

Bolton Senior Center Primetime Online

March & April 2024

Monday – Thursday 9 a.m. to 4 p.m.
Friday 9 a.m. to 3 p.m.
860-647-9196

PLEASE NOTE: OUR EMAIL ADDRESSES HAVE CHANGED

Director: Carrie Concatelli, MSW

Email: cconcatelli@boltonct.gov

Program Coordinator/Administrative Assistant: Mary Beth Dufresne

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Administrative Assistant: Pam Wentworth

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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.

[Check Out Previous Editions](#)

Director's Note

Dear Senior Center Friends,

We strive to make the Senior Center an inviting and comfortable setting to spend a few hours while you participate in a program, connect with friends, or learn something new. We are happy to report we are seeing a lot of new faces around here. It is nice to see the center filled with comradery. At the same time, we are running into space constraints and often rearrange areas throughout the week. Anytime something moves, we hear about it! Please be patient as we try out new ways to accommodate the different needs of each group.

One of the changes you may have noticed is the addition of a large screen and

projector. There is also a small cabinet that we plan to use as a coffee station. These items were generously donated by Bolton residents. They are part of our goal to increase accessibility around the center.

Furthermore, we are pleased to announce that Bolton Senior Inc. received a grant from the Hartford Foundation for Public Giving Bolton Community Fund to help us Go Green! In the coming months, we will be replacing appliances and purchasing reusable items to facilitate this transition.

We appreciate your patience as we keep our special building humming along!

Happy Spring!

Carrie

Senior Center

- **Transportation** - Call to schedule in advance; subject to availability. We travel to a variety of towns for medical appointments and errands. Please keep in mind that medical rides are a priority over all other rides.
- **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 Friday, March 29. Chair Yoga is cancelled for the week of April 8.

Weather Closures

Check WFSB for weather closing information. If there is a delay, chair yoga is cancelled.

Thank You

Our food pantry was successfully stocked this winter and we thank all individuals and groups who helped us maintain our inventory. We greatly appreciate the generous donations received from the Bolton Women's Club, All Town Fresh, and Bolton Ice Palace. We would also like to thank those of you who voted for the Fire Prevention Posters. It was fun to support the young artists.

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. Additional boxes were purchased by Bolton Volunteer Fire Department. See staff for an application.

Here's What's Been Happening

We rang in 2024 with the very informative Wethersfield Presentation from Gillie Johnson of the Wethersfield Historical Society as well as ShopRite dietician Sarabeth Campanelli who made delicious recipes for us. Fire Marshall Bill Call spoke about fire safety and how Knox Boxes operate. Our winter outings to Windham Tech, Blondie's Diner, Sadler's Restaurant and the CT Flower and Garden show were well attended. We celebrated Valentine's Day at the Senior Center where everyone enjoyed good company and a good meal.



Celebrating Valentine's Day with a lunch



ShopRite Dietician who made delicious recipes



Fire Prevention Posters from 4th and 5th graders at Bolton Center School that decorated the Devaney Room.





**Gillie Johnson speaking about
"Our Town Wethersfield
(1900-1915)"**



**Fire Marshall Bill Call spoke about
fire safety**

AARP Tax Aide Free Tax Preparation

AARP Tax Aide Volunteers provide free Federal and State tax preparation from February through early April. This service is available for anyone, regardless of age, income or town residence for simple returns (no rental or business income). Appointments are required in advance. An intake packet will be provided with detailed instructions for your appointment.

Regularly Scheduled Activities

Chair Yoga

Mondays, Wednesdays and Fridays at 9:30 a.m.

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 at 12:30 p.m.

All regularly scheduled programs do not require advance reservation.

Meetings

Seniors Inc. Meeting – At 10:30 a.m. on Monday, March 18 and Monday, April 15.

Senior Commission – The next meeting is Tuesday, March 19 at 1 p.m.

Foot Care

We host Foot Care by Nurses on the fourth Tuesday of the month. The cost is \$45. Please call for an appointment.

Special Events

RSVP due one week prior unless otherwise specified.
If you use a cane or walker, please bring it with you to the Senior Center and on all outings.

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

BINGO

Thursday, March 7 and Thursday, April 4 at 1 p.m. \$1 a card to play multiple games.

TECHNOLOGY HELP

A Bolton High School student will be at the Senior Center on Wednesday, March 13 and Wednesday, April 10 from 3 p.m. to 4 p.m. to help you with any questions you have about phones, tablets, computers/email, or other technology. Please call the Senior Center to set up an appointment.

BREAKFAST OUT AT TOAST

We will continue to enjoy our breakfast excursions by going to Toast in Mansfield on Thursday, March 14. The van leaves the Senior Center promptly at 9:15 a.m. Limit 20 participants for the trip.

