

Washington Senior Center News



September-October 2017
Vol. 30 No. 5

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING



Hot Dog & Hamburger Cookout

Wednesday, September 20 at noon.

**Hot Dogs & Hamburgers on the grill,
assorted salads, etc....**

Suggested donation: \$6.00. Reservations
required.

Guest speaker: **Probate Judge Domenick
Calabrese.** Immediately following the
luncheon, he will discuss:

“Choosing an Attorney”.

It's common for those in need of legal services to have questions and even to feel intimidated at the thought of choosing an attorney to represent them. In this brief presentation, Judge Domenick Calabrese of the Region 22 Probate District in Southbury will use his nearly 15 years on the bench and over 21 years as a practicing attorney to take the mystery and trepidation out of the attorney selection process.

Judge Calabrese will discuss attorney expertise and credentials, what is required by the rules of professional conduct, attorney fees and intangible aspects of the attorney-client relationship to help people needing legal representation make informed, confident decisions. Judge Calabrese will answer questions from the audience during and after the presentation as well.

LUNCHEONS

ANNUAL MEETING AND POTLUCK LUNCHEON

**For the election of new members to the
Senior Center Advisory Board
Wednesday, October 18 at noon**

All seniors are invited to the annual meeting and potluck luncheon. Please **sign up** to bring a dish or suggested donation is \$6.00. Dessert will be provided.

The Animal Welfare Society - Seniors For Seniors Program

This presentation will discuss AWS's role and mission, aging in place with your pets, and how to get help when living situations change and pets must be re-homed. Speakers will also discuss the shelter's senior cats and dogs that are adoptable under the senior companion discount program. A special visit from Tucker, a very friendly rescued Standard Poodle who now serves as a companion therapy dog, and Community Foundation, is the fifth of a series AWS his owner Jane Hellman, will be featured in the presentation. This program, underwritten by the Connecticut will bring to senior centers in our area. The event will be held on **Sept 28 at 1:00 pm** at the Washington Senior Center.

Call the Center as reservations are required!

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The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 860-868-0735 for additions to the mailing list.

Contributions of articles or items for publication may be sent to the Senior Center at PO Box 352, Washington Depot, CT 06794, or emailed to seniors@washingtonct.org

Pam Collins	Editor
Brigid Davidson	Assistant Editor
Brigid Davidson	Mailing
Susan Conner	Mailing
Diane Locke	Mailing
Betty Hinckley	Mailing
Sam Morrissey	Design
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Pam Collins	Senior Center Director & Municipal Agent for the Elderly & Disabled
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Jim Babiyan	Van Drivers
Ray Kramer	

Senior Center Volunteer Staff

Sam Morrissey	Website
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Senior Center Advisory Board

Donna Dutcher	Dolly Whitney
Jane Moore	Betty Hinckley
Iona Douskey	Hugh Fitzpatrick
Holly Camp	Anthony Bedini
Kathy Johnson	

Alternates

Joan Stevens	John Gueniat
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Ex Officio

Pam Collins	Mark Lyon
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The Senior Center Advisory Board meets on the second Tuesday every other month. Attendance at the meetings is open to all.

***Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Call for an appointment.
Phone: 860-868-0735***

Litchfield Hills Chore Service

Could you use help with:

- ***Transportation to shopping and doctor's appointments***
- ***Housekeeping, laundry or cooking***
- ***Odd jobs around the house or yard***

Call the Chore Service – an affordable way to get the help you need. We will supply a Chore Worker for up to 3 hours per week. This service is available to people age 60 and over and individuals with disabilities. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

Coordinator, Sally Irwin – 860-567-6121

****Gift Certificates now available!!!***

Website: ChoreServiceLH.org

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 – 5/15

Renter: 4/1- 10/1

Age: 65 or disabled

Couple: \$42,900

Single: \$35,200

Town of Washington tax relief program:

Couple: \$43,600 Single: \$36,100

For more info or to apply, call the assessor's office at 860-868-0398.

*Homeowners who have been on the State program must reapply every two years and applications will be sent to them.

Homeowners who are only eligible for the Town of Washington tax relief program, must apply annually.

