UPCOMING LUNCHEONS

End Of Summer FUN!!!
Hot Dogs & Hamburgers on the grill, assorted salads etc….
Wednesday, September 18 at noon.
Suggested donation $6.00.
Reservations required.
Guest speaker: Probate Judge Domenick Calabrese. Immediately following the luncheon, he will discuss: New estate planning options under the Connecticut Uniform Trust Code.
Judge Calabrese will answer questions from the audience during and after the presentation as well.

ANNUAL MEETING AND POTLUCK LUNCHEON
For the election of new members to the Senior Center Advisory Board
Wednesday, October 16 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.

Mocktails & Trivia
Monday, September 23rd at 1:00pm
Is the answer A, B, C or D? Wave a paddle with your answer and find out if you are correct! Winner takes the prize while the group sips mocktails and enjoys an afternoon of fun.

Holiday Gnome Crafting
Thursday, October 17th at 1:00pm
Make your own holiday-themed gnome to keep for yourself or give as a gift! It’s never too early to sip peppermint hot cocoa and craft for the holidays together.
Programs sponsored by Candlewood Valley Health & Rehab Center. Reservations required.

SAVE THIS DATE!!!
Friday, November 8 – Veteran’s Lunch!!!
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@washinntonct.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  Senior Center Volunteer Staff
Sam Morrissey  Website

Ron Smith  Betty Hinckley
Joan Stevens  John Gueniat
Diane Williams  Dan Condon
Laura Cannavero  Anthony Bedini
Kathy Johnson  Alternates
Bala Balendra  Vemala Balendra
Ex Officio
Sam Morrissey  Design

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 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
Renter: 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.

BUREAU OF REHABILITATION SERVICES
BRS services are available to anyone who has a disability and wishes to work. They will assist with job placement, job training and college education at any state college (dependent on income criteria).
*This program allows persons with disabilities to be employed without risking eligibility for needed medical services through the Medicaid program. The program also helps with assistive technology which is any device which helps an individual with a disability to maintain or improve their ability to function independently at home, work, school or in the community. For eligibility and more information, call 1-800-537-2549.
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

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.

Senior Center Computer

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

2018 Curbside Recycling Schedule

South of Rt. 109: September 3 (Tuesday), 16 & 30 and October 14 & 28.
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.


**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.**

**Luncheons:** Wednesday, September 18 - Cookout. Cost: $6.00. Wednesday, October 16 – 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. 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.

**The Gunn Museum readings and Washington History Group will resume in 2019. Dates and times to be announced.**

**WASHINGTON HISTORY CLUB**  – The meetings are held on the third Monday of the month at 10:00. Bring your memories, stories, photographs, and objects to share! Everyone is invited to attend this free program.

