

BETHEL Senior Center

Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801 Telephone: 203-792-3048; 203-794-8593; FAX 203-744-3812

Hours: Mon. - Fri. 8:30 am - 4:00 pm. STAFF: Lisa Plumb, Rosemary Cywin, Joan Simpson, Marie Zappala
50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

DID YOU KNOW THAT RECYCLING IS MANDATORY IN CONNECTICUT?

What Cannot Go In The Trash?

Connecticut has adopted various solid waste management requirements to promote recycling of specific material types. Some items are mandated to be recycled pursuant to DEEP regulation, state statute, and local ordinance. Examples include bottles, cans, newspaper, cardboard, and Ni-Cd rechargeable batteries. Some items are banned from disposal, such as grass clippings and specific household electronic devices. Other items are prevented from entering the waste stream through product stewardship programs (also known as extended producer responsibility or EPR) which require manufacturers of certain items to develop and/or provide collection systems for their products. Examples of products covered under EPR programs in CT are electronics, paint, mercury thermostats and mattresses. Finally, some items are recycled through a deposit program such as the "Bottle Bill" nickel deposit on specific types of beverage containers and the deposit program for lead acid (automobile) batteries.

What this all boils down to is a list of items prevented from being thrown-out in the regular trash due to recycling requirements, disposal bans, EPR programs, deposit programs or a combination of these as noted below. Be aware that many of these items get recycled through more than one waste management system.

Items Designated (i.e. Mandated) for Recycling

- Glass & Metal Food & Beverage Containers
- Plastic Containers (PET or PETE #1)
- Plastic Containers (HDPE #2)
- Corrugated Cardboard/ Boxboard/ Newspaper/ Magazines
- White & Colored Office Paper (residences and businesses)
- Scrap Metal, including appliances
- Ni-Cd Rechargeable Batteries (from consumer products)
- Waste Oil (crankcase oil from internal combustion engines)
- Leaves (must be composted)
- Lead Acid Battery or Motor Vehicle Batteries
- Grass Clippings (should be left on the lawn or, if necessary, composted)
- Commercially Generated Source Separated Organic Materials (Only applies to those businesses compelled to do so per CGS Section 22a-226e. See Letter to Food Business Managers. Please view the Commercial Organics Recycling Law webpage for more information.)

Items Banned from Disposal

- Grass Clippings
- Household Covered Electronic Devices (televisions, monitors, printers and computers)
- Lead acid battery or a motor vehicle battery

By recycling, you will be protecting the environment, and as a result, protecting your health as well. Recycling:
 Reduces the amount of waste that must be disposed – which means less waste to incinerate or landfill. Prevents or reduces air and water pollution. Conserves water and precious natural resources – since less raw materials need to be extracted and processed.

-Department of Energy & Environmental Protection

COMMUNITY TAG SALE

Sat., April 23, 9am – 3 pm

Bring your table and treasures to sell to the public. Limited space available. \$20./space. The Community Tag Sale will be held on the Municipal Center front lawn. Sponsored by the Friends of the Bethel Seniors.

Information Technology Day

Held at the Bethel Senior Center on Tuesday, April 5 from 10:30 am to 11:30 am. Bethel High School students will visit the Senior Center and teach our members how to use their smart phone, IPAD, IPOD, laptop, kindle. Have questions or you just can't figure out a function that you would like to use? This is the class for you! Sign up now. Pre-registration is required. The class is free and a pizza lunch will be provided to all that participate.

Tax Assistance

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/10/16 through 4/13/16 from 9 am to 12 noon. Please call the BSC to make an appointment. Appointments fill up quickly so please make your appointment early to avoid disappointment.

New Art Class – "Still Life"

Adele Moros is teaching a class in "Still Life" art beginning Monday, April 4 for 6 weeks. Students may work with any medium. \$30.00 fee must be paid in advance.

FOXWOODS CASINO

and Tanger Outlets

Tuesday, April 26

Bus, lunch, incentives, driver tip: all included for \$25. Please register in advance.

DELAYED OPENING:

The Bethel Senior Center follows the Bethel school schedule for weather delays and openings. If the Bethel Schools are closed because of weather the BSC will be closed. If the Bethel schools are delayed because of weather the Bethel Senior Center will have the same delayed opening.

PROGRAMS

AARP Safe Driving Course Thurs., 4/14. 9 am – 1 pm. \$15 members/ \$20. non-members. Sign up by paying in advance at the BSC.

Adult Meditative Coloring, Mondays, 10 am - 12 noon. Free.

Art Class-Thurs.,12:30 -3:30 pm. Work on any painting or drawing using the medium of your choice. \$3.

Art Class - Special - Mondays, 1 pm - 3 pm, \$30./ 6 weeks.

Astrology - Fridays, 9:30 am - 11 am.

Basketball- Mon./Wed. at 11:30 am a group meets in the gym to play a leisurely game of basketball. Free.

