



The

Senior Scene

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CROMWELL SENIOR CENTER

FAX: 860-632-3446

December 2016

MISSION STATEMENT: "To provide programs & services that meet the variety of needs & preferences of the diverse group of senior residents within our community."

Thursday, December 1st—Meriden Mall

Bus leaves the Senior Center at 12:00pm.

Wednesday, December 7th—Christmas Tree Shop

Bus leaves the Senior Center at 12:00pm.

Thursday, December 8th—Wadsworth Atheneum Festival of Trees

Bus leaves the Senior Center at 10:00am. Visit the 43rd Annual Festival of Trees & Traditions. Lunch or refreshments are available for purchase at the Museum Café. Admission to the museum is \$15.00 for seniors.

Wednesday, December 14th—Knights of Columbus Museum & Portofino's Restaurant

Bus leaves the Senior Center at 10:30am. Explore the Creches of Germany Exhibit then enjoy an Italian lunch at Portofino's Restaurant. Admission to the Museum is free.

Thursday, December 15th—Kohl's & Sans Souci Restaurant

Bus leaves the Senior Center at 11:00am. Enjoy lunch at San Souci Restaurant, then finish any Holiday shopping at Kohl's.

Wednesday, December 21st—Florence Griswold Museum & Penny Lane Pub

Bus leaves the Senior Center at 9:30am. Enjoy the Artist and Designer Fantasy trees and the Florence Griswold House decorated for a 1910 Christmas. Lunch is at the Penny Lane Pub in Saybrook. Admission to the museum is \$9.00 for seniors.

Thursday, December 22nd—Staropolska Polish Cuisine

Bus leaves the Senior Center at 11:00am. Enjoy a homemade lunch at this old world polish restaurant.

Wednesday, December 28th—Chowder Pot / Hartford

Bus leaves the Senior Center at 11:00am.

Thursday, December 29th—Westfarms Mall or Olive Garden

Bus leaves the Senior Center at 12:00pm.

Trips in Senior Center Buses are limited to Cromwell Residents.

Call 860-632-3447 to sign-up. Admissions, shopping and meals are pay on your own.

If you have any questions regarding items contained within this newsletter, please contact the Senior Services Department - (860) 632-3447 or visit us on the web: www.cromwellct.com, town departments, and click on 'Senior Center'.

Senior Center Membership

All Non-Cromwell Residents must pay an annual \$25.00 membership fee per person to participate in programs that are open to area town residents.

All resident and non-resident members must have on file a Contact Info Form including a signed release. This is mandatory to start or continue to participate in all Senior Center programs. If you have not submitted the form to the Senior Center recently please do so as soon as possible. Participants also must check off their name on the sign in sheet for every program they attend. If your name does not appear on the sheet please write it on it legibly. Thank you for your cooperation.

HEALTH WEEKLY PROGRAMS

Tuesdays - Health Clinic - 10:00—11:30

A Masonicare nurse is available to discuss any health concerns you may be experiencing as well as test your cholesterol, glucose, blood sugar, blood pressure, etc. No appointment needed.

HEALTH MONTHLY PROGRAMS

2nd Tuesday - Foot Care Clinic—by Appointment

Registered Nurse Susan Zdeblick is available by appointment to provide affordable, high quality, routine foot care to Cromwell senior residents. Appointments are 30 minutes and payments can be made directly to Susan Zdeblick, RN, BSN, CFCN. Call 860-632-3447 to make an appointment. Fee is \$30.00

1st Wednesday—Hearing Aid Checks—11:00-12:00

Richard Lastrina from Beltone Hearing Care Center is available for screening and cleaning of any make or model hearing aid at no charge. No appointment needed.

CELL PHONES OR EYEGGLASS RECYCLE PROGRAM

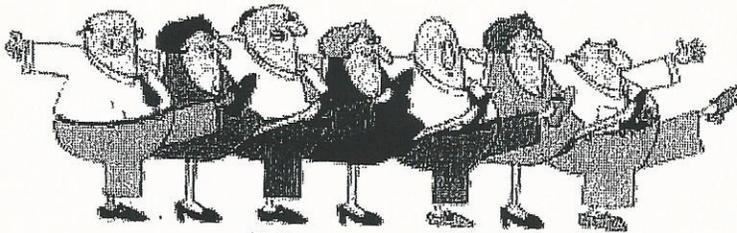
We have a drop box for anyone interested in donating either old cell phones or eye glasses? Our Senior Center collects old inactive cell phones and recycles them for fundraising purposes and the Lion's Club has provided us with a box for their eyeglass program. Why not drop off your 'old' phones or eyeglasses to the senior center?

