From the Director

If I Had My Life to Live Over...
By Erma Bombeck

I would have talked less and listened more. I would have invited friends over to dinner even if the carpet was stained, or the sofa faded. I would have eaten the popcorn in the ‘good’ living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

If I had my life to live over, I would have taken the time to listen to my grandfather ramble about his youth. I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed. I would have burned the pink candle sculpted like a rose before it melted in storage. I would have sat on the lawn with my children and not worried about grass stains. I would have cried and laughed less while watching television--and more while watching life.

If I had my life to live over, I would have shared more of the responsibility carried by my husband. I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren’t there for the day. I would never have bought anything just because it was practical, wouldn’t show soil, or was guaranteed to last a lifetime. Instead of wishing away nine months of pregnancy, I would have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

If I had my life to live over, when my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner." There would have been more "I love you's"... more "I'm sorry's"....but mostly, given another shot at life, I would seize every minute...look at it and really see it ... live it...and never give it back.

Until next month...

Lucy
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>September 1st (FRIDAY)</strong></td>
<td><strong>September 12th, TUESDAY</strong></td>
</tr>
<tr>
<td>9:30am. Bible Study with Georgia Smolks</td>
<td>10:00am. Cribbage with Don Ensero</td>
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<tr>
<td>9:30am. Weight Strengthening with the Ensero’s</td>
<td>10:00am. Dance Social w Lou &amp; The Good Time Guys</td>
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<tr>
<td>NO Pinochle with Mike &amp; Bonnie Jones</td>
<td>1:30pm. Chair Yoga Class #1 with Andrea Sutton ($15/6-wk session)</td>
</tr>
<tr>
<td>10:00am. Scrapbooking &amp; Card Making with Edwina &amp; Cindy-$2</td>
<td>8:00am. Spinning/Cycling Class #4 @ Community Center</td>
</tr>
<tr>
<td>11:30am. Labor Day Lobsterfest @ Senior Center-SOLD OUT NO BINGO</td>
<td>9:00am. Senior Fitness Program-$3</td>
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<tr>
<td><strong>September 2nd. (SATURDAY)</strong></td>
<td>9:30am. Grocery shopping @ Stop &amp; Shop</td>
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<tr>
<td>7:30am. Stormville Flea Market-$5</td>
<td>9:30am. to 12noon Poker Club with Allen Thibodeau</td>
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<tr>
<td>September 3rd. (SUNDAY)</td>
<td>10:00am. AARP Living Longer, Living Smarter Presentation</td>
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<tr>
<td>Sound Waters Schooner Afternoon Sail-12noon-Deadline Passed</td>
<td>10:00am. Art Class #1 with Judy Jaworski –FILLED</td>
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<tr>
<td><strong>September 4th, (MONDAY)</strong></td>
<td>10:30am. Motown @ Aqua Turf-Deadline Passed</td>
</tr>
<tr>
<td>Center CLOSED-Labor Day</td>
<td>11:00am. Ballroom Dancing Lessons w Jorge-$2 @ Community Center</td>
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<tr>
<td><strong>September 5th. (TUESDAY)</strong></td>
<td>11:30am. Lori’s Center Lunch-Chicken Parmesan-$3 (ENL)</td>
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<tr>
<td>NO Spinning/Cycling Class @ Community Center</td>
<td>12:30pm. Bocce League w Gene Bowman &amp; Barb Beloin</td>
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<tr>
<td>9:00am. Senior Fitness Program-$3</td>
<td>12:30pm. Setback (downstairs)</td>
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<tr>
<td>8:00am. Systemic Hypertension Program @ Community Center</td>
<td>1:00pm. Navigating Smart Phone class w Lori Anderson</td>
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<tr>
<td>9:30am. to 12noon Poker with Allen Thibodeau</td>
<td>1:00pm. Quilting Group</td>
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<tr>
<td>NO Art Class with Judy Jaworski for the summer</td>
<td>1:00pm. Setback (upstairs)</td>
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<tr>
<td>10:30am. Women &amp; War Presentation-$5</td>
<td>1:00pm. Card Bingo w Betty Lukeski-$2</td>
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<tr>
<td>11:00am. Ballroom Dancing Classes w Jorge-$2 @ Community Center</td>
<td>1:00pm. The Life of P.T. Barnum-$3</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-$3-Menu: Chef Salád (ENL)</td>
<td>4:00pm. Computer Class #5 with Lori Anderson</td>
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<tr>
<td>12:30pm. Setback (Downstairs)</td>
<td><strong>September 13th. (WEDNESDAY)</strong></td>
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<tr>
<td>12:30pm. Bocce League w Gene Bowman &amp; Barb Beloin</td>
<td>8:00am. Spinning/Cycling Class #4 @ Community Center</td>
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<tr>
<td>1:00pm. Setback (Upstairs)</td>
<td>8:30am. Shopping @ Tanger Outlets</td>
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<tr>
<td>1:00pm. Quilting Group</td>
<td>8:15am. Pool Tournament @ Bristol Senior Center</td>
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<tr>
<td>1:00pm. Navigating Your Smart Phone w Lori Anderson</td>
<td>NO Grocery shopping @ Stop &amp; Shop</td>
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<tr>
<td>2:00pm. FREE Massages with Toni Marini</td>
<td>9:30am. Southwind Alpaca Farm &amp; Yarn Shoppe</td>
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<tr>
<td>4:00pm. Computer Class #4 with Lori Anderson</td>
<td>10:00am. Writer’s workshop w Judy Boynton</td>
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<tr>
<td><strong>September 6th. (WEDNESDAY)</strong></td>
<td>10:00am. Wii Bowling League with Mary Henao</td>
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<tr>
<td>NO Spinning/Cycling Class @ Community Center</td>
<td>10:00am. Wii Bowling League with Mary Henao</td>
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<tr>
<td>9:30am. In-house Pool Tournament</td>
<td>10:30am. Tai Chi Class #3 with Barb Santasiero</td>
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<tr>
<td>9:30am. Shopping @ Oliver’s Supermarket</td>
<td>11:30am. Lori’s Center Lunch-$3-Menu: Crab Cakes (ENL)</td>
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<tr>
<td>9:30am. Grocery shopping @ Stop &amp; Shop</td>
<td>11:30am. to 1:30pm. FREE Blood Pressure Screening with VNA Nurse</td>
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<tr>
<td>10:00am. Wii Bowling League with Mary Henao</td>
<td>12:15pm. Showcase Lunch &amp; Pig Roast @ Brookdale-FREE</td>
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<tr>
<td>10:00am. Tai Chi Class #2 w Barb Santasiero</td>
<td>1:00pm. Wii Bowling League with Mary Henao</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-Spinach Granioli-$3 (ENL)</td>
<td>1:00pm. Knitting &amp; Crocheting with Aline Waldmann</td>
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<tr>
<td>11:30am. EFT Tapping Session with Stacey-$2</td>
<td>1:30pm. Line Dancing Class #4 with Lois Marticello</td>
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<tr>
<td>11:00am. to 1:30pm. Free Blood Pressure Screening with VNA nurse</td>
<td>2:00pm. Meditation Workshop w tia</td>
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<tr>
<td>1:00pm. Wii Bowling League with Mary Henao</td>
<td><strong>September 14th. (THURSDAY)</strong></td>
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<tr>
<td>1:00pm. Knitting/Crocheting with Aline Waldmann</td>
<td>8:00am. Spinning/Cycling Class #4 @ Community Center</td>
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<tr>
<td>1:30pm. Line Dancing Class #3 with Lois Marticello</td>
<td>9:00am. 9/11 Memorial Golf Tournament @ Highland Greens-$20/$23</td>
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<tr>
<td>2:00pm. Meditation Workshop w tia (10-10 week session)</td>
<td>9:30am. Grocery shopping @ Oliver’s Supermarket</td>
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<tr>
<td><strong>September 7th. (THURSDAY)</strong></td>
<td>9:15am. Senior Exercise Class</td>
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<tr>
<td>NO Spinning/Cycling Class @ Community Center</td>
<td>9:30am. Shopping @ Oliver’s Supermarket</td>
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<tr>
<td>9:30am. Shopping @ Stop &amp; Shop</td>
<td>9:15am. Senior Exercise Class</td>
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<tr>
<td>10:00am. Wii Bowling League with Mary Henao</td>
<td>9:30am. Water Coloring Class #4 w Carla Koch</td>
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<tr>
<td>10:00am. Tai Chi Class #2 w Barb Santasiero</td>
<td>10:30am. Calligraphy with Jann Lamb</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-Spinach Granioli-$3 (ENL)</td>
<td>11:00am. Streaming Devices with Josh Lidsky</td>
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<tr>
<td>11:30am. EFT Tapping Session with Stacey-$2</td>
<td>NO Center Lunch</td>
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<tr>
<td>12:30pm. Free Blood Pressure Screening with VNA nurse</td>
<td>12noon 9/11 Memorial Golf Tournament Lunch</td>
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<tr>
<td>1:00pm. Wii Bowling League with Mary Henao</td>
<td>1:00pm. Wii Golf League with Don Ensero</td>
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<tr>
<td>1:00pm. Tai Chi Class #3 w Barb Santasiero</td>
<td>1:00pm. Mahjong with Barb Duigan</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-$3-Menu: Crab Cakes (ENL)</td>
<td>1:00pm. Bereavement Support Group #1 w Rev. Kim Wadhams</td>
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<tr>
<td>12:30pm. Origami w Ah Moi Yip</td>
<td>1:00pm. Texas Holdem’ w Josh Lidsky-$5</td>
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<tr>
<td>1:00pm. Mah Jong w Barb Duigan</td>
<td>7:00pm. Tina McBride @ Warner Theater-$65</td>
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<tr>
<td>1:00pm. Wii Golf with Don Ensero</td>
<td><strong>September 15th. (FRIDAY)</strong></td>
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<tr>
<td>1:00pm. “Will We Ever See Their Likes Again” w Carole Birch-$5</td>
<td>9:30am. Bible Study with Georgia Smolks</td>
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<td><strong>September 8th. (FRIDAY)</strong></td>
<td>9:30am. Weight Strengthening with the Ensero’s</td>
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<tr>
<td>9:30am. Bible Study with Georgia Smolks</td>
<td>9:30am. Pinochle with Mike &amp; Bonnie Jones</td>
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<tr>
<td>9:30am. Weight Strengthening with the Ensero’s</td>
<td>9:30am. Walking Tour of Coleytown National Park-$6</td>
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<tr>
<td>9:30am. Pinochle with Mike &amp; Bonnie Jones</td>
<td>10:00am. Scrapbooking &amp; Card Making with Edwina &amp; Cindy-$2</td>
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<tr>
<td>10:00am. Scrapbooking &amp; Card making w Edwina &amp; Cindy-$2</td>
<td>10:00am. Glucose/Blood Pressure Testing Courtesy of Cheshire House</td>
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<tr>
<td>11:30am. Center Lunch-$7-Meatloaf (SCL)</td>
<td>11:30am. Center Lunch-Pulled Pork Sandwiches-$7 (SCL)</td>
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<tr>
<td>1:00pm. Happy Birthday BINGO-$1</td>
<td>1:00pm. Pizza BINGO-$1</td>
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<td><strong>September 9th. (SATURDAY)</strong></td>
<td>4:00pm. IKEA Fall Smorgasbord-$15</td>
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<tr>
<td>10:00am. Suffield Quilt Show</td>
<td><strong>September 16th. SATURDAY)</strong></td>
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<tr>
<td>10:30am. Red Hatters to Hidden Valley Miniature Golf &amp; Lunch</td>
<td>7:30am. Stormville Airport Family Yard Sale-$5</td>
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<tr>
<td><strong>September 10th. (SUNDAY)</strong></td>
<td>Prospect Town-Wide Tag Sale</td>
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<tr>
<td>11:00am. Captain’s Choice Fly-In</td>
<td><strong>September 17th. (SUNDAY)</strong></td>
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<tr>
<td><strong>September 11th. (MONDAY)</strong></td>
<td>8:00am. Fairfield-Middletown Flea Market-SOLD OUT</td>
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<tr>
<td>8:00am. Spinning/Cycling Class #4 @ Community Center</td>
<td>12:30pm. Phil Donahue Interview @ Museum of Tort Law-$20</td>
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<tr>
<td>9:00am. Songbirds Choir Rehearsal</td>
<td><strong>September 18th. (MONDAY)</strong></td>
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<tr>
<td>9:15am. Senior Exercise Class</td>
<td>8:00am. Spinning/Cycling Class #5 @ Community Center</td>
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<tr>
<td>9:15am. Gargoyles of Yale Walking Tour-$15</td>
<td>9:00am. Reflexology w Kim Steward-aptls. needed</td>
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<tr>
<td>9:30am. Bridge Club with Linda Favale</td>
<td>9:15am. Senior Exercise Class</td>
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<tr>
<td>10:00am. Wii Bowling with Mary Henao</td>
<td>9:30am. “Songbirds” performing @ Glendale Rehabilitation</td>
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<tr>
<td>10:00am. Senior Balance Class with Brenda Martin-$2</td>
<td>9:30am. Bridge Club with Linda Favale</td>
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<tr>
<td>NO Center Lunch</td>
<td>9:30am. Bullet Hill School Tour-$5</td>
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<tr>
<td><strong>September 12th. TUESDAY)</strong></td>
<td>10:00am. Wii Bowling w Mary Henao</td>
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<tr>
<td>8:00am. Spinning/Cycling Class #4 @ Community Center</td>
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<tr>
<td>9:00am. Senior Balance Class w Brenda Martin-$2</td>
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<tr>
<td>NO Center Lunch</td>
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<tr>
<td>1:00pm. Dance Social w Vinnie Carr-$9</td>
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<tr>
<td>1:00pm. Cribbage w Don Ensero</td>
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<tr>
<td>3:00pm. Chair Yoga Class #2 w Andrea Sutton</td>
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<tr>
<td><strong>September 19th. (TUESDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #5 @ Community Center</td>
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<tr>
<td>9:15am. Marsh Botanical Gardens-FILLED</td>
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<tr>
<td>9:30am. to 12noon Poker Club with Allen Thibodeau</td>
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<tr>
<td>10:00am. Art Class #2 w Judy Jaworski-FILLED</td>
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<tr>
<td>11:00am. Ballroom Dancing lessons w Jorge @ Community Center-$2</td>
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<tr>
<td>11:30am. Lunch @ BARC</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-$3 Menu Stuffed Peppers (ENL)</td>
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<tr>
<td>12noon Setback (downstairs)</td>
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<tr>
<td>12:30pm. Bocce League w Gene Bowman &amp; Barb Beloin</td>
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<tr>
<td>1:00pm. Japanese Braiding Bracelet w Lucy Minichino</td>
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<tr>
<td>1:00pm. Navigating Smart Phones w Lori Anderson</td>
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<tr>
<td>1:00pm. Setback (upstairs)</td>
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<tr>
<td>1:00pm. Quilting Group</td>
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<tr>
<td>2:00pm. FREE Massages w Tony Marini</td>
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<tr>
<td>4:00pm. Computer Class #6 w Lori Anderson</td>
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<tr>
<td><strong>September 20th. (WEDNESDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #5 @ Community Center</td>
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<tr>
<td>8:15am. Maritime Aquarium @ Norwalk-$13</td>
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<tr>
<td>9:30am. to 12:30pm. Flu &amp; Pneumonia Shot Clinic</td>
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<tr>
<td>10:00am. Wii Bowling League with Mary Henao</td>
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<tr>
<td>10:00am. Tai Chi Class #4 w Barbara Santosiero</td>
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<tr>
<td>11:00am. Lori’s Jewelry Class-Autumn Necklaces/Earring Set-$7</td>
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<tr>
<td>11:00am. FREE Lunch w Chef @ Highland Rehabilitation (drive yourself/register w Senior Center)</td>
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<tr>
<td>11:00am. Welcome Fall Lunch w Vinnie Carr @ Jesse Camille’s-$10</td>
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<tr>
<td>NO Center Lunch</td>
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<tr>
<td>11:30am. to 1:30pm. Blood pressure screening w VNA nurse</td>
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<tr>
<td>12noon Grocery Shopping @ Stop &amp; Shop</td>
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<tr>
<td>1:00pm. Wii Bowling League w Mary Henao</td>
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<tr>
<td>1:00pm. Knitting &amp; Crocheting group w Aline Waldmann</td>
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<tr>
<td>1:30pm. Line Dancing Class #5 w Lois Marticello</td>
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<tr>
<td>2:00pm. Meditation Workshop #3 w Tia Mandrozos</td>
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<tr>
<td><strong>September 21st. THURSDAY</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #5 @ Community Center</td>
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<tr>
<td>8:30am. Hohegan Sun Casino Day Trip</td>
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<tr>
<td>9:15am. Senior Exercise</td>
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<tr>
<td>9:30am. Institute for American Indian Studies-SOLD OUT</td>
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<tr>
<td>NO Grocery shopping @ Oliver’s Supermarket</td>
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<tr>
<td>10:00am. Water Coloring Class #5 w Carla Koch</td>
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<tr>
<td>10:00am. Zumba w Lara Fordavi-$3</td>
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<tr>
<td>10:30am. Learn to Speak Italian Beginners Class w Lucy Minichino</td>
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<td>10:30am. Calligraphy Class w Jann Lamb</td>
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<tr>
<td>11:00am. Lori’s Center Lunch-$3 Menu: Eggplant Rolatini (ENL)</td>
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<td>12:30pm. Dime Bingo w Linda Pettent-$1</td>
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<td>12:30pm. Origami w Ah Moi Yip-$5</td>
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<td>1:00pm. Wii Golf w Don Ensero</td>
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<td>1:00pm. Mah Jong w Barb Dujan</td>
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<tr>
<td>1:00pm. Bereavement Support Group #2 w Rev. Kim Wadhams</td>
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<td><strong>September 22nd. (FRIDAY)</strong></td>
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<tr>
<td>9:30am. Grocery shopping @ Oliver’s Supermarket</td>
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<tr>
<td>9:30am. Bible Study with Georgia Smolik</td>
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<td>9:30am. Weight Strengthening w the Ensero’s</td>
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<td>9:30am. Pinochle w Mike &amp; Bonnie Jones</td>
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<tr>
<td>10:00am. Scrapbooking/Card Making w Edwina &amp; Cindy-$2</td>
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<tr>
<td>11:30am. Center Lunch-Spare Ribs-$10 (SCL)</td>
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<tr>
<td>1:00pm. BINGO-$1</td>
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<tr>
<td>3:30pm. Fall Fashion &amp; Pop Up Shop-$25</td>
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<td><strong>September 23rd. (SATURDAY)</strong></td>
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<tr>
<td>9:30am. Connecticut Antique Machinery Fall Festival-$10</td>
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<tr>
<td>7:00pm. “Mama Mia” @ Thomaston Opera House-SOLD OUT</td>
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<td><strong>September 24th. (SUNDAY)</strong></td>
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<tr>
<td>8:30am. Old Deerfield Fall Festival Arts &amp; Craft Fair-SOLD OUT</td>
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<td><strong>September 25th. (MONDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center</td>
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<tr>
<td>9:15am. Senior Exercise Class</td>
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<tr>
<td>9:30am. Storm King Art Center-SOLD OUT</td>
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<tr>
<td>9:30am. Prospect Bridge Club with Linda Favale</td>
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<tr>
<td>9:00am. “Songbirds” performing Village @ East Farms</td>
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<tr>
<td>10:00am. Senior Balance Class w Brenda Martin-$2</td>
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<tr>
<td>10:00am. Wii Bowling League with Mary Henao</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-$3-Menu: Steak &amp; Peppers (ENL)</td>
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<tr>
<td>12:30pm. WHIST w Tom Petrelli, Dolly Martin &amp; Betty Lukeski</td>
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<tr>
<td>1:00pm. Grocery Shopping @ Stop &amp; Shop</td>
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<tr>
<td>NO Cribbage w Don Ensero</td>
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<tr>
<td>1:30pm. Chair Yoga Class #3 w Andrea Sutton</td>
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<tr>
<td>6:15pm. AHEPA Greek Dinner @ Holy Trinity Church-$30</td>
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<tr>
<td><strong>September 26th. (TUESDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center</td>
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<tr>
<td>8:00am. BIG E EXPOSITION-SOLD OUT</td>
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<td>9:00am. Senior Fitness Program-$3</td>
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<tr>
<td>9:30am. Poker Club w Allen Thibodeau</td>
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<tr>
<td>10:00am. Art Class #3 w Judy Jaworski</td>
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<tr>
<td>10:30am. Lori’s Cooking Class-$5 Recipe: TBA</td>
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<tr>
<td>11:00am. Ballroom dance lessons w Jorge @ Community Center-$2</td>
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<tr>
<td>NO Center Lunch</td>
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<tr>
<td>12:30pm. Setback (downstairs)</td>
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<tr>
<td>12:30pm. Bocce League w Gene Bowman &amp; Barb Beloin</td>
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<tr>
<td>NO Navigating Smart Phones w Lori Anderson</td>
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<tr>
<td>1:00pm. Setback (upstairs)</td>
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<tr>
<td>1:00pm. Quilting Group</td>
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<tr>
<td>4:00pm. Computer Class #1 w Lori Anderson-No Charge</td>
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<tr>
<td><strong>September 27th. (WEDNESDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center</td>
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<tr>
<td>10:00am. Wii Bowling League with Mary Henao</td>
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<tr>
<td>9:30am. Pool Tournament vs. Wallingford (here)</td>
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<tr>
<td>9:30am. Christmas Tree Store/CRacker Barrel</td>
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<tr>
<td>10:00am. American School for the Deaf @ CCS-$12</td>
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<tr>
<td>10:00am. Civil War Laundress Presentation-$3</td>
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<tr>
<td>10:00am. Writer’s Workshop w Judy Boynton</td>
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<tr>
<td>NO Grocery shopping @ Stop &amp; Shop</td>
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<tr>
<td>10:00am. Tai Chi Class #5 w Barb Santosiero</td>
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<tr>
<td>11:30am. Lori’s Center Lunch-$3 Menu: Eggplant Rolatini (ENL)</td>
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<tr>
<td>11:30am. to 1:30pm. Blood Pressure Screening w VNA nurse</td>
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<tr>
<td>1:00pm. Wii Bowling League with Mary Henao</td>
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<tr>
<td>1:00pm. Knitting/Crocheting w Aline Waldmann</td>
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<tr>
<td>1:00pm. Line Dancing Class #6 w Lois Marticello</td>
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<tr>
<td>2:00pm. Meditation Workshop #4 w Tia Mandrozos</td>
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<tr>
<td><strong>September 28th. (THURSDAY)</strong></td>
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<tr>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center</td>
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<tr>
<td>RAIN DATE for 9/11 Memorial Golf Tournament</td>
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<tr>
<td>9:00am. River Rose Cruise-SOLD OUT</td>
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<tr>
<td>9:15am. Senior Exercise Class</td>
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<td>9:30am. Grocery shopping @ Oliver’s Supermarket</td>
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<td>10:00am. Zumba w Lara Fordavi-$3</td>
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<td>10:30am. Calligraphy w Jann Lamb</td>
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<td>10:30am. Water Coloring Class #6 w Carla Koch</td>
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<td>NO Italian Classes with Lucy Minichino today</td>
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<td>11:00am. Streaming Devices w Josh Lidsky</td>
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<tr>
<td>11:00am. What You Should Know Before Selling Your House</td>
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<tr>
<td>11:00am. Streaming Devices w Josh Lidsky</td>
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<tr>
<td>11:30am. Medium Group Readings w Janine-$30</td>
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<tr>
<td>1:00pm. Bereavement Support Group #3 w Rev. Kim Wadhams</td>
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<td>1:00pm. Wii Golf w Don Ensero</td>
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<td>1:00pm. Mah Jong w Barb Dujan</td>
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<tr>
<td><strong>September 29th. (FRIDAY)</strong></td>
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<tr>
<td>9:30am. Bible Study w Georgia Smolik</td>
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<td>9:30am. Weight Strengthening w the Ensero’s</td>
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<td>9:30am. Pinochle Mike &amp; Bonnie Jones</td>
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<td>10:00am. Scrapbooking/Card Making w Cindy &amp; Edwina-$2</td>
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<tr>
<td>11:30am. Center Lunch-Spare Ribs-$10 (SCL)</td>
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<td>1:00pm. BINGO-$1</td>
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<td>6:00pm. Swan Lake @ Bushnell Theater-Deadline Passed</td>
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<td><strong>September 30th. (SATURDAY)</strong></td>
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<tr>
<td>9:00am. First Aide &amp; CPR Certification Course for Seniors-$25</td>
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<tr>
<td>9:30am. Connecticut Renaissance Faire-$16</td>
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<tr>
<td>6:00pm. Chaparrals @ New England Carousel Museum-$12</td>
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**PLEASE NOTE:**