Bible Study-Taught by one of our members, a bible book or verse is discussed each week. Free on Wed. at 10:30 am.

Bike Club- Go for a leisurely 10 - 20 mile ride. Varied routes. Wed., at 9 am. Stop by the office for information and schedules. Free.

Billiards-Mon. at 10 am. Please call to reserve the table. Free.

Bingo - Open to all. \$2.10 (in dimes). Fri., 1:15 pm.

Board Games - Anytime throughout the week. Just ask!

Bridge- Wed. / Fri. at 1:00 pm. New members welcome. Free.

Canasta- A card game played Thursdays at noon. Free.

Ceramics- There's an awful lot of laughing coming from the studio when ceramics is in session. If you want to have fun and be creative...this is the class for you! \$ 3/class. Classes held Mon/Tu/Th. from 9 am- 12 noon.

Chair Yoga-Chair Yoga is great for those having difficulty getting down on the floor or need a chair to hold on to. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Wed. at 10 am., Fri.,11am. \$ 2/class.

Chorus- Wed. at 10 am. Free.

Circuit Training- Nautilus equipment plus exercise stations throughout the room. Timed sessions. 10:15 am-Tu./Thurs. \$3.

Computer-This free course is individualized to what you want to learn. Members may sign up for a one-month session. Mon., 1:00 p.m. Limited seating. Please sign up in the office. Free.

Country Dance-Fri. at 10:30 am is the time to do-si-do, swing your partner, and enjoy both square and line dances with a group of upbeat, fun participants. Only \$2.

Crafts-A group of members that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Special projects, also. Wed., 1 pm. Free.

Creative Writing-Tap into your creative talents by penning your thoughts or stories. Led by a passionate writer, this group meets Mondays at 2:00 pm. \$ 3./class.

Crochet & Knit-A lively group of ladies crochet and knit for our annual holiday shoppe as well as a variety of charity work. The yarn is provided. All you need to do is show up! Thursdays at 9:30 am. Free.

Genealogy-Members may sign up for this popular course, on a 1-month basis, held on Tues. at 11 am. Search your family tree under the instruction of Kevin Cleary. Members have found out interesting facts and relatives they didn't know they had! Limited seating available. Free.

NEW! Gumba, Ballroom...Core & More – Wed., 2:30 pm, starting 3/9/16. \$ 4.00/class.

Italian Class-Wed.,1 pm the Italian class learns Italian words, history, & culture. Fee - \$3.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us FOR A Thurs. from 1 pm - 2 pm. \$3./class. A great leg exercise!

Movie Matinee on Mondays; - Best deal in town...free movies and popcorn/candy available for sale. A relaxing way to spend an afternoon.

Please see page 3 for a list of all movies shown. 1 pm.

Piano Lessons-Have you always dreamt of playing the piano but never had the chance to take lessons? That's what retirement is for! We have a very patient teacher who is encouraging and she makes it all seem so easy. \$60/4 weeks. The lesson is 30 minutes on Fridays. (9 am - 12 noon)

Pinochle- Every day 10 am - noon.

Pokeno - Tues., 1 pm, Bring \$3.00 in pennies.

Positive You - This class focuses on positive self image and learning techniques to improve your mind, body, and spirit. Relaxation and motivation skills will be presented and demonstrated. An interactive, feel-good program. Seasonal.

Quilting- Thursdays at 1 pm. Members meet to work on a Quilt of Valor for our Veterans. Free.

Reikki - Tuesdays from 10 - 12 noon. \$25./ 30 min. Please call the office for an appointment.

Scrapbooking - The art of taking photographs and embellishing them in an album using phrases, quotes, and decorative art. Frames, clip art, die cuts, and stories are used to embellish the photos. A wonderful trendy craft that makes a great gift or keepsake. No experience necessary. Bring your photographs and a 12" x 12" album. \$2.00.Wed. 9 am - 12 noon. Bring your own supplies/glue/photos/album.

Set Back- Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try!

Seniorcize-One of our most popular programs. Get back in good shape, move to great music. Members love this program. You can too! Tues/Thurs from 9-10 am. \$2.

Spanish Class- Mon. 10-10:45 am. \$4.

Tai Chi-Tai Chi, is a mind-body practice in complementary & alternative medicine. Many people practice tai-chi to improve their health and well-being Th., 11 am.; \$3 per class monthly fee; \$4/walk-in fee.

Toastmasters-Tuesdays at 12 the group meets to learn to perfect their public speaking skills. Free.

Writing Your Memoirs-Each week a topic will be discussed encouraging you to pursue writing about that time in your life. Friday, 1:00 p.m., Free.

Yoga-Wed. at 11:00 am.; Fri.- noon, \$2

Zumba-High energy, fast moving exercise. A good workout with latin rhythm music. Mon., Wed., Fri. at 9-9:45 am. \$3.