LUNCH TO CELEBRATE SPRING

Please join us for lunch at the Senior Center to celebrate the arrival of springtime on Thursday, March 21 at noon. **Please RSVP to the Senior Center by Thursday, March 14th.**

ST. PATRICK'S DAY AT AQUA TURF

Just a reminder that the deadline for this event has passed.

TOWN LEADERS COFFEEHOUSE

Please join Bolton Town Leaders on Tuesday, March 26 at 10 a.m at the Senior Center. Enjoy a cup of coffee and learn about the proposed town budget. They will answer questions and help you understand the budget process. Please call the Senior Center to sign up to join this event.

CASINO

Take a trip to Mohegan Sun on Thursday, March 28 and Thursday, April 25. We will return to MGM Springfield every other month starting in June through the fall. The van leaves at 9:15 a.m. on both days. \$5 for all passengers. Limit 20 participants for each trip.

PELVIC FLOOR THERAPY

Colleen Malitsky, Doctor of Physical Therapy, will be discussing women's pelvic floor health with a focus on urinary incontinence and pelvic organ prolapse on Tuesday, April 9 at 10 a.m. at the Senior Center. Learn about common pelvic floor conditions and how exercise and behavioral modifications can help manage symptoms for better pelvic health and improved quality of life. Please call the Senior Center to sign up to join this event.

ELDER LAW PRESENTATION

On Thursday, April 11 at 10 a.m., Attorney Colleen Masse, partner at the law firm of Czepiga Daly Pope and Perri, will return to the Senior Center to speak about a new topic-Understanding the Roles and Responsibilities of the Fiduciaries in Your Estate Plan. When you create an estate plan, it is more than just paper. There are people that you trust to carry out certain financial and legal responsibilities to ensure that your wishes are met. In this session, learn about the people that are part of your estate plan – executors, trustees, powers of attorney, and health care representatives – and which of these are considered fiduciaries and why.

LUNCH AND POTTERY AT THE FIRESTONE ART STUDIO AND CAFE

Please join us at The Firestone in Manchester on Friday, April 12. The van leaves the Senior Center promptly at 11a.m. We will have 2 hours to paint pottery that is available for sale while enjoying lunch from the café that can be ordered upon our arrival. Limit 12 participants for the trip.

TEA PARTY

We cordially invite you to a tea party on Thursday, April 18 at noon at the Senior Center. Delectable sandwiches, desserts, teas and other delights will be served while wearing festive hats to brighten the afternoon. **Please RSVP to the Senior Center by Thursday, April 11th.**

PREVENTING MEDICARE FRAUD PRESENTATION

In this informative presentation by Jill Vasington, Senior Medicare Patrol Program Coordinator, you will learn how to recognize, prevent and report Medicare fraud, errors and abuse. She will be at the Senior Center on Tuesday, April 23 at 10 a.m. Please call the Senior Center to sign up to join this event.

AARP DRIVER SAFETY COURSE

We are hosting the AARP Driver Safety Course on Thursday, April 25 from 9:30 a.m.-1:30 p.m. at the Senior Center. This is a four-hour class designed to remind you of the rules of the road. Participants age 60+ may receive a discount on their auto insurance policy. The cost is \$20 for AARP members and \$25 for non-members. Payment is due the day of the class either by cash or check made payable to AARP.

SWINGTIME CANTEEN

“Swingtime Canteen” is playing at the Ivoryton Playhouse in Essex on Wednesday, June 5 at 2 p.m. Join MGM star Marian Ames and her all-girl band for the best canteen show of them all. Laughs, tears, air raids and a celebration of women in 1944 London make this a hilarious and heartwarming story. The van leaves at 10:15 a.m. for a lunch out (TBA) followed by the matinee performance, returning approximately at 5:30 p.m. Limit 20 participants for the trip. **Tickets are \$48 per person, non-refundable, and due in full by Monday, April 1.**

OUTDOOR ACTIVITIES

Starting in April, the pickle ball court and bocce courts are available for open play during Senior Center hours. There is a maximum of four players per court. Advance registration is required, and all players must check in at the front desk. Equipment is provided. All are welcome to hang out on the patio or in the garden area as well.

GARDEN CLUB

Join us as we resume our garden club! The meeting to discuss and plan the season will be held on Monday, April 15 at noon following the Senior Inc. meeting. At that time, a schedule of future meetings will be determined.

Social Services Corner

Bolton Social Services serves all ages, and includes the Bolton Food Pantry, holiday programs, Resident Assistance Fund, fuel assistance, eligibility

information, referral to community providers, application assistance, etc. Registration is required. Please call 860-647-9196 to make an appointment with our office.

The Bolton Food Pantry is open to residents of all ages. We also have a partnership with MACC: call 860-647-8003 x128 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 March 12, 16 and April 9 and 23. Please ask for additional dates and times of other local Connecticut Foodshare locations.



Bolton Senior Center Calendars

**March
Calendar**

April Calendar