FREE CELL PHONES

The ***SafeLink*** Wireless Community Outreach Program created by ***TracFone*** Wireless, will provide free cell phones for low- income consumers. Eligible individuals and household will receive 64 minutes of talk time per month for one year. In CT, residents who currently receive government assistance through programs such as Food Stamps (SNAP), Energy Assistance, ConnPace, etc, can qualify for this service. The phone is provided for one year but service can be renewed at the end of the year by re-applying. For more information call 1-800-977-3768 or apply online at www.safelinkwireless.com.



Van Service for Seniors:

The van is available on Wednesdays and Thursdays; and for a monthly trip to the Danbury Mall. To reserve a seat, call the Senior Center at 860-868-0735, at least one day ahead. Upcoming trips to the Danbury Mall will be on September 11 & October 9.

Heating Season Is Here Again.....

To apply, or for eligibility information on the energy assistance program, **call 860-868-0735.**


Phone Numbers Etc.
Town Officials

Selectmen's Office	860-868-2259
Town Clerk	860-868-2786
Tax Collector	860-868-7796
Community Services Specialist Region 12	860-868-0058
Superintendent of Schools	860-868-6100

Connecticut Legislators
State House:

69th Dist. Representative Arthur O'Neil (R)
 House Democrats 1-800-842-1902
 House Republicans 1-800-842-1423

State Senate:

32th Dist. State Senator Eric Berthel (R)
 Democrats 1-800-842-1420
 Republicans 1-800-842-1421

State Attorney General

George Jepsen 1-860-808-5318
 Web Site: www.cslib.orgattygenl

United States Congress Representative

Elizabeth Esty 5th Dist. 202-223-8412
 Web Site: <http://esty.house.gov/>

United States Senators

Richard Blumenthal 202-224-2823
 Website: www.blumenthal.Senate.gov/contact/
 Chris Murphy 202-224-4041
 Website: www.murphy.Senate.gov/contact

CHOICES: help with Medicare and related insurance questions: 1-800-994-9422

Web Sites of Interest:

- ❖ **CT Cozy Home Loans (low interest, affordable energy improvement loans for low to moderate income residents: EnergizeCT.com/Cozy or call 888-232-3477**
- ❖ **Medicare Information In An Easy To Use Format: mymedicare.matters.org**
- ❖ **Consumer Credit Counseling Services: moneymanagement.org**
- ❖ **Identity Theft Resource Center: identitytheftcenter.org.**
- ❖ **Find Free or Low Cost Dental care: nidcr.nih.gov.**
- ❖ **Veterans Benefits for Seniors: Military.com**
- ❖ **Washington Senior Center Web Site: washingtonct.org**

Meetings of Town Boards and Commissions

Regular meetings of Town boards and commissions are open to the public. Meeting dates, times, agendas and minutes to meetings are listed on the Town Calendar which is posted on the bulletin board outside the Town Clerk's office and on the Town website: washingtonct.org



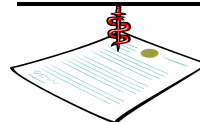
Senior Center Computer

A computer is available for Internet use - please call to reserve a time.

2017 Curbside Recycling Schedule

South of Rt. 109: September 5 (Tuesday) & 18 and October 2, 16 & 30.
North of Rt. 109: September 11 & 25 and October 9 & 23.

PERSONAL MEDICAL INFORMATION FORM



Here is a way to keep your vital medical information one place at your fingertips for when it is needed

Forms are available at the Senior Center. Keep the form where it will be readily available (attach to refrigerator with magnet) for use in an emergency or for a doctor's visit.

PROGRAM NOTES

Exercise (video) meets Monday, Wednesday and Friday at 9:00 a.m. No fee. Come as often as you please.

CHAIR YOGA – Tuesdays, at 10:30. Cost: \$5 per class.

Zumba (fast paced cardio workout) – Thursdays at 8:30. Cost: \$25 for six classes or \$5 for walk-ins.

SENIOR PILATES – Thursdays at 10:30. FIRST TWO LESSONS FREE!
Cost: \$30 for 6 weeks.

Technology Help for Seniors. Tuesday afternoons by **appointment only.**

Bridge – Tuesdays at 1:00 . New Players welcome!! Please call the Center.

Needles & Things on Thursdays, 1:00 - 3:00 p.m. Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome.

