



April 2024

Cromwell Senior Center - Senior Scene!



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
PT Driver Position
Available

Senior Commission Members

Anne Kaiser, Chair
Deirdre Daly, Vice Chair
Ann Jordan
Mertie Terry
Patricia Snow
Bonnie Sprague
Judy Benvenuto
Steve Falco
Linda Worden
Judy Norris
Diane Wiegart

Next Meeting:
April 22, 2024



41 West Street
Cromwell CT 06416

Earth Day Clean Up

Let's celebrate Earth Day by cleaning up our parks! We are looking to get a group of volunteers together to pick up the litter in our parks. Whether it's a lot or a little, every piece picked up makes a difference. All volunteers will even receive a small plant as a token of our appreciation.

Event: Monday April 22
Time: 2:30-3:30 at Riverport Park

If you are interested in participating in the park clean up please register by Monday, April 15th.

NEW! Free Open Swim

Dive into a refreshing aquatic workout designed to improve flexibility, strength, and overall health. Whether you're a seasoned swimmer or just starting, this session is perfect for all levels. Don't miss this opportunity to stay active and enjoy the water in a welcoming environment. Join us at Champions Training and Aquatic Center on April 3rd from 2:00-3:00pm. Open to all seniors!! See you at the pool!

If you are interested, please just show up to the facility. If you need a ride, you must call us for a reservation.

They are providing the pool and a lifeguard!

If there is interest in this program, we will look to work with the Aquatic Center on regular swim sessions.



4/4- Medicare, Social Security, and new benefits discussion with **Congressman Larson**

4/8- Antarctica Virtual Travel with Lia

4/11- Hospice Snack & Learn by **Trinity Health**

4/11- Wii Bowling Tournament vs Glastonbury

4/16- LGBTQ+ Moveable Senior Center Paint & Plant Event

4/17- Homecare Lunch & Learn by **Home Instead**

4/24- Volunteer Appreciation Luncheon— by invitation

Let's Grow Together

LGBTQ+ Moveable Senior Center Event

Join us for a paint and plant event

Tuesday April 16th

@ 10:30

Light refreshments will be served!



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Billiards 9:00 Yoga with Lisa 11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Quilting Class 1:00 Mahjongg 2:15 Arthritis Exercise	2 9:00 Tai Chi w Lisa 9:00 Billiards 11:00 Tai Ji Quan 12:00 Lunch 1:00 Bingo 1:00 Table Tennis 2:00 Cards/Setback 2:00 Tech Tuesday: Smartphone Help	3 9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards 9:30 Wii Bowling 12:00 Lunch 1:00 Art with Angel 1:00 Pickleball for Beginners 2:00 Open Swim	4 9:00 Tai Chi w Lisa Gibson 10:00 Meditation 10:30 Billiards 11:00 Medicare, Social Security, and new benefits discussion with Congressman Larson 11:15 Balance & Strength with Michelle 12:00 Lunch 1:00 Cards/Setback 2:00 Trivia 2:15 Arthritis Exercise	5 9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 12:00 Lunch 1:00 Mahjongg/Rummikub 1:00 Movie 1:45 Pickleball for Advanced Players
8 9:00 Billiards 9:00 Yoga with Lisa 11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Virtual Travel with Lia- Antarctica 1:00 Quilting Class 1:00 Mahjongg 1:00 Intro to Italian 2:15 Arthritis Exercise	9 9:00 Tai Chi w Lisa 9:00 Billiards 11:00 Tai Ji Quan 12:00 Lunch 1:00 Bingo 1:00 Table Tennis 2:00 Cards/Setback with Charles Rex	10 9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards 9:30 Wii Bowling 12:00 Lunch 1:00 Art with Angel 1:00 Pickleball for Beginners	11 9:00 Tai Chi w Lisa Gibson 10:00 Meditation 10:30 Billiards 10:30 Hospice Snack & Learn by Trinity Health 11:15 Balance & Strength with Michelle 12:00 Lunch 1:00 Wii Bowling Tournament vs Glastonbury 1:00 Cards/Setback 2:15 Arthritis Exercise	12 9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg/Rummikub 1:00 Movie 1:45 Pickleball for Advanced Players
15 9:00 Billiards 9:00 Yoga with Lisa	16 9:00 Tai Chi w Lisa 9:00 Billiards	17 9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards	18 9:00 Tai Chi w Lisa Gordon 9:00 Billiards 10:00 Meditation	19 9:30 Reiki with Linda-Call for Appointment 9:00 Billiards

11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Quilting Class 1:00 Mahjongg 2:15 Arthritis Exercise	10:30 LGBTQ+ Moveable Senior Center Paint & Plant Event 11:00 Tai Ji Quan 12:00 Lunch 1:00 Bingo 1:00 Table Tennis 2:00 Cards/Setback	9:30 Massage Therapy 9:30 Wii Bowling 11:30 Homecare Lunch & Learn by Home Instead 12:00 Lunch 1:00 Art with Angel 1:00 Pickleball for Beginners	11:15 Balance & Strength with Michelle 12:00 Lunch 1:00 Cards/Setback 2:00 Trivia 2:15 Arthritis Exercise	9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg 1:00 Movie 1:45 Pickleball for Advanced Players
22	23	24	25	26
9:00 Billiards 9:00 Yoga with Lisa 10:30 Senior Commission Meeting 11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Mahjongg 1:00 Quilting Class 2:30 Earth Day Cleanup 2:15 Arthritis Exercise	9:00 Tai Chi w Lisa 9:00 Billiards 11:00 Tai Ji Quan 12:00 Lunch 12:00 Volunteer Appreciation Lunch 1:00 Table Tennis 2:00 Cards/Setback	9:00 Yoga with Lisa 9:00 Wellness Nurse 9:00 Billiards 9:30 Wii Bowling 12:00 Lunch 12:30 Birthday Bash 1:00 Art with Angel 1:00 Pickleball for Beginners	9:00 Tai Chi w Lisa Gordon 9:00 Billiards 10:00 Meditation 11:15 Balance & Strength with Michelle 12:00 Lunch 1:00 Cards/Setback 2:00 Trivia 2:15 Arthritis Exercise	9:00 Billiards 9:00 Yoga with Lisa 10:30 Pickleball for Cromwell Residents 12:00 Lunch 12:30 Tai Ji Quan 1:00 Mahjongg/Rummikub 1:00 Movie 1:45 Pickleball for Advanced Players

