

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 - 4:30 pm. STAFF: Lisa Plumb, Maureen Decker, Ana Ross, Marie Zappala
 50 Years & older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel.

TRIPS & SPECIAL EVENTS

March 3 gamble with Lady Luck at Mohegan Sun Casino. You'll have time to play the slots and tables, shop in the unique boutiques, or grab a bite to eat at the many food kiosks or buffet. There's even an outdoor fitness trail if you're up for some exercise. A great day away...\$25.

Celebrate St. Patrick's Day with trip to Gavin's Golden Hill Resort in the beautiful Catskills on March 12. Lunch, Irish-American Entertainment, a singalong, and Irish step dancers are all included.

April 20-24 - Las Vegas, Nevada. Travel made easy...pick up at the Bethel Senior Center, all transfers, flight, and your stay at the Treasure Island Hotel and Casino included. Free time to take in your choice of shows, excursions and meals. Grand Canyon, Hoover Dam...the possibilities are endless! Please call for details.

April 29 - Westside Story at the Westchester Dinner Theatre. This is an ideal day trip. It's easy in, easy out of the small intimate theatre. Our excellent seats and lunch prior to the show make it a great day for all. Bring a friend. Make your reservations early...our shows sell out quickly. Other shows at the Westchester Dinner Theatre:

July 23 - Godspell

Sept. 3 -Backwards in Heels (Ginger Rogers Story...she danced with Fred Astaire "backwards in heels!")

Oct. 22 - Show Boat

May 27-29 Maine Coast Tour Highlights include the Stonewall Kitchens in York; the "beautiful place by the sea"...Ogunquit; a wine & cheese reception in Meadowmere Resort; Lobsterbake Dinner with entertainment; narrated tour of Portland complete with sea captain's houses and elegant Victorian mansions, and Portland Head Light (the most photographed lighthouse in USA); Fort Williams Park; a guided tour of poet Henry Wadsworth Longfellow's home & garden;

Old Port Exchange (cobblestone streets in the historic waterfront district); Perkins's Cove & Marginal Way (a scenic walk path along the cliff between Perkins Cove and Ogunquit Village); a performance at the historic Ogunquit Playhouse, Kittery Outlets. 2 breakfasts/2 dinners included.

New Class: ASTROLOGY, Mondays, 1:30 - 3 pm

Heavenly patterns are understood as the visible spectrum of an invisible order that suffuses all creation. Astrology is the philosophical exploration of the instructions and meanings of these patterns. We will use a well written workbook that gives easy to follow directions into the world of astrology. Please bring paper or a notebook.



March 20, the first day of Spring...snow shovels back in the shed and be on the look-out for crocuses and tulips.

Spring is one of the four conventional temperate seasons, following winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs.

When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere. At the spring equinox, days are approximately 12 hours long with day length increasing as the season progresses. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth.

March 8, 2015 - Daylight Saving Time Starts.

Most of the **United States** begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time.

When local standard time is about to reach Sunday, March 8, 2015, 2:00:00 AM clocks are turned forward 1 hour to Sunday, March 8, 2015, 3:00:00 AM local daylight time instead

Sunrise and sunset will be about 1 hour later on Mar 8, 2015 than the day before. There will be more light in the evening. Also called Spring Forward, summer time, and Daylight Savings Time.

**Spring forward...
and change the batteries in your fire alarms.**

SPRING SALE - March 26

The Knitting & Crochet Ladies Club have been very busy and have overflowing lockers of beautiful handmade items to sell. They will be hosting a sale on **March 26 from 9-noon.**

Come support our Club and stay for lunch.

Don't forget your wallet!

New! Craft Classes - free

Wed., 2 pm - 3:30 pm

Make your own Tote (Shopping) Bag - March 11,18, 25.
 Silk Flower Arranging - April 8. Please bring your own container. (Examples: Vase, basket, boots, tea pot)

Please register for all classes in advance.

PROGRAMS

AARP Safe Driving Course 4/16; 9 am. \$15 members/ \$20. non-members. Sign up by calling the BSC.

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

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.

Band Practice-Please sign up in the office if interested in joining a new band being formed at the BSC.

Bike Club- Fall is a beautiful time to ride! 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./Wed. at 1 pm. Please call to register. Free.

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

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 10 am. Free.

Ceramics-Our new program is growing weekly in our newly decorated and nicely organized ceramic studio. 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! \$ 2/class. Classes held Tu/Th. from 9 am- 1 pm.

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. All are welcome. 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., 2:00 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 new group starting that will focus on making projects for our holiday fair as well as projects to be donated to local charities. Wed., 2 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. \$ 2./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.

Italian Class-Wed.,1 pm the Italian class learns Italian words, history, & culture. Fee - \$2. The instructor plans an annual trip to Italy each year.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us on Tues. from 2:30 pm - 3:30 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.

Ping-Pong - We are looking forward to upcoming tournaments. Come practice Thurs. at 1 pm. Free.

Pinochle-Every day 10 am - noon. New players welcome!

Poker-A popular card game played every day at 1 pm.

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.

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. Free. Thursdays, 2 pm.

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.

Tap Dance - NEW INSTRUCTOR! Mon., 12 -1 p.m., \$4.

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

Walking Club- Strolls through our beautiful town. Meet Tues. in the office in the Spring. The group leaves at 8:30 am.

Wii Games-Bowling on Tues., Wed., Fri. at 9 am. 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.

3/2 -The Secret of Roan Inish;

3/9 -Magical Legend of the Leprechauns;

3/16-The Irish Tenors; 3/23-Absolutely Irish;

3/30-Finian's Rainbow (Fred Astaire)

Lunch & Learn Programs - 12 noon

Free lunch to first 30 members to sign up.

