

# Bolton Senior Center Primetime Online

September & October 2022



**Monday – Thursday 9 a.m.  
to 4 p.m.**

**Friday 9 a.m. to 3 p.m.  
860-647-9196**

**Director: Carrie Concatelli, MSW**

Email: [cconcatelli@boltonct.org](mailto:cconcatelli@boltonct.org) or  
[seniorservices@boltonct.org](mailto:seniorservices@boltonct.org)

**Administrative Assistants: Karen Frost &  
Pam Wentworth**

Email: [kfrost@boltonct.org](mailto:kfrost@boltonct.org),  
[pwentworth@boltonct.org](mailto:pwentworth@boltonct.org)

[Check Out Previous Editions](#)

## Directors Note

Dear Senior Center Friends,

Happy Senior Center Month! In September we celebrate the importance of Senior Centers. This year's theme is "Strengthening Community Connections." According to the National Institute for Senior Centers, we are a "Local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well." We do this by providing information and support, however, the biggest asset Senior Centers have is YOU – and a network of your talented peers!

In this edition we highlight some of the work by many of the individuals and groups whose support is instrumental to our success. Over the course of the year we receive a lot of in-kind help, whether through donations, volunteer hours, or collaboration with local religious and civic organizations. There is tremendous value in Senior Centers as a community resource and we strive to

innovate and expand to meet the needs of this growing population. We can't wait to celebrate our 25th anniversary next year and many years beyond!

We love seeing new faces – come on in and bring a friend, or make a new one here!

Happy Fall!

Carrie

---

## WELCOME

There is no membership to participate.

**Transportation** - Call to schedule in advance; subject to availability. We travel to a variety of towns for medical appointments and errands.

**Food Pantry** Mon/Wed/Thurs. 9:30 a.m. – 3:30 p.m. or by appointment. Open for all ages. Non-perishable food, toiletries, kitchen supplies and paper goods available. Ask about other local food resources too.

---

## Holiday Closures

All Town Offices will be closed on Monday, September 5 and Monday, October 10.

Chair Yoga will not be held on Friday, September 2. There is no dominoes on Monday, October 3 and Monday, October 31.

---

## Thank you

As you approached the Senior Center front door this summer you enjoyed the beautiful geraniums and petunias donated by Tessier Nursery, with a little help from our friend Ruth Hoffman. Thank you for brightening our entrance!

We appreciate those of you who donated school supplies – we supported a group of Center School students in need.

We also want to acknowledge Bolton Congregational Church who completed their annual Food Pantry collection this summer.

Thank you to the Bentley Memorial Library for hosting our display about Town Social Services, the Bolton Food Pantry and our partner food resources MACC and Mobile Foodshare. One of the items in the display was a sign made by MACC that says “It takes a community!” We agree! Thank you MACC and Bob Bagioni for assistance with the display pieces and a big thank you to all who took the time to visit and learn more!





## In Remembrance

We would like to share that we have learned of the passing of Peg Aspinal, Marcie Morris, Nancy Stevenson and Dorothy Krause. All of these ladies had longstanding connections with the Bolton Senior Center. We are thinking of their families.

## Budget Season

As you are aware, there were four referendums for the 2022-2023 Town Budget. As a result of the budget cuts, the Senior Center Program Coordinator position was eliminated. We are starting to work on the budget for the 2023-2024 fiscal year. Any suggestions about our departmental budget are welcome. Budget workshops are open to the public.

## Knox Box Safety Program

A Knox Box provides local first responders with quick and safe entry to a home during a medical or fire emergency without property damage. The device is fastened to a door and does not require permanent adhesion so it is available for both homeowners and renters.

We have a limited number of Knox Boxes available. They were purchased by Bolton Senior Inc. with grant funding from the Hartford Foundation for Public Giving Bolton Community Fund. If you would like to participate in this safety program, please contact the Senior Center office for an application.

## AARP Community Challenge

## Winner!



We are happy to announce that we are a 2022 AARP Community Challenge grant recipient. There were 3200 grant submissions nationwide and we were one of the 260 projects selected. We are honored to join Farmington and Stratford as the three projects in Connecticut!

The purpose of this grant funding is to revitalize an under-utilized outdoor space. We know from the pandemic just how key it can be to have access to outdoor spaces. The Town of Bolton, along with the Bolton Senior Inc. (through grant funding from the Hartford Foundation for Public Giving Bolton Community Fund), has invested in a new set of patio furniture to replace our 25 year old set. We are also fixing up the surrounding patio area to offer additional recreational opportunities, including gardening, outdoor games, and relaxation under our awning. The grant funding will create a pickle ball court and spectator area for use between the pickle ball court and the bocce courts. In shade and in sun – Bolton Seniors are ready to have some fun! Stay tuned for additional construction this fall and we will enjoy the final touches next spring!