29	30
9:00 Billiards 9:00 Yoga with Lisa 11:00 Balance & Strength with Michelle 12:00 Lunch 1:00 Mahjongg 1:00 Quilting Class 2:15 Arthritis Exercise	9:00 Tai Chi w Lisa 9:00 Billiards 11:00 Tai Ji Quan 12:00 Lunch 1:00 Bingo 1:00 Table Tennis 2:00 Cards/Setback 2:00 Tech Tuesday

April 2024

Live, Laugh, Learn



MOVIES, MOVIES, MOVIES!

All movies start at 1:00pm on Fridays!



April 5th The Color Purple

A film adaptation of Alice Walker's novel, combining the best aspects of the novel and the musical. (Fantasia Barrino, Taraji P. Henson, Danielle Brooks)

April 12st Ferrari

Set during the summer of 1957. Ex-racecar driver, Enzo Ferrari, is in crisis. Bankruptcy stalks the company he and his wife, Laura, built from nothing ten years earlier. (Adam Driver, Penelope Cruz)

April 19th Freud's Last Session

On the eve of the Second World War, two of the greatest minds of the twentieth century, C.S. Lewis and Sigmund Freud converge for their own personal battle over the existence of God. (Anthony Hopkins, Matthew Goode)

April 26th Miranda's Victim

The true story of Trish Weir who in 1963 was kidnapped and brutally raped by Ernesto Miranda. Committed to putting her assailant in prison, Trish's life is destroyed by America's legal system as she triggers a law that transforms the nation. (Abigail Breslin, Emily VanCamp, Luke Wilson)

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

Save the Date— Older American's Month Celebration— May 29th
May is Older American's Month and we will be celebrating YOU on May 25th! More information to come in next months newsletter but we will be hosting a fun event in the Park with live music, food, lots of giveaways and just a fun evening with friends! So get out those calendars and save us a spot on May 29th from 5:00pm-8:30pm!

Wii Bowling Tournament

Cromwell
VS
Glastonbury

**Thursday April 11th
@ 1:00**



Virtual Travel with Lia Levitt

**Tuesday April 9th
@ 1:00**

SEE INSERT

Symphonic Music with Charles Rex

**Theme: The Planets
By: Gustave Holst**

**Tuesday April 9th
@ 2:00**

Birthday Bash

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

**Wednesday 4/24
@ 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)

Cromwell Residents Only— Fridays 10:30am-12:00pm

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)

April 3rd / 12:00pm,	Meriden Mall
April 10th / 11:00am	The River—A Waterfront Restaurant & Bar Then stop at the shops at the Historic District in Wethersfield' like <i>Old Wethersfield Country Store</i> .
April 17th / 11:00am	Bill's Seafood / Westbrook
April 24th / 11:00am	Harry's Place & Angelo's Bakery / Colchester

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 1	Daffodil Days with Tea at Blithewold	\$139
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	\$3799 pp twin
	Italy, Slovenia,, Greece, Montenegro, Croatia	
Nov 9-23	Escorted Repositioning Cruise	\$2549 pp twin
	Sail Boston to Southern Caribbean to Ft Lauderdale	
Dec 4-8, 2024	Escorted San Antonio Holiday	\$2799 pp twin

Give us a call to schedule are 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

12:15pm: 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

CROMWELL DIAPER BANK

Did you know the Cromwell Diaper bank provides 50 diapers per month, per child for qualifying families? Baby care items such as formula, baby food and clothing are also available while supplies last!

If you need Diapers:

Applications can be found on Cromwell Youth Service's website, www.cromwellct.com/youth-services or by visiting the Cromwell Youth Services office.

How you can Help:

Cromwell Youth Services is accepting all sized diapers with a special need for size 6. Diapers can be dropped off to the Cromwell Youth Services office.

Renter's Rebate Now Open! April 1st to October 1st 2024.

Renter's Rebate is a State of Connecticut program for Elderly and totally Disabled who meet income levels for a rebate on rent and utilities paid.

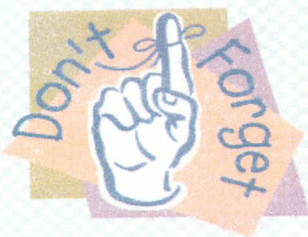
Qualified renters must have turned 65 in 2023 or be totally disabled.

Maximum limits are \$43,800 for single and \$53,400 for married couples.

Renter's must apply annually and provide proof of income received in 2023, rent paid, and proof of utility payments (electricity, gas, water, and fuel). Income received can be shown as a 1099 or tax return.

Please see insert for more details.