Pre-registration required. Limited seating.

No additional lunch is served.

3/13 - Bethel VNA- Low Income Health Screening & **Diabetes Presentation;**

3/20 - Bethel Police Sargeant Bryce will present a program on **Identity Theft** (Hot Dogs - \$.)

Tax Assistance

AARP will be providing Tax Assistance for members 50 years + on Wed., beginning 2/11/15 through 4/15/15 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.

IMPORTANT NUMBERS & MEETINGS

Sweetheart Bus Reservations / Meals on Wheels

203-748-2511

203-628-7540

Friends of BSC Meeting

4/13, 10:30 am.

Commission on Aging Meeting

4/13

, 2:30 pm.

Supplemental Nutrition Assistance Program

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

V.N.A. Blood Pressure Clinic

2nd Fri. of month: 10:30 am

DELAYED OPENING: *Please note the new policy:*

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.** Scheduled programs will be cancelled if normally held prior to the delayed opening.

(Example - 2 hr. delay- BSC opens at 10:30 am)

Also closed: Good Friday, April 3.

March Birthdays

- 1 Lou Walsh, Ethel Pudelko
- 2 Mary Guertin, Tony Vitti
- 3 Lenore DeLucia, Marguerite Allen, Roberta Cutler
- 5 Charles Berger
- 6 Daniel Lawlor III, Lucille Ofiero, Dawn Tancos
- 7 Antonietta DelMonoco, Bruce Cornwell
- 9 Pat Belmont, Catherine Cosgrove
- 10 Jackie DuPont
- 11 Kelley Flynn, Pauline Anastasakis
- 13 John Pudelko, Katerina Haug
- 14 Matilde Cafferty, Kathy Aiello, Jay Doorly, Lois Darrah, Elaine Phillips
- 15 Nancy Mineo, Verona Whipple, Marsha Stetler, Helen Miller, Patricia Ochs
- 16 Lucy Lafferty, Josephine Hansen, Joyce Steck-Ferris
- 17 Pat Grunert, Margaret Hummel, Linda Padula, Mike Ventrella, Roger Hibbert
- 18 Patricia Kelly, Deanna Mossa; 19 Charlotte Banfield
- 20 Helen Best, Wanda Keyes
- 21 Rosalind Berger, Norma Cardova, Mary McKenney
- 22 Colleen Lizotte, Mary Januzzi
- 24 Joyce Carbone, Jenny Tesar, Barbara Randall
- 25 Ruth Tobin, Patricia Fortunado, William Hanlon, John Mareno
- 26 Maureen Decker, Judith Ann O'Dell, Margaret Cimino, William Schaefer, Constance Beote
- 27 Mary Fancher, Sal Bellafatto 29 Bob Leonard 28 Betty Farese
- 30 Suzanne Fand, Christa Kuhlwein
- 31 Barbara Repko, Kitty Grant

March Anniversaries

- 23 Rosalind & Charles Berger

Our deepest Sympathy to the families of:

Joseph Farris & Harriet Barney

YMCA's Diabetes Prevention Program

ARE YOU AT RISK? The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention for adults at high risk of developing type 2 diabetes, and has been shown to reduce the number of new cases of diabetes by 58 percent overall and by 71 percent in adults over 60. 86 million Americans age 20 and older, have pre-diabetes—more than 1 in 3—but only 10% of people know they have it. The YMCA's Diabetes Prevention Program may reduce the chances of developing type 2 diabetes and provide tools for living happier and healthier. New session will be forming March 26th at 9:30 am at Bethel Senior Center. Please contact Lisa O'Connor, Program Coordinator at [203-775-4444 ext 135](tel:203-775-4444) or loconnor@regionalymca.org for more information and to see if you qualify. \$429.

More TRIPS & SPECIAL EVENTS

Please sign up at the Bethel Senior Center.

May 21 *New! Just added...* Foxwoods Casino and Frankie Valli & 4 Seasons Tribute Show. \$71. bus/show; \$26. casino/no show.

June 23 **New 9/11 Museum in New York City.** Opened last year. A beautiful memorial with state of the art technology. An amazing collection of items too numerous to mention. The trip includes lunch at a local restaurant.

July 7 **All You Can Eat Lobster Festival at the Delaney House.** A favorite of our members, this dinner and show program fills up quickly. Please reserve your spot early.

July 14 - Foxwoods Casino

Oct 8 - Pratzl Brahaus- October Fest

December 2-4 **Christmas Miracle at the beautiful Sight & Sound Theatre in Lancaster, PA**

Sept. 19 - 23 Cruise with us to Bermuda!

Travelling is easy with the Bethel Senior Center. Our Coach bus will pick us up at the BSC and transport us to the New Jersey port where we will board the Liberty of the Seas, Royal Caribbean's spectacular cruise ship. Shows and meals are included on board this beautiful ship. Relax and enjoy because for the next six days (five nights) you will be pampered and entertained. \$100. deposit holds your spot.

Let's Hang On !

Foxwoods Casino+ Show

Thursday, May 21, 2015

The nation's most popular Frankie Valli & the Four Seasons Tribute Show at Foxwoods Casino! The bus package includes free Foxwoods Buffet and \$10. slot play. Prices for the show are \$71. each and for the bus without the show are \$26. All prices include the bus package and the tip for the driver. The bus will leave BSC at 8 am and depart Foxwoods Casino at 4:45 pm. Please come in to the BSC to sign up. Our trips sell out quickly.