SCL applies to lunches made at the Senior Center by the staff
ENL applies to catered meals from the Elderly Nutrition Program
Day-by-Day Schedule

October 1st. SUNDAY
10:00am. Tour of the ‘Onrust’ @ Ct. River Museum-$35
10:30am. Southington Pumpkin Harvest Festival

October 2nd. MONDAY
8:00am. Spinning/Cycling Class #7
8:30am. AARP Driver Safety Program-$20/$25
9:00am. Roseland Cottage Tour-$10
9:15am. Senior Exercise
9:30am. Song Birds Choir rehearsal
9:30am. Bridge w Linda Favale
10:00am. Wii Bowling League w Mary Henao
10:00am. Senior Balance Class w Brenda-$2
NO Center Lunch
1:00pm. Dance Social w Perfect Timing-$9
1:00pm. Cribbage w Don Ensero
1:30pm. Chair Yoga Class #4 w Andrea Sutton

October 3rd. TUESDAY
8:00am. Spinning/Cycling Class #7 @ Community Center
9:00am. Senior Fitness Program-$3
9:30am. to 12noon Poker w Allen Thibodeau
9:30am. Sattana Caves-$40
10:00am. Art Class #4 w Judy Jaworski
11:00am. Ballroom Dancing Classes w Jorge-$2 @ Community Center
11:30am. Lori’s Center Lunch-$3 Menu: TBA (ENL)
12:30pm. Setback (Downstairs)
12:30pm. Bocce League w Gene Bowman & Barb Beloin
1:00pm. Setback (Upstairs)
1:00pm. Quilting Group
1:00pm. Navigating Your Smart Phone w Lori Anderson
4:00pm. Computer Class #2 w Lori Anderson

October 4th. WEDNESDAY
8:00am. Spinning/Cycling Class #7 @ Community Center
9:30am. Grocery shopping @ Stop & Shop
9:30am. Wii Bowling Tournament vs Waterbury (here)
9:30am. Southington vs. Prospect Pool Tournament (here)
10:00am. Tai Chi Class #6 w Barb Santasiero
10:00am. to 12noon Flu/Pneumonia/Shingles Shots w Rite Aide
10:30am. I Hate Musicals @ Ivoryton-SOLD OUT
11:30am. Lori’s Center Lunch-TBA-$3 (ENL)
11:30am. EFT Tapping Session with Stacey-$2
11:30am. to 1:30pm. Free Blood Pressure Screening with VNA nurse
1:00pm. Knitting/Crocheting w Aline Waldmann
1:30pm. Line Dancing Class #7 w Lois Marticello
2:00pm. Meditation Workshop w Tia #5

October 5th. THURSDAY
8:00am. Spinning/Cycling Class #7 @ Community Center
9:30am. Grocery shopping @ Oliver’s Supermarket
9:30am. Collinsville Antiques Day Trip-No Charge
9:15am. Senior Exercise Class
9:30am. Book Club Meeting w Author Joe Adomavici
NO Calligraphy with Jann Lamb for the summer
10:00am. Reiki Therapy Sessions-$20/pts. necessary
10:00am. Water coloring Class #1 w Carla Koch ($25 6-wk session)
10:00am. Zumba w Linda Peterit
10:00am. Italian Advanced Class #2 w Lucy Minichino
11:30am. FREE lunch for Author Presentation attendees ONLY
12noon Italian Beginners Class #2 w Lucy Minichino
12:30pm. Origami w Ah Moi Yip
1:00pm. Mah Jong w Barb Duigan
1:00pm. Wii Golf w Darain Ensero
1:00pm. Bereavement Support Group #4
1:00pm. to 3:00pm. Diabetes Workshop #1

October 6th. FRIDAY
9:30am. Bible Study with Georgia Smoliks
9:30am. Weight Strengthening with the Ensero’s
NO Pinochle w Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Columbus Day "Celebrate Italia” Luncheon-$20
NO Bingo

October 7th. SATURDAY
7:30am. Stormville Flea Market-$5
10:00am. Attic Tour @ Phelps-Hatheway House-SOLD OUT

October 8th. SUNDAY
9:30am. Garlic Festival-SOLD OUT
11:30am. Les Miserables @ Bushnell-$96

October 9th. MONDAY
Senior Center-CLOSED-Columbus Day Holiday
9:30am. Day Trip to Marley’s Cafe

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October 10th. TUESDAY
NO Spinning/Cycling @ Community Center
9:00am. Senior Fitness Program-$3
9:30am. to 12noon Poker Club with Allen Thibodeau
10:00am. ION Bank Insurance Open Enrollment Seminar
10:00am. Art Class #5 w Judy Jaworski
11:00am. Ballroom Dancing Lessons w Jorge-$2 @ Community Center
11:00am. Lori’s Jewelry Class-Cost/Project TBA
11:00am. Jimmy Mazz @ Krystal Gardens-SOLD OUT
NO Center Lunch
12:30pm. Bocce League w Gene Bowman & Barb Beloin
12:30pm. Setback (downstairs)
NO Navigating Smart Phone Class w Lori Anderson
1:00pm. Quilting Group
1:00pm. Setback (upstairs)
2:00pm. FREE Massages w Tony Marini (apts. necessary)
4:00pm. Computer Class #3 w Lori Anderson

October 11th. WEDNESDAY
NO Spinning/Cycling Class @ Community Center
9:30am. Grocery shopping @ Stop & Shop
9:30am. In-House Pool Tournament
10:30am. Writer’s Workshop w Judy Boynt
10:00am. Wii Bowling League w Mary Henao
10:00am. Tai Chi Class #7 w Barb Santasiero
10:00am. to 12noon-Flu/Pneumonia/Shingles Shots w Rite Aide
10:30am. Rags @ Goodspeed Opera House-$64
11:30am. Lori’s Center Lunch-TBA-$3 (ENL)
11:30am. to 1:30pm. FREE Blood Pressure Screening w VNA nurse
1:00pm. Wii Bowling w Mary Henao
1:00pm. Knitting & Crocheting w Aline Waldmann
1:30pm. Line Dancing Class #8 w Lois Marticello
2:00pm. Meditation Workshop #8 w Tia

October 12th. THURSDAY
NO Spinning/Cycling Class @ Community Center
9:00am. Fresians of Majesty Day Trip-$104
9:30am. Grocery shopping @ Oliver’s Supermarket
9:15am. Senior Exercise Class
10:00am. Zumba w Lara Fordavi-$3
10:00am. Water Coloring Class #2 w Carla Koch
10:30am. Calligraphy w Jann Lamb
10:30am. Italian Advanced Class #3 w Lucy Minichino
10:30am. Celebrating 300-Years of Ct. Remarkable Women-$5
11:30am. Lori’s Center Lunch-TBA-$3 (ENL)
12noon Italian Beginners Class #3 w Lucy Minichino
12:30am. Dime Bingo w Linda Peterit
1:00pm. Wii Golf League w Don Ensero
1:00pm. Mahjong w Barb Duigan
1:00pm. Bereavement Support Group #5 w Rev. Kim Wadhams
1:00pm. to 3:00pm Diabetes Workshop #2

October 13th. FRIDAY
9:30am. Bible Study with Georgia Smoliks
9:30am. Weight Strengthening with the Ensero’s
9:30am. Pinochle w Mike & Bonnie Jones
10:00am. Scrapbooking & Card Making w Edwina & Cindy-$2
11:30am. Center Lunch-Beef Stroganoff-$7 (SCL)
1:00am. Happy Birthday BINGO-$1

October 14th. SATURDAY
10:30am. Helicopter Museum-$5

October 15th. SUNDAY
7:30am. Fairfield Warde High School Flea Market-No Charge
2:00pm. Female Transport @ Phoenix Theater-$18

October 16th. MONDAY
8:00am. Spinning/Cycling Class #8 @ Community Center
9:00am. Reflexology w Kim Steward-pts. needed
9:15am. Senior Exercise Class
9:00am. "Songbirds" performing @ Meridian Manor
9:30am. Bridge Club w Linda Favale
9:30am. SNAP (Food Stamps) Application Assistance
10:00am. Wii Bowling w Mary Henao
10:00am. Senior Balance Class w Brenda Martin-$2
NO Center Lunch
1:00pm. Dance Social w Vinnie Carr-$9
1:00pm. Cribbage w Don Ensero
1:30pm. Chair Yoga Class #5 w Andrea Sutton

October 17th. TUESDAY
7:30am. Ryco Mill Shop & Shirts-$10
8:00am. Spinning/Cycling Class #8 @ Community Center
8:00am. FREE Hearing Screenings w And-How-Hearing
Day-by-Day Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 18th. (WEDNESDAY)</td>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center 8:30am. Red Hats to Newport Playhouse (no bus) 8:00am. Spinning/Cycling Class #1 @ Community Center-$20/$25 6:30pm. Turkey Train Day Trip-$102</td>
</tr>
<tr>
<td>October 19th. (THURSDAY)</td>
<td>8:00am. Spinning/Cycling Class #6 @ Community Center 9:15am. Senior Exercise 9:30am. Grocery shopping @ Oliver’s Supermarket 10:00am. Water Coloring Class #3 with Carla Koch 10:00am. Zumba w Lara Forrdavi-$3 10:30am. Italian Advanced Class #4 with Lucy Minichino 10:30am. Calligraphy Class with Jann Lamb 11:00am. Streaming Devices w Josh Lidsky NO Center Lunch 12noon to 1:00pm. Italian Beginners Class #4 with Lucy Minichino 12:30pm. Origami w Ah Moi Yip-$5 1:00pm. to 3:00pm. Diabetes Workshop #3 1:00pm. Wii Golf with Don Ensero 1:00pm. Mah Jong with Barb Duigan 1:00pm. Texas Holdem with Josh Lidsky-$5 1:00pm. All Hallow’s Eve Tea w Mrs. Gordon-$15 1:00pm. Bereavement Support Group #6 w Rev. Kim Wadhams</td>
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<tr>
<td>October 20th. (FRIDAY)</td>
<td>9:30am. Bible Study @ Millennium Smolks 9:30am. Weight Strengthening with the Enseros’s 9:30am. Pinochle with Mike &amp; Bonnie Jones 10:00am. Scrapbooking &amp; Card making w Edwina &amp; Cindy-$2 10:00am. FREE Glucose/Blood Pressure Courtesy of Cheshire House 11:30am. Center Lunch-Fried Chicken Lunch-$7-(SCL) 1:00pm. Chess 6:30pm. Songs of the Grand Ole Opry @ Elim-$30</td>
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<tr>
<td>October 21st. (SATURDAY)</td>
<td>10:00am. Farmer’s Cow Calfe Lunch &amp; Tour-No Charge 1:00pm. Gentleman’s Guide to Love &amp; Murder @ Palace-$65</td>
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<tr>
<td>October 22nd. (SUNDAY)</td>
<td>9:00am. Lady Katheren Fall Foliage Brunch Cruise-$55</td>
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<tr>
<td>October 23rd. (MONDAY)</td>
<td>8:00am. Spinning/Cycling Class #1 @ Community Center-$20/$25 9:15am. Senior Exercise Class 9:30am. Prospect Bridge Club with Linda Favale 9:00am. Songbirds performing @ Shady Knoll 10:00am. Senior Balance Class with Brenda Martin-$2 10:00am. Wii Bowling League with Mary Henao 11:30am. Lori’s Center Lunch-$3-Menu: TBA (ENL) 1:00pm. Witches of Ct. Presentation-$5 1:00pm. Cribbage with Don Ensero 1:00pm. Grocery shopping @ Stop &amp; Shop 1:30pm. Chair Yoga Class #6 w Andrea Sutton</td>
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<tr>
<td>October 24th. (TUESDAY)</td>
<td>6:30pm. Turkey Train Day Trip-$102 8:00am. Spinning/Cycling Class #1 @ Community Center-$20/$25 8:30am. Red Hats to Newport Playhouse (no bus) 9:00am. Senior Fitness Program-$3 9:30am. Poker Club with Allen Thibodeau</td>
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<tr>
<td>October 25th. (WEDNESDAY)</td>
<td>8:00am. Spinning/Cycling Class #1 with Judy Jaworski-FILLED 10:30am. Lori’s Cooking Class-$5-Recipe: TBA 10:30am. Lunch @ BARC NO Center Lunch 11:00am. Ballroom dance lessons w Jorge @ Community Center-$2 12:30pm. Setback (downstairs) 12:30pm. Bocce League with Gene Bowman &amp; Barb Beloin NO Navigating Smart Phones with Lori Anderson 1:00pm. Setback (upstairs) 1:00pm. Quilting Group 1:00pm. Card Bingo w Betty Lukeski-$2 2:00pm. FREE Massages with Tony Marini (apts. necessary) 4:00pm. Computer Class #5 w Lori Anderson-No Charge</td>
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<tr>
<td>October 26th. (THURSDAY)</td>
<td>8:00am. Spinning/Cycling Class #1 @ Community Center-$20/$25 8:30am. Clydes Cider Mill Tour-$5 8:30am. Mõhegan Sun Day Trip-No Charge 9:15am. Senior Exercise Class NO Grocery shopping @ Oliver’s Supermarket 10:00am. Zumba w Lara Forrdavi-$3 10:30am. Calligraphy w Jann Lamb 10:00am. Water Coloring Class #4 with Carla Koch 10:30am. Italian Advanced Class #5 with Lucy Minichino 11:00am. Streaming Devices w Josh Lidsky 11:30am. Lori’s Center Lunch-$3-Menu: TBA (ENL) 11:30am. Medium Group Readings w Janine-$30 2noon to 1:00pm. Italian Beginners Class #5 with Lucy Minichino 1:00pm. Wii Golf w Don Ensero 1:00pm. Texas Holdem w Josh-$5 1:00pm. Mah Jong w Barb Duigan 1:00pm. to 3:00pm. Diabetes Workshop #4 1:00pm. Eerie Ct.: Local Myth &amp; Mystery-$5</td>
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<tr>
<td>October 27th. (FRIDAY)</td>
<td>9:00am. Field of Dreams Carriage Museum-$10 9:30am. Bible Study with Georgia Smolks 9:30am. Weight Strengthening w the Enseros’ 9:30am. Pinochle Mike &amp; Bonnie Jones 10:00am. Scrapbooking/ CARD making w Edwina &amp; Cindy-$2 10:00am. FREE Glucose/Blood Pressure Courtesy of Cheshire House 11:30am. Center Lunch-Fried Chicken Lunch-$7-(SCL) 1:00pm. Pizza 6:30pm. Songs of the Grand Ole Opry @ Elim-$30</td>
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<tr>
<td>October 28th. SATURDAY)</td>
<td>2:45pm. Graveyard Shift Ghost Tours @ Mark Twain House-FULL 5:00pm. School of Rock @ Bushnell-$89</td>
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<tr>
<td>October 29th. (SUNDAY)</td>
<td>8:00am. Spinning/Cycling Class #2 @ Community Center 9:30am. Song Birds performing @ Beacon Brook Health Center 9:15am. Senior Exercise Class 9:30am. Bridge Club w Linda Favale 10:00am. Wii Bowling League w Mary Henao 10:00am. Senior Balance Class w Brenda Martin 11:30am. Lori’s Center Lunch-Menu: TBA (ENL) 12:30pm. WHIST w Tom Citrillo, Dolly Martin, Betty Lukeski-$3 NO Cribbage w Don Ensero 1:30pm. Chair Yoga Class w Andrea Sutton-$15/6-week session</td>
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<tr>
<td>October 31st. (TUESDAY)</td>
<td>8:00am. Spinning/Cycling Class #2 @ Community Center 9:00am. Senior Fitness-$2 9:30am. Poker Club with Allen Thibodeau 10:00am. Art Class #2 with Judy Jaworski NO Ballroom Dancing Class with Jorge NO Bocce League 11:30am. Halloween Party-$20 NO Setback, NO Quilting, NO Computer Class, and NO Navigating Smart Phones</td>
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<td>Name</td>
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<td>Marie Petzold</td>
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<td>Linda Fanna</td>
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<td>Sue Elliott</td>
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<td>Edward P. Kearney</td>
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<td>Alice Matthews</td>
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<td>Thomas Galvin</td>
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<td>Carol Costello</td>
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<td>Ruth J. Kuzmech</td>
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<td>Roberta Jacobs</td>
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<td>Ruth Flahive</td>
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<td>Barbara Santarsiero</td>
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<td>Francis W. McDonald</td>
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<td>Bill Manthey</td>
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<td>Galvin, Linda</td>
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<td>Cynthia Baker</td>
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<td>Rose Pavlowski</td>
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<td>Dorothy H. McAuley</td>
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<td>Nancy Soucy</td>
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<td>Mary L. Hullstrunk</td>
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<td>Gill Graveline</td>
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<td>Claire E. Leu</td>
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<td>Candida Johnson</td>
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<td>Mary Clarke</td>
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<td>Robert Balta</td>
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<td>Marge Fortier</td>
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<td>Arlene Dammling</td>
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<td>Aldia Fucito</td>
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<td>Charles F. Burns</td>
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<td>Diane E. Zibell</td>
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<td>Cindy Bethancourt</td>
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<td>Bernard P. Fabro Jr.</td>
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<td>Joseph A. Dileo Sr.</td>
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<td>Jack V. Ryan</td>
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<td>Louise Egan</td>
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<td>Linda Smith</td>
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<td>Angela Pietrarozio</td>
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<td>Nancy Sabados</td>
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<td>Andy Giordino</td>
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EVENTS THAT ARE SOLD OUT/FULL OR EVENTS WHERE DEADLINES HAVE PASSED