- By appointment only, on Mondays and Wednesdays.
- Please do not drop off paperwork. If these days or times do not work, accommodations can be made.
- Please call if homebound.



Connecticut Energy Assistance applications for non-deliverable fuel are open until May 31, 2024.

If you are struggling with your Eversource bills, there are programs to help, such as this one, so please reach out!

Are you turning 65? Retiring Soon? Why choose Scofield Insurance Consulting?

25 years of Medicare experience • We are a local agency serving all of CT
Focused on placing you in the right Medicare plan that fits your specific needs
Unbiased, expert advice • Excellent service

175 Capital Blvd, Rocky Hill
escofield@scofieldinsuranceconsulting.com
www.scofieldinsureconsulting.com

NOT AFFILIATED WITH MEDICARE OR ANY GOVERNMENT AGENCY

**Call Elena for a
no-cost appointment!**
860-538-5393



THRIVE LOCALLY

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Insurance**

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beverlygoodrich@comcast.net

Not affiliated with any government agency, including Medicare. I do not offer every plan available in your area. Currently, I represent 8 organizations which offer 48 products in your area. Please contact Medicare, gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get the information on all your options.



holiday
by ATRIA
SENIOR LIVING

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COLD SPRING

Starting Pricing * Upon availability

Studios- \$2599

1 Bedroom- \$2989

2 Bedroom- \$3770

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*Brand new renovated apartments • Outdoor common space • Tv lounge
Salon and Barber Shop • Library • Exercise and Fitness equipment • Pet Friendly
Private Dining space • Laundry room • Wheelchair Accessibility • All inclusive*
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • **www.lpicommunities.com**

Cromwell Senior Center, CT 06-5007

NEW DATE!

MERIDEN MALL SHOPPING TRIP

Thursday April 4th

Departure Time: 12:00PM

**Contact the
Cromwell Senior
Center to sign up
860-632-3447**



RENTER'S REBATE OPEN APRIL 1ST

FOR THE ELDERLY AND TOTALLY
DISABLED

RENTERS' TAX RELIEF PROGRAM 2023

The State of Connecticut offers a
check rebate to low-income adult
renters who are within
all guidelines.

Application period
is from Monday,
April 1st to
Tuesday, October
1st, 2024

Income Guidelines Maximum Limits
\$43,800 (unmarried) or \$53,400
(married/civil union)



- Must meet qualifying income guidelines.
- Must be a current resident of CT.
- Must have rented in CT in 2023.
- Must currently live in the Town of Cromwell.

You will need you 2023:

Income (ex. tax return, 1099)

Proof of rent paid.

**Rent Receipts Signed by
Landlord, housing complex
payment ledger.**

**A handwritten or typed letter
does not suffice**

**Utilities Payments receipts
(gas, eclectic, water)**



Monthly Birthday Celebration

April Birthdays



April 1st – Jean Barneski

April 1st – Maurice Wyman

April 2nd – Lory Balding

April 5th – Sandra P. Brown

April 6th – Marilyn Teitelbaum

April 7th – Lucille Booth

April 8th – Linda Ho

April 8th – Donna Miller

April 8th – Joyce Owen

April 9th – Karen Anderson

April 10th – John Oryell

April 11th – Michael Imme

April 14th – Claude Paquette

April 16th – Ann Flaherty

April 17th – Winifred Chauvin

April 17th – Walter Henderson

April 19th – Mary S. Chumura

April 19th – John Haywood

April 22nd – Linda Day

April 23rd – Rose Horan

April 23rd – Barbara Daigle

April 23rd – Yvonne Davidson

April 26th – Wayne Leahy

April 28th – David Kiley

April 30th – Daniel Kopycinski

Register your Birthday now! 860-632-3447
Join us on April 24th at 12:30pm for cake
Sponsored by Rose Hill Funeral Home



APRIL 2024

1. Print Full Name (First & Last):

2. Do You Have a Current Form 5 on File With Us (Required To Make Reservations)?:

Yes

No

3. Please Check ☒ Location You Will Go For Lunch →

CLINTON (Tuesday & Thursday)	
KILLINGWORTH (Wednesday)	
LYME (Tuesday, Wednesday & Thursday)	
OLD SAYBROOK (Monday – Friday)	