Need Help With Medicare?

If you are new to Medicare or have general questions about Parts A,B & D or supplements, please contact Senior Resources Agency on Aging @ 1-800-690-6998. They are a private, non-profit organization authorized by the Older Americans Act & State Statutes to assist residents with Medicare. They cover 56 towns in Connecticut.

The Senior Center is looking for Volunteers to become CHOICES Counselors to assist other seniors with Medicare. Please leave your name and phone number at the Senior Center if interested in getting more information.

If you have any suggestions for programs or any suggestions that will help us continue to serve Cromwell Senior and Disabled residents in the best way possible, please contact us by phone at 860-632-3447 or by e-mail at cjackson@cromwellct.com



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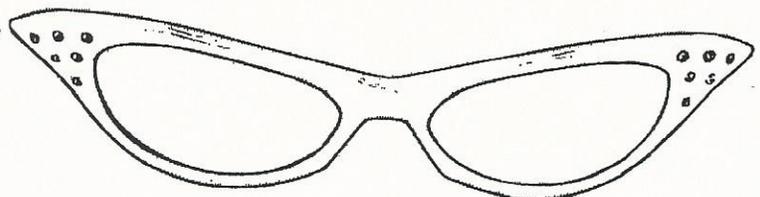
Those golden years can be a very important time in a person's life. Active seniors are now doing more and experiencing life more fully than ever. However, as we age there tends to be more health complications.

Our eyes and vision change as we get older. It is important to make sure to get eye check-ups more frequently.

Senior citizens are more apt to have chronic eye issues such as glaucoma, cataracts and macular degeneration. Early detection is key to keeping each of these conditions under control

On **Thursday, December 1st** our team from the Vision Center at the Walmart in Cromwell located at 161 Berlin Road will be conducting free vision screenings at the Cromwell Senior Center.

Please stop in between the hours of **10 am and 12 noon** to see us.



SENIOR SERVICES COMMISSION

The Senior Services Commission serves as an advisory group to the Senior Center. The Commission provides input regarding programs and services. The next Commission meeting will be Monday, December 12, 2016 at 10:30am. The public is always welcome to attend and provide input and suggestions to the Commission.

Bookworms Book Club

The Bookworms Book Club meets on the 2nd Thursday of the month at 1:00pm. This month's discussion will be held on Thursday, December 8th in the Senior Center. The book to be discussed is "Christmas Jars" by Jason Wright. New members are welcome to attend and join the discussion.

Senior Aerobics

Monday, Wednesday, & Fridays
10:30—11:30am
Town Hall Gym

Arthritis Exercise

Thursdays
2:00—3:00pm
Town Hall Gym

Quilting

Mondays
1:00—3:00pm
Senior Center

Art

Wednesdays
1:00-3:00pm
Senior Center

No Pre-registration required

Bridge

Thursday, 1:00-3:00pm
Room 222, Town Hall
New Members Welcome
Drop by and meet the group.

Mah Jongg

Monday, 1:00-3:00pm
Tuesday, 1:00-3:00pm
Friday, 1:00-3:00pm
New Members Welcome
Mah Jongg sets are provided.
Drop by and meet the group.

Set Back

Tuesday, 1:00-3:00pm
Thursday, 1:00-3:00pm
Senior Dining Room
New Members Welcome
We can notify you when we have enough
players to start a new group.

Wii Bowling

Drop in and join the Wii Bowling Team on
Wednesday mornings at 10:00am
in the Senior Center.
Any questions call 860-632-3447
No prior experience necessary.

Tai Chi

Wednesdays
Beginner—10:30-11:30am
Fridays
Intermediate—9:00-10:00am

Yoga

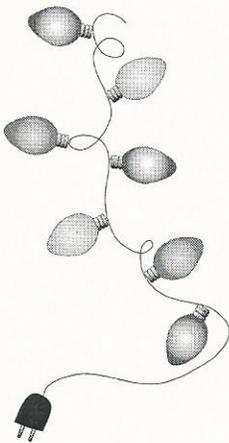
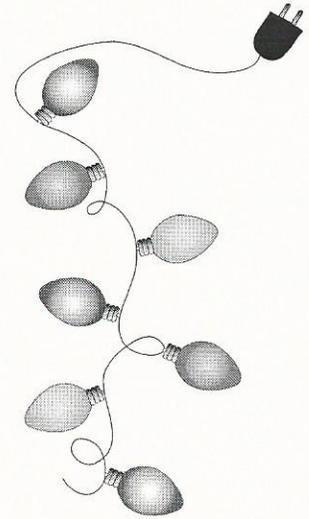
Wednesdays
Beginner—9:00-10:00am
Fridays
Intermediate—10:30-11:30am

As a reminder, please refrain from talking on your cell phone while participating in any senior center programs. Also, please keep all phones on silent or vibrate.