September 12th. (TUESDAY)-Acrylic Art Class with Judy Jaworski-FILLED
September 12th. (TUESDAY)-Welcome to Motown @ Aqua Turf-Deadline Passed
September 17th. (SUNDAY)-Lockwood-Matthews Flea Market-SOLD OUT
September 19th. (TUESDAY)-Marsh Botanical Garden-FILLED
September 21st. (THURSDAY)-Institute for American Indian Studies-SOLD OUT
September 23rd. (SATURDAY)-Mama Mia! @ Thomaston Opera House-SOLD OUT
September 24th. (SUNDAY)-Old Deerfield Craft Show-SOLD OUT
September 25th. (MONDAY)-Storm King Art Center-SOLD OUT
September 26th. Big E Day Trip-SOLD OUT
September 28th. (THURSDAY)-River Rose Cruise-SOLD OUT
September 29th. (FRIDAY)-I Hate Musicals @ Ivoryton Playhouse-SOLD OUT
October 4th. (WEDNESDAY)-I Hate Musicals @ Bushnell-Deadline Passed
October 7th. (SATURDAY)-Attic Tours of Phelps Hatheway House-SOLD OUT
October 10th. (TUESDAY)-America thru Song @ Krystal Gardens-SOLD OUT
October 24th. (Tuesday)-Acrylic Art Class with Judy Jaworski-FILLED
October 28th. (SATURDAY)-Graveyard Shift Ghost Tours-SOLD OUT
November 8th. (WEDNESDAY)-The Game’s Afoot @ Ivoryton Playhouse-SOLD OUT
November 14th. (SATURDAY)-Cher & Elvis @ Aqua Turf-SOLD OUT
November 18th. (SATURDAY)-Old Deerfield Holiday Sampler-SOLD OUT
(See additional trip added for November 19, 2017)
November 26th. (SUNDAY)-Phantom of the Opera @ Palace Theater-SOLD OUT
November 29th. (WEDNESDAY)-The Edward Twins Christmas Show-SOLD OUT
November 29th. (WEDNESDAY)-Connecticut Christmas @ Norma Terris Theater-SOLD OUT
December 14th. (THURSDAY)-Travelers Chorale Winter Concert-SOLD OUT

GET WELL SOON!!!

I want to be like a caterpillar. Eat a lot. Sleep for a while. Wake up beautiful.
Ranch Chicken Macaroni Salad

1 cup uncooked elbow macaroni
1 stalk celery, chopped
1 can (2.25 oz.) chopped green olives
1/4 cup mayonnaise
1/4 cup sour cream
2 Tbsp. milk
1 can (10 oz.) chicken chunks, drained
1 (1 oz.) pkg dry Ranch dressing mix
2 tsp. paprika

Cook the pasta about 8 minutes in boiling water. Drain and pat dry. In a medium bowl, mix together the celery, olives, mayonnaise, sour cream, milk, chicken and Ranch mix. Stir in pasta. Refrigerate 24 hours. Stir and sprinkle paprika over the top before serving.

Creamy Broccoli Cheese Soup

1 qt. chicken broth
2 cups 1% milk
1 pkg. (20 oz.) frozen broccoli cuts, thawed
1/2 small onion, finely chopped
1/4 tsp. black pepper
7 oz. Velveeta, cut into 1/2 inch cubes
1 1/2 cups instant potatoes

Combine broth, milk, broccoli, onion, pepper and 1 cup water in crock pot. Cover and cook on HIGH for 3 hours or on LOW for 5 hours. Whisk Velveeta into crock pot until smooth. Sprinkle instant potatoes over soup and whisk to combine.

Makes 6 servings

Mom’s Goulash

1/2 lb. elbow macaroni
1 1/2 lb. ground beef
1 large onion, diced
garlic salt, pepper, chili powder to taste
2 (14.5 oz.) cans whole stewed tomatoes, undrained
2 Tbsp ketchup
tomato juice, as needed

Cook the pasta to al dente as per package directions. While it’s cooking, brown the beef and onion together in an extra large skillet. Drain and season to taste. In a large bowl, mash tomatoes and add beef and the ketchup. Drain pasta and add to beef mixture, stirring well. Add additional seasoning as needed. If you like your goulash juicier, add tomato juice, especially to leftovers the next day.

Lemon Brownies

1/2 cup butter, softened
3/4 cup sugar
zest of 1/2 lemon
2 large eggs
1 Tbsp. lemon juice
3/4 cup flour
1/2 tsp. baking powder

Combine butter, sugar and zest, add eggs and lemon juice. Combine flour and baking powder and add to sugar mixture.

Bake in 8 x 8 inch prepared pan at 350 degrees for 20 - 25 minutes.

GLAZE with 3/4 cup powdered sugar mixed with 1 1/2 Tbsp. lemon juice

Makes 18 small or 9 large bars
### Peach Strawberry Dump Cake

- 1 can (29 oz.) peach slices, in light syrup, undrained
- 1 1/2 cups frozen sliced strawberries, thawed and drained
- 1 pkg. (about 15 oz.) yellow cake mix
- 1/2 cup (1 stick) butter, melted

Preheat oven to 350 degrees. Spray 13 x 9 pan with nonstick cooking spray.

Spread peaches and strawberries in prepared pan. Top with DRY cake mix, spreading evenly. Pour melted butter over top, covering as much as possible. Bake 50 to 55 minutes or until toothpick comes out clean. Cool at least 15 minutes before serving.

Makes 12 to 16 servings

### Creamy Fruit Freeze

- 1 pkg. (1 lb.) frozen mixed fruit or peach slices, partially thawed
- 1 cup plain nonfat yogurt
- 1 cup orange juice
- 2 tsp. grated fresh ginger
- 6 packets sugar substitute
- 1 tsp. vanilla

Combine fruit, yogurt, orange juice, ginger, sugar substitute and vanilla in blender. Blend until smooth.

Pour into four glasses. Garnish with mint

Makes 4 servings

### Grilled Marinated Chicken

- 8 whole chicken legs (thighs and drumsticks attached) (about 3 1/2 lbs)
- 6 oz. frozen lemonade concentrate thawed
- 2 Tbsp. white wine vinegar
- 1 Tbsp. grated lemon peel
- 2 cloves garlic, minced

Remove skin and all visible fat from chicken. Place chicken in 13 x 9 glass baking dish. Combine remaining ingredients in a small bowl; blend well. Pour over chicken; turn to coat. Cover; refrigerate 3 hours or overnight, turning occasionally.

Place chicken on grill 4 inches from heat source. Grill 20 to 30 minutes until cooked to 165 degrees internally.

### Saucy Asparagus

- 1 can (10 oz.) condensed cream of asparagus soup
- 2 Tbsp. milk
- 1 1/2 lbs. asparagus, trimmed, cut into 1-inch pieces (about 3 cups) OR 2 pkgs. (10 oz. each) frozen asparagus cuts

Stir the soup and milk in a 2-qt. saucepan over medium heat to a boil, stirring occasionally. Add the asparagus. Reduce heat to low. Cover and cook for 10 minutes or until the asparagus is tender, stirring occasionally.

Makes 6 servings
**PSC “HIGHLITES” NOW AVAILABLE ON-LINE**

The latest issue of our newsletter is now available on-line at the town of Prospect's website.

To access it on your computer or smartphone, go to the town’s website: www.townofprospect.org

Once you are there: click on “Town Services”; then click on “Senior Center”; then click on “Programs”; and finally, click on “Click here to download a copy of this month’s activities.”

The newsletter is readable using any Adobe Acrobat reader and can be printed out at home if you have a printer.

Each new “Highlites” will be available on this website just as soon as it is being printed out at the Senior Center. If you have computer access, you can get your copy without making a special trip to the Center saving you time and reducing the need for the Center to run off as many copies as it now does.

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**Lori’s Jewelry Class**

**Wednesday, Sept. 20th**

1 pm

Project: TBA  Price: $10

**Tuesday, Oct. 10th**

1 pm

Project & Price: TBA

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**Texas Hold’em**

$5  Poker Tournament  $5

Hosted by Josh Lidsy

**September**

Thursday, Sept. 14th $5 1:00pm

Thursday, Sept. 28th  $5 1:00pm

**October**

Thursday, Oct. 19th  $5 1:00pm

Thursday, Oct. 26th  $5 1:00pm

You must pre-register and PAY for these games. There is a limit of nine people playing on the table.

**FIRST NINE PEOPLE TO REGISTER AND PAY, GET TO PLAY.**

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**Cooking Demonstrations with Chef Lori - $5**

Watch as Chef Lori demonstrates how to make these delicious recipes. Then, stay and sample the end result!

**Registration and PAYMENT required beforehand.**

**Tuesday Sept. 16th 10:30am**

Dish & Price: TBA

**Tuesday Oct. 24th 10:30am**

Dish & Price: TBA

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**Chinese & American Mah Jong**

Every level welcome!

Every Thursday at 1:00pm.

---

**Senior Dance Social**

at the Prospect Senior Center

**Monday, September 11th**

Featuring Lou & the Good Timers

**Monday, September 18th**

Featuring Vinnie Carr

**Monday, October 2nd**

Featuring Perfect Timing

**Monday, October 16th**

Featuring Vinnie Carr

1:00pm to 3:00pm

COST: $9

Limited to 80 people

Registration required (203-758-5300)

If you register but cannot attend, please call ASAP so that others who are on the waiting list CAN attend.

---

**LEARN HOW TO BALLROOM DANCE**

**EVERY TUESDAY 11:00AM ‘TIL NOON WITH JORGE IN THE COMMUNITY CENTER DANCE ROOM**

**ONLY $2 PER SESSION**

COME WITH A PARTNER OR COME ALONE (HE’LL PARTNER YOU UP!)

DON’T SIT ON THE SIDELINES - GET UP AND DANCE!!
<table>
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<tr>
<th>REGULAR</th>
<th>July-August 2017</th>
<th>ACTIVITIES</th>
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<tbody>
<tr>
<td>Senior Exercise Classes Every Monday &amp; Thursday 9:15 AM</td>
<td>Senior Weight Strengthening Classes Every Friday 9:30 AM</td>
<td>PINOCHLE GROUP Every Friday 9:30am to 11:30am. Call Bonnie Jones for details @ (203)758-0886</td>
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<tr>
<td>“Pizza Party” BINGO Friday, Sept. 15th &amp; Friday, October 20th</td>
<td>Wii Golf Every Thursday at 1:00 pm Call Don Ensero at 203-575-1511 if you are interested</td>
<td>SETBACK CARD PLAYER’S GROUPS EVERY TUESDAY DOWNSTAIR’S GROUP 12:30pm UPSTAIR’S GROUP 1:00pm COME JOIN IN THE FUN</td>
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<tr>
<td>CARD BINGO On Tuesday Sept. 12th &amp; Oct. 24th @ 1:00 pm Cost: $2.00</td>
<td>Wii Bowling Every Monday at 10:00 am, Wednesday at 10:00 am or Wednesday at 1:00 pm Call Mary Henao at 203-757-9190 if you are interested</td>
<td>The Happy Hookers A knitting &amp; Crocheting Group Led by Aline Waldman Every Wednesday 1:00pm to 3:00pm Everyone is Welcome</td>
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<td>Origami Class Thursday at 12:30 pm September 7th &amp; 21st October 5th &amp; 19th</td>
<td>AARP Driver Safety Course Prospect Senior Center 2017 schedule: October 2nd December 4th</td>
<td>Check Your Blood Pressure Every Wednesday 11:30am to 1:30pm</td>
</tr>
<tr>
<td>WHIST CARD GAME Monday, Sept. 25th &amp; October 30th Games Starts at 12:30pm Price: $3</td>
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</table>
**REGULAR ACTIVITIES**

**June-August 2017**

**CHAIR YOGA**

- New 6 Week Monday Sessions
- Starts October 30th
- @1:30pm
- $15 per class

**Tai Chi Session with Barbara Santasiero**

- 8 week session starts on October 25th
- $25 per class

**ZUMBA GOLD**

- Now at Senior Center
- Every Thursday
- 10:00 am
- $3 per class
- taught by Lara Fordavi

**REGULAR ACTIVITIES**

**Christmas Tree Shops**

- Orange, CT
- Shop approximately 2 hours
- Sign up required
- # persons limited
- Lunch @ Cracker Barrell to follow shopping

**GOLD**

**Senior Center**

**Tai Chi Session with Barbara Santasiero**

- 8 week session starts on October 25th
- $25 per class

**Writer’s Workshop with Judy Boynton**

- Workshop 10:00am
- Sept. 13th & 27th
- October 11th & 25th

**LCR Dice Game Hosted by Mary Henao**

- (None in September)
- Monday, October 7th 1:00 pm
- Price: $1
- Please bring dimes.

**Free Computer Lessons with Lori Anderson**

- 6 Week Course
- Next classes begin: Sept. 26th & Nov. 7th-Tuesdays 4pm - 6pm

**Poker Club with Allen Thibodeau**

- Every Tuesday 9:30am. to 12:30pm

**Acrylic Art Class with Judy Jaworski**

- Every Tuesday 10:00am
- Next session begins: Oct. 24th (filled)

**Water Color Art Class with Carla Koch**

- Every Thursday 10:00am
- Next available session begins: October 5th
- $25 for a 6-week session

**Senior Balance Class with Brenda Martin**

- Every Monday 10:00am. to 11:00am.
- $2.00

**Tai Chi Session with Barbara Santasiero**

- 8 week session starts on October 25th
- $25 per class

**ZUMBA GOLD**

- Now at Senior Center
- Every Thursday
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- taught by Lara Fordavi

**Writer’s Workshop with Judy Boynton**

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</table>
| **Cribbage Card Game**  
Every Monday @ 1:00 pm  
Except for September 25th & October 30th  
Call Don Ensero 203-575-1511 for further information | **Line Dancing Classes with Lois Marticello**  
Every Wed. @ 1:30pm  
Cost: $20 for 10 weeks. Next 10 week session starts November 1st. The classes are geared specifically toward seniors. The classes are fun and they're great exercise too! | **Lunch @ BARC Cafe** (Bristol Adult Resource Center)  
AND **Quick Stop Shopping @ the Dollar Tree Store in Bristol**  
Tuesday, Sept. 19th & Oct. 24th 11:30am  
Sign-ups are necessary  
Phone: 203-758-5300 |

**Calligraphy**  
Classes with Jann Lamb  
Thursdays @ 10:30 AM  
No classes on the first Thursday of each month  
NO CHARGE  
Some supplies provided by Jann Lamb

**Bible Study**  
With Georgia Smolakis  
Every Friday at 9:30am  
No sign ups necessary  
Just drop in

**Billiards**  
Monday thru Friday 9:00am to 4:00pm  
Ladies are welcome and encouraged to join in the fun!

**“DIME BINGO” with Linda Petereit**  
Thursday, Sept. 21st & Oct. 12th  
12:00pm to 3:00pm  
$1  
You get two Bingo cards for ten cents. You can play as many cards as you would like. For each two cards that you are playing you have to contribute ten cents for each Bingo game that is played. The prize for each game will be the dimes that are collected. There will be a $1 charge to help in covering the cost of a coffee and dessert break at 2:00pm. If you are interested in joining in on the fun, please call the Senior Center to register.