4. **(Circle)** The Dates You Want to Have Lunch OR Check Here For All Days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN STIR FRY BROWN RICE ORIENTAL VEG PINEAPPLE BITS	2 AMERICAN CHOP SUEY ELBOW NOODLES BOLOGNES SAUCE MIXED VEGETABLES CORNBREAD MUFFIN MANDARIN ORANGES	3 ROAST TURKEY w/ GRAVY MASHED POTATOES CALI BLEND VEGETABLES CRANBERRY SAUCE APPLE CRISP	4 CHICKEN PARMESAN PENNE NOODLES ITALIAN BLEND VEG GARLIC KNOT TROPICAL FRUIT	5 BBQ CHICKEN MACARONI & CHEESE SPINACH PEACHES
8 CHICKEN DIVAN ROASTED POTATOES SONOMA BLEND VEG PEARS	9 BEEF CHILI MIXED VEGETABLES CORN MUFFIN APPLE	10 COBB SALAD CORN MUFFIN ORANGE	11 BAKED SALMON w/ CUCUMBER & DILL LENTIL & RICE PILAF ASPARAGUS BLEND VEG MANDARIN ORANGES	12 CHICKEN SHAWARMA HERBED RICE MIXED VEGETABLES PITA BREAD TZATZIKI SAUCE FRUIT JUICE BUTTERSCOTCH PUDDING
15 CHEESE TORTELLINI PESTO CREAM SAUCE ITALIAN BLEND VEGETABLES TROPICAL FRUIT	16 ROASTED CHICKEN w/ GRAVY BROWN RICE MIXED VEGETABLES PINEAPPLE	17 BATTERED FISH FRENCH FRIES COLE SLAW BAKED BEANS BANANA	18 HAM W/ PINEAPPLE SWEET POTATOES GREEN BEANS SPICED PINEAPPLE SUGAR COOKIE	19 EGGPLANT PARMESAN ITALIAN BLEND VEG GARLIC KNOT MANDARIN ORANGES
22 BAKED COD LEMON PICCATA SAUCE RICE PILAF GREEN BEANS MANDARIN ORANGES	23 CHICKEN CORDON BLEU ROASTED RED POTATOES BEETS PEARS	24 BIRTHDAY LUNCHEON SALISBURY STEAK w/ GRAVY MASHED POTATOES GREEN BEANS FRUIT JUICE BIRTHDAY CAKE	25 STUFFED SHELLS ITALIAN BLEND VEG GARLIC KNOT ORANGE	26 MEATLOAF w/ GRAVY MASHED POTATOES CARROT COINS PEACH CRISP
29 SWEDISH MEATBALLS w/ BEEF GRAVY EGG NOODLES PEAS SAUTED APPLES	30 HAMBURGER POTATO WEDGES 3-BEAN SALAD PINEAPPLE	Menu subject to change without notice		Lunch Cost Age 60+ - \$3.00 Suggested Donation Under Age 60 - \$15.00

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, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

**RESERVATIONS AND CANCELLATIONS NEED TO BE MADE IN ADVANCE ONE BUSINESS DAY BEFORE 11: A.M.,
BY CALLING THE ESTUARY OFFICE AT 860-388-1611 Ext. 216**

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



Cromwell Senior Center



Let's Grow Together

LGBTQ+ Moveable Senior Center Event

Join us for a paint
and plant event
Tuesday April 16th
@ 10:30

**Light
refreshments
will be served!**



RSVP to the Cromwell Senior Center
860-632-3447



Join us for a Presentation:

Introduction to Hospice

Samantha Layher, BSW
Hospice Account Executive
Trinity Health at Home & Hospice

You will Learn:

- What is Hospice?
- Hospice Myths
- When is it Time for Hospice?
- Meet the Trinity Health at Home Team
- How to Make Referrals

Where:

Cromwell Senior Center
41 West St, Cromwell, CT 06416

When:

Thursday 4/11/24
10:30am-11:30am

Please RSVP to the
Cromwell Senior Center at
860-632-3447

Light refreshments
will be served.

Samantha.Layher@Trinity-Health.org

Kin Care Connection

A support network for caregivers who are raising a relative's child.

Free Child
Care for
Children Ages
4-13!



Dinner,
Giveaways &
Raffle Prizes!

The Cromwell Kin Care Group is a place for caregivers raising a relative's child(ren) to gather, network, and support one another. This group offers a place to share the challenges and joys of parenting a loved one while gaining valuable community resources and information. Meetings will provide Kin Caregivers with presentations, guest speakers, and topics of discussion to assist them during their child's adolescence.

Upcoming Meeting Dates

Thursday, April 11

Thursday, May 9

5:30 pm - 7:30pm

**Cromwell Town Hall
Dining Room.**

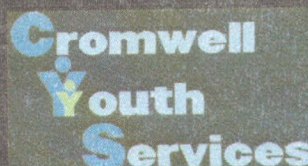
Registration required.

**Call The Senior Center at
(860) 632-3447 to sign up.**

***Childcare is provided
and dinner will be served.**

***Please register no later than the
Tuesday before each meeting.**

Cromwell Senior & Youth Services
(860) 632 - 3447
www.cromwellct.com



Please join

**Congressman
John Larson**



at

**CROMWELL
SENIOR CENTER**

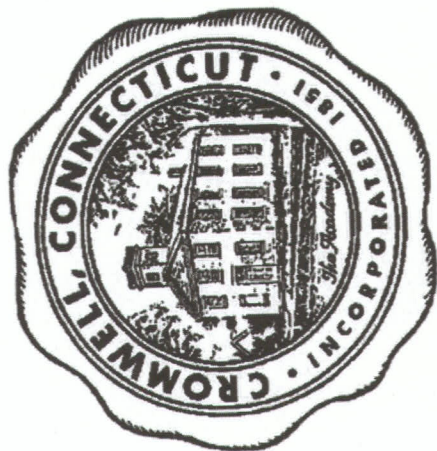
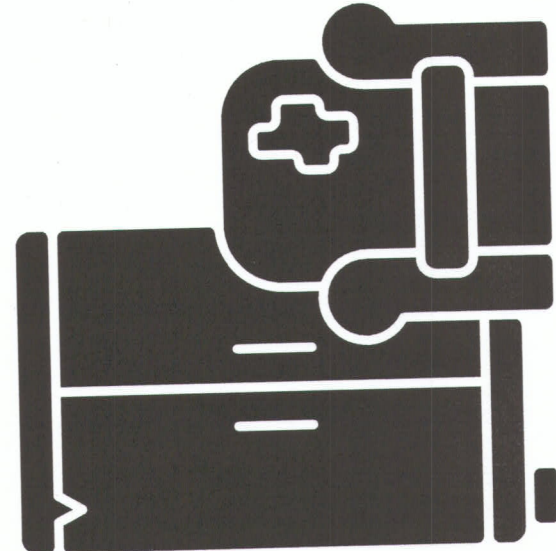
**TO DISCUSS THE FUTURE OF
MEDICARE & SOCIAL
SECURITY, AND NEW
BENEFITS AVAILABLE TO YOU**

