

# The BSC

Bethel Senior Center

(for mature adults only)

## THE BENEFITS ARE ENDLESS!

### Annual Senior Center Craft Fair

November 20th and 21st

Friday from 11:30 to 4 and Saturday from 10:00 to 3

Our **ANNUAL CRAFT FAIR** is right around the corner! Come and have lunch with us — hot bowls of chili, our famous hot dogs and sauerkraut, and fresh apple pie. We will have a large variety of homemade baked goods and craft items, such as hand-made Christmas trees and wreaths, children's pillow cases, full-size aprons, pillows, ceramics, knitted and crocheted items for children and adults, and couch-kitty pads, etc. And, of course, we will have our white elephant corner with bargains and treasures galore. Our "P.T. Barnum, Circus Man" quilt will be on display at the fair, and you will be able to buy chances for the December 18th drawing! *(We need homemade baked goods to sell at our bakery table. Please call us or sign up at the center to let us know what you can bring. Thank you.)*

#### INFORMAL MEET & GREET FIRST SELECTMAN CANDIDATES •

The candidates will be at the **Halloween Party on October 23 at 11:30 am** to mingle and answer one-on-one questions.

**BREAKFAST FOR VETERANS** • Calling all veterans and spouses, widows or widowers of veterans. Join us for breakfast at **9 am on Tuesday, November 10** in the Bethel Senior Center cafeteria. **Billy Michael** will present a program starting at 9:30. He is very excited about coming here to honor our veterans. *Please sign up in the office by November 5.* This breakfast is without charge and for veterans and spouses only.

**The 911 Switch** • **Friday, November 13 at 11:30 am.** **Bill Kieler** will talk about a new device that enables your porch light to B-L-I-N-K. Your house stands out in an emergency.

**Hearing Testing • Beltone Hearing** will be here to give hearing tests on **Monday, November 16, 10 am-noon.** Please sign up in the office for an appointment, 15-minute intervals. Eh?

**Medigap Policies and Part D** • **Tuesday, November 17, 10:30 am.** New Age advertiser, Bill Caron from Senior American Resources, will speak to us about Medigap policies and Part D. As you all know, you are eligible to change your Part D prescription drug plan or switch to an HMO between November 15th and December 30th. You may be paying too much. Bill has been a long-time resident of Bethel and is the best resource for helping you with your Medicare supplement plans.

**Helping Hands from WestConn** • A group of students from Western Connecticut State University are interested in **volunteering to help the seniors of Bethel.** If you are in need of fall clean-up help, or would just like someone to talk to or take a walk with, contact the Senior Center.

**CLOSING TIME: The Senior Center closes most Mondays through Fridays at 4:30 pm.**

We request that all patrons wind up your games and activities (card games, Ma Jong, Wii, painting, etc.) by 4:15, so that everything can be cleared away and locked up at closing time. Thank You.

November 2009

Vol. XXVIII, No.9

## Your New Age



### Community-based Transgenerational Opportunities, Information & Programs for Ages 50+

794-8593 • 792-3048

All classes taught by qualified professionals/volunteers. Classes evolve continually...as do we all... and currently include: (avg:\$0-\$3)

#### Exercise Classes

All Levels Fitness  
Line Dancing  
Country Dancing  
Tai Chi  
Yoga  
Zumba Gold

#### Pursuits

Art Class  
Ceramics  
Crafts  
Quilting

#### Interests

Creative Writing  
Italian  
Singing  
Spanish  
Toastmasters

#### Services

Massage Therapy  
Tax Aide (Feb-Apr)

#### Sports

Basketball  
Hiking/Biking Club  
Wii Bowling

#### Current Events

Bible Study  
Misc Presentations  
Health Seminars

#### Games/ Diversions

Billiards  
Bridge  
Canasta  
Cribbage  
Pinochle  
Poker

#### Volunteer Opportunities

Friends of  
Bethel Seniors  
Clothing Bank  
BSC Events

#### Travel

Group Discounted  
Day Trips, Cruises  
& Vacations  
(priced as market  
demands)

#### Other

Celebrations  
Daily Luncheon  
Talent Show

And More!

**SENIOR STARS • Carol Hall and Vito Gisualdi** are our Senior Stars winners! Al Barney placed as runner-up. Carol and Vito will be participating in the regional finals on December 2 at 1 pm, and Al is an alternate. Congratulations to Al, Carol and Vito. Location and details to come.

