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# Bolton Senior Center

## Prime Time: Online

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Friday, May 22nd, 2020

Written by Stephanie Crane, Program Coordinator



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>

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## Director’s Note

Dear Senior Center Friends,

Some days are tougher than others. But we are getting through this together – apart. For those of you having a particularly tough day, please know we are thinking of you.

Ordinarily we would be spending this weekend at parades and barbecues. Memorial Day was originally called Decoration Day, as the intent was decorating graves with flags and flowers. This year will be quieter holiday, but we hope you have a nice weekend none-the-less.

Stay Safe,

Carrie

Reminder: Town Offices are CLOSED Monday and there is a delay in trash delivery.

## Contact Info:

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**Program Coordinator: Stephanie Crane**

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

## Weekly Updates and Reminders:

- The Senior Center remains CLOSED to the public until further notice, limited transportation is available.
- Food Pantry is available for pickup and delivery
- One staff member is in the building Tuesday and Thursday from 2pm to 4pm only.

## Important Foodshare Update!

The Foodshare Mobile Pantry held every other Tuesday from 10 a.m. to 10:30 a.m. has a NEW temporary location. Due to limited space in the St. George's Church parking lot, the food distribution will now be held in the parking lot at Bolton Center School (108 Notch Road) until further notice. This new location will continue to be hosted by St. George's Church volunteers. The next Foodshare date is Tuesday, May 26. All are welcome.

# Chair Yoga with Lisa!

Join our chair yoga teacher, Lisa, for virtual chair yoga live in your own home. Relax your shoulders, stretch your back, move and breathe (and probably laugh at some point). It's fun and it feels good!

Classes are recorded live on Facebook on Monday and Wednesday mornings at 9:30 AM and are then stored on the Yoga with Lisa Facebook page for re-watching anytime it's convenient.

You do not have to be a Facebook member to join a live class or re-watch a previously recorded one. All you need to do is visit [www.facebook.com/YogaWithLisaCT](http://www.facebook.com/YogaWithLisaCT) and click on the video you'd like to watch or the love class you'd like to join. Facebook will try to encourage you to sign in or become a member, but you can ignore and close all of those pop-ups and join in on class.

# Bolton 300<sup>th</sup> Anniversary Trivia

(Answers on page 10)

Question: What are the names of the six hills of Bolton?

# Shout outs/ what have the Seniors Been up to?

**\*\*Shoot us an email with what you have been up to or any communication you might like us to publish here for others to see for the chance to be featured in our next newsletter!**



## Food Challenge

Going along with our travel theme this week, tell us about your favorite United States regional dish that you miss from another part of the country (or your New England favorite).



## An Update from Bentley Memorial Library

**Zoom Opportunity:** Bentley Memorial Library is hosting a book discussion on Thursday, May 21, 2020 from 7:00 – 8:30 p.m. On “The Siege” by Helen Dunmore. This is book 3 of our Russian historical fiction series lead by John Valerie of Portland CT.

- Email the library at [bentley@biblio.org](mailto:bentley@biblio.org) to register. Once you register you will receive an emailed invitation to join the ZOOM program with a link, password, ID and phone number.

## Songs across America Challenge

Since none of us can travel too far from home now, we thought it would be fun to take a virtual tour of the country using songs as our guideposts. We’re inviting you all to join in the competition. All you have to do is submit the title and artist of a song that contains references to places, and to list them. The references can be found in the title of the song or in the lyrics (e.g. State name, cities, locations, etc.). The more references you have in a song – the more points the song will give you! Each place referenced is 1 point, (if it is repeated in the song, no extra points are added). There is no limit to the amount of songs you can send in per submission.

Want to become a world traveler? International locations will be accepted too!