**THURSDAY APRIL 4,
2024 AT 11:00 AM**





**CROMWELL
RECYCLES**



CROMWELL
Transfer Station
Curbside Pick-Up
(Pilot Program)

100 County Line Drive, Cromwell, CT
06416
Off of Shunpike Road (Rte. 3) at the Rocky Hill
border.

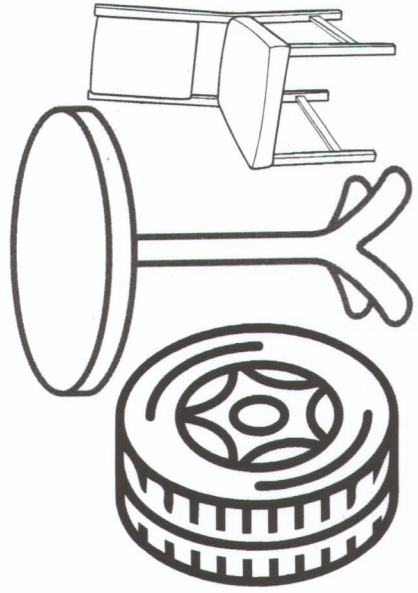
Transfer Station Hours
Tuesday, Thursday & Saturday
8 AM-3 PM
(860) 632-3420
**Must be checked in 15 minutes
prior to closing**

Check web site for seasonal hours
www.cromwellct.com/transfer-station

Pilot Program Information

The Town of Cromwell Transfer Station personnel will pick up curbside items for a fee to residents of Cromwell. The items (listed) must be placed curbside to the road where no stairs will impede such pick up.

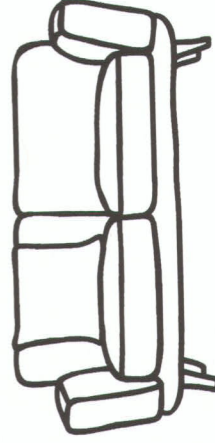
Items shall be large bulky type items that cannot fit in a normal sedan vehicle trunk. Services can be pre-paid at town hall (cash, check or money order), or at Transfer Station (check or money order). Check or money order is accepted at time of pick up.



At this time, pick up days will be limited to **Wednesdays** and **Fridays**. Items must be placed curbside between the hours of **7 AM** and **8 AM**. Do not place items at curbside more than 24 hours prior to scheduled pickup. In the event of inclement weather stuffed or padded items shall be covered by the resident as to not absorb water.

Currently we will not be picking up cast iron tubs, cast iron stoves, brush or yard debris, or any type of home renovation/demolition debris.

Any item not listed must be preapproved for pickup by the Public Works Director or designee.



Appliances:

There shall be a charge of \$10 each for the disposal of large appliances, items shall include, but not limited to washers, dryers, dishwashers, furnaces, water heaters, refrigerators, freezers, air conditioners, stoves, etc.

Tires:

23 inches or less off of rim:
\$5 each

Furniture:

Stuffed chairs: \$10 each
Love seats, sofas: \$10 each
Bed frames/headboards: \$10 each

Mattresses/Box Springs (any size):

\$10 each

Sleeper Sofa:

\$20 each

Dining Room Table/Patio Table:

\$10 each

Dining Room/Patio Chairs:

\$2.50 each

Coffee Table:

\$10 each

End Tables/Office Chairs:

\$5 each

Desks, Bookcases/Entertainment

Centers:

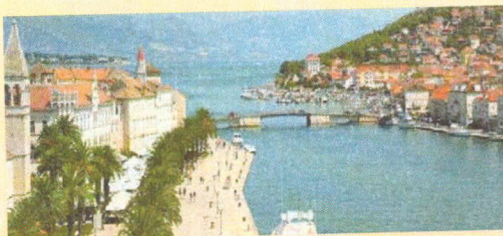
\$10 each

Escorted Mediterranean Cruise

10 Nt Cruise aboard Norwegian Pearl PLUS

1 Nt in Venice Mestre, Italy & 1 Nt in Trieste, Italy

* Italy * Slovenia * Greece * Montenegro * Croatia



Sep 4-17, 2024 14 Days/12 Nts Sail Roundtrip Trieste, Italy

- Roundtrip transportation to Airport (minimum # required)
- Roundtrip Flights to Venice
- 10 Nts onboard the NCL Pearl
- 1 Nt in Venice Mestre with Private boat transfer to heart of Venice for walking tour, Dinner & Breakfast
- 1 Nt in Trieste Italy with Breakfast
- All Meals, onboard daily activities, entertainment
- Full service Spa & Fitness Center onboard
- Professional Ship Shop Escort

Fr \$4299pp Twin Includes Flights!

Ask About Free Amenities!