**BILLIARDS CLASS** • Starting in this month, we are offering a 10-week class in pool techniques. Cost is \$60. **On the Level Billiards** of Torrington has offered to teach this class, but we need 10 people to hold it. Please sign up in the office as soon as possible if you are interested. We need only three more people to start this class!

**WII BOWLING** • The Bethel Senior Center will be playing the Newtown Senior Center Wii bowling group, generally every 4th Thursday of the month from 1 pm to 3 pm. If you are interested in joining in the fun, please let us know. The next get-together will be at the Bethel Senior Center on Monday, November 23.

**CRAFT FAIR "PT BARNUM, CIRCUS MAN" QUILT RAFFLE** • Raffle tickets for this year's award-winning quilt remain at \$2. Our PT Barnum quilt won a first-place award for Most Original Quilt at the Big E this year. We also have a beautiful afghan handmade by **Carmen Lamontagne**, a ceramic Nativity Set by the Ceramic Class and a Christmas country wreath made by the Craft Class. Don't miss your chance to buy a ticket.

**THE CLOTHING BANK** • You can bring donations in on Thursdays from 9:30 to 11 am. Helping hands are always welcome.

**ITALIAN & SPANISH CLASSES** • Wednesdays. Spanish starts at 9am. Italian starts at 1pm. The first half-hour of each class will be devoted to the basics. Students are then welcome to stay and participate in the more advanced portions, which start at 9:30 and 1:30. Italian: **Patrizia Farina**. Spanish: **Yolanda Morinigo**.

**TAI CHI** • Wednesday at 9am. Instructor: Stephen Kuriomai. Cost \$1. All levels.

**YOGA** • Every Wednesday at 10:45 in the Cafe. Instructor: Eileen Byrnes. \$1.

**ZUMBA GOLD** • We have extended the time of the class from 30 minutes to 45 minutes. Cost for the class will remain at \$2 per week, but **each month must be prepaid on the first Monday of the month**. If you prefer to come on a week-to-week basis, the cost for walk-ins will be \$3 per class. Mondays at 9:30 am.

**LINE DANCING** has started again, 1:15pm on Tuesdays. **Lynne Flanders**, a well-known line dancer/ teacher, comes from a great distance to offer this opportunity to exercise and have a lot of fun. The cost is \$10 for 10 weeks, paid in advance.

**COMMISSION MEETING** • Monday, November 9, 2:30 pm.

**BLOOD PRESSURE CLINIC** • Tuesday, November 10 at 10:30 am (A Visiting Nurse will be here at 10:30 am every second Tuesday of each month.)

**FRIENDS of BETHEL SENIORS** • Monday, December 7, 10:30 am. Anyone who would like to hear a presentation from an architect from Baily & Johnson Architects whom we are considering to remodel our Senior Center is invited to this meeting. All Seniors invited. We need your input.

**IMPORTANT NUMBERS** • SweetHART Reservations: 748-2511 (Call at least a day in advance.) Meals On Wheels: 743-5418

**SENIOR DINE PROGRAM** • Bethel Seniors 60 and older can purchase meals at two of our local restaurants (Jacqueline's and the Sycamore), for \$3.75 (plus tip), from a special menu. To join this program, you must register the first Tuesday of the month at the Center, which includes prepaying for the meals you want for the month. After that you just simply mail in your order for each month.

**NEW POLICY** • We would like everyone who uses the center to register in the office with your phone number, address, and an emergency contact.

**BSC LUNCH** • Lunch is served daily at Noon. A sandwich/coffee/dessert is \$2. On Friday we serve hot lunch for \$3. Soda is .50 at all times. Dessert alone is \$1 on Fridays.

**FREE TO A GOOD HOME:** A very nice **LOWREY ORGAN** in fairly good condition. It needs a little work and is available to anyone with the means to take it away. Please call the Center at 792-3048 if you are interested.

## Computer Class — Fridays — Starts in January

Sign up early! Afternoons or mornings. Openings will be filled on a first-come basis. You can register in person at the Center, by mail (using this form), or via telephone. Out-of-towners are welcome!

