

# 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.**

## Medicare: Open Enrollment Period

During certain times each year (yearly enrollment periods for Part C & Part D). Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. There are 2 separate enrollment periods each year.

Open Enrollment Period for Medicare Advantage and Medicare prescription drug coverage.

What can I do?

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

When? **October 15–December 7**

Medicare Advantage Disenrollment Period.

What can I do?

- If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.
- If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account (MSA) Plan.

When? **January 1–February 14**

## **11/10 -Veteran's Breakfast - 9 am.**

If you are a Veteran or a spouse of a Veteran please join us to celebrate your dedicated service to our country. Free.

## **Halloween Party**

**Friday, October 30, 12 noon - 3 pm**

Lunch includes chicken piccata, rice, vegetables, & cheesecake. Feel free to come in costume or just come as you are. Please register in the office.

Limited seating. \$ 8.00.

## FLU SHOTS

**IT'S THAT SEASON AGAIN**

**Please bring your insurance information with you.**

All shots are given at the Bethel Senior Center.

The room will be announced the day of the event.

Fri., 10/9 9:00 a.m. - 12:00 p.m. Bethel VNA

Thurs.10/15 1:00 p.m. - 3:00 p.m. Bethel VNA

## **HOLIDAY SHOPPE**

**11/6 & 11/7; 9 am - 3 pm. Holiday Shoppe**

White Elephant, Craft Sale, Vendors

BSC Famous Hot Dogs & Sauerkraut

## *New Programs ...*

**Adult Meditative Coloring** The popular new hobby opens many people's minds to the idea of how they can benefit from coloring using books specifically designed for adults. The relaxing, therapeutic activity offers an extraordinary and practical approach to benefit people with anxiety and depression; it helps to balance one's emotional imbalance; and is a wonderful tool to help people heal from illness, whether it be mental or physical or just for everyday self therapy. Coloring can be one of the best therapies! Recent news reports and marketing ads have unleashed massive interest in this new hobby. This quick-spread phenomenon is changing the perception that coloring books are only for children. Adults can enjoy the same benefits as well. While exploring one's creativity, it helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. **Free...come and try it! Mondays - 10 am to 12 noon.**

**Pokemo - Tuesdays - 1 pm - 3 pm** in the Ceramic Room. Bring \$3.00 in pennies to play.

**New Art Class - 'Still Life'** beginning **Oct. 5; 1 - 3 pm.** May use oil, watercolor, or acrylic paint. **\$25./4 weeks.**

**Beginning Quilting** - Make a table runner or pillow top for the holidays! Learn how to rotary cut, pin, sew, and quilt properly. No previous experience necessary. **Tues., Nov. 3, 10, 17, 24. at 1 pm. - \$10./4 weeks.** Supply list.

# PROGRAMS

**AARP Safe Driving Course** 10/20; 9 am. \$15 members/ \$20. non-members. Sign up by calling 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, \$25./ 4 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**- 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. at 10 am. Please call to reserve the table. 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 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 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 10:00 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. Fee - \$3. beginning in September.

**Line Dancing**- New dances each week! Our instructor will amaze you with her energy and enthusiasm. Join us FOR A NEW TIME: THURS. from 1:00 pm - 2:00 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)

**Ping-Pong** - Come practice Mon. 10 am. Please call in advance to reserve the table. Free.

**Pinochle**- Every day 10 am - noon.

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

**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- Beginning Class**, Tuesdays, 1 pm. \$10./4 weeks.

**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.

**Tap Dance** - Get your tap shoes out! Beginners welcome. Mon., 12 -1 p.m., (In process of hiring a new instructor).

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

**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.

**October -10/ 5-Black & White;**

**10/19 -Woman in Gold; 10/26- McFarland USA**

## **Lunch & Learn Programs - 12 noon**

*Free lunch to first 30 members to sign up.*

*Pre-registration required. Limited seating.*

*No additional lunch is served.*

Lunch & Learn programs for October:

10/2 Beltone Hearing Aides: Service & Presentation

10/9 Age in Place; 10/16 Danbury Veteran's Center

10/23 Senior American Resources - Bill Caron -

Medicare Open Enrollment & Prescription Drug Plans

## **IMPORTANT NUMBERS & MEETINGS**

### **Sweetheart Bus Reservations / Meals on Wheels**

203-748-2511

203-628-7540

### **Friends of BSC Meeting**

2nd Monday, every other month: Tues., 10/13; 10:30 a.m.