**For Example:**

## **“Country Roads” – John Denver (West Virginia, Blue Ridge Mountains, Shenandoah River, home = 4 points)**

**These submissions will be highlighted in our weekly newsletter with your name and the song (or songs) you sent in! Each person who sends us a submission will be put in the drawing for a weekly participation prize!**

**The person who gets the most travel points each week will be the winner for the week and also will receive a prize. This competition and “Trip” will last for three weeks.**

**Just submit your entries to Stephanie Crane at [scrane@boltonct.org](mailto:scrane@boltonct.org) by 3:00pm on Fridays. You have until Friday May 22<sup>nd</sup> for the first round!**

**Come join us on our virtual journey!**



## **Where the Wentworth's went...**

**So last week, we shared our photos from India and Nepal. The countries we visited before that, the United Arab Emirates (specifically Dubai & Abu Dhabi) and Oman were the exact polar opposites of India and Nepal. Dubai is a very new, spotlessly clean, expensive city. Everything is the biggest and the best - it's like a Disney Land for adults. Abu Dhabi, the capital, is well on its way to catching up with Dubai in terms of buildings and tourist attractions.**

**Oman retains much of its historic charm with its capital, Muscat, located in a gorgeous setting. We would love to go back to Oman to**

see more, but the area we would like to visit is too close to Yemen and the unrest going on there. Of course, due to Covid, we won't be traveling anywhere soon. The only good thing that can be said for the virus is that unique marine life in Dubai is making a major comeback. Google it! - Pam

<https://photos.google.com/share/AF1QipM20Jx1I0JTKgNorovo-ETx8uPvih9z31BSUZnUyvfQtI8g6JNTN7crwh68SFJgHw?pli=1&key=Wk1vcHRrQXhSTUIiWWo5VTVqdTdwMUJHOXpFaGJn>



## No Trips? No problem! Below is a list of Virtual Opportunities/ Activities:

While we can't go anywhere for Memorial Day this year, below are some cool virtual Memorial Day celebrations that you can watch!

- Memorial Day at Lakewood Cemetery- their prerecorded ceremony will be available on Saturday, May 23<sup>rd</sup> at noon!

Website: <https://www.lakewoodcemetery.org/single-post/Memorial-Day-Celebration-2020>

- National Memorial Day Concert on PBS- Watch it on PBS at 7pm on Sunday, May 24<sup>th</sup>

Website: <https://www.pbs.org/national-memorial-day-concert/>

- National D-Day Memorial Foundation is holding a virtual Memorial Day event at 11:00am- 12:00pm on Monday May 25

Website: <https://www.dday.org/event/memorial-day-ceremony/>

- Wisconsin Department of Veteran Affairs has put out a website with resources to celebrate Memorial Day in a safe way!

Website: <https://wisvetsmuseum.com/memorial-day-observance-2020/>

- Watch the Parade of Heroes Special Online on Ancestry's Facebook page at 8:00 am PT on May 25<sup>th</sup>!

Website: <https://www.facebook.com/AncestryUS>





# Creativity Corner: Coloring fun!



## 300<sup>th</sup> Anniversary Trivia Answers:

**Answer: Birch Mountain, Bolton Center, Bolton Notch, Box Mountain, Mount Sumner, White's Mountain**

## Take a Deep Breath with Steph:

**Laughter has been said to be the best medicine! Below are some hilarious jokes to make you chuckle!**

- The secret service isn't allowed to yell "Get down!" anymore when the president is about to be attacked. Now they have to yell "Donald, duck!"
- I ordered a chicken and an egg from Amazon. I'll let you know
- What do you call a dog that can do magic? A Labracadabrador.
- I wanted to go on a diet, but I feel like I have way too much on my plate right now.
- Does anyone need an ark? I Noah guy!
- What's black and white and goes around and around? A penguin in a revolving door.
- I just watched a program about beavers. It was the best dam program I've ever seen.
- Do you think glass coffins will be a success? Remains to be seen.
- Did you hear about the scientist who was lab partners with a pot of boiling water? He had a very esteemed colleague.

**-The Bolton Senior & Social Services Staff**