**Blood Pressure, Glucose Testing & Hand Massages**  
Sponsored by Cheshire House Rehabilitation Center  
Next sessions: Sept. 15th & Oct. 20th  
10:30am to 11:30am  
No appointments necessary. Walk-ins are welcome.

**Day Trip to the Mohegan Sun Casino**  
Thursday, Sept. 21st & Thursday, Oct. 26th

**FREE Monthly Lunch with Chef Tara**  
Highland Rehabilitation Center in Cheshire  
Wednesday, Sept. 20th & November 15th at 11:00am.  
Call PSC to register.

**Quilter’s Group**  
Every Tuesday 1:00pm

---

July-August 2017

**Quilter’s Group**  
Every Tuesday 1:00pm
REGULAR ACTIVITIES Sept.-Oct. 2017 Issue Professional Services

101 Card Making

WITH CINDY & EDWINA $2 EVERY FRIDAY 10am TO 3pm

FREE MASSAGES WITH ANTHONY MARINI

TUESDAYS: September 5th and 19th October 10th and 24th
1/2 HOUR APPOINTMENTS START AT 2:00PM CALL THE PSC FOR APPOINTMENT

Janine Mangiafico
Intuitive Card Readings & Group Medium Readings
info@intuitivereadingsbjm.com
(203) 313-0816
www.intuitive readingsbjm.com

Paul’s Tree Service, LLC
PAUL A. ZELANIN
646 Walnut Tree Hill Road
Shelton, CT 06484
Ph: (203)929-6467 Cell: (203)610-1379

Assistance & Referrals...
A trained CHOICES representative from the Western Connecticut Area Agency on Aging is available to assist you with Medicare, Supplemental Insurance, Medicare Part D and state assistance programs either at the Senior Center or at their Waterbury office. Appointments are required by calling 203-757-5449

David Bethancourt
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Please note: We do not cut fungal, ingrown or diabetic nails
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Beards------$10.00
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Cheshire, CT 06410
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Fax: (800) 539-0662
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scott@weathertitesystems.com
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Local: 203.758.4227
Fax: 203.758.4181
Full Service Restoration Specialists
www.weathertitesystems.com
**FREE HEARING TEST** at the Prospect Senior Center Tuesday, Sept. 19th & Oct. 17th at 9am

conducted by “And-How-Hearing” 678 Chase Parkway (203)754-2200 Waterbury, CT

**Private Reflexology Sessions with Kim Stewart, NSCR**
Monday, Sept. 18th starting @9:00am
Monday, Oct. 16th starting @9:00am (Appointments are necessary)

Kim Stewart will be at the Senior Center to give private reflexology therapy sessions to our seniors. The cost will be $15 for a 15 minute session and $30 for a 30 minute session. Appointments are necessary and begin at 9 am. Please call the senior Center to schedule an appointment.

**REFLEXOLOGY**
A scientific art based on the principle that there are reflex areas in the feet and the hands which correspond to all parts of the body including organs and glands. The physical act of applying pressure to these areas can result in stress reduction which causes a physiological change in the body.

**BENEFITS**
- Reduces stress and brings about relaxation
- Improves blood supply bringing balance to the body
- Delivers oxygen and nutrients to the cells
- Detoxifies and cleanses the body and increases energy
- Sustains and enhances all body functions

**CONDITIONS WHERE IT MIGHT BE HELPFUL**
- High blood pressure - Diabetes - Migraine headaches
- Arthritis - Backache - Sciatica - Constipation - Insomnia

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Best prices around! Call for details.
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Reliable...
Experienced with the elderly...
Own transportation...
Available Monday-Thursday after 2:30pm. Also, Saturday & Sunday mornings.

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We haul away your unwanted bulky items such as: washers, dryers, TV’s, autos, couches, chairs, etc. Whatever junk you have, we will haul away. Call 203-819-9355 for a quote. Leave a message.
All calls will be returned.
Mention this ad to get Senior rates.

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Making 'em straight since '78
The “Bookwormers”  
Prospect Senior Center 
Book Club 
Book Club Coordinator 
Marie Delage

September & October Meetings:
Thursday, September 7, 2017-10:00am. 
& Thursday, October 5, 2017-10:00am.

For our September Book Club meeting we will be reading and reviewing the novel, The Curious Incident of the Dog in the Night-Time by Mark Haddon. The novel takes place in 1998 in and around the town of Swindon, England. The 15-year-old narrator of the story, Christopher John Francis Boone, discovers the slain body of his neighbor’s poodle, Wellington, on the neighbor’s front lawn one evening and sets out to uncover the murderer. His investigation is at times aided, and at times hampered, by the mild form of autism he lives with.

For our October meeting we will be hosting Author/ Poet Joseph R. Adomavicius. He will be reading poems from his books and discussing with us the writing process and the inspiration and turmoil that led to the publication of his two books of poetry. All those that attend the presentation will be treated to a free lunch afterwards. The lunch will be served at 11:30am. You MUST pre-register for this presentation and lunch.

I encourage all of our Book Club members to review the movie, “The Glass Castle”. It is currently playing in theaters. It has been adapted into a movie from the novel by author, Jeannette Walls. We will be reading and reviewing “Silver Star” and “Half Broke Horses: A True Life Novel”, two other novels by this same author in the near future.

The Senior Center library is now located in the TV room in the lower level of the Senior Center. It is open to all of the Senior Center members. Please be respectful of other groups that may be using the room when you go in there for books. We would like to thank Maggie Monthei who has been weeding through the books as they come in and keeping the library very organized. Maggie is a former librarian and she does a wonderful job for us.

Studies have shown that staying active, a proper diet, and READING are keys in the prevention of Alzheimer’s disease. Therefore, we encourage everyone who is a Prospect Senior Center member to come join the Book Club at the Senior Center. Or, with the summer weather upon us, grab a good book, a cool beverage and enjoy reading in the great outdoors!

The book club is a very interesting and welcoming bunch. New members are always welcome. We have had several new members join recently. The meetings are always interesting with some very lively discussions. The club also sponsors some great field trips and hosts many interesting presentations and speakers. Stop in and see for yourself what this group is all about. Remember what many studies have shown: reading keeps our aging minds active and alert.

If you have any questions or suggestions for the group you may contact Marie Delage at 203-758-5685.

Marie Delage

SEPTEMBER - OCTOBER 2017

Tuesday, August 15, 2017

The Ladies in Red had a wonderful time attending Ladies Night at Verdi Restaurant at Western Hills Golf Course. We enjoyed a free martini with our choice of appetizer, entrée and dessert.

We attended Ladies Night there last year and loved it so much we went back again this year!

Saturday, September 9, 2017

Hidden Valley Mini Golf and lunch at Kizl’s Family Restaurant in Southington. Pay yourself at the mini golf and Kizl’s. Bus leaves Prospect Senior Center at 10:30 a.m.

Tuesday, October 24, 2017

Red Hat Day at Newport Playhouse in Newport, R.I. This is when the Newport Playhouse hosts Red Hatters from throughout the Northeast! Includes an all-you-can-eat buffet, comedy play and cabaret show. Also includes a free glass of wine. $39.95 all inclusive. We will be carpooling. Departing at 8:30 a.m. Call Queen Jeannette Elsea at (203) 879-4749 for more details.

Building Your Self Care Toolbox

A FREE, ongoing series of programs designed to give patients, caregivers, families and healthcare staff the tools they need to unplug and handle stress effectively using integrative, supportive therapies.

Tuesday, September 12 • 3:30 PM - 4:30 PM
Meditation: Jessica Proulx, The Om Center: Spend an hour learning how to quiet the chatter of the mind using breath and sound. No experience required!

Tuesday, September 19 • 3:30PM - 4:30PM
Art Therapy; Nancy Karim: Come learn how art therapy can help you to express and share your thoughts. You will take home a piece of artwork, absolutely no art experience needed!

Tuesday, September 26 • 3:30 PM - 4:30 PM
Exercise for Well Being: Meghan Lennon, Health & Wellness Director, Greater Waterbury YMCA: Getting regular physical activity is an important part of staying healthy. Learn how staying active can also provide you with psychological benefits - improving mood and self-esteem, and lowering anxiety and stress.

Tuesday, October 3 • 3:30PM - 4:30PM
EFT: Linda Dayton, RMT, AAMET Certified - EFT Practitioner. Learn how EFT/Emotional Freedom Technique, also known as Tapping, can be used as a self empowering tool to help reduce and manage stress from everyday life situations.

A healthy snack will be provided. Facilitated by Diane Lafferty, LCSW, OSw-c.
Please reserve your spot: 203-575-5544 or e-mail dparkinson@leevercancercenter.org

THE HAROLD LEEVER REGIONAL CANCER CENTER
The Right Team. Right Here.
Pool Tournament Results
Prospect vs. Southington @ Prospect Senior Center
August 2, 2017
Prospect-19/Southington-11
Again, Southington fielded a very strong team!

Prospect vs. Watertown @ Prospect Senior Center
August 9, 2017
Prospect-27/Watertown-11

In-House Pool Tournament
August 16, 2017
First Place: John Strang
Second Place: Carmine Midola

Prospect vs. Vernon @ Prospect Senior Center
August 23, 2017
Prospect 26/Vernon-11

Prospect vs. Milford @ Milford Senior Center
August 30, 2017
Prospect-22/Milford-16

WORTH NOTING: Dick Cipriano & Richard Martel won all but one game!

Wii Bowling Tournament Results
Thursday, July 26, 2017
State Championship Tournament @ Torrington Senior Center
Prospect bowlers placed a very respectable Sixth Place out of 14 teams.
Following are the averages for each Prospect bowler for the 3 games played:
  Mary Henao-270.2
  John Raven-246
  Sharon Chouinard-234.2
  Elsa Colina-225
(Alternate bowlers that day were Ed Kearney and John Pilat)

Monday, July 31, 2017
Prospect vs. Oxford @ Oxford Senior Center
Top Finishers for Prospect:
  Sharon Chouinard-289
  Ed Kearney-275
  Elsa Colina-269
  Mary Henao-269
Prospect total pinfall-5,327
Oxford total pinfall-5,038

Great showing for both tournaments, Prospect bowlers!

Many thanks to Mary Henao who puts a tremendous amount of time and work into the Wii Bowling League! Everyone appreciates her efforts.

SUBSTITUTES NEEDED!
Don Ensero, coordinator of our Wii Golf League reports that the next Wii Golf League session will begin on Thursday, September 14, 2017 at 1:00pm. here at the Senior Center. Until that time, players can come on Thursday’s at 1:00pm. to sharpen their golf skills before competitive play begins.

Don states that there is still a need for a few people to play as substitutes. If you are interested in being a sub for this coming session, please call Don at 203-575-1511 or see him at the Senior Center.

I would like to thank Don Ensero who organizes and coordinates the league. He is doing a tremendous job running the league for us. Thank you, Don, for all the time and effort you put into the program. It isn’t an easy job but one that everyone who participates in, truly appreciates. Many thanks for a job very well done!
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### NEW MEMBERS

- ROBERT BATKA
- CAROL ANN STANKIEWICZ
- ELEANOR SPADOLA
- BILL PEPOY
- RONALD DESAULWIERS
- MARIA DESAULWIERS
- GLORIA YOUNG
- JOYCE YOUNG
- MARY CLARKE
- GRACE EDWARDS
- VINCENT RUSSO
- GEORGE PASUTH
- JOSEPH DEFRANCESCO
- ADELE DEFRANCESCO
- ROLAND DESROSIERS
- ALICE JOHNSON
- DEBORAH BROWN
- JOHN HONYOTSKI
- RON BLANCHARD
- CINDY BLANCHARD
- MARILYN MITCHELL
- VICKI MUNRO
- LOUIE DECAROLIS
- JEAN RAY
- EDWARD DESOUSA
- LINDA DESOUSA
- LILLIAN JACOBSON
- SANDY RUSSELL
- MATT KANE
- EVA ARNOTT
- DORY ST.JOHN
- AL FERMELIA
- CHARLES MCCOLLOU-
- HUBERT PIPER
- EDWIN CHARETTE
- RUTH BLANK
- SANDRA SOULE
- GEORGE JASER
- LOU FILIPPELLI
- VIOLET JONES
- BEVERLY JEWETT
- ERMA DEFRANCESCO
- EDMUND RYAN
- LIL PERSICO
- CAROL BILLO
- CAROL MINCUCI
- PAUL GRANT
- PAUL NACE
- HAZEL NACE
- BILL SPALTER
- JOSEPH GUERRERA
- SUSAN LAVERY
- LINDA PARKER
- ANITA MACKAY
- CAROL BERRY
- EMMA BARONE
- FRED BARONE
- JOYCE SWODITCH
- HELEN BIOSKI
- MARTHA HENDERSON
- KAREN BAILEY
- ELIZABETH CONRAD

**Welcome to the Prospect Senior Center**

### EVENTS THAT I AM INTERESTED IN ATTENDING:

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<td>Feb 20 Galvanized Jazz Band@ Elim Park Place</td>
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<td>Mar 6 Beautiful - The Carole King Musical @ the Shubert</td>
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American Mahjong Group
Looking for New Players
Every Thursday @ 1:00pm.

Mahjong is a game that originated in China. It is commonly played by four players. The game is widely played throughout Eastern and South Eastern Asia. It has also developed a following in Western countries. Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a degree of chance.

Barb Duigan who coordinates the American Mahjong group here at the Senior Center is looking for more people who may be interested in learning the game and joining the group. If you are interested, please call Barb at 203-758-4546.

The “Songbirds” NEED YOU!
The Prospect Senior Center “Songbirds” are a group of very enthusiastic and talented Senior Citizens. The group has been in existence for about fifteen years. They work under the musical direction of Joan Bowyer. Under Joan’s tutelage, they meet weekly to either practice at the Senior Center or to perform at area facilities.

The group is made up of 12 members who love to sing and perform. They spread their talent and cheer throughout the area by performing at nursing and rehabilitation centers in the area. Their love of music is only exceeded by their love of bringing smiles and joy to those who enjoy their performances.

The group is looking for new people to replace those members who have passed away recently or who can no longer participate because of health issues. If you are interested in joining the group, you can call Joan at 203-577-6528.

Need Your Teeth Cleaned?
Students at Lincoln College of New England Dental Hygiene Clinic can help! With a ONE TIME fee of ONLY $25, you can have a dental cleaning and walk out with a refreshed and sparkling smile!

The Clinic is located at 2279 Mount Vernon Road in Southington, Ct. If you are interested in their services, please call (860)-426-0467 to set up an appointment.

Special Rates for Seniors & Military: $10
Children 14-years and younger-$15
HUSKY insurance accepted.
Cash, Credit Card & Debit Cards also accepted.

FOR SALE $24,900
1968 Chevy Camaro Coupe SS Clone
350 V8 - 4 speed manual transmission

Blue exterior paint with silver racing stripes and Super Sport touches like the blacked-out grille and vented hood. Heads will turn with the classic muscle car curb appeal and the powerful sound of the high performance small block engine with four-on-the-floor. Great condition, solid, clean, reliable, turn the key and she’s ready to roll. Acceleration is outstanding. Garaged year round and well maintained.

Edelbrock aluminum valve covers, freshly painted subframe, drum brakes, 12-bolt postiration rear end, classic BF Goodrich tires and dual exhaust system.

Black Interior, factory console with vinyl bucket seats, wood sport steering wheel, AM/FM/cassette stereo, a trio of gauges mounted in center console, 4-speed transmission with Hurst Competition Plus shifter and performance clutch assembly.

CALL GAIL SWEET AT 203-393-0341

MAKE A DIFFERENCE!!!
We are seeking clinical research volunteers for trials in both WATERBURY and HAMDEN.

Through participation, you could help advance new medical treatments! Please reference our list of currently enrolling trials below to see if one might be a good fit for you!

ENROLLING TRIALS:

- COPD
- High Cholesterol
- Migraines (multiple studies)
- Diabetes (multiple studies)
- Heart Failure (multiple studies)
- Crohn’s Disease
- Diabetes with Kidney Disease
- Anemia with Chronic Kidney Disease
- Multiple Sclerosis

To contact a Recruitment Specialist: call (203) 419-4404

STAY TUNED ..... in early 2017 we will be enrolling participants in NEW High Cholesterol trials in both Waterbury & Hamden AND in an Osteoarthritis of the Knee trial in Waterbury.

Renters’ Tax Relief Program for the Elderly and Totally Disabled

The filing period for the Renters Tax Relief Program for the Elderly and Totally Disabled Persons will be April 1, 2017 to October 1, 2017.

To apply for the Renters’ rebate, the applicant must meet age and qualifying income limits. He or she must have been 65 years of age by December 31, 2016 or be certified totally and permanently disabled before reaching age 65. All income for 2016 must be documented. The maximum income for single applicants is $35,200 and the maximum income for married applicants is $42,900.

Applicants must show proof of all income received for the 2016 calendar year. If you do not file a Federal Income Tax return, just bring all of your year-end statements, and the 2016 Social Security Benefit Statement (Form SSA-1099).

Totally disabled applicants must submit current written proof of their disability and income. Proof of disability can include Social Security, Federal, State or Local government retirement or disability plan, Railroad Retirement Act, or government-related teacher’s retirement plan.

All applicants are required to present proof of expense including rent, electric, gas and fuel payments for the 2016 calendar year.

To file an application, the applicant, a relative or an agent must come to the Prospect Assessor’s office at Prospect Town Hall before the filing period ends on October 1, 2017. The hours are Monday through Friday from 10 a.m. to 12 noon and 2 to 4 p.m.
**What You Should Know Before You Sell Your Home**

**A Presentation @ the Prospect Senior Center**

**Thursday, September 28, 2017 11:00am.**

**Coldwell Banker Residential Brokerage 680 South Main Street, Cheshire, Ct.**

Scott Martin of Coldwell Bankers will be at the Prospect Senior Center on Thursday, September 28, 2017, to provide a presentation on selling your home. This is a great opportunity for those considering selling their home to learn from an expert in the field.

Scott Martin has been in the real estate industry for over 20 years and has successfully sold thousands of homes. He has a proven track record of helping clients sell their home quickly and for the highest price.