### **Commission on Aging Meeting**

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

Next meeting: 9/14

### **Supplemental Nutrition Assistance Program**

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

### **V.N.A. Blood Pressure Clinic**

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

## **October Birthdays**

- 1 Jean Hazard, Marie Zappala, Barbara Bozeman, Mary Morrill, Janet Summa, Gail Caladrino
- 2 Rutilio Padillo; 3 Eileen Heerd
- 4 Marianne Passer, Mary Karen Merrill, Robert Mathews, Barbara Anderson
- 5 Molly Berger, Salvatore Scalzo; 6 Leila Hiteshew
- 7 Mona Bugler; 8 Mary Lou Staffieri, Christian Mueller
- 9 Heide Lock, Giuliano DeLuca
- 10 Jean Fisch, Diane Lambertson, Karen Magee, Carm Connolly, Kathleen Taylor
- 11 Ada Cole, Philip Lu, Francois St. Pierre
- 12 Irene Daniska, Geraldine Mills, Meta Schroeter
- 13 Mary Spain, Edward Guman, Jean Gordon, Cheryl Barnes
- 14 Nancy Citrone, Marquerita Zenobia
- 16 Helen Baker, David Glahn,, Frances Poletti, Helen Sturm
- 17 Marge Gaylord, Donald Hughes, Catherine Hickey
- 18 Carol Smith; 19 Gerald Hedley;
- 20 Marie Willmott, Carol Lefebvre; 21 Carol Decker
- 22 Theresa Gimigliano, Anatole Harkawij, Kurt Frey, Charles Kindya, Deborah Holt, Nancy O'Connor
- 23 Julia Heering; 24 James Rush, Theresa Signorelli, Eva Beote
- 25 Betty Campbell, Suzanne Janousek, Patricia Ann Reese
- 26 Rena Dobrydnio;
- 27 Lois Pannoza, Kathleen Keane, Marie Dowding
- 28 Bill Bey, Lorraine Mele, Lucy Liponi, Michael Gillotti
- 29 Steve Papish, Pat Kennedy, Brendan Sniffin; 30 Kay Visconti
- 31 Dorothy Staib, Sally Ann Morabito

### Anniversaries

- 10 John and Sally Lord; 12 Tom and Linda Pace
- 22 Dave and Meg Glahn; 23 Priscilla and Gordon Brown
- 24 Miriam and David Demitio

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**TRIPS**...Join us for our exciting day trips  
or overnight excursions.

Oct. 8 October Fest at Platzl Brauhaus, \$ 70.

Oct 22 Show Boat , Westchester Broadway Theatre, .  
\$81. **SOLD OUT!** Waiting List, only.

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**MOHEGAN SUN CASINO !**

By popular demand we have scheduled a trip to  
the exciting **Mohegan Sun Casino**. \$25. fee  
includes the bus, and bonuses by Mohegan Sun  
Casino. Convenient, free parking at the  
Bethel Municipal Center.  
**Tuesday, Nov. 17.**

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Dec. 2-4 **Amish Trip featuring:**

**Christmas Miracle**

• \$499./double; \$630. /single; \$485./triple.

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**2016 Trip & Special Event calendar will be  
completed soon. Please check with the office.**

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**Holiday Party** - Fri., Dec. 11, 12 noon - 4 pm.

We are thrilled to announce our holiday party at  
Michaels at the Grove (formerly Cappellaro's Grove)  
in Bethel. \$28./person includes live music, a buffet  
lunch and cash bar. Get out your dancing shoes and  
holiday glitz and join us for a wonderful day out in a  
beautiful local facility. Last year's party at this location  
was great fun! Please register in the office. Sign up  
early...Limited seating.

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**COAT DRIVE** (through Dec. 2015) Please

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 in the BSC.

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**New 'WiFi' available** at the BSC - You are now able  
to use your IPAD, smart phone, laptop throughout the  
Senior Center.

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## **Assistance Programs, continued**

### **Connecticut Energy Assistance Program**

The Connecticut Energy Assistance Program benefits thousands of homeowners and renters throughout the state.

### **Energy Assistance Applications, Bethel**

Energy Assistance applicants must be 60 years or older and those who are social security disabled. Applications are accepted by appointment only. Applicants need to have their income/asset limitations as well as the documentation required in order to apply. To schedule an appointment please call John Sarver, Bethel Tax Benefit Coordinator, (203) 794-8594. If he is not available, please leave a message and he will return your call.

## **Are you aware of Assistance Programs available to you?**

### **The federal National Family Caregiver Support Program and the Connecticut Statewide Respite Care Program.**

The term 'caregiver' means an adult relative or non-relative, or another individual who is an informal provider of in-home and community care. Only caregivers who provide care to the applicant that meets the eligibility requirements may receive services under these programs.

**Respite Care:** Respite care is a short term option designed to provide a break from the physical and emotional stress from caregiving. Respite care services include, but are not limited to: adult day care, home health aides, homemaker, companion, skilled nursing care, or short term assisted living or nursing home care. Funds may be used for day or night respite. A mandatory assessment must be completed before respite services are provided.

**Supplemental Services:** Supplemental services are one time health-related items or service options designed to help "fill the gap" when there is a need or there are no other ways to obtain the service or item. Supplemental services help improve the quality of life for the care recipient and help to alleviate the strain on caregivers who care for older individuals. Supplemental services include, but are not limited to, home safety modifications and medical related equipment. These

services are available through the federal National Family Caregivers Support Program funding only. Programs to assist caregivers and the combined application are listed below. The program selected with you will depend on your eligibility and the types of services requested. All applicants must have an identified caregiver in order to receive services. Please visit WCAAA Family Caregiver Guide for helpful tips and websites.

### **Supplemental Nutrition Assistance Program.**

(SNAP-formerly Food Stamps). SNAP is administered by State of Connecticut Department of Social Services (DSS) and provides monthly benefits through a credit card system (EBT) to help low-income households to buy the food they need for good health. The amount of money available to eligible persons depends on the number of people in the household, income, plus rent and utility expenses.

*More information on the back page.*