Date	Port	Arrive	Depart
Sep 4	Fly to Venice		
Sep 5	Arrive Venice & Overnight		
Sep 6	Board Ship in Trieste, Italy	—	8:00p
Sep 7	Rijeka, Croatia	8:00a	5:00p
Sep 8	Koper, Slovenia	7:00a	4:00p
Sep 9	Dubrovnik, Croatia	11:00a	8:00p
Sep 10	Kotor, Montenegro	7:00a	4:00p
Sep 11	Corfu, Greece	7:00a	3:00p
Sep 12	Santorini, Greece	1:30p	10:00p
Sep 13	Mykonos, Greece	7:00a	3:00p
Sep 14	Cruising	—	—
Sep 15	Zadar, Croatia	7:00a	7:00p
Sep 16	Trieste, Italy & Overnight	7:00a	
Sep 17	Fly Home from Venice		

NCL
NORWEGIAN
CRUISE LINE®



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Costs:

Category IA	Inside Cabin	\$4299.pp twin
Category OB	Outside Cabin	\$4499.pp twin
Category BA	Balcony Cabin	\$5299.pp twin
Plus Taxes: \$159.pp		


FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
 860-243-1630 • 800-243-1630
www.friendshiptours.net

Minimum # required for Motorcoach Transportation and Ship Shop Escort.

Included Flights are based on an estimate for 2024 —cost is subject to change until group air is contracted.

Deposit: \$600.pp due with reservation. **Second Deposit:** \$600.pp due by March 30, 2024 RESERVATIONS ARE ON A FIRST COME FIRST SERVED BASIS. Space is subject to availability at time of deposit. Check with the Ship Shop at any time for current availability on this sailing.

Final Payment: April 22, 2024

Cancellation Penalty: If cancelled after deposit and before Apr 22/24 fee of \$150.pp administrative fee; Apr 23-May 10/24 fee of 50% of total fare; May 11-Jun 1/24 fee of 75% of total fare; No refunds after Jun 1/24. Air penalties are not included in above and may be additional.

Trip Protection Coverage is strongly recommended. Friendship Tours offers Travel Protection insurance through 2 insurance providers: NTA Travel Protection Plan and Travel Insured International. Trip Protection offers coverage for Cancellation for covered medical reasons, Interruption, Emergency Medical, Travel Delay, & more.

The AON/NTA Travel Protection Plan offers 3 levels of insurance: Basic or Enhanced or Enhanced with Cancel For Any Reason (CFAR). The Pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan within 14 days of your deposit or initial payment. The Enhanced Plan with the add-on of CFAR must be purchased within 14 days of initial deposit. CFAR allows you to cancel for any reason up to 48 days prior to departure and reimburses up to 75% of your nonrefundable trip cost. To enroll: <https://nta.aontravelprotect.com> **Tour Operator Location #076068** OR call AON 1-800-388-1470.

Travel Insured International offers the Worldwide Trip Protection plan with the option to add upgrade benefits (available for additional cost) including CFAR when purchased within 21 days of your initial deposit. Other upgrades include Bed Rest, Electronic Equipment, Event Ticket Fee Protection, Travel Inconvenience. To enroll: <https://www.friendshiptours.net/protection-plan> **Agency #18649**
 Premiums are non-refundable once paid. Terms & Conditions apply.
 Plan details are available at <https://www.friendshiptours.net/protection-plan>. Call Friendship Tours 860-243-1630 for assistance in enrolling.

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions. Cruise lines reserve the right to alter itineraries including change or cancellation of ports. These changes will not be considered a material change and will not be considered cause for cancellation or refund by the guest.

Proof of Citizenship:

U.S. Citizens: Valid Passport required—must be valid 6 months past the return date

Non U.S. Citizens are responsible for obtaining proper documentation for travel. If you are non U.S. Citizen, please advise the Ship Shop when making your reservation.

Friendship Tours / The Ship Shop is not responsible for passengers not having proper documentation for travel

For More Information Contact: The Ship Shop 860-243-1630 or 800-243-1630

Amenity Choices:

Inside Cabins Pick 2 Choices from Group A or B (1 specialty dinner)
Outside Cabins Pick Group A or B and receive all 4 choices (1 Specialty dinner)
Balcony Cabins Pick Group A or B and receive all 4 choices (2 specialty dinners)
 (Please note: You cannot mix and match)

Group A:

Beverage Package (gratuities add'l \$218)
 1 or 2 Specialty Dinners (gratuities add'l \$10 or \$17.80)
 150 Minute per person Internet Package
 \$50 per cabin discount off Shore Excursions

Group B:

150 Minute per person Internet Package
 \$50 per cabin off Shore Excursions
 10 Photo Package (per cabin)
 \$100 Onboard Credit (per cabin)

Bonus! Each cabin will be receiving \$100 onboard credit automatically!

