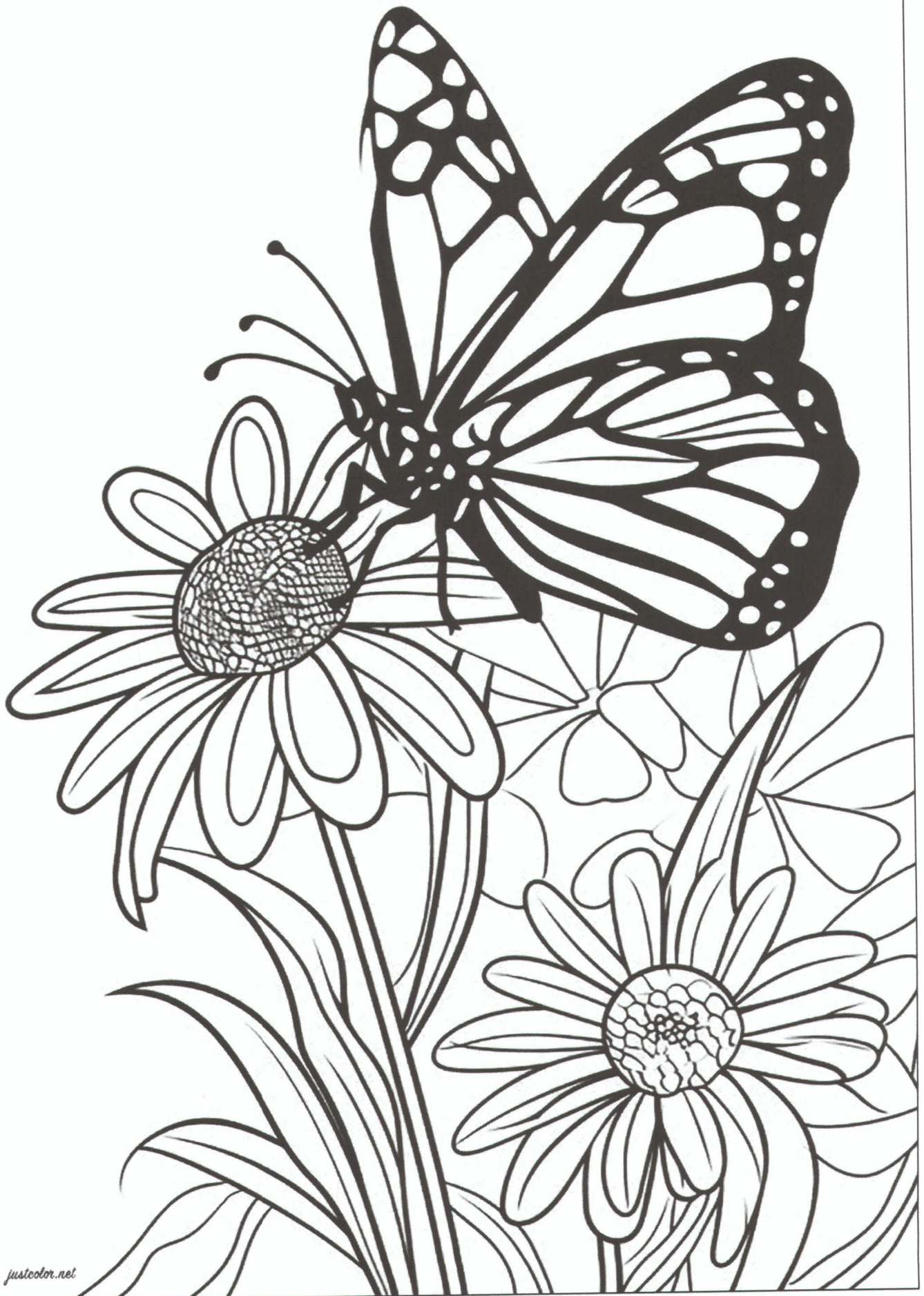
Sudoku #1033 (Easy)

4	7	1	5	8	2	6	9	3
8	3	9	1	4	6	2	5	7
2	5	6	3	7	9	8	4	1
7	4	3	8	1	5	9	2	6
9	8	5	6	2	7	1	3	4
6	1	2	4	9	3	5	7	8
5	9	4	7	6	1	3	8	2
1	2	7	9	3	8	4	6	5
3	6	8	2	5	4	7	1	9

Sudoku #1034 (Easy)

8	5	7	4	6	3	9	2	1
2	4	1	5	9	7	3	6	8
3	6	9	8	1	2	4	5	7
9	7	6	1	8	4	5	3	2
1	8	3	9	2	5	6	7	4
4	2	5	7	3	6	8	1	9
6	3	8	2	4	1	7	9	5
5	9	2	3	7	8	1	4	6
7	1	4	6	5	9	2	8	3

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FAMILY VACATION CRYPTOGRAM PUZZLES

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each of these puzzles is related to family vacation destination ideas. Each puzzle uses different letter substitutions. An example of a letter substitution encryption may be: The word CARD could be encoded to XPQM if C=X, A=P, R=Q, D=M. Find the right letter substitutes to solve these printable cryptogram puzzles.

