
Bolton Senior Center

Prime Time: Online

Wednesday, April 1st, 2020

Written by Stephanie Crane, Program Coordinator

Director's Note

Dear Bolton Senior Center Friends,

It was a bit of a relief to change the calendar this morning. March was a hard month. We know we are all in for a very hard April. It is an emotionally difficult time and we have heard from many of you about how uneasy and restless it can feel. But, we see the buds on the trees and the birds returning – I love it when I spot my first robin of the season! It is good to focus on the simple things that bring us joy. I challenge you to find one simple joy today and share it with a friend. I also challenge you to use your creativity this month and do one new thing you have never tried before this time. We want to hear what you came up with! Please share your stories with us. It is a small way to keep our little community together. And thank you to everyone who has reached out so far – you are keeping us smiling! And if you are having a rough time, please do not hesitate to reach out – that is how we will get through this – together.

Sending best wishes for a safe April!

Carrie

p.s. For my simple joy, I watched a video on Facebook from the Dolphin Research Center in Grassy Key, Florida, where they were training three five-year-old dolphins. I learned a lot! See below for other places to “visit” from home.

. Bolton COVID-19 Response

The Town of Bolton has compiled an Operations Guide for the purposes of informing the public of what services they can expect to receive from the town government during the COVID-19 national health emergency. If you have questions about this guide, please refer them to the Selectmen's Office.

Link to the "Town of Bolton Response to the COVID-19 Health Crisis Operations Guide": <https://drive.google.com/file/d/1iLCxO-812wDpcSuyZbO9ILO7gltrA6iH/view?usp=sharing>

What is happening at the Senior Center?

Important notes about Bolton Senior & Social Services Department Operations – see full COVID-19 guide for more information.

- All activities are cancelled.
- The Senior Center is CLOSED to the public until further notice. - Only the Director Carrie will be reporting to the office on Tuesday and Thursday afternoons, while the rest of the staff work remotely. The office is still reachable by phone and email.
- Transportation is limited to very essential appointments or errands – call to discuss.
- AARP Tax Aide is on hold – the Tax Filing Deadline has been postponed until July 15.
- Chore Program and Handyman are on hold until further notice.
- Food is available if you need pickup or delivery – call to discuss.
 - Food donations can be dropped off at the Senior Center Tuesday and Thursday afternoons 2-4 (call to arrange). Thank you to the generosity of our community so far!
 - Monetary donations can be made to the Resident Assistance Fund and mailed to 104 Notch Road, Bolton, CT 06043.

What Have the Seniors Been up to?

****Shoot us an email with what you have been up to for the chance to be featured in our next newsletter!**

- Cheryl Udin has been working on crossword and jigsaw puzzles, and staying active by walking her dog and using her Wii - great job staying active Cheryl!!

An Update from Bentley Memorial Library

The Bentley Library is offering limited borrowing services to Bolton residents. Call to request materials 860-646-7349 Monday-Thursdays 10 a.m. to 5 p.m. They will call to arrange a pick up time.

Need a delivery instead? Mention it to the Bentley Library Staff and they will coordinate a drop off with Bolton Senior Center van drivers! Note: the van is not running every day, so a drop-off will be arranged for the next time the driver is on the road.

Census Day! Be Counted!

Reminder to answer the Census!

If you can't complete the information online, call the phone number included on your letter or ask us for help.

Looking for Something Fun to Do?

Shout out to our amazing Chair Yoga instructor Lisa Gaumaud! She is conducting free chair yoga classes on Facebook Live on Mondays and Wednesdays from 9:30 a.m. to 10:30 a.m. at yogawithlisact. Way to go Chair Yogis!



Here is a link you might be interested in:

- Free Printable games, from crosswords to sudoku

Website: <https://www.puzzles.ca/sudoku/>

No Trips? No problem! Below is a list of museums doing virtual tours!

- The British Museum in London:

Website: <https://britishmuseum.withgoogle.com/>

- Van Gogh Museum, Amsterdam

Website: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

- Musée d'Orsay in Paris

Website: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

- Smithsonian National Museum of Natural History

Website: <https://naturalhistory2.si.edu/vt3/NMNH/>

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Notes:

Remember to take a second and be grateful and thankful during these next few weeks! Allow yourself the grace to feel unsure and scared, it is human and we are all feeling it!

If you are feeling lonely:

- Call a friend, family member, a neighbor, or even us!
- Go for a walk or even just sit outside in the sunshine for a little while, say Hi to every person you see (from six feet away, of course).
- Email someone you think might love to hear from you, even if it has been a while.

Stay safe, and stay positive!

Much love,

The Bolton Senior & Social Services Staff