MAIL THIS REGISTRATION FORM TO:  MORNING  AFTERNOON

NAME: \_\_\_\_\_

SENIOR CENTER ADDRESS: \_\_\_\_\_

1 SCHOOL ST. BETHEL, CT 06801 TELEPHONE #: \_\_\_\_\_



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## milestones

### Birthdays

- 1 Helen Poole, Linda Smart
- 2 R. Joyce Murray
- 3 Cynthia Farris, Joan Gourley
- 4 Gene Barfield, Rebecca Pelletiere
- 5 Kathy Oles
- 7 Ernie Riling
- 8 Francene McLeod
- 9 Adrienne Hunt
- 10 Ruth Stolle
- 11 Ann Kennen, Charlene Maher, John Somoskovec
- 14 Priscilla Cundari, Marie Muricchio
- 16 Dorothy Carvalho, Janet Peterson
- 20 Mary Ruggiero
- 22 Catherine Gadarowski
- 23 Dr. John Cleary
- 24 Lil Wilrich
- 26 Ernest Hahndorf
- 27 Joseph Tent
- 28 Nathan Betesh, Tina Gallacher
- 31 Dorothy Staib

### Anniversaries

- 6 Pat & John Pudelko
- 19 Lil & Henry Wilrich

**MASSAGE THERAPY • Margaret Cohen, Licensed Massage Therapist,** here on Tuesdays. \$45/Full Body Massage. \$12/15-min. Hand+Foot Massage. \$25/30-min. Neck, Back and Shoulders Massage. Call for an appointment: 797-8620.



## travel — your deposit confirms your reservation!

**TITANIC: THE ARTIFACT EXHIBITION •** Thursday, November 12. Lunch at Bossa Nova restaurant in New York City, then view the exhibits at the New Discovery Times Square Exposition. **Attendees are assigned the identity of an actual passenger aboard the Titanic. At the end of the exhibit you will learn his/her fate.** Cost \$79.

**42ND STREET AT THE WESTCHESTER BROADWAY THEATRE •** Friday, Nov. 13. Cost \$80. Bus leaves at 9:45 am.



## flu clinics

### IN THE CAFE

Tuesday, November 17, 9-11  
Tuesday, November 24, 9-11

### IN THE ART ROOM

Wednesday, November 11, 9-11

**Flu shots are in short supply. Please call before coming for November dates listed.** According to a brochure published by the Bethel Health Dept. The **high risk group for H1N1** includes pregnant women, young children and individuals with medical conditions and is not indicated for healthy seniors. Seniors should still be vaccinated for the **seasonal flu**. The **high risk group for seasonal flu** includes the very young, the elderly and those with high risk medical conditions.

The brochure is available in the Bethel Health Department.

### BETHEL LIBRARY BOOK

**DISCUSSION: Dewey.** December 8, 10:30 to noon. The discussion will be at the Center in conjunction with the town-wide discussion of this book. Register at the Bethel Library.

**FOXWOODS •** December 3. \$25.

**“HOLIDAY CABARET SPECTACULAR” AT THE SPINNING WHEEL INN •** Join us in Redding, Connecticut on Tuesday, December 15 for this original holiday production. Drive yourself or carpool; the cost is \$56 for dinner, show and gratuity.

*Shake a leg and kick up your heels at one or all of our dance and exercise classes. Too stressed? Try Tai Chi or yoga!*



## creative writing

### AUTUMN STORM

Wild wet windy day  
dispatching bright leaves on their  
wild wet windy way!

— Myrtle E. Cavallo. 11/99

A turning of wind  
a leaf parachutes earthward  
and summer is gone!

— Myrtle E. Cavallo. 10/09

### GOSSAMER

Gossamer is the divide between all that is and all that is not.

Gossamer is the slimness between pleasure and pain.

Gossamer is the thin line between sane or insane.

Gossamer is the space between future and past.

Gossamer is the layer between living and dying.

Gossamer is the gap between truth and a lie.

Gossamer defines the dimensions of our lives.

— John R. Cleary, 9/09

**THE BIKING AND HIKING CLUB** has been riding these past few weeks. They ride every Wednesday morning at 9 am. Call **Herb Laud** at 748-8909 for details.



## friends of bethel seniors

We received thank you notes from scholarship recipient Brana Smith, scholarship coordinator, Ingrid Boedecker, and Grace Gilbride's daughter, Suzanne Swank.