DISNEY WORLD

GS GJ FC GCEXWAGNDZ RMRKDFX VFIGDZ OFEFSGMC AWJSGCFSGMC.

FEEMXAGCB SM VMXNWJ, GS GJ SPW IMJS OGJGSWA OFEFSGMC XWJMXS GC SPW

TMXDA, TGSP FC FSSWCAFCWE MV STWCSZ-VGOW IGDDGMC FCCKFDDZ.

BEACH

NYDV DVF OHQP, DVF OKQ, HQP DVF NHXFO, DVF RFHZV YO H ZLTTLQ

PFODYQHLYLQ GLW GHTYMYFO NVL HWF ALYQA HNHJ GLW XHZHDYLQ. EYPO

MLXF THEYQA OHQP ZHODMFO LW IKOD OUMHOVYQA HWLKQP YQ DVF NHDFW.

GRANDMA'S HOUSE

FUVUAUSK EOXUJT UV OJGOTV O IRIHJON EOXUJT FOMOAURS LZVAUSOAURS.

KNOSLIONZSAV JRFZ AR VIRUJ ADZUN KNOSLWULV GUAD JRAV RE JRFZ, ARTV,

KRRL ERRL, OSL AOVAT ANZOAV.

THREE BILLY GOATS GRUFF CRYPTOGRAM PUZZLES

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each cryptogram puzzle is related to the Three Billy Goats Gruff, the fairy tale. Each puzzle uses a different letter substitution encryption. An example of a letter substitution encryption may be like this: The word GOATS could be encoded to XPQML if G=X, O=P, A=Q, etc... Find the right letter substitutes to solve these printable cryptogram puzzles.

THE BEGINNING

AKJV OBAK I XZEV XPVCV QICV XPCVV LZNNF YAIXW JINNV T YCORR. ZK XPV
QZKXVC XPVF NZSV T ZK I LICK ZK XPV SINNV F. QPVK WBCZKY JIEV XPVF
NAKYVT XA XCISVN OB XA XPV EAOKXIZK XA VIX XPV NOWP WQVVX YCIWW. AK
XPVZC QIF XA XPV EAOKXIZKW XPVF PIT XA JCAWW I COWPZKY CZSVC.

THE NEXT PART

NRCKMRKOBW BWK QMPCJK BWKMK TPSKC O BKMMPQTK, HRK-KLKC BMHTT.
RHQHCL YO V OTTHYKC BH DMHVV BWK QMPCJK YPBWHNB BWK BMHTT
FKMGPVVP HR. WK OTYOLV OBK BWKG NF. BWK VGOTTKVB QPTTL JHOB JMNII
YO V IPMVB BH MKODW BWK QMPCJK. BMPFFPBL-BMHF YKRB WPV TPBBTK
WHHSKV.

FAMOUS PASSAGE

CUY CIVAA AYC CUY ETWAA YEC WHP TJPPAY-EJRY P BVWCE OWEE, OAWHHJHB
CV YWC CUYT FUYH CUYD IYCMIHYP WAA NWCCYHYP MO. FUYH CUY AWIBYEC
BVWC SIVEEYP CUY CIVAA OAWHHYP CV YWC UJT, QMC CUY BVWC FWE CVV QJB
W ECIVHB WHP QMCCYP CUY CIVAA VNN CUY QIJPBY.

FAMILY VACATION CRYPTOGRAM PUZZLES: Solutions

DISNEY WORLD

It is an incredibly popular family vacation destination. According to Forbes, it is the most visited vacation resort in the world, with an attendance of twenty-five million annually.

BEACH

With the sand, the sun, and the waves, the beach is a common destination for families who are going away for vacation. Kids love making sand castles or just splashing around in the water.

GRANDMA'S HOUSE

Visiting family is always a popular family vacation destination. Grandparents love to spoil their grandkids with lots of love, toys, good food, and tasty treats.

BILLY GOATS GRUFF CRYPTOGRAM SOLUTIONS

THE BEGINNING

Once upon a time there were three Billy Goats called Gruff. In the winter they lived in a barn in the valley. When spring came they longed to travel up to the mountain to eat the lush sweet grass. On their way to the mountains they had to cross a rushing river.

THE NEXT PART

Underneath the bridge there lived a terrible, one-eyed troll. Nobody was allowed to cross the bridge without the troll's permission. He always ate them up. The smallest Billy Goat Gruff was first to reach the bridge. Trippity-trop went his little hooves.

THE END

The troll let the smallest and middle-sized goats pass, planning to eat them when they returned all fattened up. When the largest goat crossed the troll planned to eat him, but the goat was too big a strong and butted the troll off the bridge.