Luncheons: Wednesday, September 20 – Cookout. Cost: \$6.00. Wednesday, October 18 – Potluck. Cost: \$6.00 or sign up to bring a side dish. Please call the Center as reservations are required

From the Archives of the Gunn Historical Museum –The readings are held on the first Monday of the month at 10:00. The next readings will be held on **October 2, January 8 (due to holiday) and April 2.** Museum curator, Stephen Bartkus, will be reading research papers from the museum’s archives, sharing photos, stories and reminiscing about Washington’s history.

Please note: there is an alternating schedule between the Museum Readings and the History Group meetings.

WASHINGTON HISTORY CLUB – The meetings are held on the third Monday of the month at 10:00. The next meetings will be held on **September 18, December 18, March 19 and June 18.** It discusses the history of Washington, Washington Depot, Marble Dale, New Preston and Woodville. Share your stories with the group or just listen to the fascinating conversation about our town’s past. Bring your photos and objects for show and tell! The club welcomes everyone interested in the history of the town and its villages.

IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.

September				
Monday	Tuesday	Wednesday	Thursday	Friday
				9:00 Exercise ¹
Closed for LaborDay ⁴	10:30 Chair Yoga ⁵ 1:00 Bridge 2:30 Technology	9:00 Exercise ⁶	8:30 Zumba ⁷ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ⁸
9:00 Exercise ¹¹ 9:00 Van to Mall	10:30 Chair Yoga ¹² 1:00 Bridge 10:00 Aqua Turf 2:30 Technology	9:00 Exercise ¹³	8:30 Zumba ¹⁴ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ¹⁵
9:00 Exercise ¹⁸ 10:00 Washington History Group	10:30 Chair Yoga ¹⁹ 1:00 Bridge 2:30 Technology	9:00 Exercise ²⁰ 12:00 Cookout & Probate Program	8:30 Zumba ²¹ 10:30 Senior Pilates 1:00 Needles & Things 1:00 Medicare Q & A	9:00 Exercise ²²
9:00 Exercise ²⁵	10:30 Chair Yoga ²⁶ 1:00 Bridge 2:30 Technology	9:00 Exercise ²⁷	8:30 Zumba ²⁸ 10:30 Senior Pilates 1:00 Needles & Things 1:00 Animal Welfare Prog.	9:00 Exercise ²⁹

October				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise ² 10:00 Gunn Museum Readings	10:30 Chair Yoga ³ 1:00 Bridge 2:30 Technology	9:00 Exercise ⁴	8:30 Zumba ⁵ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ⁶
9:00 Van to Mall ⁹ Closed for Holiday	10:30 Chair Yoga ¹⁰ 1:00 Bridge 2:30 Technology	9:00 Exercise ¹¹	8:30 Zumba ¹² 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ¹³
9:00 Exercise ¹⁶	10:30 Chair Yoga ¹⁷ 1:00 Bridge 10:00 Aqua Turf 2:30 Technology	9:00 Exercise ¹⁸ 12:00 Pot Luck	8:30 Zumba ¹⁹ 10:30 Senior Pilates 1:00 Medicare Q & A 1:00 Needles & Things	9:00 Exercise ²⁰
9:00 Exercise ²³	10:30 Chair Yoga ²⁴ 1:00 Bridge 2:30 Technology	9:00 Exercise ²⁵	8:30 Zumba ²⁶ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ²⁷
9:00 Exercise ³⁰	10:30 Chair Yoga ³¹ 1:00 Bridge 2:30 Technology			

TRIPS FOR 2017

Tuesday, September 12 – “Welcome to Motown” at Aqua Turf

Featuring Marva Scott as Diana Ross & Tina Turner and CP Lacey as Stevie Wonder & James Brown!! One of the best vocal impressionists in *Las Vegas, Reno* and *Atlantic City*. Marva Scott will light up the stage with the many facets of these two legendary entertainers! CP is a master celebrity tribute artist! His tribute at the *Apollo Theater* to these two superstars is “second to none”.

Today’s family style luncheon includes salad, pasta, chicken marsala, baked meatloaf, potatoes, vegetable & dessert. Cost: \$42 per person.

Tuesday, September 12 – Newport Playhouse & Cabaret Restaurant Lobsterfest

Matinee featuring the play *Self- Help*.

Depart from our area en route to the Newport Playhouse & Cabaret Restaurant. This dinner theater is unique...you will enjoy a great buffet, a wonderful play and a fun- filled cabaret.

