

---

# Bolton Senior Center

## Prime Time

---

July & August 2023

*In 2023 we celebrate the Silver Anniversary of the Bolton Senior Center.*

*Happy 25<sup>th</sup> BSC - We're Just Getting Started!*

**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)

**Program Coordinator/Administrative Assistant: Mary Beth Dufresne**

Email: [mdufresne@boltonct.org](mailto:mdufresne@boltonct.org)

**Administrative Assistant: Pam Wentworth**

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

**There is no membership to participate.**

Sign in at the front door with your phone number.

First time visitors, please check in at the office.

Due to space constraints and print clarity, the print version of the newsletter is abridged.

Please ask to subscribe to the email publication or see the bulletin board for additional photos/flyers about programs.

## Director's Note

Dear Senior Center Friends,

Please join me in welcoming our Program Coordinator/Administrative Assistant, Mary Beth Dufresne. You will find Mary Beth at the front desk Monday through Thursday. We are thrilled that she joined our team.

It is wonderful to see that our events have been very popular. Please submit your registration form as soon as possible to reserve your spot as some events are space limited and often fill up before the deadline. We maintain a standby list, and as our attendance shifts, we can often offer a spot to the next person in line. In that regard, if you can no longer attend, please let us know as someone is likely waiting for the opportunity.

We look forward to a nice summer together. When you stop in, be sure to spend some time checking out our newly enhanced outdoor areas. In addition to our awning and patio furniture, bocce courts, and pickle ball court, we now have a beautiful garden with herbs, flowers and tomatoes. The garden beds were purchased with memorial contributions and we hope it is a calm spot that brings great enjoyment. The addition of the garden was the last portion of our plan to revitalize an under-utilized public space with elements available for all levels of activity and accessibility. We couldn't have done this without the help of the Building and Grounds Dept., Bolton Senior Inc., Hartford Foundation for Public Giving Community Fund, and AARP. Our vision and goal to create a vibrant outdoor space is what helped us win a 2022 AARP Community Challenge grant that provided our pickle ball court and spectator benches. In shade and sun, Bolton Senior Center is ready to have some fun!

Carrie

## Senior Center

- **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 MACC and other local food resources.

## Holiday Closure and Schedule Change

Town Offices are closed on Tuesday, July 4. Chair Yoga is off for the week of July 17 and the week of August 28.

## Knox Box Safety Program

A Knox Box provides local first responders with quick and safe entry to a home during an emergency. The device is fastened to a door and does not require permanent adhesion. Knox Boxes were purchased by Bolton Senior Inc. with grant funding from the Hartford Foundation for Public Giving Bolton Community Fund. There is currently a wait list. We also have information about a program for free smoke detectors. Please ask Senior Center staff.

## In Remembrance

We recently lost Arlene Giglio. She served as treasurer of Bolton Seniors Inc. for many years and was very active with Senior Center programs, including chair yoga, knitting, and dominoes. We express our sympathy to her family and friends.

## Thank You

The Bolton Food Pantry was critically low this spring due to increased food prices and an increased need for assistance. However, a group of local residents jumped in and saved the day. We would like to graciously thank Susan Schardt and members of the Bolton Congregational Church. They coordinated with the recent Post Office Food Drive and restocked our cupboards. The Bolton Coventry Girl Scouts and the Center School PTA also coordinated a food collection to end the school year. We also greatly appreciate the Bentley Memorial Library and all who contributed to their June toiletry/personal item collection. It takes a village but we are so fortunate to have such generous people right here in town.

## Here's What's Been Happening

We enjoyed a delicious Taste of Mom's Home Cooking with a variety of culinary delights including over a dozen desserts. Our trip to Windham Tech was also well attended with delicious food served by the culinary students. Open Mic Night and Poetry to Memoir offered glimpses into our members' creative side. A trip to Simsbury in June to visit the Old Drake Hill Flower Bridge was a success with a tour and lunch afterwards. We are

hoping everyone enjoys the Welcome to Summer Cookout. Thank you to Cheryl and Bob for volunteering to work on the grills!

## 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

First and Third Wednesday of the month

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



## Meetings

Seniors Inc. Meeting – 10:30 a.m. on Monday, July 10 and Monday, August 21.

Senior Commission – The next meeting is Tuesday, September 12 at 1 p.m.

