UPCOMING

HAPPY

THANKSGIVING

Thanksgiving Luncheon for Seniors at Washington Primary School
All Washington senior citizens are invited to attend the annual Thanksgiving luncheon sponsored by the Washington Primary PTO.

The luncheon will take place at the Primary School cafeteria on Monday, November 25 at 11:45. There is no charge. Reservations required! Please call the Senior Center no later than November 21 for reservations.

WASHINGTON VETERANS!!
The Senior Center invites you and a guest to a lunch in your honor.
It will be held at the Senior Center on Friday, November 8 at 11:45.
Please call 860-868-0735 to sign up.
Reservations are required no later than Wednesday, November 5.

LUNCHEONS

HAPPY HOLIDAYS!
The Washington Senior Center will hold its Holiday Party at the Hopkins Inn
Wednesday, December 4 at noon.

You may choose from the following menu selections: Broiled Salmon with herb butter, Piccata Milanaise, Sea Scallops in garlic butter, Caribbean Crab Cakes, Veal a la Suisse and Backhendl with Lingonberries. Cost: $25
*Price includes appetizer, entrée, dessert, tax and tip. Call the Senior Center by November 27 to make a reservation.

***Please bring a wrapped grab bag gift valued at no more than $1.00.

Holiday Cranberry Chutney Making
Thursday, November 21st 12:00 Noon
Take your own holiday cranberry chutney and decorate your mason jar to use at home or give as a gift.
Program sponsored by Candlewood Valley Health & Rehab Center. Reservation required.

IN THIS ISSUE
Web Sites, etc.Pg 3
Program NotesPg 4
CalendarPg 5
Trips, More Programs, etc. Pg 6 & 8
Support Our AdvertisersPg 7
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
Brighid Davidson  Assistant Editor
Brighid Davidson  Mailing
Susan Conner  Mailing
Diane Locke  Mailing
Betty Hinckley  Mailing
Joan Stevens  Mailing
Sam Morrissey  Design

Pam Collins  Senior Center Director & Municipal Agent for the Elderly & Disabled
Jim Babiyan  Van Drivers
Ray Kramer  Volunteer Staff
Sam Morrissey  Website

Ron Smith  Sara Guillemette
Joan Stevens  John Gueniat
Diane Williams  Dan Condon
Laura Cannavero  Joan Lodsin
Kathy Johnson  Ex Officio
Bala Balendra  Vemala Balendra

Pam Collins  Senior Center Advisory Board

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

Van Service for Seniors and the Disabled:

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 November 4 & December 9.

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 41/2 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
Rent: 4/1/10/1
Age: 65 or disabled
Couple: $43,900
Single: $36,000

Town of Washington tax relief program:
Couple: $45,500
Single: $37,400

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.

Heating Season Is Here Again…..
To apply or for eligibility information on the energy assistance program, call 868-0735.

CANCELLATIONS DUE TO WEATHER

All Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions. Also, School Delays = No A.M. Activities
Early Dismissals = No P.M. Activities
School closings, delays and early dismissals are announced on local radio and TV stations.
Senior Center Computer

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

2018 Curbside Recycling Schedule

South of Rt. 109: November 11 & 25 and December 9 & 23.
North of Rt. 109: November 4 & 18 and December 2, 16 & 30.

Web Sites of Interest:

- Online Living Will Forms: ctelderlaw.org.
- CT Housing Investment Fund/offers several lending programs designed to meet the affordable housing needs of low and moderate income individuals: chif.org.
- Consumer Credit Counseling Services: moneymanagement.org
- Locate Elder Care Resources: CtHelpNet.org.
- Eliminate Pre-Screen Offers or Credit & Insurance Card Mailings: optoutprescreen.com or call 1-888-567-8688.
- Western CT Area Agency On Aging: wcaaa.org or call 800-994-9422
- 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

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 (moderate impact aerobics video) meets Monday, Wednesday & Friday at 9:00 a.m. No fee. Come as often as you please.

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

Zumba (video) – Thursdays at 8:30. No fee. Come as often as you please.

Weight Bearing Program/Osteoporosis Fitness & Balance Class: 4th Wednesday of the month at 3:15. Due to the Holidays the class will resume January 22. Cost: Free.

MAT 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.

Pinochle?? If interested, Call the Senior Center.

Wednesday, December 4 at noon – Holiday Party at Hopkins Inn. Cost: $25.00.
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. 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 meeting will be held on December 16. The topic: Lost Washington – Places That Once Were. What buildings and businesses do you miss?? Bring your memories, stories, photographs, and objects to share! Everyone is invited to attend this free program.

*Holiday in the Depot – Friday, December 13.* Donations are needed for the Senior Center sale. Items can be brought in thru the week of December 9. Suggestions: Hand-made craft items, unused gift items, jams, jellies, etc.
Please note this is not a bake sale, but cookies, cupcakes, and muffins would be appreciated. Hot dogs and Chili will be sold at the Legion.