The agenda for the presentation will cover the following:

**Things to Think About–Common Considerations:**

- **Size of current home versus current needs**
- **Equity–Improve your cash reserves (liquid, investment or both)**
- **Taxes, insurance, upkeep and utility typically runs 3.25% of a home’s value**
- **Closer to shopping, essential services and public transportation**
- **Social interaction, new friends**
- **Will your next home be a single family, senior living, or a rental property?**
- **Identify your wish list for your next home ($, size, BR, bath, kitchen, appliances, one floor living, etc.)**
- **Hiring a moving company or enlisting family and friends. Consider gifting or selling personal property not moving with you to your new home.**
- **How will I manage the cash proceeds from the sale of my current home (financial advisor)?**
- **Do you have, and will you need an attorney.**

**Preparing & Staging Your Home**

- **You love your home and you should; however when it is time to sell, it is important to prepare your home for new buyers.**
- **Less is more (Pod, Tag Sale, Estate Sale with family help)**
- **Ensure mechanicals are in good working order**
- **Decide what will transfer with the sale of your home (example, will your favorite dining room chandelier be included?)**
- **Interior/Exterior painting is an inexpensive improvement that may help sell your home faster and go for a greater profit.**
- **Simple curb appeal improvements (flowers, maintained lawn, removal of non-essentials, trimmed shrubbery, patched driveway)**

**Trust**

- **Contracts, appliances, sellers promises, official bank checks, inspections, escrow, acceptance, disappointment**
- **Why is it important to consider leveraging experts to protect your interests**
- **Ethics/Reputation**
- **Contracts/Negotiations**
- **Process/Procedures**
- **In the end, a real estate commission, an attorney fee, or a financial advisor fee is a small price to pay.**

If you are interested in attending this very informative program, please call the Senior Center to register.
**Italian Language Class**  
Sponsoring a Luncheon Trip to...  
Costa-Azzurra Italian Restaurant  
72 Broadway Street, Milford, Ct.  
Thursday, Sept. 28th  
Departing @ 11:30am.

Our Italian Language Class is sponsoring a trip to Costa Azzurra Italian Restaurant in Milford, Ct. The restaurant was established in 1971. It has been owned and operated by the Faustini Family for over 30-years.

From the restaurant you can enjoy some beautiful waterfront views. They specialize in fresh seafood and fresh veal daily. But, they offer many more items on their menu including daily specials.

We will be meeting and leaving from the Senior Center at 11:30am. **There is no cost for this trip other than the cost of your meal.**

If you are interested in joining us, please sign up as soon as possible. This trip is open to all our PSC members. We should be back from this trip at about 3:00pm.

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**NORTHWEST REGIONAL MENTAL HEALTH BOARD, INC.**

Central Naugatuck Valley Catchment Area Council  
#20  
Housatonic Mental Health Catchment Area Council  
#21  
Northwest Mental Health Catchment Area Council  
#22

969 WEST MAIN ST., Suite 1 B  
WATERBURY, CONNECTICUT 06708  
TEL: IFAX (203) 757-9603  
jsw@nwrmhb-ct.org website: www.nwrmhb.org

~ Do you care about mental health issues?  
~ Do you care about substance use disorders?  
~ Would you like to contribute to the improvement of mental health and addiction services?  
~ Are you a "plays well with others" type?  
~ Would you like to be a resource to your town?  
~ Would you like to join a group of dedicated, like-minded individuals?  
~ Could you spare about 40 hours a year from September to June?

If this sounds like you, then we have a great organization seeking a volunteer from each of the following towns: Bethlehem - Cheshire - Oxford - Prospect - Watertown

For further information, call (203) 757-9603, email (jsw@nwrmhb-ct.org) or look on our website ( www.nwrmhb.org ) or our Facebook page (Northwest Regional Mental Health Board). Or contact Mary Ann Broomhead (CAC #20 membership chair) at (860) 283-6934

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**Senior Nutrition Services**  
Meals on Wheels

The Western CT Area Agency on Aging Senior Nutrition Program currently does not have a waitlist. This program can provide meals to eligible homebound seniors, over the age of 60, up to 5 days per week, Monday - Friday based on need.

If you feel that you or someone you know could benefit from home delivered meals, please contact the WCAA Meals on Wheels department at 203-757-5449.

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**Connecticut Home Care Program for Elders**

The State of Connecticut wants to give you an opportunity to stay home instead of going to a nursing home. That is the purpose of a home care program for persons 65-years of age and older. The program is called the Connecticut Home Care Program for Elders. To see if you qualify for any of the services from this program, please call the Western Connecticut Area Agency on Aging at 203-757-5449 for further information.

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**DON’T LET THOSE OLD TAPE MEMORIES FADE AWAY!**

I will PRESERVE your old VHS or audio cassettes to CDs or DVDs at a FRACTION of the charge made by commercial places ... AND you get beautifully designed labels.

I am Bob Davy. I was an Emmy Award-winning producer at Maryland Public Television for 16 years. At age 93, I do this for FUN to help people re-discover the joys of old recordings they may not be able to play anymore.

I will record two audio Ds, or two movie DVDs for FREE. For each additional CD, I ask a modest donation of $5 to help defray expenses ($10 for additional DVDs). But if this does not fit your budget, DONATE WHAT YOU CAN.

Your satisfaction is GAURANTEED: You don’t pay until you have checked the finished product for quality.

CONTACT ME at (541)552-1277 or robtdavy@gmail.com

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**Get Your Medicare Questions Answered!**

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare, and the options that supplement Medicare.

The WCAA can answer questions that you may have on Medicare, Medicare the Prescription Drug Benefit, Medicaid, Preventative Benefits, Care giving issues and more. The WCAA can assist in filling out applications for different programs you may be eligible.

For more information please call the Western Connecticut Area agency on Aging at 1-800-994-9422 or 203-757-5449.
FREE Access Wireless Lifeline Program
Access Wireless provides mobile phone service to income-eligible residents as part of the government-funded Lifeline Assistance program. Lifeline is intended to help individuals experiencing financial hardship to stay connected to family members, schools and child care providers, as well as be reachable to potential employers and have a means of communicating in case of emergency. The valuable service that Lifeline provides is designed to be a bridge for those striving for self-sufficiency.

Access Wireless provides customers with a free mobile phone and a free monthly allotment of minutes/text messages each month. This airtime can be used to make and receive voice calls or send text messages. Customers that require additional airtime can add money to their account by purchasing airtime with a debit or credit card online, over the phone or on their Access Wireless phone.

You can apply for Access Wireless service in one of the following ways:
1. Call 1-888-900-5899 to begin the enrollment process over the phone with the help of a Customer Care representative.
2. You can download the Access Wireless Lifeline application for the state in which you live and return a completed application via US mail or via fax along with copies of your supporting documentation.

**PLEASE TAKE NOTE:**

**Per Chesprocott Health District Codes....**

We are not allowed to have anyone in the kitchen, other than employees and volunteer kitchen help. PLEASE, refrain from going in to the kitchen when you are here. We love your company and we enjoy talking to everyone, but just not in the kitchen. We appreciate your cooperation. We do not want to have our kitchen shut down because of any violations to this health code.

Thank you!

**Prospect Lions Club Collecting Eyeglasses & Hearing Aides**

The Prospect Lions Club has set up a purple and yellow mailbox outside the Senior Center where you may drop off all unwanted eyeglasses and hearing aids. The box is located right outside our front entrance. The items are collected, recycled, refurbished and used for people in need.

If you have any of these items and are no longer using them, please don’t throw them out. Drop them off in the “mailbox” at any time. The Center does not have to be open for you to drop them off. Thank you for helping those that are less fortunate.

**Stop & Shop Weekly Circular...**

Would you like to receive the Stop & Shop weekly circular in the mail for free? Simply call the Stop & Shop headquarters at 1-800-767-7772 (ext. 3) then press 1. They will take down your information and send it to you in the mail, free of charge.

**NEW INCOME GUIDELINES FOR 2017...**

Medicare Savings Program Puts Money in Your Pocket!

The State of Connecticut offers a Medicare Savings Program to the elderly and the disabled. There are three different levels to the program. The three programs are referred to as the QMB, SLMB and ALMB programs. All of these programs pays for your Medicare premium that automatically comes out of your monthly Social Security check. If you fall within the income guidelines of the QMB program, your payment of the Medicare Part A and Part B monthly premiums will be paid for by the State of Connecticut as well as payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.

If you have Medicare, you are paying $104 each month for your Part B coverage (doctor bills, lab tests, x-rays, etc.) This premium is automatically deducted from your Social Security check each month so you may not even realize you are paying for it. This is the premium that the State of Connecticut will pay for if your monthly income falls within the guidelines for any of these three programs (QMB, SLMB, ALMB). If you apply and meet the qualifications, your Social Security check will increase by $104 each month. To see if you are eligible, you must complete a very simple application form and meet the income guidelines set by the State of Connecticut. Income considered includes: pension, Social Security, rental income, Supplemental Security Income (SSI), wages, disability benefits, worker’s compensation, interest, dividends, alimony and child support.

Each of these three savings plans has their own income guidelines. The income guidelines have gone up for all three of these programs. Generally, if your monthly income is at or below $2,120.55 for a single person or $2,854.83 for a couple, you may qualify for the QMB Savings Program. If your monthly income is at or below $2,321.55 for a single person or $3,125.43 for a couple, you may be eligible for the SLMB Program. If your monthly income is at or below $2,472.30 for a single person or $3,328.38 for a couple, you may be eligible for the ALMB Savings Program.

The good news is that this money never has to be repaid back to the State of Connecticut upon your death. If you are eligible, it is all free and clear money. These are three great programs that were designed to help the elderly and the disabled. Who couldn’t use an additional $104 monthly in their Social Security checks! And, this amount that is being deducted monthly from your Social Security check will probably be going up in the years to come!

Add up your monthly income. If you are within any of these before mentioned income guidelines, stop in at the Senior Center and pick up the application form. Once again, the application form is very easy to fill out and self explanatory. The program does not take into consideration the amount of assets you may have such as checking and savings accounts, CD’s, IRA’s, stocks, bonds, etc. And once again, upon your death the money WILL NOT be recouped from your estate. Apply today if you feel there is a chance that you may be eligible. The application process takes about 6 to 8 weeks.
REPORT THAT FRAUD!
Where to file complaints - and what will happen then

GUESS WHAT the most frequent Google search related to scams is. According to Google, it’s simply "How do I report a scam?" The answer, of course, isn’t simple.

Fraudsters can’t be stopped unless their schemes are reported.

For scams-perpetrated by shady contractors and front-door solicitors, contact local police and your state attorney general or district attorney. For other scams, here’s a guide to which federal watchdog agency should get your complaints. Depending on your scam, there may be several.

<table>
<thead>
<tr>
<th>FEDERAL TRADE COMMISSION</th>
<th>ftc.gov/complaint, 877-382-4357</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is the agency for reporting identity theft, abusive debt collectors and most types of fraud. After filing a complaint, you’ll get a reference number to use when contacting the agency for future updates. The FTC received more than 3 million complaints in 2015, and it does not routinely respond back to you or resolve your individual case. Rather, your complaints will be entered into a database that the FTC and some 2,000 civil and criminal enforcement agencies use to track scam patterns and build cases against specific con artists. Fraud complaints should also be filed with your state’s attorney general and even local law enforcement authorities.</td>
<td></td>
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</tbody>
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<thead>
<tr>
<th>NATIONAL DO NOT CALL REGISTRY</th>
<th>donotcall.gov, 888-382-1222</th>
</tr>
</thead>
<tbody>
<tr>
<td>For reporting unsolicited sales calls. Start by putting your phone number on this registry. Once yours has been there for at least 31 days, you can report unwanted calls. Your information will be pooled with other data to help catch violators. Note that calls from legitimate charities, survey firms, debt collectors and political candidates’ or parties are not covered by the Do Not Call rules.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONSUMER FINANCIAL PROTECTION BUREAU</th>
<th>consumerfinance.gov/complaint, 855-411-2372</th>
</tr>
</thead>
<tbody>
<tr>
<td>For complaints about shady business practices and financial products, including loans, bank services, credit reporting, ID theft, debt collection and payment cards. The CFPB forwards complaints to the company, which has 15 days to respond. Cases are supposed to be resolved within 60 days. You can check the status of your case via the CFPB website. For credit cards and bank-issued ATM and debit cards that are used fraudulently, lost or stolen, contact the issuer.</td>
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<table>
<thead>
<tr>
<th>INTERNET CRIME COMPLAINT CENTER</th>
<th>ics.gov/complaint</th>
</tr>
</thead>
<tbody>
<tr>
<td>For reporting internet-based scams, including online auctions; investment and sales fraud; internet extortion, hacking and phishing; and scam emails. Operated by the FBI, the IC3 forwards complaint information to appropriate law enforcement or regulatory agencies, but does not directly conduct investigations.</td>
<td></td>
</tr>
</tbody>
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<thead>
<tr>
<th>POSTAL INSPECTION SERVICE</th>
<th>postalinspectors.usps.gov, 877-876-2455</th>
</tr>
</thead>
<tbody>
<tr>
<td>To report scams distributed by u.s. mail, such as bogus lottery and sweepstakes &quot;winnings&quot;; chain-letter schemes and deceptive advertisements as well as mail theft.</td>
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</tr>
</tbody>
</table>
2017-2018 UCONN Women's Basketball Game Packages For XL Center ($168 for 7-Games)

The NCAA Women’s Basketball 2017-2018 game schedule has not been released yet. The schedule usually gets publicized at the end of September. But, as in previous years, the packages for the games will first go on sale to all previous season ticket holders in August. Since the Senior Center has been season ticket holders for many years now, we are able to buy our season tickets ahead of time. However, I still cannot tell you what games you will be seeing, the dates of the games or even where we will be sitting. None of this information is available right now.

I have put a deposit on our season ticket packages. The balance is due later in July. I will only be buying and paying for tickets for those people who have signed up and PAID for their tickets. No extra packages will be bought. These season ticket packages usually sell out every year since we have a huge UCONN Women’s Basketball following here at the Senior Center.

We will be traveling to these games on our Senior Center mini buses. Game tickets will not be sold individually, only as a total season package. Once the schedules come out in September for the games at the XL Center, we will notify those people who bought packages to the games. At this time we will also let you know the departure times from the Senior Center for each of the games.

If you are interested, please stop by the Senior Center, sign up and PAY. Like I said, these packages usually sell out each year.

St. Anthony’s Church Offers Communion Services to the Homebound

If you would like to receive the sacrament of Communion and are unable to attend Mass due to illness or being homebound, Communion can be brought to you by a Eucharistic Minister from St. Anthony’s Church in Prospect.

Please contact the Parish Center at 203-758-4056 and visitation can be arranged.

This scam hasn’t surfaced in quite a while, but it’s back

This just happened the last week of July in one of local towns in CT. A local woman reported being scammed out of more than $2,000 Friday.

Police said she wired the money to an address in Ohio to bail her son out of jail, only to call him later and learn he was safe and she had been scammed. The incident is under investigation.

If you receive this type of call always ask for some personal information that only the individual they are calling about would know, i.e., mother’s maiden name, last vacation, dog’s name etc.

The Senior Medicare Patrol is here at the Western CT Area Agency on Aging for any questions. 203-757-5449

LOOKING FOR AN APARTMENT TO RENT IN PROSPECT...

Elderly lady from Prospect looking to rent a small apartment in Prospect. If you know of one or have one, please call Elaine at 203-758-5827.

New Opportunities Senior Dine Program

Senior Dine is a dining out nutrition program available to anyone age 60 or older, regardless of income, who live in the Greater Waterbury or Greater Danbury areas. Developed by New Opportunities Senior Nutrition Services, Seniors may dine at any participating restaurant. Diners may also visit any of the designated restaurants at a flexible range of specified hours and select from an array of delicious and nutritious multiple course meals on the special Senior Dine menu. The suggested donation for the food is $3.50 to $5.00 per person, depending on income. While some of the the restaurants involved offer these meals during hours ranging from an early to a very late lunch, others are open for breakfast and an early supper as well.

Senior Dine is made easy as those in the program are given their own Senior Dine debit card which the restaurant swipes when the person is ready to pay for their breakfast, lunch or dinner. Here is how the program works:

> If you are a member of the Prospect Senior Center or a resident of Prospect, you can make an appointment with Lori Anderson here at the Senior Center to do the paperwork to join the program. If you are not a member here or if you are not a Prospect resident, then you must contact New Opportunities in Waterbury at 203-757-7738 for an appointment to complete the necessary paperwork.

> Those joining will submit an order form and provide their first donation, based on the number of meals they would like to pay for at that time.

> Your Senior Dine card which looks like a credit card, will arrive in your mail. The card can be used within 24-hours of receipt.

> Once a Senior is in possession of their ID card, additional donations may be sent to Senior Nutrition Services by mail, or online, to replenish the original amount as it is consumed by dining at Senior Dine locations.

Members of Senior Dine can use their cards at any specified restaurant during the Senior Dine hours. The following is the easiest process to follow when using your card.

This process will enable Seniors to enjoy freshly prepared, nourishing meals while they socialize and enjoy themselves for a comparatively small expenditure:

The Senior Dine card should be presented to the server before ordering:

> The server will swipe the card to register the credits paid for the meal and give the dinner receipt back to you. No cash is exchanged.

> The receipt will indicate how many dining credits remain on the card. Once down to only two credits, it is time to send in a donation which will be registered as additional credits on the Senior’s card.

> While the suggested donation is $3.50 to $5.50 per meal (depending on income), the meals are valued at $7.50. Seniors are asked to tip their servers based on the full value of the meal rather than the donation value.

> All Seniors of the appropriate age are welcome to join this program. Senior Dine cards also make a very welcome and appreciated gift.

Following are the restaurants in this area that participate in the Senior Dine Program:

Amalfi’s Restaurant-580 Wolcott Road-Waterbury, Ct. (203-755-5553)

The Brass House Restaurant-2620 South Main Street-Waterbury, Ct. (203-755-4910)

John Bale Book Store-158 Grand Street-Waterbury, Ct. (203-757-2279)

Monteiro’s-161 Fairfield Avenue-Waterbury, Ct. (203-573-0645)

Nick’s Country Kitchen-3 Flanders Road-Bethlehem, Ct. (203-266-7317)

This is a great program that is definitely worth looking into!
Re-cycling

New Partnership with NEAT Center

The WCAAA and the NEAT Center are now partnering on re-cycling of gently used durable medical equipment.

Consumers can:
- Donate gently used durable medical equipment (walkers, wheelchairs, bath chairs, etc.)
- Purchase quality refurbished equipment for less than half of new!

NEAT will pick-up larger items at your home, like hospital beds, powerchairs, etc. for free. Please call Charlene at 203-757-5449 to make an appointment and for information.

No items will be accepted without an appointment. NO WALK-INS, PLEASE!

Hospice Training
Volunteers are the Heart of Hospice

Free training is provided to all volunteers visiting hospice patients. Whether you are looking for something meaningful, just learning an instrument, or can help in the office, there is a spot for you.