**December 20, 2016
10:00am
in the Senior Center**

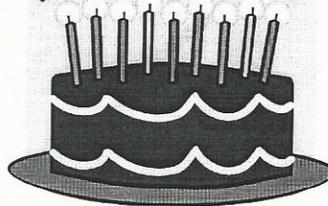
**Senior Craft Class
Sponsored by
Autumn Lake Healthcare
Join us
for the December Craft Project**



**Preregistration
is required.
Call 860-632-3447
to sign up
Deadline to sign-up
is December 15th.**

Join us for our
Monthly Birthday Celebration!

Happy
Birthday



Wednesday, December 14th
at 1:00pm.

Refreshments provided.
All are Welcome!

December Birthdays

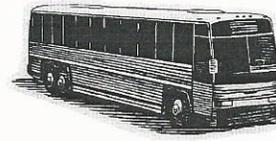
- | | |
|--------------------------------|--------------------------------------|
| December 1st - Betty Nosenzo | December 13th - Jenny Finan |
| December 5th - Millie Dionizio | December 14th - Josephine Ciccarello |
| December 6th - Bill Battistini | December 18th - Nancy King |
| December 7th - Marie Bedard | December 23rd - Judy Trepannier |
| December 8th - Dave Murphy | December 29th - Mary Ellen Gioco |
| December 11th - Bob Dagneau | |

Register your Birthday now to be included in
the monthly Birthday Celebration!

860-632-3447

SENIOR CENTER BUS TRIPS DEC 2016

Please note that all trips may have a required minimum and also may be dependent on driver availability. Times listed are the time the bus leaves the senior center. If you are being picked up at home, please be ready for pickup at least 45 minutes prior to listed departure time; if you are departing from the senior center, please be present at least 15 minutes prior to listed departure time. All non-charter bus trips are for Cromwell Senior or Disabled Residents only.



**Getaway Tours Chartered Trips
2016 & 2017 TRAVEL/TOUR DESTINATIONS**

<u>DATE</u>	<u>LOCATION</u>	<u>DEPART TIME</u>
12/1/16	Meriden Mall	12:00pm
12/7/16	Christmas Tree Shop	12:00pm
12/8/16	Wadsworth Atheneum Festival of Trees	10:00am
12/14/16	Knights of Columbus Museum & Portofino's	10:30am
12/15/16	Kohl's & Sans Souci Restaurant	11:00am
12/21/16	Florence Griswold Museum & Penny Lane Pub	9:30am
12/22/16	Staropolska Polish Cuisine	11:00am
12/28/16	Chowder Pot / Hartford	11:00am
12/29/16	Westfarms Mall or Olive Garden	12:00pm

<u>DATE</u>	<u>DESTINATION</u>
Nov. 18, 2016	Radio City Christmas Spectacular
Dec. 1, 2016	Boars Head Feast @ The Williams Inn
Dec. 8, 2016	Barbra & Frank Holiday Show @ Foxwoods
Dec. 15, 2016	Christmas in Newport
Jan. 25-26, 2017	Mohegan Sun
Feb. 11, 2017	UCONN Women's Basketball @ Gampel Pavillion
Feb. 23, 2017	The 36th Annual Ct. Flower & Garden Show
March 5, 2017	2017 AAC Women's Basket Tournament / UCONN Women's Huskies / Semi-Final Games
March 6-7, 2017	2017 AAC Women's Basketball Tournament / Championship Game
April 12, 2017	Broadway
April 18-25, 2017	The Outer Banks
April 20, 2017	"Mama Mia" @ the Westchester
April 27, 2017	"The Rat Pack" @ The Ace in the Hole
May 7, 2017	"Follies" @ The Warner Theatre
May 31-June 2, 2017	Boothbay Harbor
June 20, 2017	Sail Boston 2017
June 29, 2017	One World Observatory
July 18-21, 2017	Quebec City/ Tall Shipes Regatta
Aug. 23-25, 2017	Lake George & Saratoga
Sept. 6, 2017	9/11 Memorial and Museum
Oct. 3-4, 2017	Oktoberfest @ Villa Roma Resort

Start signing up for Cromwell Senior Center Weekly outtrips on Tuesday, November 29, 2016



Mon. & Fri. Morning Shopping Route Schedule
 Pick-ups from home start at 8:45am. Choice of return trips from stores are 10:30am or 11:30am. If you want to make quick stops at both Kmart Plaza and Stop & Shop, you must go to Kmart Plaza first. Monday's shopping route includes a stop at Westside Market. Friday's shopping route includes a stop at Big Y.