The new (2nd) Wii station has been purchased and was used at a recent tournament. To make space for activities in the library, the pool table and shuffle board were moved down to the cafeteria. And TA DA! the pool table has been refurbished!

In case you haven't noticed, we have a brand new bench outside. It has our name BETHEL SENIOR CENTER carved into it. This came courtesy of a grant obtain for us by the town.

Keep your eyes and ears open for the announcement - a meeting where a proposal to expand and refurbish our center will be presented by an architect who has inspected the facility.

NEXT BOARD MEETING - 12/5/09 AT 10:30am.

Respectfully submitted by Al Barney, FOS Secretary

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792-0864**

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- Home Health Aides
- Physical Therapy



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**SENIOR AMERICANS RESOURCES**



BETHEL SENIOR CENTER  
**CRAFT FAIR**

in the Senior Center Cafeteria at the Municipal Center  
 One School St. • Bethel, Conn.

**November 20 & 21**  
 (Friday & Saturday)

**Friday from 11:30 to 4:00 — Lunch, then Shop!**  
**Saturday from 10:00am to 3:00 — Shop & Lunch!**

**Hot dog & soda \$2.50 • Chili w/tortilla chips & soda \$2.50**  
**Fresh Baked Goods**  
**Fresh baked apple pie: \$1.50/slice • Whole pie: \$8.50**  
**White Elephants • Raffle Tickets**

**GIFT ITEMS**

**Colorful Themed Children's Pillowcases • Wreaths •**  
**Knit & Crochet Gifts • Small Christmas Trees**  
**Handmade Jewelry • Ceramics • Crafts**

*Shop for  
 Christmas!*



**BSC Daily Calendar**

**MONDAY**

Tap Dancing..... 9:15am  
 Zumba Gold dance exercise ..... 9:30am  
 Wii (practice and play) ..... 10:00am  
 Pinochle or Cribbage ..... 10:30am  
 Basketball (Sept.-June)..... 11:30am  
 Creative Writing ..... 1:00pm  
 Art Class; Poker..... 1:00pm

**TUESDAY**

Massage Therapy..... 9am-3pm  
 All Levels Fitness (Seniorcise) ..... 9:00am  
 Medicare Part D Help ..... 9:30-11:30am  
 Wii (practice and play) ..... 10:00am  
 Ceramics, Pinochle ..... 10:30am  
 Toastmasters ..... Noon  
 Poker ..... 12:30-3pm  
 Pool / Mah Jong ..... 1:00pm  
 Line Dancing ..... 1:15pm

**WEDNESDAY**

Tai Chi, Spanish, Hiking & Biking ..... 9:00am  
 Senior Chorus ..... 10:00am  
 Pinochle, Bible Study ..... 10:30am  
 Yoga ..... 10:45am  
 Basketball (Sept.-June)..... 11:30am  
 Bridge..... 12:30pm  
 Poker, Conversational Italian, Quilting 1:00pm

**THURSDAY**

All Levels Fitness (Seniorcise) ..... 9:00am  
 Ceramics ..... 9:30 am-1pm  
 Clothing Bank, Knitting/Crocheting ... 9:30am  
 Hand & Foot Canasta, Cribbage ..... 10:00am  
 Pinochle ..... 10:30am  
 Art Class, Poker..... 12:30pm  
 Pool / Mah Jong / Quilting ..... 1:00pm  
 Craft Class..... 1-3:00pm

**FRIDAY**

Country Dancing ..... 10:30 am  
 Wii (practice and play) ..... 10:00am  
 Pinochle / Gin ..... 10:30 am  
 Hot Lunch..... Noon  
 Bridge..... 12:30 pm  
 Bingo, Poker, Games..... 1:00 pm



1 School Street • Bethel, CT 06801 • 792-3048

*Conveniently located in the Municipal Center. Enter the parking lot from Wooster Street via PT Barnum Square.*

**HOURS: MONDAY-FRIDAY, 8:30 a.m.-4:30 p.m.**

**BSC STAFF:**

Kathleen Oles, Director • Heather Rogalski, Assistant Director  
 Ana Ross, Senior Center Assistant • Marie Zappala, Senior Aide

**COMMISSION ON THE AGING:**

Al Barney, Chairman; Barbara Negri, James Newell, Mary O'Leary, Lou Walsh

**MUNICIPAL AGENT:** Kathleen Gillen

**FIRST SELECTMAN:** Bob Burke

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