Volunteering is scheduled at your convenience and at preferred locations.

- Sit with a Patient
- Provide Reiki for Relaxation
- Play Music
- Recite Prayers
- Visit with Certified Pet Therapy
- Be a Friendly Visitor

Please contact Holly Beck, MA, LPC, Volunteer Coordinator, holly.beck@hhchealth.org or 203-321-3008

Find out how you can change the lives of others one visit at a time.

Congratulations,
Frank & Faye Gomes

Congratulations to Frank and Faye Gomes who celebrated 59-years of marital bliss this past August 30th. Frank and Faye were longtime Prospect residents before moving to Goshen, Ct. a few years back. They now reside in Florida during our cold winter months and come back to Goshen when the weather here gets nicer.

They are regulars here at the Senior Center where they participate in many of our dancing activities. They are both very accomplished and seasoned dancers.

Congratulations, Frank & Faye! You have reached a milestone that many never even come close to.

JOIN SYNNOTT TRAVEL
ON AN ESCORTED TRIP

CELEBRITY ECLIPSE February 18- March 4, 2018

Escape the winter Blues Cruise----- 14 Nights. Visit visiting 7 islands-- St Maarten; Antigua; St Lucia; Barbados; Bonaire; Curacao overnight; Aruba & 5 glorious days at sea. $1929.00 - 2879.00 Per Person - 2 persons sharing a cabin. Air and Transfers to Ship is not included – call for details.

JOIN PAUL VANCE (FORMER CT STATE TROOPER)
CRUISE NEW YORK TO THE CARIBBEAN
March 25 - April 1, 2018

7 nights back in time for Easter Dinner. R/T TRANSPORTATION TO NY PIER FROM WATERBURY. VISIT PORT CANAVERAL OR GO TO ORLANDO BEACHES; NASSAU & GREAT STIRRUP CAY- NCL’S PRIVATE ISLAND GREAT MEALS AND MOST SHIPBOARD ACTIVITIES CHOOSE 2 PERKS- DRINK PACKAGE; GRATUITIES; INTERNET PACKAGE OR THE CHOICE OF OTHER AMMENITIES.

Inside cabin $1079.00 Ocean View Balcony $1439.00 per person based on double occupancy.

CANYON COUNTRY TOUR JUNE 1 – June 8, 2018

8 Days: 10 Meals. Phoenix to Las Vegas. Visit Scottsdale; Oak Creek Canyon; Kaibab National Forest; Grand Canyon; Lake Powell; Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise; Bryce Canyon National Park; Zion National Park and Las Vegas. Escorted from Bradley. $2,999.00 Per Person 2 people sharing a room. Limited Space – book now for a Wow!

Synnott Travel specializes in VIKING RIVER & OCEAN CRUISES.
We still have space on our escorted groups Join our Paris to Normandy October 6-14, 2018 or Budapest to Bucharest- April 24-May 5, 2018 unpack onboard once and go to 5 different countries. We have great group savings on most of Viking’s itineraries- Call for details.

CALL SYNNOTT TRAVEL @ 203-575-1010
FOR DETAILS 452 Meriden Road Waterbury, CT 06705
WWW.SYNNOTTTRAVEL.COM
rick@synnotttravel.com

JOIN TOM CHUTE OF WATR RADIO & RAYLIN TRAVEL ON A NORTHERN IRELAND EXCURSION: BELFAST- BALLYBOFEY BALLYFARNON - GALWAY - DUBLIN APRIL 7-15, 2018

$2,499 P.P. Sharing $359 Single Supplement
Land, Air, Tax, & Fuel Surcharges apply
For more information, call Linda Soto at RALIN TRAVEL (203)591-1407 or e-mail her at raylin11@swbcglobal.net
What To Do About Pre-Recorded Calls
If you answer the phone and hear a recorded message instead of a live person, it’s a robocall. Recorded messages that are trying to sell you something are generally illegal unless you have given the company written permission to call you.

If you get a robocall:
• Hang up the phone. Don’t press 1 to speak to a live operator or any other key to take your number off the list. If you respond by pressing any number, it will probably just lead to more robocalls.
• Consider asking your phone company whether they charge for blocking phone numbers. Remember that telemarketers change Caller ID information easily and often, so it might not be worth paying a fee to block a number that will change.
• Report your experience to the FTC online or by calling 1-888-382-1222.

If you get phone service through internet or cable, you might want to look into services that screen and block robocalls. Try doing an online search for “block robocalls.”

EFT Tapping Therapy Sessions
Presented by Stacey Altomari
EFT Practitioner/Coach
Wednesday, September 6, 2017-11:30am.-$2
Wednesday, October 4, 2017-11:30am.-$2
Wednesday, November 1, 2017-11:30am.-$2
Wednesday, December 6, 2017-11:30am.-$2

The Emotional Freedom Technique (EFT—also known as “Tapping Therapy”) was created by Gary Craig and works like emotional acupressure to quickly, gently and easily release the negative emotions and beliefs that are at the root of many of our problems and pain.

EFT is a combination of Ancient Chinese Acupressure and Modern Psychology. It is often referred to as a form of acupuncture without the needles. It is also a wonderful way for beginners to learn meditation.

EFT is a simple act of tapping on meridian points on your body. It is something that you can learn to do yourself and use at will whenever you feel it is necessary. EFT opens the meridians to allow more efficient healing of the body while removing the emotions attached to it. It has been around for thousands of years and anyone can do this technique, anywhere. It has been found that when people remove the negative emotions attached to illness, pain, anxiety, etc. they feel better and in many cases that which was bothering them is but a distant memory.

Stacey Altomari is an EFT Practitioner/Coach. She will be here at the Senior Center for an EFT Tapping session on the first Wednesday of every month. Stacey has been performing EFT therapy at many local Senior Centers including Woodbury, Wolcott, Middlebury and Waterbury. She has gotten a great response from the Senior Community because she feels this age group is looking for alternative ways to feel better. This is a very easy technique to learn and do. It can be done in front of the TV or even in your car. Stacey’s husband has even done EFT on an airplane to help with his fear of flying.

If you are interested in participating in any of these sessions, please sign up and PAY beforehand. We cannot hold your spot without payment.
VIKING’S AEGIR CRUISE
EASTERN EUROPE
VISIT 5 COUNTRIES
APRIL 24 - MAY 5, 2018
12 DAY CRUISE TOUR
Visit: Budapest; Kalocsa;
Vukovar; Belgrade; Cruise
the Iron Gate; Vidin; Russe;
Giurgiu & Bucharest.

SPECIAL GROUP PRICES
STATEROOM CATEGORY RATES:
CAT E $3,899.00 - CAT D $3,999.00 - CAT C $4,199.00
CAT B $4,399.00 - CAT A $4,599.00
THE ABOVE GROUP DISCOUNTED RATES ARE
PER PERSON BASED ON TWO TO A STATEROOM.
AIR IS INCLUDED FROM HARTFORD/BRADLEY - AIR
COULD GO UP UNTIL DEPOSIT IS RECEIVED. WE
WILL MEET AT AIRPORT FOR OUR ESCORTED TRIP.
CALL FOR ALTERNATE AIRPORTS. MEALS WITH
WINE AND BEER AT LUNCH AND DINNER ARE IN-
CLUDED ON CRUISE - HOTEL STAYS ONLY INCLUDE
BREAKFAST. Wi-Fi ONBOARD THE SHIP IS INCLUD-
DED.
PACKAGE INCLUDES 2 NIGHTS IN THE HILTON
BUDAPEST OR SIMILAR BEFORE YOUR 8 DAY
CRUISE AND ONE NIGHT IN THE SHERATON
BUCHAREST OR SIMILAR AFTER CRUISE.

***** DEPOSIT IS: $1,000.00 PER PERSON
FINAL PAYMENT DUE DECEMBER 1, 2017******

CANCELLATION PENALTIES AS FOLLOWS:
CANCEL BEFORE DECEMBER 24, 2017 - $100.00
PER PERSON; CANCEL FROM DECEMBER 25, 2017-
JANUARY 24, 2018 - 15% OF PACKAGE; CANCEL
FROM JANUARY 25, 2018 - FEBRUARY 23, 2018 - 35%
OF PACKAGE; CANCEL FROM FEBRUARY 24 TO
MARCH 25, 2018 - 50% OF PACKAGE; CANCEL AFTER
MARCH 25, 2018 - PACKAGE IS NON-REFUNDABLE.
PACKAGE CANNOT BE TRANSFERRED TO ANOTHER
PERSON. AIR TICKETS ONCE PURCHASED ARE
NON-
REFUNDABLE. DEPOSITS ARE NON-REFUNDABLE.
TRIP PROTECTION IS HIGHLY RECOMMENDED AND
MAY HELP PROVIDE COVERAGE FOR ABOVE PENAL-
TIES. PLEASE CALL FOR RATES & DETAILS.

All Staterooms are outside: Cat. A, B have Veranda-
hs; Cat. C & D have French Balcony
& CAT E have non-opening window

SYNNOTT TRAVEL 452 MERIDEN ROAD
WATERBURY, CT 06705
203-575-1010 1-877-237-9666

We are getting a new bus!
We have been awarded a grant for a new mini bus!
We probably won’t get it until next year sometime,
but we are getting it!
Thank you Mayor Bob and Prospect Grant Writer
Megan Patchkofsky for your work in making this
possible.

Prospect Seniors appreciate you efforts!

News From The Crib...
More Cribbage Players Needed!
At this time our Cribbage card playing group meets ev-
ery Monday from 1:00pm. to 3:00pm. The players in the
group would like to start a league in the very near future.
In order to form the league, they need four additional
players and two additional subs.
If anyone is interested in joining in on the league and
all the fun, please contact Don Ensero at 203-575-1511
or just sign up at the Senior Center. This is a very easy
game to learn and one that the players are more than
happy to teach you, if you are interested in joining the
league.
The group that meets now on Monday’s is a very fun,
compatible group that has a great time playing together.
Join in on all the fun they are having each week. Join the
group!

2017 Stormville Airport Flea Market
& Family Yard Sale Dates
Flea Market Dates:
Saturday, September 2, 2017
Saturday, October 7, 2017
Saturday, November 4, 2017
Our mini bus leaves from the Senior Center @
7:30am.
Cost: $5-Sign up and PAY beforehand
Departing from Stormville @ 1:00pm.
Arrive back in Prospect approximately at 2:30pm.

Benefit Softball Game
$5.00 a person at gate
All proceeds to assist
Prospect Food Bank

Sunday
September 10, 2017
1:00 pm
Huckshy Field
Prospect, CT
Rain or Shine
Sponsored by the Prospect Fire Department Ladies Auxiliary
Connecticut Renaissance Faire
Lebanon Faire Grounds
122 Mack Road, Lebanon
Saturday, Sept. 30th $16 Departing @ 9:30am.
At the Connecticut Renaissance Faire, history repeats itself and recreates an old-world harvest fair that could have taken place during the Middle Ages.
Fantasy takes flight when you step back to the past at the Faire. It’s a time to play and unwind, to feast and drink, and a time to celebrate the old-fashioned way. Watch shows on stages around the Faire, listen to minstrels playing in the streets, watch as costumed performers interact with guests, and experience the ageless, old-world charm of a 16th-century village filled with laughter, romance, and good, old-fashioned family fun.
The Faire comes complete with costumed performers interacting with guests, craft shops and stages with entertainment, at the Connecticut Renaissance Faire. Come as you are or as you wish to be. Dressing in Renaissance attire is encouraged but not required.
Craft booths and food are in abundance here. Enjoy giant turkey legs, bloomin’ onions, craft beer, ice cream and so many more delicious offerings.
We will be meeting and leaving from the Senior Center at 9:30am. Once at the Faire you will be free to wander on your own until 1:30pm. At this time we will board our bus for our return trip back to Prospect. We should be back at the Senior Center by about 2:30pm.
If you are interested in joining us, please sign up and pay as soon as possible. We cannot hold your place without payment.

Connecticut Antique Machinery Fall Festival
31 Kent-Cornwall Road, Kent, Ct.
Saturday, Sept. 23rd $10 Departing @ 9:30am.
Does a 1930’s tractor give you a blast of nostalgia? Then you will love the Connecticut Antique Machinery Fall Festival. This event features an array of old machines—from tractors to drag saws.
Gas and steam exhibits, mining exhibits, working farm equipment as well as a blacksmith shop, a saw mill and railroad are all part of this Fall Festival’s unique offerings. There will also be food vendors and eats from local service organizations available. Popular every year is the association’s “Engineer’s Vegetable Beef Soup” and pie with ice cream.
We will be leaving from the Senior Center at 9:30am. Once at the fair you will be free to wander and explore the festival on your own until 1:00pm. At this time we will board our bus for our return trip back to Prospect. We should be back at the Senior Center by about 2:00pm.
If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment.

BUDGET CUTS.....
Next month the Immigration Department will start deporting seniors (instead of illegals) in order to lower Social Security and Medicare costs. Older people are easier to catch and less likely to remember how to get back home.

The Gargoyles of Yale University Walking Tour with Author & Photographer-Matthew Duman & Lunch @ Lenny & Joe’s Restaurant
227 Grove Street, New Haven, Ct.
Monday, September 11th 9:15am. $15
Join us this morning for a fascinating walking tour of Yale University’s gargoyles. Author and photographer, Matt Duman will be our tour guide for this very interesting tour. He is the author and photographer of the book-The Gargoyles of Yale University.
On this 1.5 hour tour, Matthew will highlight and talk about a selection of gargoyles found on the buildings of the Yale University campus in New Haven, Ct. He will share with us the artistic, historic, architectural and even humorous significance of these decorative sculptures and their role in communicating the identity of Yale University as a place of learning and enlightenment. Everyone who has an interest in history, architecture, sculpture or photography will appreciate his presentation.
Matthew grew up in Bethany, Connecticut. While studying abroad he developed a fascination with gargoyles of the cathedrals of Britain. In addition to England, he has made photographic trips to Italy, Australia and New Zealand. He currently works at the Knights of Columbus in New Haven. He began exploring the variety of sculpture found on the buildings of Yale University a few years ago and as a personal project, has researched and documented these gargoyles which are closer, but no less bewitching than their European counterparts.
We will be meeting and leaving from the Senior Center at 9:15am. Our guided tour with Matthew Duman, will last about 1.5 hours. It is a leisurely tour but, he does suggest that you wear comfortable attire and shoes.
At the end of the tour, we will continue on for a lunch stop at Lenny & Joe’s Restaurant, also in New Haven. The cost of your lunch will be your responsibility.
If you are interested in joining us on what should be a fascinating tour, please register as soon as possible. We are limited to the number of people we can bring with us. The $15 charge for this trip is to cover the cost of the tour only. We should be back in Prospect by about 2:00pm.

SUNDAY BRUNCH
Sponsored by the VFW Auxiliary
Post 201 — 2205 Baldwin Street, Waterbury
First Sunday of every month
10 am — 2 pm
$12.00
Breakfast foods
Lunch foods
Pastries
Coffee, tea and juice
Bloody Mary’s and Mimosas available at the bar for $5.00
Tickets available at the bar
May be purchased early
THE CONNECTICUT MISSION OF MERCY DENTAL CARE CLINIC
The Connecticut Mission of Mercy (CTMOM) is a large-scale dental clinic where dental treatment is provided at no cost to individuals who cannot afford dental care.

Who should come to CTMOM?
Adults and children are welcome at CTMOM. No child under the age of 18 will receive treatment unless accompanied by their parent or their legal guardian.

You can be a CTMOM patient if:
- You do not have enough money to pay for dental care
- You do not have a medically compromising condition that will prohibit you from receiving care
- Personal identification/documentation is not required

Services CTMOM Provides:
- Treatment to patients of all ages, cleanings, extractions, limited root canals on front teeth only, oral health education, pre and post treatment medications
- NO NARCOTICS, X-rays

Services CTMOM Does NOT Provide:
- Bone grafting, braces, crowns, extraction of wisdom teeth, full dentures, gum surgery, implants, narcotics, root canals on back teeth, tooth whitening (bleaching)

What to expect:
- No appointments
- Patients are seen on a first come, first served basis
- The number of patients seen will be limited to the clinic capacity
- There will be a waiting line to enter the clinic. Once inside, you will meet with a medical professional and a dentist for an initial evaluation of your dental needs.
- The dental services provided at CTMOM include cleanings, fluoride treatments, sealants, x-rays, oral health instructions, fillings, root canal treatments, and extractions.
- Due to the numbers of patients seen at CTMOM, we will not be able to treat every dental problem you may have.
- In most cases, interpreters will be available to assist patients that speak languages other than English
- Sign language interpreters

What to bring:
- Please bring a list of all your current medications.
- On the day of the clinic, please be sure to take your medications according to your prescriptions.
- Due to possible extended wait times, it is advisable to bring something to help you pass the time such as reading material, knitting, and crossword puzzles.
- It is important to bring water, food and snacks with you.

VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM
AARP Foundation Tax-Aide is the nation’s largest volunteer-run tax preparation service.
AARP Foundation Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can’t afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they’ve earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year, 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including senior centers, libraries and other convenient locations.

AARP Foundation Tax-Aide has grown remarkably since its inaugural team of just four volunteers in 1968. The program now involves nearly 35,000 volunteers and serves 2.5 million taxpayers annually at some 5,000 sites nationwide with free tax help. In 2017 taxpayers who used AARP Foundation Tax-Aide received $1.37 billion in income tax refunds and more than $222 million in Earned Income Tax Credits (EITCs). Taxpayers do not need to be a member of AARP or a retiree to use this program.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.
Chaparrals Performing @
New England Carousel Museum
95 Riverside Avenue, Bristol, Ct.
Saturday, Sept. 30th  7:00pm to 11:00pm
$12  Departing at 6:00pm
Enjoy an evening of the Chaparrals performing live at the New England Carousel Museum in Bristol, Ct. on Saturday, September 30, 2017 Admission to the event is $12. Doors will be opening at 6:30pm. The performance starts at 7:00pm and continues until 11:00pm.
We will have reserved tables of eight set aside for our group. The event is BYOB. You may also bring your own snacks and set-ups.
The Chaparrals play a blend of country and country rock from the 50’s and 60’s. Their music is fun and very danceable. Dancing is definitely encouraged but you can also just sit back and do some toe-tapping to the great music while also enjoying the company of your friends. We will be meeting and leaving from the Senior Center at 6:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.
Get a table of eight of your friends together for the night. If you don’t have eight friends interested in going, no worries! We will sit you with others from our group. It should be a fun evening.