We would like to thank former Vice-chairman Ray Soma for his years of service.

## Foot Care

The owner of our current foot care service, Pedicare, retired and closed the business as of July. We are currently working on an arrangement with a new company. We will notify participants of further details as soon as they are available.

## Special Events

**Special Events require RSVP – due one week prior unless otherwise specified.**

**Please note: if you use a cane or walker, please bring it with you to the Senior Center and on all outings.**

## **BINGO**

Thursday, July 6 and Thursday, August 3 at 1 p.m. \$1 a card to play multiple games.

## **RHINE GETAWAY PRESENTATION**

On Thursday, July 6 at 10 a.m., Cheryl Udin will give a photo presentation about her recent Viking Cruise on the Rhine River that included stops in Switzerland, Germany, France and The Netherlands. Please RSVP by July 3.

## **GARDEN CLUB**

Come garden with friends! We will meet Monday, July 10 and Monday, August 21 at 12 p.m. (following the Senior Inc. meeting) to coordinate the ongoing schedule to help it flourish.

## **BUCKINGHAM HEIGHTS DEMENTIA PROGRAM**

Suzanne Sorenson from Buckingham Heights in Glastonbury will be giving a presentation on dementia on Monday, July 17 at 10 a.m. Light refreshments will be served. Please RSVP by July 10.

## **KATHERINE HEPBURN CULTURAL ARTS CENTER**

Please join us to view memorabilia from Katherine's Hepburn's personal and professional lives at the Kate Museum in Old Saybrook on Thursday, July 13. The cost is \$10 per person which includes the entry fee for the museum and transportation. After the museum tour, lunch will be at The Monkey Farm Café. The van will leave the Senior Center at 9:45 a.m. Limit 20 participants.

## **DINNER AND A NIGHT OF MUSIC**

Bring your own meal to dine outside on the Senior Center patio on Wednesday, July 19 and Wednesday, August 16 starting at 4:45 p.m. Then attend the Town of Bolton's free summer concerts on the Town Green. All concerts are from 6:30 p.m. – 8 p.m. Please bring a blanket or chair and enjoy the summer evenings. On Wednesday, July 19, the Centerline Band will be playing a mix of rock and roll, blues and country and on Wednesday, August 16, The Rolangs will be playing cocktail rock. If either concert is canceled due to inclement weather, dinner will also be canceled. RSVP required for each date by the Monday of that week. Transportation to the Senior Center and to the Town Green will be on your own. Please see the bulletin board for additional concert dates.

## CASINO

Take a trip to MGM Springfield on Thursday, July 20 and to Mohegan Sun on Thursday, August 31. The van leaves both days at 9:15 a.m. \$5 for all passengers. Limit 20 participants for each trip.

## ICE CREAM SOCIAL

Please join us on Thursday, July 27 at 1 p.m. for a cool and refreshing treat while sitting on the patio. We will be serving root beer floats and ice cream as you enjoy the afternoon among friends. Please RSVP by July 25.

## TRIP TO THE CT RIVER MUSEUM AND LUNCH

We will be taking a visit to the CT River Museum on Thursday, August 17 to learn about the history of the CT River in the quaint town of Essex followed by a delicious lunch at Flanders Fish Market and Restaurant in East Lyme. Cost is \$17 which includes admission to the museum, guided tour, and transportation. The van will leave the Senior Center at 9:15 a.m. Limit 20 participants. RSVP by Thursday, August 10.

## EARLY BOLTON PRESENTATION

Guest Speaker Jon Roe will give an informative talk on Bolton's history, focusing on the first 90 years. He'll discuss how the town was formed, Bolton's role in the Revolutionary War, and later separation from Vernon. We'll experience the early years through one of the founding families. The presentation will be Tuesday, August 22 at 10 a.m. Please RSVP by August 17.

## GOODBYE TO SUMMER BBQ

We will be saying goodbye to summer with a BBQ and all the fixings sponsored by Senior Inc. on August 24 at 12 p.m. Please RSVP by August 15. Cost will be \$15 with cash or checks made payable to Senior Inc.

## Afternoons at the Theater

We are seeing the musical Here You Come Again at the Terris Theatre on Wednesday, August 9 and Jersey Boys on Wednesday, September 6 at the Ivoryton Playhouse. Both events are sold out. All participants will be mailed an itinerary. We appreciate the strong interest in these events.