Transportation Services General Rules & Policies

Transportation requests are taken on a first come first served basis.
Transportation for medical appointments may be requested up to six weeks before the appointment.

Transportation for Senior Center Programs can be made no more than a week ahead.
Transportation for errands and beauty appointment can be made no more than a week ahead.

The date you can start signing up for Outtrips is posted in the monthly Senior Scene.
Riders must be ready for pick-up at least 30-45 minutes ahead of scheduled pick-up time.

Transportation is done as a curb-to-curb service.

Drivers will drop off riders as close to their destination as safely possible.

Please wait for return ride at the same place as you were dropped off.

Drivers will not be able to search for riders.

For medical appointments, please call the number given to you by the driver for return ride.

There is a limit of 4 bags per person per shopping trip.

Due to limited seating, all purchases should fit on your lap.

All passengers are required to use seat belts.

Cromwell Senior Center Transportation service is a free service.

Call 860-632-3447 between 8:30am—4:00pm, Monday through Friday to make reservations.

Leave voice mail if necessary. Phones are monitored regularly.

Complete transportation and program policies are available in the Senior Guide available at the Senior Center or online on the Senior Center web page at cromwellct.com

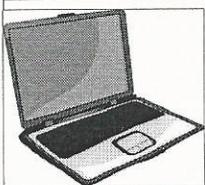
**If any Outtrip trip is listed with more than one destination,
the following rule applies;**

If listed with an “or” you must choose between the destinations.

If listed with an “and” you must disembark from the bus at all destinations.



Please be aware that if you wish to make a donation specifically to the Transportation Donation Account or the Building Reserve Fund, you need to specify this upon making your donation. Otherwise, all donations received are deposited into the Senior Center General Donation Account.



Do you need help using your laptop computer?

Computer expert, Christa Dixon, is available for one-on-one appointments with Seniors to help. Call Cathi at 860-632-3447 to have your name and phone forwarded to Christa and she will contact you to set up a mutually convenient time or place to meet.

December, 2016		Cromwell Senior Center			December, 2016	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Aerobics is canceled for Friday, December 23rd, Wednesday, December 28th, and Friday, December 30th. Classes resume Wednesday, January 4th.						
4	5	6	7	8	9	10
Billiards Shopping Coloring Exercise (gym) Quilting Mah Jongg (Rm222) 1:00	AM 9:00 10:00 10:30 1:00 1:00	Bowling League Billiards Health Clinic Cards / Bingo Mah Jongg (Rm 222) 1:00	AM AM 10:00-11:30 1:00 1:00	Billiards Yoga (Arch Room) Exercise (gym) Tai Chi (Arch Room) Hearing Aid Check <u>Christmas Tree Shop</u> 12:00 1:00 2:00	AM 9:00 9:00 10:30 10:30 1:00 1:00 2:00	Billiards Shopping Tai Chi (Arch Room) Exercise (gym) Yoga (Arch Room) MahJongg (Rm 222) Movie "Me Before You"
11	12	13	14	15	16	17
Billiards Shopping Coloring Senior Comm. Exercise (gym) Quilting Mah Jongg (Rm222) 1:00	AM 9:00 10:00 10:30 1:00 1:00	Bowling League Billiards Foot Care Clinic (Appt.Reg) Health Clinic Bingo (Refreshments from Apple) Mah Jongg (Rm 222) 1:00	AM AM 10:00-11:30 1:00 1:00	Billiards Yoga (Arch Room) KOC Museum & <u>Portofino's</u> Exercise (gym) Tai Chi (Arch Room) Art Class Birthday Party	AM 9:00 9:00 10:30 10:30 1:00 1:00	Billiards Shopping Tai Chi (Arch Room) Exercise (gym) Yoga (Arch Room) MahJongg (Rm 222) Movie "Free State of Jones"
18	19	20	21	22	23	24
Billiards Shopping Coloring Exercise (gym) Quilting Mah Jongg (Rm222) 1:00	AM 9:00 10:00 10:30 1:00	Bowling League Billiards Health Clinic Craft class Current Issues Cards Bingo Mah Jongg (Rm 222) 1:00	AM AM 10:00-11:30 10:00 10:30 1:00 1:00	Billiards Bingo <u>Staropolska</u> Cards Bridge (Rm 222) Arthritis Exercise	AM 9:00 9:00 10:30 10:30 1:00 1:00	Billiards Shopping Tai Chi (Arch Room) Yoga (Arch Room) MahJongg (Rm 222) Movie "The Jungle Book"
25	26	27	28	29	30	31
Holiday Senior Center Closed		Bowling League Billiards Health Clinic Cards Bingo Mah Jongg (Rm 222) 1:00	AM AM 10:00-11:30 1:00 1:00	AM 9:00 9:00 10:30 11:00 1:00 2:00	AM 9:00 9:00 10:30 10:30 1:00 1:00	AM 9:00 9:00 10:30 10:30 1:00 1:00