**Imperial China Buffet (Watertown) – Tuesday, October 1. Van leaves at 11:15. Call the Center for reservations.**

**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>2-9:00 Exercise</td>
<td>3-1:00 Bridge</td>
<td>4-9:00 Exercise</td>
<td>5-8:30 Zumba</td>
<td>6-9:00 Exercise</td>
</tr>
<tr>
<td>2:30 Technology</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Van to Mall</td>
<td>2:30 Technology</td>
<td>10:00 Zumba</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 Advisory Board</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00 Exercise</td>
<td>8:30 Zumba</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Exercise</td>
<td>9:00 Exercise</td>
<td>10:30 Chair Yoga</td>
<td>10:00 Aqua Turf</td>
<td></td>
</tr>
<tr>
<td>10:00 Chair Yoga</td>
<td>9:00 Exercise</td>
<td>10:30 Mat Pilates</td>
<td>10:00 Technology</td>
<td></td>
</tr>
<tr>
<td>12:00 Cookout</td>
<td>8:30 Zumba</td>
<td>9:00 Exercise</td>
<td>1:00 Bridge</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td>2:30 Technology</td>
<td></td>
</tr>
<tr>
<td>13-9:00 Exercise</td>
<td>14-1:00 Moctails &amp; Triva</td>
<td>15-9:00 Exercise</td>
<td>16-10:30 Chair Yoga</td>
<td>17-8:30 Zumba</td>
</tr>
<tr>
<td>16:10:00 Aqua Turf</td>
<td>12:00 Cookout</td>
<td>3:15 Better Bones Program</td>
<td>10:00 Aqua Turf</td>
<td>10:00 Mat Pilates</td>
</tr>
<tr>
<td>17:10:00 Chair Yoga</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18:8:30 Zumba</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Mat Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19:9:00 Exercise</td>
<td>10:30 Chair Yoga</td>
<td>10:00 Flu Clinic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20:8:30 Zumba</td>
<td>10:30 Mat Pilates</td>
<td>10:00 Flu Clinic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21-9:00 Exercise</td>
<td>22-9:00 Exercise</td>
<td>23-8:30 Zumba</td>
<td>24-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>22:9:00 Exercise</td>
<td>23:9:00 Exercise</td>
<td>24:8:30 Zumba</td>
<td>25-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>23:9:00 Exercise</td>
<td>24:9:00 Exercise</td>
<td>25:8:30 Zumba</td>
<td>26-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>24:9:00 Exercise</td>
<td>25:9:00 Exercise</td>
<td>26-8:30 Zumba</td>
<td>27-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>25:9:00 Exercise</td>
<td>26:9:00 Exercise</td>
<td>27-8:30 Zumba</td>
<td>28-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>26:9:00 Exercise</td>
<td>27:9:00 Exercise</td>
<td>28-8:30 Zumba</td>
<td>29-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>27:9:00 Exercise</td>
<td>28:9:00 Exercise</td>
<td>29-8:30 Zumba</td>
<td>30-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>28:9:00 Exercise</td>
<td>29:9:00 Exercise</td>
<td>30-8:30 Zumba</td>
<td>31-9:00 Exercise</td>
<td></td>
</tr>
<tr>
<td>29:9:00 Exercise</td>
<td>30:9:00 Exercise</td>
<td>31-8:30 Zumba</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

-5-
TRIPS FOR 2019

Trains of New England
September 30 – October 6
This 7 day trip includes transportation, 6 night accommodations, admissions where applicable, 13-meals (6 breakfasts, 2 lunches & 5 dinners, including 1 dinner train meal & 1 lobster dinner, ) taxes & baggage handling, 3-guided tours, 2 cruises, 3 railroad excursions and gratuities for driver and Tour Director’s.
Cost: $1719 PP Double $2319. Single $1669 PP Triple
Itineraries available in office upon request

Tuesday, September 17 – Rob Zappulla presents: “Come Fly With Me” at Aqua Turf
This show moves non-stop with excitement as Rob performs all the popular songs made famous by Frank Sinatra!! Today’s family style luncheon includes salad, pasta, chicken florentine, baked scrod, potato, vegetable & dessert. Cost: $43 per person.

Tuesday, October 15 – Polka! Polka! Polka! at Aqua Turf
The Polka Family Band Is Back – 4 Time Grammy Nominated Polka 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 salad, past, kielbasa & kraut, stuffed cabbage, pierogis, vegetable & dessert. Cost: $42 per person.

Tuesday, November 12 – Crooning the Classics! at Aqua Turf
Dave Colucci and his musical guests will regale you with songs from artists like John Denver, Neil Diamond, Barry Manilow and more! Dave’s shows are always crowd pleasers!!
Today’s family style luncheon includes salad, pasta, beef burgundy, pan seared salmon, rice pilaf, vegetable & desert. Cost: $42 per person.

The Senior Center award was presented to a Washington Primary School 5th grade boy and girl on June 14. The criteria for those receiving the award are: Strives for Academic Success, Shows Consideration for Others, Accepts and Respects Authority, Demonstrates Personal Responsibility and Exemplifies the School’s Glider’s Pledge, “Cares”. This year’s recipients are Reese Evans And Ethan Wild. Congratulations!!

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
FLU CLINIC
ALL AGES WELCOME
Friday, October 25
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, Connecticut, Anthem BCBS, Aetna, and cash price will be approximately $35.00. Bring Medicare or Primary Insurance Card for photocopying.
NO PRE-REGISTRATION REQUIRED!!
*This clinic is for seasonal flu only.

Do you have Medicare questions or concerns regarding:
- 2019 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.

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