SPECIAL EVENTS

Come out to the Movies

Best deal in town...free movies! A relaxing way to spend an afternoon. **Popcorn & candy will be on sale.**

Movies begin at 1 pm.

April:

4-And So It Goes; 11- Shall We Dance; 18- Seabiscuit; 25- The Longest Ride

Lunch & Learn Programs - 12 noon

*Free lunch to first 30 members to sign up.
Pre-registration required. Limited seating.
No additional lunch is served.*

April:

8-Griswold Home Care presents: **Dementia 101 – The Basics**; 15-Community Pantry by Fred Cippione (Hot dogs for sale for \$2.00; 22-Masonicare of Newtown; 29-Sheraton Home Care

IMPORTANT NUMBERS & MEETINGS

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

2nd Monday, every other month: Mon., 4/11/16; 10:30 a.m.

Commission on Aging Meeting

2nd Monday of the month, 2:30 p.m.

Supplemental Nutrition Assistance Program

(every 2nd Thurs., 9 am - 1 pm)

Bethel V.N.A. Blood Pressure Clinic

(2nd Fri. of month: 10:30 am)

FEATURED PROGRAM OF THE MONTH

WRITING YOUR MEMOIRS

Each week a topic will be discussed encouraging you to write about that time in your life. The group occasionally has guest speakers.

Fridays – 1:00 p.m. - Free

APRIL BIRTHDAYS

- 1 Rita Harrison, Rosanne Albert
- 2 Mary Joan Cherniske, Olga Aplas,
- 3 Carmen Lamontagne, Josephine Verner, Linda Hopkins
- 4 Dolores O'Grady, Pat Barrett, Patricia Singer, Christopher Tse, Madelaine Gross, Lucy Doorly
- 5 Estelle Barfield; 6 Catherine Ghee, Carol Gibson
- 7 Carol Barney, Priscilla Brown, Claire Haskel-Levy Patricia Mayhew, Anna Rose
- 9 Sue Dardis, Barbara Stefanak; 10Theresa Crupi
- 11 Sandra Perce, Carol Henry
- 12 Julius D'Souza, Susan Zanard
- 13 Judy Novachek;14 Margaret McKerrow, James Whiteside
- 16 Barbara Carruthers;17Carol Hall, Joe Panko
- 18 Lesley Miller, Bob Shirk
- 19 Carolyn Andrews, Michael Thomas
- 20 Jane Damico, George Anastasakis
- 21 Lillian Gulalo, Corina Sporre
- 22 Dolores Walsh, Marion Baird
- 23 Mary Matern, Karen Rumsey, Darlene Matthews
- 24 William Isakson Patricia Kandle, Jane Farrell
- 25 Joe Casalone, Janice Garten
- 26 Cindy McKeegan; 27Anne Luongo
- 29 Virginia Fessler, Sean Allen, Shirley Paltauf, Martha . . . Anaya, Richard Murray

ANNIVERSARIES:

- 11 Kathy & George Aiello

New Trip!

Tanglewood – Boston Pops

Sunday, July 10

Includes ticket, bus, & driver tip

\$138.00



Reikki – Tuesdays from 10 - 12 noon. \$25./ 30 min.

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

UPCOMING TRIPS...

ALL TRIPS REQUIRE PAYMENT IN FULL & EMERGENCY CONTACT WHEN SIGNING UP.

Wed., 4/6 Broadway Show! Choice of two: Beautiful, the Carole King Musical (\$262.) or An American in Paris (\$232) Lunch at Buca di Beppo and bus driver tip is included.

April 10 - 17 Springtime Tour: Smokey Mountains & Nashville (Please stop in the office for a flyer)

Tues., 4/26 Foxwoods Casino + Tanger Outlet Stores \$25.

Wed., 5/11 Happy Days at Westchester Theatre \$ 85.

Th., 6/2

Culinary Institute & Boat Ride \$ 110.

Wed., 6/22 1 World Trade Center & Boat Ride \$141.

Tu., 6/28 Mohegan Sun Casino \$25.

July 12 – 19 Macinac Island Tour

Thurs, 9/8 Million Dollar Quartet at Westchester \$85.

Wed., 9/21 Big E State Fair Price TBA

Tu, 10/25 Foxwoods Casino + Tanger Outlets \$25.

Th., 11/3 Saturday Night Fever at Westchester \$ 85.

Please note:

If the Bethel schools are closed, the Senior Center is closed. If there is a delay, the Senior Center operates on the same delayed schedule as the schools. Any program offered prior to the delayed opening will be cancelled.



TOUR OF IRELAND



Non Stop flights on October 6th, 2016
on Aer Lingus
and return 15th of October 2016
(the price includes; Air, air taxes, Land and
Tour, transfers, Travel Insurance)
**\$2,799.00 per person based on double
Single Supplement an additional \$459.00**