---

## Senior Inc. News

### Last note from Past President Cheryl Udin:

Hello all, I asked Carrie for a few inches of the Bulletin space to let you know that I have stepped down from being your President for the past 12 years and to introduce your new President – Betty Wright. Thank you, Betty for agreeing to be our President of the Bolton Senior Citizens Organization.

As President, I have met some wonderful people, who I now call friends. When I first retired from my 30-year job in Hartford, I was looking to keep active. I immediately walked into our Bolton Senior Center and I was surprised by the number of activities offered, both in house and travel trips.

After a very brief time, I was asked to join the board as a member that helps support the Center. The rest is history. I did join the board and became President within the year!

I am so proud of all the things offered through our Bolton Senior Center, be it activities in house such as chair yoga, three times a week; the delicious free lunches, trips out to lunch or the casino, as well as the ongoing games, or



puzzles always sitting on a table.

The quilters fill the large room every Friday with their beautiful art work. The puzzles that are hung on the walls are also artwork assembled by a few very dedicated puzzlers!

The bocce court is being used once again. We will soon have a pickle ball court next to the bocce court, thanks to Carrie's efforts of obtaining one of only a few AARP Community awards, nationally. Thank you, Carrie!!!

The Visiting Nurse program has been a staple to our seniors for a variety of services. The transportation to and from appointments, food shopping or personal errands, are also a really good valuable service we provide.

I will continue to be on the board as Treasurer, so I won't be too far away from any goings on. I really found a place for activities that I personally enjoy and also the socializing so important to all humans to be just that, human.

Thank you to everyone and I'll see ya at the Center. Cheryl

**A note from Carrie:** On behalf of all of us, thank you Cheryl for your service to all participants of Bolton Senior Center during your tenure as President. Cheryl always has a twinkle in her eye when she speaks with pride about the seniors in our community!

---

## Here's What's Been Happening

### A look back at summer events

In July we created wreathes out of calendar pages with instruction by Bolton Senior Myrle Goff.

We enjoyed a flower arranging demonstration by Bolton resident Heidi Luck from Luck of Bolton Farm; we learned to consider "fillers, spillers and thrillers" when selecting buds and greenery and discovered creative way to use hosta leaves.

We cooled off during the heat wave with our Summer Sizzler luncheon – featuring the sounds of Jimmy Buffett and the Beach Boys, some photo antics, and refreshing drinks. We tested strawberry, coconut, and lime - the winner was strawberry!

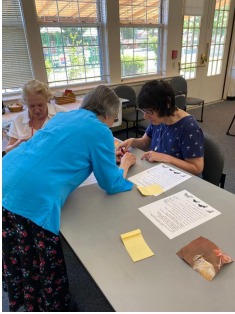
In August we crafted with wooden flowers to make milk jug arrangements with our instructor Jen of Wood and Word Blooms.

We finally got a big trip to the shore for the lobster lovers – Captain Scott's on a nice day is grand! And we end the summer with our annual BBQ!

If you haven't seen all that we have to do, we suggest scoping it out!

---

### Crafting With Calendars



## Flower Arranging Demonstration





# Summer Sizzler!





## Wooden Flower Arrangements



## Regularly Scheduled Activities

### **Chair Yoga**

Mondays, Wednesdays and Fridays at 9:30 a.m. \$5 per class

### **Set Back**

Wednesdays at 12:30 p.m.

### **Poker**

Tuesdays at 12 p.m.

### **Quilting**

Fridays at 11:00 a.m.

### **Dominoes**

Mondays at 1:00 p.m.

### **Mah Jongg**

Tuesdays at 12:30 p.m.

### **Bridge**

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

**All regularly scheduled programs do not require advance reservation.**

## Meetings

Seniors Inc. Meeting – Monday, September 19 and Monday, October 17 at 10:30 a.m.

Senior Citizens Commission – Tuesday, September 13 at 1 p.m.



## Foot Care

Foot Care appointments are the fourth Tuesday of the month; \$30 per appointment.

# Special Events

**COVID Guidelines are ever changing and we will continue following all recommended guidelines from the state, CDC, and the health district.**

**RSVP due one week prior unless otherwise specified.**

## BOCCE

Want to get out on the courts? Fall is a great time! Form a group with friends (you need 2-8 players per court) – weather permitting.

## BINGO

Join us Thursday, September 1 and Thursday, October 6 at 1 p.m. \$1 a card to play multiple games. The more players, the bigger the jackpots!

## CASINO

Take a trip to Mohegan Sun Casino on Thursday, September 29 and Thursday, October 27. The van leaves at 9:15 a.m. \$5 for all passengers; limit 20 participants.

