
Bolton Senior Center

Prime Time: Online

Wednesday, June 17th, 2020



Link to the “Town of Bolton Response to the COVID-19 Health Crisis Operations Guide” https://bolton.govoffice.com/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_6.11.2020_4-00pm_FINAL.pdf

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Director's Note

Dear Senior Center Friends,

This week as I watched the high school graduates parade past the town green, I thought about how the pandemic is changing many life events. Weddings, baby showers, retirements and graduations are all so different. We usually use these occasions to mark something out of the ordinary. The opportunity for celebration is especially missed now that it is a time when days flow together with a little more monotony than usual. It was nice to get a chance to cheer on these students on a day they will remember the rest of their lives. As we have already missed many holidays and birthdays together, it is nice to honor these milestones in any small way we can, even if not in the usual tradition. Besides, as we all learned too well this year, you never know what the next year will bring!

Stay Safe,

Carrie

Happy Father's Day!

We thank Stephanie for all of her work on the newsletter the last few months. We miss her while she is running summer camp! Please send us more fun stuff to put in the newsletter because we want to hear from YOU! - Carrie, Karen & Pam

Senior Center Update

The Bolton Senior Center building remains closed to the public. The Governor's Stay Safe Stay Home order states older adults and anyone at risk should remain at home.

We can tell all of you are getting antsy! We need to continue to keep the health and safety of all participants and staff in mind as we mindfully move forward to be together again. Thank you for understanding

Program Notes

AARP Tax Aide

We will not resume AARP Tax Aide appointments for this tax season. The current tax deadline is July 15. We are contacting all individuals who were previously scheduled for an appointment with further instruction on how to complete their tax returns. For more information, please go to <https://signup.aarpfoundation.org/preparing-your-taxes-online/>.

Chore Program

The Chore Program is on hold. We are hoping to partially re-open in the near future. If that were to take place, there would be some restriction on services and a slightly different operating procedure to ensure social distancing. We appreciate your patience.

Transportation

Many doctor's offices, dentists, physical therapists, etc. are starting to offer more in-person appointments. Please call in advance to schedule your transportation! Please keep in mind that we cannot have multiple passengers in the van at the same time so we may not be able to accommodate your appointment if there is already someone scheduled. We apologize for the inconvenience.

Driver Safety Program

There will be no in-person AARP Driver Safety classes conducted for the remainder of 2020. If you need to renew your car insurance discount, please visit www.aarpdriversafety.org. The 25% class discount has been extended through December 31st, use promotion code DRIVINGSKILLS.

Reminders

- The building is closed to the public. Drop-off or pick-up items Tuesday and Thursday from 2 p.m. to 4 p.m. only.
- The Food Pantry is available for pick-up and delivery: call ahead.
- Transportation is available: call ahead.

Library Books

The Bentley Memorial Library is offering limited borrowing services to Bolton residents with a valid library card! Call 860-646-7349 to request materials and arrange a pick-up time or delivery with Bolton Senior Center Van Drivers!

Chair Yoga with Lisa!

Join our chair yoga teacher, Lisa, for virtual chair yoga in your own home. Classes are recorded live on Facebook on Monday and Wednesday mornings at 9:30 a.m. and are stored on the Yoga with Lisa Facebook page to watch any time. Visit www.facebook.com/YogaWithLisaCT. Have fun! Thanks Lisa!

300th Celebration on the Hop!

Thanks to Bike Walk Bolton, there are two great ways to celebrate Bolton's 300th and learn about the Hop River Trail.

1. Tune into CVC or online at cvcct.org on the following dates to learn about the Hop River Trail, narrated by local experts: June 25 at 11 a.m. and June 29 at 2 p.m.
2. Walk, run or bike the Hop River Trail at your own pace. Begin in the commuter lot and follow the trail on your phone. Click on the camera icons in the link below to get a description and pictures of each location.

<https://www.google.com/maps/d/edit?mid=1zPyJQynMNP6MMDybJTAYdHx8aBeezX7&ll=41.78216914520428%2C-72.43744949999999&z=13>

New! Garden Chat!

What was your first experience with a garden like as a child? Did you have a Victory Garden? What are your favorite foods and flowers to plant? Ever have a gardening disaster? Have a few tips to keep out critters? Share your stories, your knowledge and your photos here! Let's make this summer bloom!

Radio Show for Seniors

In case you missed the “Seniors for Seniors” Radio Show (made by students in the town of Farmington) here is a link to listen to the show.

<https://theriver1059.iheart.com/featured/community-access/content/2020-06-11-seniors-for-seniors-radio-show-as-performed-by-farmington-school-students/>

America the Beautiful

Enjoy a great rendition of America the Beautiful. Thanks Bolton Music Works!

<http://openmic.link/kpal>

Shout Outs!

Want to send along a message? Let us know and we will post it here!

AARP Tax Aide Volunteer Vince Castagno says hello and that he is disappointed he couldn't finish the tax season with all of you. Thanks for saying hello Vince!

In sad news, Paula Morra shared with us that our 2019 Veteran's Day Speaker, Sgt. John Tuttle, passed away on Memorial Day. We are humbled by John's dedication to Veterans in our community and our thoughts are with his family.

Where the Wentworth's went...

Madagascar had to be one of my favorite trips and all due to those amazing lemurs - the reason we went. We were there 5 years ago and the country really wasn't ready for tourists yet, but it was an amazing adventure. It's a very poor undeveloped country. Avoiding the pickpocket - or in my case the earring thief - gangs of children in Antananarivo (Tana) and the bandits on the road past the emerald mines just added to the experience. There was a lot of hiking into the rain forests where my feet provided lunch for land leeches as well up steep stairs to our accommodations. I loved everything but the long trip there and back. -Pam

Click on each individual phot to read the captions explaining the shot. Enjoy!

<https://photos.google.com/u/1/share/AF1QipNbBtcqrSWT2GbcwOrSZmt9idm5rXh-WpmpfzgMSW-tSXZ4diwGYc-CZQszJITe62Q?pli=1&key=dnBjQWpIS2dhbjNkWjNPUmJEaWhiWWIIOGlnal3>

Favorite Food Challenge

Last week Nancy Soma asked for other ways to serve fiddleheads. Karen Frost suggests steaming them and serve with hollandaise sauce or coat them with a little oil and roast them in the oven.

Karen's seasonal favorite food is rhubarb. She makes Martha Stewart's Baked Rhubarb once a year:

8 cups fresh rhubarb, chopped into 1 inch pieces
3/4 cup vanilla sugar (sugar that's had a vanilla bean in it for a week: use regular sugar and mix in a tsp. of vanilla extract)
2 Tablespoons of unsalted butter cut into pieces
1/4 cup heavy cream

1. Preheat oven to 375 degrees.
2. Grease a large baking dish and place the rhubarb in it. Sprinkle on 1/2 cup of the sugar and let sit for 30 minutes.
3. Pour the remaining sugar over the rhubarb and dot with butter. Bake for 20 minutes.
4. Pour the cream around the rhubarb and bake 5 minutes longer.

[Anyone else have a regional dish or seasonal favorite to share?](#)

A Little Laughter with Karen

Where did the misbehaving bather find herself?

In hot water.

What would describe a trumpet players' talent show?

A blow by blow account.

How should you never bet?

Against all odds.

What do fellow ophthalmologists do?

See eye to eye.

Where must astronauts work?

Out of this world.

Why did the chicken cross the playground?

To get to the other slide.