Second trip added…
Captain’s Cove Seaport Day Trip
Sunday, September 10, 2017  $9
Departing @11:00am.
Captain’s Cove Seaport is located on historic Black Rock Harbor in Bridgeport, CT. It is one of Connecticut’s premier tourist attractions and seaports. The Restaurant at Captain’s Cove is located at the seaport. You can dine on a picnic bench on the boardwalk, under a gazebo, on an upper deck overlooking the harbor or inside by a giant fish tank.
Running along the boardwalk are the BIG little buildings. Built in Colonial and Victorian architectural styles, these miniature shops offer a wide variety of gifts and delectable’s that you can browse through or purchase. Sunday afternoon at “The Cove” also features musical entertainment.
We will be meeting and leaving from the Senior Center at 11:00am. Once at the seaport we will be taking a scenic tour together of the harbor aboard the 40’ Navy launch, “The Chief”. From its’ deck, passengers can view the beautifully restored Black Rock Lighthouse and the Penfield Lighthouse that is said to be haunted by the ghost of a former keeper! You will also enjoy scenic views of the yacht club, the old Fayreweather Lighthouse and a number of other historic sites.
After our hour-long tour you will be free to explore the seaport on your own and at your own pace. You can grab a bite to eat at The Restaurant, browse through their quaint shops or just sit and relax by the water’s edge.
At 4:30pm. we will meet again for our trip back to Prospect. We should be back at the Center by about 5:30pm.
If you are interested in joining us, please sign up and PAY as soon as possible. We are limited to the number of people we can bring with us. We cannot hold your seat without payment.

First Aid and CPR Course for Seniors
Saturday, September 30, 2017  $25
9:00am. to 1:00pm.
The Prospect Senior Center, the Prospect Board of Recreation and Lieutenant Nelson Abarzua and his wife Terry are sponsoring a First Aid and CPR Course for Seniors. EMT, Michael Smegielski, will be teaching the class. He will teach a personalized American Heart Association Certified Heart Saver First Aid Class along with the CPR Certification Course. The class will be held at the Senior Center.
It is designed especially for seniors and those who care about and care for seniors. In addition to the standard Heart saver CPR and First Aid instruction the course will have special emphasis on emergencies and situations that affect those of us 50-years old and over. This will include how to recognize and what to do in emergencies such as a heart attack, stroke, falls & head injuries, diabetic emergencies and medication related issues. It will also address the emergency medical system and what to say if and when you call 911 and what to do before help arrives and also what to expect when help does arrive.
The class will be taught by Michael Smegielski who has been a working professional Emergency Medical Technician with American Medical Response for 32-years. He has been an instructor for the American Heart Association for 28 years. He is also “one of us”. He is a very active 67-year old who has had his share of personal “senior” experiences both as an EMT and in his daily life.
The class will run approximately 4 hours dependent on the number of attendees. Cost will be $25 per person. This is a special rate that Mike is offering Prospect Senior Center members and staff. The American Heart Association usually offers this class for $100 per person. We will take a short break for a light lunch during the class. Lunch will be complimentary and provided by the Senior Center staff.
If you are interested in participating in this class, please sign up and PAY as soon as possible. We cannot hold your place without payment. Do not hesitate to sign up since the class is limited in size.

RESCHEDULED…
A Presentation on
The Life of P.T. Barnum
Presented by Marian O’Keefe
Tuesday, November 7th  $3  1:00pm.
P.T. Barnum was born on July 5, 1810 in Bethel, Connecticut. Barnum served as Mayor of Bridgeport, served in the Connecticut legislature and was one of the founders of the Barnum & Bailey Circus.
Marian O’Keefe, a docent from the Barnum Museum, will be at the Prospect Senior Center on Tuesday, November 7, 2017 at 1:00pm. to speak on P.T. Barnum’s life and his marketing genius.
If you are interested in joining in on this interesting presentation, please call the Senior Center to register and PAY.
Refreshments will be served after the presentation.
What Older Adults Must Know About Rx Risks

Lower doses and fewer drugs help prevent problems

WHEN IT COMES to risks from prescription drugs, seniors face triple jeopardy. They’re more likely to take multiple meds and more susceptible to side effects due to physical changes that accompany aging. And they’re at a higher risk of drug interactions, partly because they tend to take more meds. In Consumer Reports’ recent survey, for example, 40 percent of people ages 65 and older took five drugs or more, compared with just 17 percent of those ages 45 to 55.

Compounding the problem is that older people are less likely than younger ones to ask a doctor about drug safety. Barely half of the seniors in our survey said they talked with their doctor about such concerns as drug side effects, but two-thirds of younger adults did.

It’s not surprising, then, that older adults are twice as likely to suffer a side effect serious enough to require a trip to an ER, and seven times more likely to be hospitalized as a result, according to the Centers for Disease Control and Prevention. To reduce those risks, ask your physicians these questions:

Is this drug safe for someone my age?
The American Geriatrics Society has identified dozens of medications that people 65 and older should almost always avoid because of the risk of serious side effects. They include the anti-anxiety drugs diazepam (Valium) and alprazolam [Xanax], and sleep drugs such as zolpidem (Ambien) and eszopiclone (Lunesta). For a complete list, go to https://dcri.org/beers-criteria-medication-list/.

Will a lower dose work just as well?
Because older people are more susceptible to medication, a lower dose may be as effective and pose less risk. For example, a study of more than 200,000 patients ages 70 and older on levothyroxine (Synthroid) to treat an underactive thyroid found that those taking lower doses were two to three times less likely to suffer a fracture, one of the drug’s known risks. A lower dose of the drug can work just as well for older patients.

Do I need to treat the problem so aggressively?
In some cases, it can make sense to treat conditions less aggressively as you age. For example, high doses of diabetes medication can make blood sugar levels drop dangerously low in older people. One study found that certain diabetes drugs were responsible for 23 percent of emergency hospitalizations for seniors. Recognizing that problem, guidelines from the American Geriatrics Society and the American Diabetes Association now say that otherwise healthy older adults with diabetes should talk with their doctor about aiming for an HbA1c (a measure of long-term blood sugar levels) of 7.5 rather than 7, which is the goal for other adults. Similarly, new guidelines from the American College of Physicians say that low-risk people older than 60 should consider treating high blood pressure only if their systolic, or upper, reading is over 150, rather than 140, the traditional cutoff. Even then, our experts say, if blood pressure is only moderately elevated (between 150 and 160), try several months of diet and lifestyle changes before resorting to medication.

Is this prescription still necessary?
Sometimes the potential benefit of a drug declines with age. For example, there’s little evidence that cholesterol-lowering statins reduce the risk of heart problems in most older people than 70, and even less that they benefit people in their mid-80s and older. That makes the risks of the drugs, which include muscle pain and possibly cognitive decline, of greater concern. For those reasons, the American College of Cardiology encourages older people to discuss with their doctor the limited benefits and potential risks of statins. It makes sense to have an honest discussion with your doctor about how your age and overall health affect your need for specific medication, says Michael Hochman, M.D., of the Keck School of Medicine at the University of Southern California. “When someone’s life expectancy is less than 10 years,” he notes, “we should re-evaluate whether a medication’s benefits outweigh the potential downsides on quality of life.”
The Civil War Laundress
A Presentation by Sally Asevica
Wednesday, September 27th $3 10:00am.

Unlike the highly organized and efficient Quartermaster Corp of today's Army which handles laundry for our troops, America's Civil War men in blue and grey relied upon the camp laundress and laundry men. She often became one of the most respected and highest paid members of the camp for her basic, but important, work. She was also in charge of the men who assisted her in providing clean clothes for the officers and troops.

According to the Union Army's 1861 Military Handbook, only women of good character were allowed to be a laundress. Each woman had to obtain a "Certificate of Good Character" from Army headquarters before she was allowed to begin working. The laundress was usually married to or mother of one of the soldiers in the company with which she served. According to records, each Union company was allowed up to four laundresses while Confederate companies had up to seven laundresses. When broken down, this meant each Union laundress was responsible for mending and cleaning the clothes of around 20 men.

The salary of the laundress was paid by the Army by deducting the fees from the soldiers' pay. Each enlisted man had 50 cents withheld monthly, unmarried officers $1.00, and married officers $2.00. If the officer's had family traveling or visiting with the company, additional fees were negotiated.

For the men who could not afford to pay the fees, they washed their own clothes or simply wore them unwashed until the clothes fell apart. The laundress was provided a tent, rations, a hatchet and services of the company surgeon. They were allowed to bring along their children, dogs and household items like beds, cribs and linens.

In her "free time" she often assisted the doctor with wounded and sick men. "Suds Row" where the laundresses worked and lived was off-limits to the rest of the camp. The women did not move with the troops during sieges and battles but did move as a new camp was set.

The laundress was required to supply her own equipment and supplies. The basic supplies for each woman were two 25-gallon oak tubs (each weighed about 35 pounds when empty), buckets, iron cauldrons for heating water, fire grates, scrub boards, homemade soap, bluing, ropes for clothes lines, irons and sewing supplies. These tools were crucial to her livelihood and had to be kept in good shape. The wooden tubs and buckets leaked if they were left to dry for too long, so they had to be soaked to keep them watertight. However, the water had to be changed often because if left too long, the wood became slimy and rotted. Irons had to be stored standing up to keep the bottoms smooth, clean, and free of rust. Wax was placed on the irons to keep them from rusting. And, the laundress had to make her own soap by rending and supplies. The long process of stirring the soap while it "cooked" over an open fire.

Doing laundry for the troops was, at best, a three to four day process for each load of clothes involving ten steps. Sally Asevica, a Prospect resident, will be here to talk on the Civil War Laundress and her duties. Sally has lectured on various Civil War topics to many organizations including the Connecticut Civil War Roundtable, the Torrington Historical Society, Boy Scout Troops, a number of schools, the Gunnery Museum, the Prospect Library, the Hurd House and Sturbridge Village. She has participated with the Second Connecticut Heavy Artillery in various reenactments as a Civilian.

If you are interested in coming to what promises to be a very interesting program, please sign up and PAY as soon as possible. We cannot hold your place without payment.

A Phil Donahue Interview
@ The American Museum of Tort Law
654 Main Street, Winsted, Ct.
Sunday, September 17th $20
Departing @ 12:30pm.

The American Museum of Tort Law pays homage to the work of attorneys like hometown hero Ralph Nader. What you will find at this museum is a legal education of tort law and some of the famous cases that have held large corporations, from McDonald's to General Motors, accountable for unsafe products. There is a Chevrolet Cavalier displayed in the museum that was the subject of Nader's book, "Unsafe at Any Speed," about the life threatening dangers the GM car posed.

The museum was envisioned by Ralph Nader 15 years ago. Nader, 81, led the dedication ceremony of the museum on September 26, 2015. Nader one day hopes the museum will become a repository to archive the documents and exhibits of famous civil cases that can be studied and analyzed. He hopes the museum will help make the public understand the importance of tort law, which he described as being "under massive attack".

On Sunday, September 17, 2017 we will be visiting the museum. Legendary talk show host Phil Donahue will interview prominent Constitutional Scholar, and Yale Law School Professor, Akhil Reed Amar, about the Constitution, its history, evolution and why trial by jury was-and is-so important to preserving our democracy. Professor Amar, in a poll conducted by "Legal Affairs", placed among the top 20 contemporary U.S. legal thinkers. Why does the United States have a Constitution? Why is the right of trial by jury included in it? Join us on Sunday, September 17, 2017, as Phil Donahue interviews noted Constitutional scholar Professor Akhil Reed Amar about these and other questions. Audience participation will be encouraged.

We will be meeting and leaving from the Senior Center at 12:30am. The interview is scheduled to run from 2:00pm to 3:30pm. After the interview we will board our bus for a dinner stop at Tributary Restaurant also in Winsted. The cost of your meal will be your responsibility.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back in Prospect by about 6:30pm.

Kumihimo Japanese Braiding Workshop
Project: Bracelet Taught by: Lucy Minichino Tuesday, Sept. 19th 1:00pm. NO Charge

Kumihimo is the traditional Japanese form of braid-making. In Japanese, the word kumihimo means to gather or combine cord or thread. The technique involves braiding strands of silk, cord or thread to create intricately colored cords. These cords can be used for a multitude of uses.

Senior member Lucy Minichino will be showing us this technique so that you can create a bracelet that you can take home with you that day. There will be a sample bracelet on display at the Senior Center.

There is no charge for this workshop but you do have to sign up beforehand. If you are interested, please sign up by calling the Senior Center or stopping in to register.
Walking Tour of Coltville National Park  
80 Wethersfield Avenue, Hartford, Ct.  
Friday, September 15, 2017  
$6  
10:30am.  
Departing @ 9:30am.  
Park Ranger Bert Barnett will be leading our group on a walking tour of Coltville National Historic Park in Hartford, Ct. The park was designated a National Historic Landmark in 2008.  
The tour will step off at the Samuel Colt monument at the Wethersfield Avenue entrance to Colt Park. You will get a unique glimpse into the life and times of mid-century America as you make stops at the “Armsmear” mansion of Samuel and Elizabeth Colt, the carriage House, The Church of the Good Shepherd and its massive parish house, manager housing along Huyshope Avenue and the East Armory with its signature, blue dome.  
The tour will not include entrance to the buildings on the property because many are now privately owned. The walk also will not include entrance to the dome, although that is expected to be possible in the future.  
Ranger Bert is customizing the tour specifically for our group since it will be all Seniors participating. The tour usually lasts about 1.5 hours and is about 1.5 miles long. He is shortening the tour so that it is only ¾ of a mile and one hour long.  
Ranger Bert will point everything out to us as we go along. Usually, he points some things out on the first leg of the tour and points out other things on the second leg of the tour on the way back to the Park. We will not be doing the second leg of the tour back to the Park.  
Our mini bus will meet us at the end of the tour at the Church of the Good Sheppard. The tour is offered free of charge. Ranger Bert will not take anything for his services. The money you are paying for this tour will go as a donation to the National Historical Park Service.  
The tour should last about an hour. Since we are only doing the first leg of the tour, it will be all downhill walking. Depending on the weather, you are advised to bring a hat, water and sunscreen. The tour will be cancelled in the event of inclement weather. Access to restrooms is limited.  
After the tour we will be getting back on our mini bus for a lunch stop at Viron Osteria Restaurant in Cheshire. The cost of your lunch is your responsibility.  
We should be back in Prospect from this trip by about 3:00pm. If you are interested in joining us, please sign up as soon as possible. We cannot hold your seat without payment.

“Will We Ever See Their Likes Again?”  
Presented by Storyteller - Carol Birch  
Thursday, September 7th  
$5  
1:00pm.  
In 1998, Carol Birch received the National Storytelling Network’s Circle of Excellence Award given to storytellers recognized as master tellers by their peers. She has helped in setting standards for excellence in storytelling and demonstrating a commitment and dedication to the art over a significant period of time.  
Thirty years of experience has earned her a respected place in the forefront of the revival of platform storytelling. She has taught at Southern Connecticut State University and lectured at forty-one universities across the nation. She has also spoken many times to professional and corporate organizations.  
She has produced nine audio cassettes for independent storytellers as well as August House, Lightyear Entertainment, and Weston Woods Studios. She has written several essays and books on storytelling. She has appeared on ABC’s “Nightline,” and on CBS. She has also served as chairperson of the Anne Izard Storyteller’s Choice Award.  
Carol will be at the Prospect Senior Center on Thursday, September 7, 2017 at 1:00pm. She will be presenting a program on “Will We Ever See Their Likes Again?”  
This presentation celebrates the immigrants who, at the turn of the century, left their homes and entered the United States through Ellis Island to blend into the great melting pot of American culture. There are songs which speak of loved ones left behind, never to be seen again. The stories tell, too, of women, men and children who put their faith in the untested promises of early twentieth century America. For some, dreams were abandoned. For others, the “American Dream” was made manifest.  
If you are interested in joining us for this entertaining program, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Refreshments will be served after the program.  
We have had Carol Birch speak here before. She is extremely entertaining and knowledgeable about what she speaks on. She puts on a great presentation that you don’t want to miss.

Reiki Therapy Sessions  
Thursday, September 7, 2017  
Thursday, October 5, 2017  
30-minute appointments start at 10:00am.  
($20)  
What is Reiki? It’s a simple, non-invasive energy medicine practice that originated in Japan. The practitioner places her hands on or near the person receiving treatment, with the intent to transmit “ki” which is believed to be life-force energy. Reiki’s primary benefit is stress reduction and relaxation, which triggers the body’s natural healing abilities, and improves and maintains health. Thirty minutes of Reiki can calm and relax the recipient. In this relaxed state, the body’s natural healing takes place, improving our relationships.  
If you are interested in scheduling an appointment, please call the Senior Center to register. Payment must be made beforehand.

Southwind Alpaca Farm & Yarn Shoppe  
Wednesday, September 13, 2017  
Departing @ 9:30am.  
Jim and Penny Mullen own, manage and care for over 50 alpacas at their farm in Watertown, Ct. It is one of the largest alpaca farms in Connecticut. They show their animals throughout the country including at the “Big E” Eastern States Exposition each year. They sell their alpaca yarn at their farm, at craft fairs, by mail-order, and by some of the other shops in town. They also sell a variety of alpaca yarn at their farm throughout the year. With over 15 natural, un-dyed colors and over 70 dyed colors available, you are sure to find the yarn you are looking for at Southwind Farms. Their yarn is ideal for any knitting project.  
We will be meeting and leaving from the Senior Center at 9:30am. Our tour is scheduled for 10:00am. After the tour we will give you ample time to look through their yarn, in case you are interested in buying some or to browse through the many handmade items they have for sale there.  
At 12noon we will board our bus again for a lunch stop at Rozi’s Diner in Thomaston, Ct. We have dined here before and have been very happy with the food and service. The cost of your lunch is your responsibility.  
If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.
Janine Mangiamele-Medium Group Readings
Thursday, Sept. 28th  $30  11:30am. to 1:30pm.
Thursday, Oct. 26th  $30  11:30am. to 1:30pm.

Janine Mangiamele is an Intuitive Card Reader and Medium. She has an avid interest in metaphysics that began over 40-years ago and includes a wide range of psychic experiences. Over the years, her abilities have expanded into giving readings as an intuitive and medium.

She will be at the Prospect Senior Center on Thursday, September 28, 2017 and Thursday, October 26, 2017 from 11:30am. to 1:30pm. She will be holding a guided group reading where you may be able to receive messages from your loved ones who have passed. Participants are encouraged to bring photos with them of their loved ones or pets that have passed.

The cost per person for the program is $30. This is half the cost that she usually charges for group readings. If you are interested in participating, please sign up and PAY as soon as possible. We cannot hold your place without full payment. It should be a fascinating program!

Streaming Devices and How They Work
Presented by Josh Lidsky
Thursday, September 14, 2017-11:00am.
Thursday, September 28, 2017-11:00am.
Thursday, October 19, 2017-11:00am.
Thursday, October 26, 2017-11:00am.

Are you curious how streaming devices work for your TV? Come and see what all the hype is all about and how you can save a tremendous amount of money over regular cable.

Josh Lidsky will be here to help you learn the differences between devices and the benefits and negatives of streaming. He will also have systems available that you may be interested in checking out and purchasing from him.

If you are interested in attending this informative program, call the Senior Center to register.

