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# **Bolton Senior Center**

## **Prime Time: Online**

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Wednesday, March 25, 2020

Written by Stephanie Crane, Program Coordinator

### **Director's Note:**

Dear Bolton Senior Center Friends,

This is a very sad and serious time in our lives. We are thinking of you and your family and hope that you are safe at home. As you know, the Bolton Senior Center is closed until further notice. We miss seeing all of you very much! But, our staff members are working hard to reach out as much as we can. Please be assured that we are all still reachable through our main phone number (860-647-9196) during business hours or email [seniorservices@boltonct.org](mailto:seniorservices@boltonct.org). You may receive a phone call back from a strange or restricted number, but be assured we will always clearly identify ourselves. Please do not hesitate to reach out!

Below is some information and resources as there have been many changes. We are also trying to have some fun from afar. If you have any fun activities, trivia, jokes, etc. please email Stephanie Crane at [scrane@boltonct.org](mailto:scrane@boltonct.org).

**Stay Safe!**  
**Carrie**

## 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.

## 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!



- ❖ Need some Energy? Want a simple, healthy snack while stuck at home? Try this quick and easy recipe for Energy Balls (also guaranteed to make you wash your hands!) Submitted by Carrie.

1 cup oats

2/3 cup peanut butter

1/2 cup chocolate chips

2 TBSP honey

Mix all ingredients in a bowl and put in the fridge for 15 minutes. Roll into 12-16 balls and place on wax paper. (Warning, hands will be sticky!) Store in fridge.



## Contact Info:

### Office Phone Number (860) 647-9196

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## Notes:

While this is a trying time, it is important to take your mental health into account. Here are some tips to staying positive during this uncertainty that we are facing.

- If the news is making your anxiety run high, turn it off
- Make sure to get outside and get fresh air - take a walk, sit and read a book etc.
- Call a friend or family member
- Listen to your favorite music or song
- Take a nap
- Cook your favorite meal
- Accept that it is okay to feel sad or scared, you have people who care about you-even reach out to us

Much love,

**The Bolton Senior & Social Services Staff**