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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td>11:45 Veterans Lunch</td>
</tr>
<tr>
<td>Closed for the Holiday</td>
<td>10:00 Aqua Turf</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
</tr>
<tr>
<td></td>
<td>1:00 Bridge</td>
<td>10:30 Mat Pilates</td>
<td>1:30 Medicare Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00 Advisory Board</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td>8:30 Zumba</td>
<td>10:30 Chair Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td>9:00 Exercise</td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td>9:00 Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise 11:45 Thanksgiving Luncheon @ WPS</td>
<td>1:00 Bridge</td>
<td>9:00 Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>December</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>--------</td>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>12:00 Lunch &amp; Learn</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
</tr>
<tr>
<td>9:00 Van to Mall</td>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise 10:00 History Group</td>
<td>10:00 Aqua Turf</td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>9:00 Exercise</td>
<td>9:00 Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 Aqua Turf</td>
<td>10:00 Aqua Turf</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 Chair Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td>Closed for Holiday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td></td>
<td>8:30 Zumba</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td></td>
<td>10:30 Mat Pilates</td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30 Technology</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TRIPS FOR 2020
Seven Angels Theatre
Weekday Matinees – reservations and money must be received 2 weeks prior to matinee

Love & Spumoni
It’s the 1980s in Waterbury and teenager Mary Lou has the big hair, the big Italian family, and her first big crush! When she spots Anthony, a handsome black student at Sacred Heart High School, it’s love at first sight. Can she win the boy of her dreams AND get her family to see that love is color blind? Based on the true story of Waterbury’s own Mary Lou Piland, who became a viral sensation when she told her story on The Moth Radio Hour, come enjoy a Connecticut premier from the creator of “I Loved, I Lost, I Made Spaghetti”.
Thursday February 13 2:00 $35.00

Always a Bridesmaid
If you’ve ever elbowed a stranger out of the way to catch a bride’s bouquet, questioned the mental stability of the duo saying “I do”, or been forced to wear the world’s ugliest bridesmaid dress, this deliriously funny comedy is definitely for you! “Always a Bridesmaid” is the rollicking tale of four loyal women determined to keep a promise they made the night of their Senior Prom: to be in each other’s weddings! Hop on this marriage-go-round as they navigate the choppy waters of love and matrimony. Just how far are you willing to go to keep a promise to a friend?
Thursday March 26 2:00 $35.00

The Wedding Singer
It’s 1985 and love is sure to find a way in this hysterical smash hit musical! Based on the hit Adam Sandler movie, get ready for big laughs, big dancing, and a rockin’ good time! Follow the down and out Robbie as he struggles to overcome being left at the altar. Luckily, the real girl of his dreams is out there and he is ready to fight for her like no other. Another awesome Seven Angels musical produced just for you!
Thursday May 14 2:00 $35.00

It’s That Time of Year Again
Time certainly does go by fast, and fall weather is upon us, it’s also time once again for your annual review of your Medicare Drug Plan or your Medicare Advantage Plan, that also covers your drugs. You should have received by the end of September your “Annual Notice of Change”. This will come from your Part D Plan or your Medicare Advantage Plan. This will explain the costs and changes associated with your plan. It is very important that you understand what is being sent to you, you don’t want any surprises in 2019. You can change plans beginning October 15th - December 7th, for an effective date of January 1, 2019. Just because your plan covered your prescriptions in 2018, does not mean they will be covered in 2019.
Even if you are satisfied with you Drug Plan or Medicare Advantage plan with drug coverage, you should be aware of any changes. The Plans change from year to year and you want one that will work for you. Medicare Advantage Plans with Drug coverage may change your drug costs but also, you should be aware that the deductibles for doctors, hospital stays, nursing homes and more may have changed. For more information or to change plans contact the Senior Center. To learn more about plan specific information and costs, call 860-868-0735 for an appointment.

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.
LUNCH & LEARN
Please join us on December 10 at noon for an educational Lunch & Learn. Enjoy a delicious lunch provided by Bethel Health Care Center & The Cascades Assisted Living followed by speaker Dr. Antonio Paz, Interventional Pain Management Specialist from Orthopaedic Specialists of Connecticut. Dr. Antonio Paz specializes in the diagnosis and treatment of musculoskeletal, neurological, and cancer-related pain. He is board certified in both anesthesiology, and internal medicine. His goal is to relieve, manage and reduce pain without the need for addictive pain medications. The topic will be on Arthritis of the spine, intractable pain of the back & fractures of the back. **Reservations required.**

Confused by Medicare?
Thursday November 14th at 1:30 PM
You are invited to a **Medicare Made Clear** educational seminar. Join us to learn about your Medicare choices. We will discuss the differences between Medicare Supplement (Medigap) and Medicare Advantage Plans. We will share tools and resources to help you understand the coverage that may be right for you, including a free educational guide.

Whether you’re just getting started with Medicare or simply looking to learn more, we’re here to help. We’ll help you learn the basics. **Reservations required.**

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