Today’s menu includes boiled live lobster, shrimp cocktail, mussels in wine, new england clam chowder, corn on the cob, roasted chicken, bbq chicken, creole shrimp & rice, a variety of potatoes, salads, watermelon and desserts!! Cost: \$112 per person and includes transportation, lunch buffet and show and driver gratuity.

October 3-4 – Villa Roma Resort (Callicoon, NY) “Octoberfest”

This overnight trip includes transportation, hotel accommodations, baggage handling and taxes, 3 meals (1-breakfast, 1-lunch, 1-dinner), entertainment, dining & housekeeping gratuities and driver gratuity. For more information regarding itinerary, food etc. call the Center. Cost: \$257 pp double, \$299 single and \$247 pp triple.

Tuesday, October 17-Polka at the Aqua Turf featuring the Polka Family Band!

This East Coast Band is one of the finest Polka Bands around! Enjoy an energetic day filled with both Polka dance standards and your favorite American traditional music!

Today’s family style luncheon includes chicken rice soup, tossed salad, pierogi’s, roast pork loin, galumpki’s, potato, vegetable and cheesecake. Cost: \$41 per person.

Tuesday, November 11- “Cher & Elvis : Two Legends!” at the Aqua Turf

Recreating the essence of two musical icons.. Cher & Elvis. Including four decades of their greatest hits! Flamboyant costume changes...Vegas choreography...the feel of Las Vegas!!

Today’s family style luncheon includes salad, tortellini, sliced roast beef, baked scrod, potato, vegetable & pastries. Cost: \$41 per person.

***Please continue to save the box top coupons (Box Tops for Education) that are found on many items and bring them to the Senior Center. Thank you for participating!!!**



RECEIVE THE SENIOR CENTER NEWSLETTER VIA EMAIL

In order to reduce cost and save paper, the Senior Center would like to send as many newsletters electronically as possible. Please help us to achieve this goal by calling the Center and providing your email address. It will be greatly appreciated!!!! Thank you in advance!!

*Please patronize our Supporters, who are
in part responsible for our publications*



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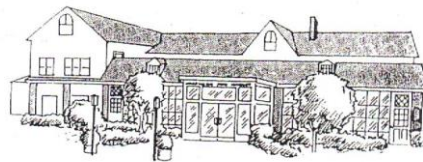
Boarding

Acupuncture

278 New Milford Tpke.
New Preston, CT
860-868-2973

Michael Gorra, DVM Trish Grinnell, DVM, CVA

Washington Food Market



Hours:
Mon - Sat
8:30AM - 6PM
Sun 8:30AM - 2PM

Bryan Memorial Plaza
Washington Depot, CT
(860) 868-7351

Do you have Medicare questions or concerns regarding:

- ❖ 2018 Part A and B deductibles and Part B Premium increases
- ❖ Medigap/Medicare Supplement Plans
- ❖ Understanding Medicare Advantage Plans
- ❖ Prescription Drug Plans
- ❖ Do you qualify for state assistance with Part B premiums and copays through the Medicare Savings Program

Dan Condon, New Preston resident and licensed CT insurance agent specializing in Medicare will be available **by appointment** to answer questions.

This is for educational purposes only.

Call the center for an appointment.

FLU CLINIC
ALL AGES WELCOME

Friday, October 27

10:00 – Noon

Sponsored by New Milford VNA

We will be offering quadrivalent seasonal influenza vaccine as well as high dose influenza vaccine for those aged 65 years and older. Insurance accepted will be Medicare, Connecticare, Anthem BCBS, Aetna, and cash price will be \$35.00. **Bring Medicare or Primary Insurance Card for photocopying.**

NO PRE-REGISTRATION REQUIRED!!

**This clinic is for seasonal flu only.*

SAVE THIS DATE!!! Friday, November 10 – Veteran's Lunch!!!

UNLESS OTHERWISE STATED, ALL INTERESTED PARTIES ARE WELCOME AND ENCOURAGED TO ATTEND ANY PROGRAMS AND ACTIVITIES AT THE WASHINGTON SENIOR CENTER.

THE WASHINGTON SENIOR CENTER

Hours: 9:00-12:00 and 1:00-4:30 Monday through Thursday

9:00-12:00 on Friday

Phone & Fax: 860-868-0735 e-mail: seniors@washingtonct.org

Please visit the Senior Center web site at: washingtonct.org

Box 352
Washington Depot
CT 06794

CHANGE SERVICE REQUESTED