## LUNCH OUT - BASIL'S

A true crowd favorite – we travel to Basil's in Stafford Springs on Thursday, September 15. Van leaves the Senior Center at 12 p.m.

## POETRY AS MEMOIR

Join us for an interactive poetry and writing workshop on Wednesday, September 21 at 1:30 p.m. This workshop is being facilitated by award-winning poet Bessy Reyna, who is currently serving as Bolton's Poet Laureate. We will explore how poets share moments of their lives and personal relationships. Their poems will serve as inspiration in the creation of our own poems. This workshop will be limited to 10 participants.

Bessy Reyna is the author of *Memoirs of the Unfaithful Lover*, a bilingual poetry collection and other publications. She is a former opinion columnist for the Hartford Courant and editor of the Arts pages for *Identidad Latina* and *CtLatinonews.com*. Among her many honors and awards are: Lifetime Achievement by the CT Center for the Book of the Library of Congress, and induction in the CT Immigrant's Hall of Fame. For more information, visit [www.bessyreyna.com](http://www.bessyreyna.com)

## SENIOR APPRECIATION LUNCHEON

We'll celebrate Senior Center Month with our annual Senior Appreciation Luncheon on Thursday, September 22 at 12 p.m. Join us for a delicious meal and a performance by the Hebron Sunshine Singers!

## FLU SHOT CLINIC

We are hosting a walk-in CVS Flu Shot Clinic on Monday, October 3 from 1 p.m. to 5 p.m. There will be adult doses and senior doses. This is open to all members of the public. Please bring your insurance card.

## FIRE PREVENTION

Bolton Fire Marshall Bill Call will give us some important tips and reminders and smoke detectors and other fire safety planning. Join us on Tuesday, October 11 at 10 a.m.

## FLORENCE GRISWOLD MUSEUM

Take a trip to see the Florence Griswold Museum and visit the Wee Faerie Village. This year's theme is Twinkle Point – an amusement park for the Wee Faerie Folk. The trip is Thursday, October 13, van leave the Senior Center at 9:30 a.m. Tickets to the museum and special event are \$12 cash.

## MYSTERY LUNCH

We promise it's not spooky, but it is a mystery! We're going out to lunch on Thursday, October 20. The van leaves at 11 a.m.

## HALLOWEEN LUNCHEON

Start planning your costumes – the Halloween Luncheon will be on Monday, October 31 at 12 p.m. It's not a trick – there will be treats – and prizes for costume creativity!

---

## Save the Date

We will host our annual Veterans Day Luncheon on Thursday, November 10 at 12 p.m.

---

## Local Happenings

### DINNER THEATER

There is a dinner theater performance of My Big Fat Pirate Wedding on Friday, September 9 at 7 p.m. at the Franco-American Club, Club Road in Windham. Our friend Bob Marche is in the cast! Tickets are \$45 for dinner and the show (all tax and gratuities included). For tickets go to [inharmony.ludus.com](http://inharmony.ludus.com) or call 860-776-8284.

### TRUNK OR TREAT

The Bolton Recreation Department is hosting a Trunk of Treat on Saturday, October 29 (rain date October 30). Location TBA. Set up at 3 p.m. with Trick or Treating from 4 p.m. to 6 p.m. Decorate your car and hand out treats! Register on the Recreation website or call 860-649-8066 x6109.

---

## Social Services Corner

## ENERGY ASSISTANCE

We are expecting fuel costs to be high this winter. We strongly encourage you to apply for energy assistance through ACCESS Community Action Agency at 860-450-7400. Income limits are \$39,791 single, \$51,996 couple (ask for additional household sizes).

## HOLIDAY PROGRAM REGISTRATION

Do you need help with food or gifts this holiday season? Registration for the 2022-2023 Social Services Holiday Program will be available in September and must be completed by October 21. See staff to request an application.

## ALL ABOUT MEDICARE

New to Medicare and have questions? Don't wait and make a costly mistake! If you are struggling to know what to do, please make an appointment.

## MEDICARE SAVINGS PROGRAM

If you earn under \$33,432 (single) or \$45,048 (couple) please check if you are paying the Medicare B premium (\$170.10 for 2022). If yes, please ask for an application for the Medicare Savings Program.

## OPEN ENROLLMENT

Medicare Open Enrollment occurs annually from October 15 to December 7. This is an opportunity to review your current Medicare coverage and decide if you want a different plan for 2023. Please schedule an appointment for a one-on-one individualized review.

## BEWARE OF SCAMS

If you receive a phone call asking for your Medicare number, do not give it out! Shared this information? Call 1-800-MEDICARE to make a fraud report.



### Bolton Senior Center Calendars

September 2022  
Calendar

October 2022  
Calendar