

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. Website: Bethel-ct.gov

50 Years & older! *Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better... at Bethel. All towns welcome.*

A Season to be Thankful

All of the staff at the Bethel Senior Center wishes every member and their families a very "*Happy Thanksgiving*".

LAST ISSUE OF THE BETHEL SENIOR CENTER NEWSLETTER

as it is now...

But, don't stop there...keep reading. The big news is that we have a brand new format, with a brand new "face", and will include additional information, stories, & photos...as well as the same information you are used to in our newly published bi-monthly newsletter. The new newsletter will be our December/January issue that should be available to you in late November.

We are excited to present this new publication to you and welcome your feedback. Keep your eyes peeled for the first issue. We anticipate that you will be pleasantly surprised!

COAT DRIVE (through Dec. 2016)

Bring in your gently used coats, jackets, hats, mittens/gloves for those in need in our community. Any one may take whatever they need. The Coat Drive is located next to the Ceramic Studio.

What is 211?

"211" is an easy to remember three-digit telephone number assigned by the Federal Communications Commission for the purpose of providing quick and easy access to information about health and human services. Also available as a webpage: Google "211".

FOXWOODS CASINO & Tanger Outlets

Trip includes the bus, Lunch, and gaming incentives.

Plenty of opportunity to shop in the new outlets!

Tuesday, 10/25, \$25.00/per person

Holiday Shoppe

It's time... that wonderful time of year when we have our annual bazaar with treasures galore...handmade ceramic items, craft, crochet & knit items, raffles, white elephant (tag sale), cookie trays & pies and famous hot dogs & homemade sauerkraut.

Mark the date. See you soon!

*Friday, 11/4 & Saturday, 11/5
9 am - 3 pm*

HOLIDAY PARTY!

Dec. 9 - 12 noon at the Bethel Senior Center

The menu includes:

*Lasagna, Italian bread, salad, cheesecake
for \$10.00.*

Limited seating. Please make your reservation early.

New Class:

'Powerful Tools for Caregivers'

Over six weeks, participants learn to reduce stress, improve self-confidence, better communicate feelings, make tough decisions and locate helpful resources. If you are caring for a loved one, have cared for a loved one in the past, or would like to learn techniques how to best care for yourself and others, this class is for you.

Limited seating - Free - Sign up in advance.

Mondays - 9:30 am - 12:30 pm; 6 weeks:

11/7, (off-11/14), 11/21, 11/28, 12/5, 12/12, 12/19

FLU CLINICS

HELD AT THE BETHEL SENIOR CENTER

Fri., 9/16- 10 am - 1 pm; sponsored by Bethel VNA

Mon, 9/19, 9:30 am - 11:30 am; sponsored by Bethel VNA

Fri., 9/30, 10 am - 12:30 pm; sponsored by English Apothecary

Fri., 10/14, 9 am - 12 noon; sponsored by Bethel VNA

Fri., 10/21, 10 am - 12:30 pm, sponsored by English Apothecary

Thurs., 10/27, 1 pm - 3 pm; sponsored by Bethel VNA

PROGRAMS

AARP Safe Driving Course Thurs., 10/13. 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.

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 – The Bethel Senior Center no longer offers a Bike Club and is not affiliated with the Bethel Senior Bike Club.

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 12:30 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. Includes all paints/stains and firing. 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.

Italian Class-Wed.,1 pm the Italian class learns Italian words, history, & culture. Annual trip to Italy – optional. Fee - \$3.

Line Dancing- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us 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.

Qi Gong An Ancient Chinese collection of integrated movements, postures and breathing techniques and cognitive intentions that are practiced to promote health and healing. Thursdays 12 noon – 1 pm, beginning in September.

Quilting- Thurs.at 1 pm. Members meet to work on a seasonal quilt as well as 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.

Wii Bowling – Tuesday, 9 am – 11 am. \$2.00

Writing Your Memoirs-Each week a topic will be discussed encouraging you to pursue writing about that time in your life. Guest speakers occasionally. 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. Movies begin at 1 pm.

November:

7 – Flags of our Fathers 14 – War Horse
21 – The Birds 28- Hello, My Name is Doris

December:

5 Pearl Harbor 12 Christmas Without Snow
19 Christmas Romance 26 A Holiday to Remember

Lunch & Learn Programs - 12 noon

Lunch & Learn programs provide a free lunch during a presentation to the first 30 members that sign up. No additional lunch is served. Members must stay for the entire presentation as a courtesy to our presenter.

November 18 – Beltone Hearing

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., 12/12/16; 10:30 a.m.

Commission on Aging Meeting

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

(exception: Tues. 10/11/16)

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)

November Birthdays

- 1 Ron Caporale
- 2 Linda Smart, Alesia McLachlan, Joyce Murray
- 3 Cynthia Farris, Joan Gourley Gene Barfield,
Linda Berghofer, Linda Cruz
- 4 Rebecca Pelletier, Norma Einhorn
- 5 Kathy Oles, Ingeborg Hanlon, Glen Athans,
Ellen Vicotoria Scott, Janet Jankowski,
Kathleen Smith
- 6 Charlene Maher, Deborah Allen,
Candace Brown, Jacob Matthews
- 7 John Chmielowiec; 8 Francine McLeod
- 9 Adrienne Hunt, Veronica Bursuker
- 10 Ruth Stolle, Barbara Hurley, Betty Briscoe,
Ursula Alling
- 11 Ann Kennen, Lorraine Clark,
John Somoskovec, Janet Surace, Gail Schultz
- 12 Lena Rasamny
- 13 Jeanne Volpe, Gen Lanuto, Chip Welsh
- 14 PriscillaCundari, Helena Huddleston, Leslie Whone
- 15 John Ferraro,16 Peggy Grace, Patti McCord
- 17 Marilyn Rios, Marie Horton, Jim McGowan
- 18 Luis Rodriguez; 19 Lynn Dexter, Dorothy Carvalho
- 20 Mary Ruggier; 21 Gail Margarum, Jill Kuhn
- 22 Catherine Gadarowski, Judith Harco,
Thomas Sankowski
- 23 Dr. John Cleary, Lorraine Hughes, Susan Davis,
Rosalie Cummings; 24 Katherine Glannara
- 25 John Grogan; 26 Beverly Gillotti, Tina Gallagher
- 27 Joann Randi, Eleanor Coffey, Joseph Tank
- 29 Beverly Barta, 30 Velda Greenan

Anniversaries

- 6 Pat & John Pudelko
- 26 Kathy & Mike Oles
- 28 Judy & Fritz Novachek

UPCOMING TRIPS...

All trips require payment in full & emergency contact when signing up.

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

ANNOUNCING 2017 WESTCHESTER DINNER THEATRE SHOWS: *First come, first serve basis.*

6/15 – Mamma Mia

9/7 - Annie, the Musical

10/19 – Annie Get Your Gun

2017 Trips & Special Events Calendar

... Will be announced soon.

Stay tuned...

Bethel Senior Center is Closed:

for activities:

Friday, 11/4; Friday, 11/11

Thursday & Friday, 11/24 & 25

Friday, 12/9, 11:30 am, 12/23, noon.

Monday, 12/26 and Monday 1-2-17