## Outdoor Activities

Note: Sign up is required and please enter the building to check in before playing. Interested in a different time? Call the Senior Center to arrange for the equipment.

## **BOCCE**

Come out to the bocce courts every Thursday at 10 a.m. The maximum number of players is eight.

## **PICKLEBALL**

Come out to play every Tuesday in July and August at 10:30 a.m. for free-play. All levels welcome. The maximum number of players is four.

## **Social Services Corner**

### **SCHOOL SUPPLIES COLLECTION**

We are collecting basic school supplies for grades K-8 at Bolton Center School. Items needed include: pencils, erasers, pencil sharpeners, pencil cases, pens, highlighters, glue sticks, crayons, markers, colored pencils, composition notebooks, and loose leaf paper. Items can be dropped off at the Senior Center any time in July.

### **PROGRAM RENEWALS**

If you need assistance with applications, renewals, or other paperwork, please make an appointment with our office.

### **RENTERS REBATE**

Are you a renter over the age of 65 or an adult with a disability, and under the income limit of \$40,300 single/\$49,100 married? Call the Assessor's office for an appointment: 860-649-8066 x6100. Applications are due before October 1.

### **FOOD RESOURCES**

The Bolton Food Pantry is open to residents of all ages. We also have a partnership with MACC: call 860-647-8003 x28 for their separate registration. Connecticut Foodshare is at St. George's Church (Route 44) every other Tuesday from 10 to 10:30 a.m. The next dates are: July 18, August 1, 15 and 29. Please ask for additional dates and times of other local Connecticut Foodshare locations.

## Bolton Senior Center Registration Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Bingo 1 p.m.: \_\_\_\_ Th. 7/6 \_\_\_\_ Th. 8/3

Rhine Getaway Presentation 10 a.m.: \_\_\_\_ Th. 7/6

Garden Club 12 p.m.: \_\_\_\_ Mon. 7/10 \_\_\_\_ Mon. 8/21

The Kate 9:45 a.m.: (\$10) \_\_\_\_ Th. 7/13

Dementia Presentation 10 a.m.: \_\_\_\_ Mon. 7/17

Dinner and Music 4:45 p.m.: \_\_\_\_ Wed. 7/19 \_\_\_\_ Wed. 8/16

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 7/20

Mohegan Sun 9:15 a.m. (\$5) \_\_\_\_ Th. 8/31

Ice Cream Social 1 p.m.: \_\_\_\_ Th. 7/27

CT River Museum 9:45 a.m.: (\$17) \_\_\_\_ Th. 8/17

Bolton Presentation 10 a.m.: \_\_\_\_ Tu. 8/22

BBQ Lunch 12 p.m.: (\$15) \_\_\_\_ Th. 8/24

Bocce 10 a.m.: 7/6 7/13 7/20 7/27 8/3 8/10 8/17 8/24 8/31

Pickle ball 10:30 a.m.: 7/11 7/18 7/25 8/1 8/8 8/15 8/22 8/29

*Please indicate if you require transportation. Please indicate if you are driving yourself to an off-site event. You will be notified if there is a wait list.*

Please notify of any cancellation immediately.

## KEEP THIS COPY: Bolton Senior Center Registration Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Bingo 1 p.m.: \_\_\_\_ Th. 7/6 \_\_\_\_ Th. 8/3

Rhine Getaway Presentation 10 a.m.: \_\_\_\_ Th. 7/6

Garden Club 12 p.m.: \_\_\_\_ Mon. 7/10 \_\_\_\_ Mon. 8/21

The Kate 9:45 a.m.: (\$10) \_\_\_\_ Th. 7/13

Dementia Presentation 10 a.m.: \_\_\_\_ Mon. 7/17

Dinner and Music 4:45 p.m.: \_\_\_\_ Wed. 7/19 \_\_\_\_ Wed. 8/16

MGM Casino 9:15 a.m.: (\$5) \_\_\_\_ Th. 7/20

Mohegan Sun 9:15 a.m.: (\$10) \_\_\_\_ Th. 8/31

Ice Cream Social 1 p.m.: \_\_\_\_ Th. 7/27

CT River Museum 9:45 a.m.: (\$17) \_\_\_\_ Th. 8/17

Bolton Presentation 10 a.m.: \_\_\_\_ Tu. 8/22

BBQ Lunch 12 p.m.: (\$15) \_\_\_\_ Th. 8/24

Bocce 10 a.m.: 7/6 7/13 7/20 7/27 8/3 8/10 8/17 8/24 8/31

Pickle ball 10:30 a.m.: 7/11 7/18 7/25 8/1 8/8 8/15 8/22 8/29

*Please indicate if you require transportation. Please indicate if you are driving yourself to an off-site event. You will be notified if there is a wait list.*

Please notify of any cancellation immediately.