MEDITATION FOR THE SOUL

with
Instructor Lauri Russell



Thursdays 10-11am

04/4- Stress and Pain Management

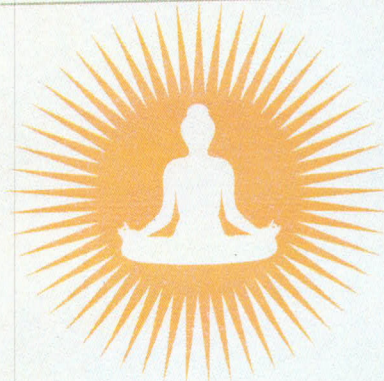
04/11- Stress and Pain Management

04/18- No Meditation

04/25- No Meditation

Call or stop in to the
Senior Center to sign up

860.632.3447







Free Printable Word Search Puzzles

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

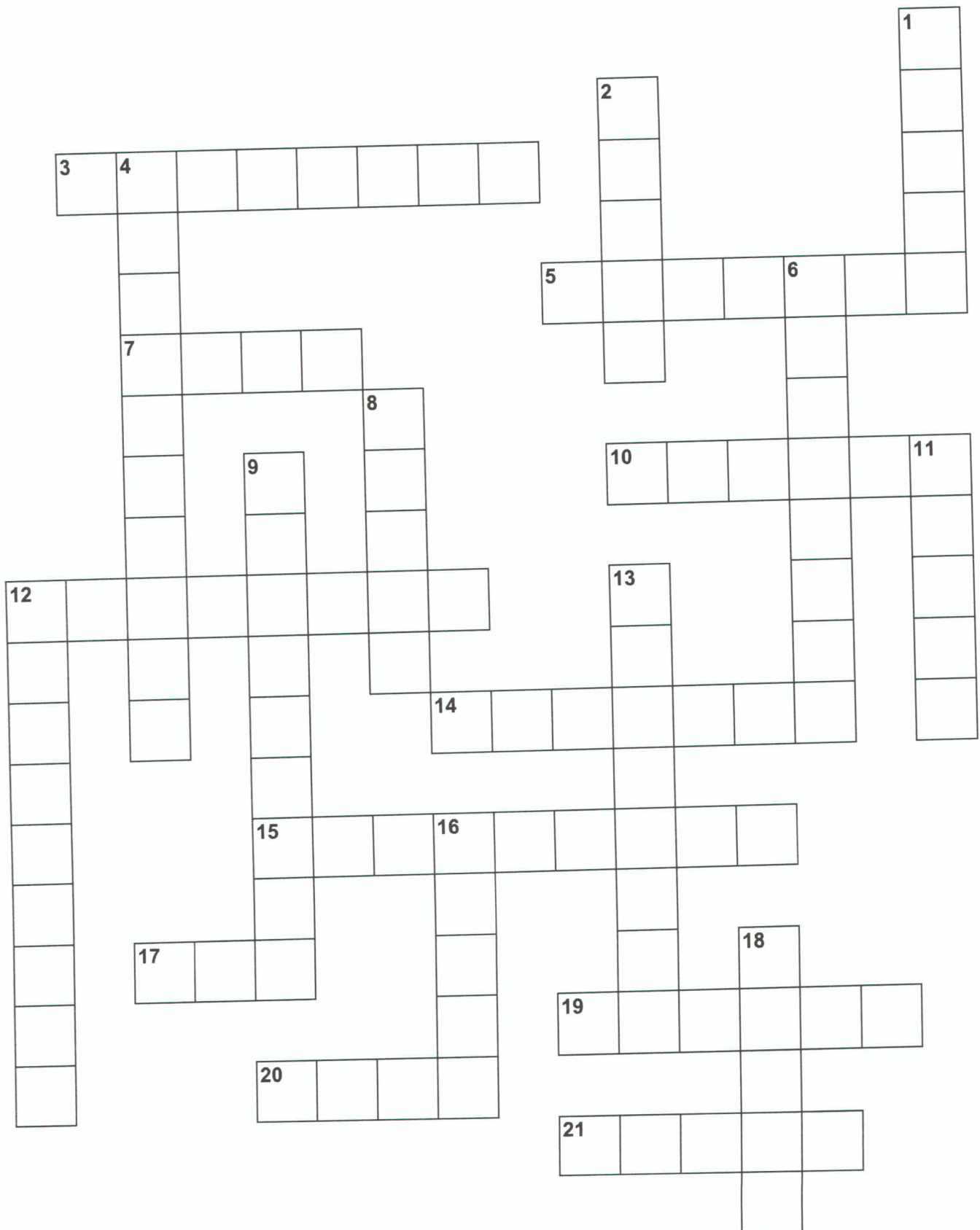
T L E M W O N S S S A R G L A
G C Y C L A M E N S A L I L P
G N G R O W T H R L L L L R S
O Y I I D L S A R A I E S N N
L A L N K A I E B E R R O H E
F M L O A N F E S G M I P W W
E N A E E E S F I U L R R A L
I O B Q R A L E O E C S A B E
R S T U B E S C D D F O S W A
I A F I G R N N G L I N R H V
S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

ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BEES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING BREAK
DANDELIONS	MARCH	SPRING CLEANING
EASTER	MAY	TULIPS
EQUINOX	NEW LEAVES	WARMER
FLOWERS	PLANTING	WET

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APRIL FOOLS DAY



APRIL FOOLS DAY

ACROSS

- 3 Collection of meaningless things
- 5 Hilarious or witty
- 7 Pretentious diversion intended to deceive
- 10 Guided in wrong direction
- 12 Trick, deceive or dupe
- 14 Lacking in good sense or judgment
- 15 Babyish or childlike behavior
- 17 Funny remark or statement
- 19 Someone who jokes or acts playful
- 20 Short fictional story
- 21 Provokes amusement or laughter

DOWN

- 1 Fourth month of the Gregorian calendar year
- 2 Humorous imitation, prank or joke
- 4 Grossly inaccurate, offensive or wrong
- 6 Marked by immaturity
- 8 Playful mischievous trick or stunt
- 9 Not aware of or unknown
- 11 Tricked or misled
- 12 Exceptionally funny or amusing
- 13 Easily tricked or deceived
- 16 Occupy attention in a pleasing manner
- 18 Feat of skill performed in public

TV 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 information about TV. 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.

SOME FIRSTS

HJD KYMAH HCYODH ADDF CF HR UXA CF "ODXRD YH HC SDXRDM". HJD KYMAH
HR AJCU YF UJYEJ HJD EJXMXEHDMA HCCG SXHJMCCI SMDXGA UXA "XOO YF HJD
KXIYOT". HJD KYMAH ECQNOD HC AJXMD X SDP CF HR UXA CF "HJD IXMT GXT
XFP LCJFFT" AJCU YF FYFDHDDF KCMHT-ADRDF.

