
Bolton Senior Center

Prime Time: Online

Wednesday, June 24th, 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

Keep In Touch! (860) 647-9196

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.org or seniorservices@boltonct.org.

Administrative Assistants: Karen Frost & Pam Wentworth

Email: kfrost@boltonct.org, pwentworth@boltonct.org

Program Coordinator: Stephanie Crane

Email: scrane@boltonct.org

Table of Contents

Director's Note	3
Senior Center Status	3
Program Notes.....	3
Chair Yoga with Lisa!.....	4
Things to do in July!.....	4
300 th Anniversary Gravestone.....	4
Shout Outs!	5
Garden Chat!.....	5
Where the Wentworth's went.....	6
NEW! Summer Bucket List	6
Favorite Food Challenge.....	7
A Little Laughter	8

Director's Note

Dear Senior Center Friends,

Happy summer! Thank you to all of you who have called or emailed in appreciation of the newsletter. We are happy you are enjoying it. We know current events and the general feeling of too many “unknowns” has put a damper on things. We hope this provides a bright spot in your week. We encourage you to continue to engage because hearing from you makes for a much more exciting publication – and you brighten our week too!

Stay Safe,

Carrie

Senior Center Status

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

- 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: please call ahead.
- Transportation is available: please call ahead.

Program Notes

AARP Tax Aide

We are unable to resume AARP Tax Aide appointments for this tax season. The tax deadline is July 15. For free preparation assistance resources, 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.

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.

Things to do in July!

The state of Connecticut has never seemed smaller! The Director of Old Lyme Senior Center, Stephanie Lyon, in collaboration with the Connecticut Association of Senior Center Personnel (CASCP), has put together a calendar of online events being offered from Senior Centers across the state. Check out these offerings that are available for anyone to join. Note, there are specific requirements for pre-registration. Enjoy!



CT Senior Centers
Community Calendar.i

300th Anniversary Gravestone

Friend of the Bolton Senior Center, Jon Roe, helped reproduce a missing gravestone of one of Bolton's earliest residents. Read all about the project here!

http://www.tankerhoosen.info/history/allis_installation.htm

Shout Outs!

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

Garden Chat!

We asked: 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!

This week Nancy Soma submitted a story about Ray Soma's young entrepreneurship.

As a teenage young man Ray worked the Paggioli and Volpi farms on Birch Mountain in the summer as a laborer during the day learning as he went along. After his day at the farm he went home where he tended to the 100 tomato plants that he planted each year which paid for his college. He sent his tomatoes to Highpoint Market with Louie Paggioli calling himself "Consolidated Tomato Growers" and had stamps made with his name and address to identify his product. His father worked as a waiter in NYC; one day he was in the restaurant kitchen and saw a tomato delivery with his sons name and company on the tomatoes, small world. The Birch Mountain tomatoes had a reputation and were so good that quite often they were sold before they got to market. Ray still grows his tomatoes; but on a smaller scale, only 10 plants!

Thanks Nancy and Ray! Sounds delicious!



Where the Wentworth's went...

Central America 2014

We really enjoyed this trip although it wasn't safe to go exploring as we like to do. Gang activity is high so we were discouraged from venturing out on our own. We even had a vehicle with guards following everywhere we went. You can understand why parents want to move to the states. They want to protect their kids from being forced to join gangs to survive.

We saw some beautiful sights and I even got to practice my Spanish. Locals even understood me! Our guide was amazing and his family so nice. -Pam

Note: Don't forget to click on each photo if you want to know what you're viewing.

https://photos.google.com/share/AF1QipMqVc4XS5g8H3arlgjXZntfWeRA6RcWS18Gkry-tZDKJGHPzx_w1OOShasKVAgg3A?pli=1&key=WnRzM256UTJhVml4NjZQMvdKTEREUhQaWFfbWtB

NEW! Summer Bucket List

Summer has officially arrived with not much fanfare but the heat. There is so much interruption to our usual summer plans and entertainment. But now is a good time to get creative. It's time to make a Summer Bucket List! Look around your house. Bet there is a project you would like to tackle, a hobby you have ignored, or maybe a new one you would like to begin. Maybe this is finally the year? With disrupted routines, it is important to keep our minds stimulated.

We encourage you to create a Summer Bucket List of what you want to do, and keep us posted on your project(s). It could be something simple or a big task. Chances are, you already have all of the materials you need.

Some ideas: practice a musical instrument, organize a drawer or closet, make a craft, review or sort old photos, revise your recipe box or try a new recipe, complete the honey-do list, read or re-read a book that has been sitting on your shelf, go star-gazing, paint something a new color, refinish a piece of furniture, practice a language, etc.

Favorite Food Challenge

Seasonal Favorite - Now is the time for fresh strawberries! Great on their own, at any meal or part of dessert, this is a versatile fruit. Instead of a strawberry shortcake, how about strawberry pie! This is a “retro” dish, so the original source is unknown but many similar recipes exist. If not a fan, this is still a great easy pie crust for other uses, or use a pre-made crust with the filling to create an even easier no-bake treat.

Strawberry Pie

Pie Crust

1 ½ cups flour

1 ½ tsp sugar

1 tsp salt

1/2 cup oil

2 TBS milk

Mix all ingredients right in the pie pan. Press with a fork. Bake at 425 degrees for 12 minutes.

Filling

1 ½ cups water

¾ cup sugar

2 TBS cornstarch

1 box strawberry Jello

Sliced strawberries, about a pound (about 15-20 whole strawberries).

Arrange the strawberries on the pie crust. In a sauce pan, combine water, sugar and cornstarch. Stir frequently until the mixture turns thick and changes color. Add Jello. Cool to room temperature. Pour mixture over the strawberries and refrigerate.

Anyone else have a regional dish or seasonal favorite to share?

A Little Laughter

We thank Lynn Follett for her submission of some “Tee-shirt Humor.” We have included a few for you to enjoy. If you could design a tee-shirt, what would it say?