# Bolton Senior Center July 2023

Monday – Thursdays 9 a.m. to 4 p.m. Fridays 9 a.m. to 3 p.m. 860-647-9196 seniorservices@boltonct.org

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
2	3 Chair Yoga 9:30 Dominoes 1:00	4 <b>HOLIDAY</b>	5 Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	6 Bocce 10:00 Rhine Getaway Presentation 10:00 Bingo 1:00	7 Chair Yoga 9:30 Quilting 11:00	8
9	10 Chair Yoga 9:30 Senior Inc. 10:00 Garden Club 12:00 Dominoes 1:00	11 Pickle ball 10:30 Poker 12:00 Mah Jongg 12:30	12 Chair Yoga 9:30 Set Back 12:30	13 The Kate 9:45 Bocce 10:00	14 Chair Yoga 9:30 Quilting 11:00	15
16	17 Dementia Presentation 10:00 Dominoes 1:00	18 Pickle ball 10:30 Poker 12:00 Mah Jongg 12:30	19 Set Back 12:30 Bridge 12:30 Dinner and Music 4:45	20 MGM Casino 9:15 Bocce 10:00	21 Quilting 11:00	22
23	24 Chair Yoga 9:30 Dominoes 1:00	25 Foot Care by Appt. 10:30 Pickle ball 10:30 Poker 12:00 Mah Jongg 12:30	26 Chair Yoga 9:30 Set Back 12:30	27 Bocce 10:00 Ice Cream Social 1:00	28 Chair Yoga 9:30 Quilting 11:00	29
30	31 Chair Yoga 9:30 Dominoes 1:00					
					<b>Food Pantry</b> Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment	

# Bolton Senior Center August 2023

Monday – Thursdays 9 a.m. to 4 p.m. Fridays 9 a.m. to 3 p.m. 860-647-9196 seniorservices@boltonct.org

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1	2	3	4	5
		<b>Pickle ball</b> Poker Mah Jongg	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30	<b>Bocce</b> <b>Bingo</b>	Chair Yoga 9:30 Quilting 11:00	
6	7	8	9	10	11	12
	Chair Yoga 9:30 Dominoes 1:00	<b>Pickle ball</b> Poker Mah Jongg	Chair Yoga 9:30 <b>Tennis Theatre</b> <b>Trip</b> Set Back 12:30	<b>Bocce</b>	Chair Yoga 9:30 Quilting 11:00	
13	14	15	16	17	18	19
	Chair Yoga 9:30 Dominoes 1:00	<b>Pickle ball</b> Poker Mah Jongg	Chair Yoga 9:30 Set Back 12:30 Bridge 12:30 <b>Dinner and Music</b> 4:45	<b>CT River Museum</b> 9:15 <b>Bocce</b> 10:00	Chair Yoga 9:30 Quilting 11:00	
20	21	22	23	24	25	26
	Chair Yoga 9:30 <b>Senior Inc.</b> 10:00 Garden Club 12:00 Dominoes 1:00	<b>Bolton Presentation</b> 10:00 <b>Pickle ball</b> 10:30 Poker 12:00 Mah Jongg 12:30	Chair Yoga 9:30 Set Back 12:30	<b>Bocce</b> 10:00 <b>BBQ Lunch</b> 12:00	Chair Yoga 9:30 Quilting 11:00	
27	28	29	30	31		
	Dominoes 1:00	<b>Pickle ball</b> 10:30 Poker 12:00 Mah Jongg 12:30	Set Back 12:30	<b>Mohegan Sun</b> <b>Casino</b> 9:15 <b>Bocce</b> 10:00		
					<b>Food Pantry</b> Mon/Wed/Thurs. 9:30 – 3:30 Or by Appointment	