A COUPLE OF KID SHOWS

BS PMR IFNF LM IGLZW FKFNP CBVJF FQBCMEF MS CFCGTF CLNFFL UGZX-LM-
UGZX, BL IMRHE LGXF VFGNHP G PFGN GVE G WGHS. BV VBVFLFFV FBJWLP, LWF
ZMPMLF SBVGHHP ZGRJWL LWF NMGE NRVVFN MV LWF URJC URVVP GVE NMGE
NRVVFN CWMI. LWF ZMPMLF LWFV GCXC LWF GREBFVZF, "VMI IWGL EM B EM?"

IN THE BEGINNING

NZ ZNZPBPPZ BANCBF-UNY BAPCP VPCP TZRF 100 BL UPBU NZ BAP VTCRQ.
ZTVMQMFU, BAPCP MCP MJTKB TZP MZQ M AMRW JNRRNTZ BLU NZ BAP VTCRQ.
GANZM MRTZP AMU MJTKB WNLP AKZQCPQ DNRRNTZ BLU.

MUSIC TERMS

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each of these puzzles is related to a different music terms 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.

2 BASIC SONG TERMS

E SZNYIET WBCK YN QZNC E NBZWJ VYCO E FEPCYIZTEP FYCIO EWJ JZPECYBW.
YD XBZ NCPYWH E NKPYKN BD WBCKN CBHKCOKP XBZ KWJ ZF VYCO E SKTBJX.
OBVKGKP, EWX PEWJBS NKPYKN BD WBCKN JBKNW'C SEMK E FTKENYWH
SKTBJX.

SOUND OF A NOTE

VMJ YEVIM GR C UGVJ EZ MGA MELM GP BGA EV ZGHUNZ. VMJ MELMJP VMJ
RPJTHJUIF GR C ZGHUN ACOJ, CUN VMJ ZMGPVJP EVZ ACOJBJULVM, VMJ MELMJP
EVZ YEVIM ZGHUNZ.

IN THE BACKGROUND

AFERIPN CU F OZVFUCPQ YIRTCPFJCIP IB JIPVU OZFNVK JIQVJAVE CP JAV
TFYGQEIDPK MACZV F RVZIKN CU TVCPQ OZFNVK. AFERIPN FZUI EVBVEU JI JAV
UJDKN IB YAI EK OEIQEVUUCIPU.

TV CRYPTOGRAM PUZZLES: Solutions

SOME FIRSTS

The first toilet seen on TV was on "Leave It To Beaver". The first TV show in which the characters took bathroom breaks was "All In The Family". The first couple to share a bed on tv was on "The Mary Kay and Johnny" show in nineteen forty-seven.

A COUPLE OF KID SHOWS

If you were to watch every single episode of Sesame Street back-to-back, it would take nearly a year and a half. In nineteen eighty, the coyote finally caught the road runner on the Bugs Bunny And Road Runner show. The coyote then asks the audience, "Now what do I do?"

IN THE BEGINNING

In nineteen thirty-six there were only 100 TV sets in the world. Nowadays, there are about one and a half billion TVs in the world. China alone has about five hundred million TVs.

MUSIC TERMS: Solutions

2 BASIC SONG TERMS

A musical note is just a sound with a particular pitch and duration. If you string a series of notes together you end up with a melody. However, any random series of notes doesn't make a pleasing melody.

SOUND OF A NOTE

The pitch of a note is how high or low it sounds. The higher the frequency of a sound wave, and the shorter its wavelength, the higher its pitch sounds.

IN THE BACKGROUND

Harmony is a pleasing combination of tones played together in the background while a melody is being played. Harmony also refers to the study of chord progressions.

Free Printable Word Search Puzzles

Easter

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

ASH WEDNESDAY
BREAD
BUNNY
CALVARY
CELEBRATION
CHOCOLATE
CHRIST
CHURCH
CROSS
CRUCIFIXION
CUSTOM

DEATH
DISCIPLES
EGG HUNT
EGGS
EUCHARIST
FAMILY
FASTING
FESTIVAL
FRIDAY
HOLIDAY
HOLY WEEK

JESUS
LAST SUPPER
LENT
MARY
MASS
MEAL
NEW TESTAMENT
PALMS
PARADE
PASSEOVER
PENANCE

PENITENCE
PRAYER
RESURRECTION
ROAST
SACRAMENT
SATURDAY
SUNDAY
THURSDAY
TOMB
TRADITION
VIGIL

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Free Printable Word Search Puzzles

Birds

Find and circle all of the birds that are hidden in the grid.
The remaining letters spell an additional bird.

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

BLACKBIRD
BUDGIE
CANARY
CARDINAL
CHICKEN
CRANE
CROW
DODO
DOVE
DUCK

EAGLE
EMU
FALCON
FINCH
FLAMINGO
GOOSE
HAWK
HERON
JAY
MAGPIE

MARTIN
MOCKINGBIRD
MYNA
OSTRICH
OWL
PARAKEET
PARROT
PELICAN
PIGEON
RAVEN

ROBIN
SEAGULL
SPARROW
SWAN
TURKEY
VULTURE
WOODPECKER
WREN

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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 through 9.

Sudoku #1005 (Medium)

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

Sudoku #1006 (Medium)

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

Free Printable Sudoku Puzzles

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

Sudoku #1005 (Medium)

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

Sudoku #1006 (Medium)

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

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