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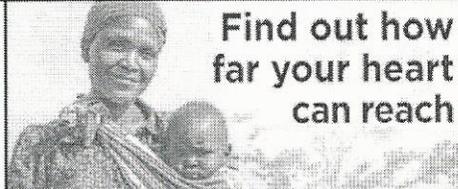
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Cromwell Senior Center, Cromwell, CT 06-5007



TOWN OF CROMWELL
SENIOR SERVICES DEPARTMENT
TOWN HALL, 41 WEST STREET
CROMWELL, CT 06416
(860) 632-3447 FAX (860) 632-3446

Dear Program and Transportation Participants:

I would like to take a moment to wish you a very Happy and Healthy Holiday Season! As the end of the year approaches, it is time to advise you of the 2017 calendar year holidays which will be observed by the Town of Cromwell. The Senior Center will be closed and we will be unable to provide you with any transportation on these dates:

New Year's Day	Monday, January 2, 2017
Martin Luther King's Day	Monday, January 16, 2017
Lincoln's Birthday	Monday, February 13, 2017
Washington's Birthday	Monday, February 20, 2017
Good Friday	Friday, April 14, 2017
Memorial Day	Monday, May 29, 2017
Independence Day	Tuesday, July 4, 2017
Labor Day	Monday, September 4, 2017
Columbus Day	Monday, October 9, 2017
Veterans' Day	Friday, November 10, 2017
Thanksgiving Day	Thursday, November 23, 2017
Day after "	Friday, November 24, 2017
Christmas Day	Monday, December 25, 2017

I would also like to take a moment to remind you that if you call the Senior Center and get our voicemail, it is very important that you leave your full name and phone number so that we can return your call. Very often, different staff members are retrieving messages and you cannot assume your voice will be recognized. Therefore, please always leave your full name, phone number, and reason for calling when leaving a message. We thank you in advance for your cooperation.

If you have any questions or need clarification, please feel free to contact me.

Sincerely,

Jim Gere

Acting Senior/Human Services Director
Town of Cromwell



Cromwell Belden Public Library

39 West Street
Cromwell, CT 06416
860-632-3460

Home page: <http://www.cromwellct.com/library.html>



Adult Department Events

DECEMBER 2016

LIBRARY HOURS

Monday, Tuesday & Thursday 10:00 a.m. - 8:00 p.m.
Wednesday 12:00 Noon - 8:00 p.m.
Friday & Saturday 10:00 a.m. - 5:00 p.m.
Sunday Closed

Monday	Dec 5	7:00 P.M.	<i>"A Winter Happening!"</i> The gentlemen of The Choral Club of Hartford will spread musical cheer! This program is sponsored by the Friends of the Cromwell Belden Public Library . Refreshments will be served. ARCH ROOM
Wednesday	Dec 7	2:00 P.M.	Travel Videos: <u>Medieval Europe & Four Great Cities of Europe</u> ARCH ROOM

*Take some time out from the holiday hustle and bustle
Join the Friends of the Library, the Library Commission, and the CBPL Staff
for Holiday Refreshments on Saturday, December 17th!*

Friday	Dec 9	6:30 P.M.	Adult Knit Group You're invited to join other fiber enthusiasts at the library. Please enter through the Town Hall entrance. ARCH ROOM
Wednesday	Dec 14	2:00 P.M.	Travel Videos: <u>New Jersey</u> ARCH ROOM
Wednesday	Dec 21	2:00 P.M.	Travel Videos: Rick Steves' <u>European Christmas</u> ARCH ROOM
Wednesday	Dec 28	2:00 P.M.	Travel Videos: <u>An Engineer's Point of View</u> ARCH ROOM

DISPLAYS

Holiday-Themed Artwork from the November 30th Painting Night

Paper Quilt Project

MEETINGS

Monday	Dec 12	7:30 p.m.	LIBRARY COMMISSION	ARCH ROOM
Thursday	Dec 15	6:30 p.m.	FRIENDS OF THE LIBRARY	ARCH ROOM

HOLIDAY CLOSINGS

Sat Dec 24, 2016
Mon Dec 26, 2016