“Farm to Table” Showcase Lunch & Pig Roast
@ Brookdale Senior Living Solutions
330 Amity Road, Woodbridge, Ct.
Wednesday, Sept. 13th  1:00pm. to 3:00pm.
Departing at 12:15pm  (NO CHARGE)

Brookdale Senior Living Solutions is located in Woodbridge, Ct. It provides excellent Assisted Living services and Alzheimer’s and Dementia care. The community is set on acres of beautifully landscaped grounds with two courtyards, lovely gardens and walking paths. It is located on a hill in the foothills of the Woodbridge countryside, overlooking beautiful West Rock.

Prospect Seniors have been invited to their facility on Wednesday, September 13, 2017 for a complimentary “Farm to Table” Showcase Lunch and Pig Roast. They will be featuring products from local providers including Massaro Farms, Before and After Farm, New England Brewery and Savino Winery. There will also be musical entertainment for your enjoyment.

All farm to table items will be prepared by their very own Chef David Fein with an extraordinary cooking display!

We will be meeting and leaving from the Senior Center at 12:15pm. If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

This should be a very nice event and there is no charge, compliments of the facility!

Maritime Aquarium at Norwalk
10 North Water Street-Norwalk, Ct.
Wednesday, September 20th  $13
Departing @ 9:00am.

Today we will be visiting the Maritime Aquarium in South Norwalk, Ct. The aquarium is one of Connecticut’s top tourist attractions. Annual attendance averages 500,000 visitors.

The aquarium has harbor seals, river otters, sharks, jellyfish, loggerhead turtles, and hundreds of other animals living in re-creations of their natural Long Island habitats. On exhibit are more than 2,000 marine animals and reptiles, representing in excess of 300 species. Its exhibit tanks range in size from 10 to 110,000 gallons.

The aquarium also has a display of detailed ship models with 14 in cases, as well as charts and interpretive signs. In the ship model area are signs describing the nautical origins of many popular sayings, for example “bitter end,” “scuttlebutt,” “let the cat out of the bag,” “under the weather,” and “three squares a day.”

Two touch tanks feature smooth stingrays, nurse sharks, crabs, sea stars, and other coastal creatures. Throughout the year special exhibits are featured at the aquarium. There is also an IMAX Theater with a screen six stories tall and the equivalent of eight stories wide.

We will be meeting and leaving from the Senior Center at 9:00am. We should be at the aquarium by about 10:00am. Once there you will be free to wander on your own through the aquarium.

At 11:00am. you will be able to enjoy a movie in their IMAX Theater. The cost of the movie is included in the $13 that you are paying for this trip. You are responsible for getting yourself to the theater on time.

After the movie we will give you some additional time to further explore the aquarium and their gift shop on your own.

At 1:00pm. we will meet and leave the aquarium for a lunch stop at Donovan’s which is very close by. Donovan’s has been recommended to us by the aquarium staff. As an added bonus, the restaurant will give everyone a van’s has been recommended to us by the aquarium staff. As an added bonus, the restaurant will give everyone a

Shopping Trip to...Tanger Outlets & Lunch @ Lenny & Joe’s Fish Tale Restaurant
Wednesday, Sept. 13th  Departing @ 8:30am.

Back by popular demand, is a day trip to the Tanger Outlets in Westbrook, Ct. We’ve been here numerous times before, so you know that there are tons of great stores here for your shopping pleasure. We will meet and leave from the Senior Center at 8:30am. Once we get to the outlets, you will have until 1:30pm. for shopping. At this time we will meet again and head over to one of your favorite shoreline eateries, Lenny & Joe’s Fish Tale Restaurant.

The portions served are generous and always fresh. The prices are reasonable and affordable. The service is fast, friendly and efficient. And, the restaurant has been voted “The Best Seafood Restaurant” by CT Magazine in the past. After a delicious lunch, we will head back home. We should be back in Prospect by about 4:30pm.

We are limited to the number of people we can bring with us. If you are interested in attending, please sign up as soon as possible.
We cannot hold your seat without payment.

If you are interested in attending this very interesting event, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Picture this—the welcome room lined with booths, food and a cash bar...leading you to the main ballroom...a main ballroom lined with exhibits, from the vitamins you take when you get out of bed, to the products in your shower, to the clothes you wear. Exhibits and vendors that focus on the exercises best for your body and age, the fashion that makes you-you, and the fashion that defines you for a night out. Add in vendors that display accessories to fit your mood, hats to cover your head and leggings to bring you comfort.

Music will fill the air while you shop, watch, eat and drink! Some of the models at the show will be volunteers from the Miss. America Organization and the Miss. Teen Spirit CT. Organization.

The agenda for the night is as follows:
4:00pm. to 5:00pm.-Welcome! (light appetizers, cash bar & shopping)
6:30pm. to 7:30pm.-Run Way Show
8:30pm. Surprise entertainment from one of the show’s sponsors and models
Your $25 VIP Ticket includes a fully sponsored swag bag, full buffet access, 2 drink tickets (beer & wine). If you are interested in joining in on the fun with us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Prudence Crandall: The Quest for Equality

Prudence Crandall: The Quest for Equality

Thursday, September 7th $5  10:00am.

Rob Nelson holds an MFA in writing from Vermont’s Goddard College. He has created and taught classes at Yale’s English Language Institute since 1997. He has also been an Associate Professor of Developmental English at Housatonic Community College for the last ten years. He has conducted research as a Summer Fellow through the Mystic Seaport for their Educators Program. Rob will be at the Prospect Senior Center on Thursday, September 7, 2017 at 1:00pm. to give a presentation on Prudence Crandall: The Quest for Equality.

This program takes a look at Prudence Crandall, a Quaker abolitionist, a teacher and our state’s heroine. In the 1831 she opened a private school in Canterbury, Ct. In 1833, she admitted the first Afro-American girl, Sarah Harris, daughter of a free African-American local farmer, thus making Connecticut home to the country’s first integrated class.

Ms. Crandall’s response to the controversy that ensued was to make her school exclusively for African-American girls. In 1833, twenty African-American girls from out of state and the surrounding areas were enrolled. Intense disturbance and judicial proceedings followed. For safety reasons, Ms. Crandall closed the school in 1834.

If you are interested in attending this very interesting discussion, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Bullet Hill School Tour

Bullet Hill School Tour
215 Main Street North-Southbury, Ct. Monday, September 18, 2017-$5-Departing @ 9:30am.

The Bullet Hill School, formerly known as the Brick School, is the oldest public building in Southbury, Ct. Built in 1762 of locally made bricks, the two-story structure remained in operation as a school for 179 years until December 1941. It then became the new Southbury Consolidated School, now Gainfield Elementary School, opened in January 1942.

In the years after the school closed, the building served as a meeting place for the Episcopal Church Sunday School, the War Rationing Board, the Veterans of Foreign Wars, and the first Regional School Board Superintendents office. Dances and other events were also held there.

In 1986, plans were made to utilize the school as a living history museum for school children. Currently, the Bullet Hill School is a vibrant part of the history curriculum of the Pomperaug Regional School District. Each spring in April and May thousands of second grade school children relive a day in a typical 19th. century classroom setting.

The school is listed on the National Register of Historic Places and is the most significant building in the Main Street Historic District.

We will be meeting and leaving from the Senior Center at 9:30am. Our tour is scheduled for 10:00am. The tour is about 1.5 hours long.

After the tour we will board our bus for a lunch stop at Leo’s Restaurant which is just down the street from the school. The cost of your lunch is your responsibility.

The $5 cost that you are paying will go towards a donation for the upkeep of the school and its programs. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back in Prospect from this trip by about 2:00pm.

Flu & Pneumonia Shot Clinic

Flu & Pneumonia Shot Clinic
@ the Prospect Senior Center
Wednesday, Sept. 20th 9:30am. to 12:30pm.

Influenza and pneumonia kills over forty thousand people each year. It is recommended that everyone be vaccinated for the seasonal influenza and every 5 to 10 years for pneumonia. The Center for Disease Control especially encourages people who are over 50-years of age and people with chronic medical conditions, such as diabetes, lung problems, cancer and cardiac patients to get the vaccinations. Children are encouraged to see their pediatrician for the flu vaccine.

Complications from influenza and pneumonia can be life threatening. The vaccine for each one of these illnesses decreases hospitalizations and loss of work and school. People with elderly or medically compromised family members, should be vaccinated to protect their loved ones.

Please call the Senior Center ahead of time to register if you plan on receiving your flu or pneumonia shot at the Senior Center. We need to get an idea ahead of time of how many people will be coming. Please specify which shots you will be coming for. Also, please bring your Medicare Part B cards with you to the clinic. Persons with private insurance will be charged and may submit, on their own, for reimbursement from their insurance company.
**Schooner “Sound Waters” Sunset Sail**  
**Stamford, Ct.**  
**Sunday, September 3, 2017  $40**  
**Departing @ 4:00pm.**

Bring your dinner and your favorite beverage (alcoholic beverages are allowed) and relax while watching the sun dip below the Long Island Sound horizon aboard the schooner, “Sound Waters”. The “Sound Waters” is an 80’ three-masted replica of a Chesapeake Bay sharpie schooner. A professional crew of six will man the vessel on our sunset sail. Many of the crew members are students from the Sea Education Association program and come from across the country.

Based in Stamford, the schooner allows passengers the chance to haul sails and pull in the trawl nets if they would like. The sail runs from 5:30pm to 7:30pm. We will be meeting and leaving from the Senior Center at 4:00pm. We should be back in Prospect by about 9:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The $40 charge is for the sunset sail and crew gratuity only.

We encourage everyone to pack your picnic baskets with goodies and beverages to enjoy aboard the schooner. It is suggested by the crew that you wear boat shoes or sneakers. Flip flops are not allowed for safety reasons. Also, be sure to bring a jacket or sweatshirt, as evenings on the Sound tend to be cool. It should be a wonderful evening!

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**200-Years of Impact by the American School for the Deaf**  
@ Connecticut Historical Society Museum  
1 Elizabeth Street, Hartford, Ct.  
**Wednesday, September 27, 2017  $12**  
**Departing @ 10:00am.**

Today we will be visiting the Connecticut Historical Society Museum in Hartford, Ct. We will be viewing their current exhibit: 200-Years of Impact by the American School for the Deaf.

In 1817, the American School for the Deaf (ASD), established the first permanent school for the deaf in the United States. It created a new standardized language—American Sign Language—resulting in a deaf community and culture that continues to advance equality.

As a leader in developing educational methods and embracing technology of people who are deaf, ASD has impacted personal lives and American culture and has formed local, national, and global connections between deaf, hard of hearing, and hearing communities.

As ASD celebrates its 200th anniversary, the Connecticut Historical Society partnered with the school to present an exhibition that explores the school’s rich legacy and history. The exhibition features original objects and manuscripts from the school’s early years, as well as photographs and video interviews that illustrate the school’s impact on current students and alumni.

We will be meeting and leaving from the Senior Center at 10:00am. Our first stop will be at the Cheesecake Factory in West Hartford for lunch. The **cost of your lunch is your responsibility.** After lunch we will continue on to the museum for our guided tour. It is scheduled for 1:00pm. The tour will be about an hour long.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The $12 cost of this trip pays for your admission to the museum only.

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**End-of-the-Summer Lobster Festival**  
@ the Senior Center  
**Friday, September 1, 2017  11:30am.**  
**$25 (Lobster) or $15 (Chicken)**

Come join us as we celebrate the end-of-summer with a lobster festival at the Senior Center. You will enjoy your own steamed lobster, clam chowder, corn on the cob, some fresh summer salads and dessert. For those of you who are not too keen on lobster, you can substitute half a roasted chicken instead. The price for a lobster dinner is $25. The cost for a chicken dinner is $15.

After lunch, from 1:00pm. to 3:00pm., we will be entertained by singer, Jimmy Mazz. He entertained here for our Fourth of July party and everyone loved him! Everyone has asked to have him back again.

This event fills up quickly. If you are interested in joining us, please sign up and PAY as soon as possible. Please remember to specify what your dinner choice is (lobster or chicken) when you are signing up. Also for those who are having lobster, we ask that you bring your own nutcrackers. We simply do not have enough to go around for everyone.

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**Mackinaw Island 2017**  
Also Michigan & Niagara Falls  
**September 1-9, 2017**

**Day 1:** Board our deluxe motor coach as we head towards Michigan. Overnight and welcome dinner at the Sheraton Hotel in Erie, PA.

**Day 2:** Breakfast at the hotel then we head to Michigan stopping in Ohio to visit the “Rock & Roll Hall of Fame. Our next stop is Dearborn Michigan and Henry Ford country. Spend 2 nights at the Greenfield Inn Dearborn. Dinner & leisure time at the hotel.

**Day 3:** Breakfast at the hotel We will enjoy the All American Package at Greenfield Village (Model T Rides, Edissons Menlo Park, Wright Brothers Home & Cycle Shop. World -Class Artisans, Firestone Farm, Henry Ford & Noah Webster Homes. We will visit the Henry Ford Museum along with the Ford Rouge Factory Tour. Dinner at the hotel.

**Day 4:** Breakfast. Head towards Mackinaw Island. We leave the bus & take the ferry over to the island. We check into the Lake View Hotel. Time to relax and browse on your own for shopping at the waterfront shops for Taffy and Fudge! Dinner at the hotel.

**Day 5:** Breakfast. We will enjoy a Horse driven Island tour, Lunch buffet at the Grand Hotel, Tour Fort Mackinac. Dinner tonight is on your own.

**Day 6:** Breakfast. We leave beautiful Mackinaw Island and head for Frankenmuth. We will overnight at the Bavarian Inn Lodge. We will enjoy a tour of this beautiful Bavarian village. Included tonight is the famous “Chicken Dinner” at the Bavarian Restaurant.

**Day 7:** Breakfast. Depart for Niagara Falls, NY. We will be staying at the Sheraton at The Falls. Across the street from the Seneca Casino. Leisure time and fun at the casino. Dinner at the hotel.

**Day 8:** Breakfast. Time for the Maid of the Mist. And walking on the rainbow bridge! Please bring your passport if you want to cross over to Canada. The tour will not be going there Canada would be on your own. Last time to try your luck at the casino. Dinner at the hotel.

**Day 9:** Breakfast. Time to head for home. Lunch & rest stops will be made during the entire trip.

Call RayLin Travel for Pricing & availability  
Linda - 203-591-1407
**Suffield Quilt Show**  
@ Phelps Hatheway House  
55 Main Street, Suffield, Ct.  
Saturday, September 9, 2017  
**Departing @ 10:00am.**

The Phelps Hatheway House will be hosting a Quilt Show in conjunction with the town’s “Suffield on the Green” celebration. Their 1867 barn will come alive with the bright colors of modern and antique works.

We will be meeting and leaving from the Senior Center at 10:00am. Once we arrive at the Phelps Hatheway House you will be free to explore on your own their quilt exhibit inside their barn.

We will also give you additional time to visit the other displays, crafters, activities and food vendors set up on the town Green for the town’s “Suffield on the Green” celebration.

At 1:00pm, we will start our return trip back to Prospect. We should be back at the Senior Center by about 2:00pm.

If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can take with us.

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**Welcome Fall! Luncheon @ Jesse Camille’s Restaurant**  
Entertainment by Vinnie Carr  
615 Church Street-Naugatuck, Ct.  
Wednesday, Sept. 20th  
$10  
**11:30am.**  
**Departing @ 11:00am.**

Celebrate the Fall season with us at Jesse Camille’s Restaurant in Naugatuck. Owner Larry Perugini has very generously offered to host a Welcome Fall! Luncheon for our Seniors at his restaurant for a discounted price of $10 per person.

You will have a choice of Chicken Marsala with Potato & Vegetable, Baked Scrod with Rice & Vegetable or Penne Ala Vodka with Peas and Prosciutto. Coffee and dessert are also included.

After our lunch we will enjoy entertainment provided by Vinnie Carr. Though they have limited space there, they will be making room for dancing for those who are inclined to kick up their heels a bit.

If you are interested in joining us, please sign up and PAY as soon as possible. You must also make your meal selection at this time. We cannot hold your seat without payment.

Do not wait too long to sign up. Larry can only accommodate 50 people at this event.

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**AARP Presentation:**  
Living Longer, Living Smarter  
Tuesday, September 12, 2017  
**10:00am.**

An AARP representative will be at the Prospect Senior Center on Tuesday, September 12, 2017 at 10:00am. They will be hosting a workshop on Living Longer, Living Smarter.

This interactive session offers you a look at how to prepare for your future now so you can live the best life of your choosing later.

The topics to be covered include: Your Health (caring for yourself and healthcare access), Your Wishes (legal documents and getting organized), Your Finances (cost of care as you age) and Your Home and Your Community (checklists and resources to fit your changing needs in your home and community).

The class runs for about one hour. If you are interested in participating, please call the Senior Center to register.

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**Meditation Class Workshop-10 Week Session**  
Taught by Tia Mandrozos  
September 6th - November 1st  
2:00pm. to 3:00pm.  
$10
Fall Smorgasbord @ IKEA  
(New Haven, Ct.)  
Friday, September 15, 2017  
$15 (includes tax & tip)     Departing @ 4:00pm.  
We will be meeting and leaving from the Senior Center at 4:00pm. We will give you some time after the meal to shop around IKEA. At 8:00pm. we will board our buses for our return trip home. 
If you are interested in joining us, please sign up and PAY as soon as possible. This is a very popular event and usually sells out. We must purchase the tickets in advance. If you are interested in participating, do not wait too long or you might not be able to attend.

“Women & War”  
Presented by the CT Women’s Hall of Fame  
Tuesday, September 5th    10:30am.    $5  
A representative from the Connecticut’s Women’s Hall of Fame will be at the Prospect Senior Center on Tuesday, September 5, 2017 at 10:30am. They will be hosting an interactive, multi-media program on “Women & War”. Women have been involved in military conflicts from the beginning of time; some as warriors, some as spies and others who made the munitions or simply called for peace. Connecticut women are among the finest and bravest who have stood for their cause-sometimes defying gender norms, and often without the recognition they deserved. The Connecticut Women’s Hall of Fame inductees prove that women are just as tough as men and will inspire others to shatter gender barriers. 
At this presentation you will learn about a teenager who helped save Danbury during the Revolutionary War, how Harriet Beecher Stowe sowed the seeds of conflict leading to the Civil War, and how Margaret Bourke-White’s photography brought civilians face to face with the war front for the first time. 
The presentation will also introduce you to the Connecticut Women’s Hall of Fame, its mission and the programs that they offer. You will get a panoramic view of some of the Hall’s 115 inductees from across all fields of endeavors, from politics and sports to the arts and sciences.
If you are interested in attending this presentation, please sign up and PAY as soon as possible. The $5 you are paying will go towards a donation to the Hall. We cannot hold your seat without payment.

Prospect Senior Center  
4th Annual 9-11 Memorial Golf Tournament  
Thursday, September 14, 2017  
10:00am.  
Highland Greens Golf Course  
Cook Road - Prospect  
If you want to have a fun day with friends and have lots of laughs, you will want to make sure you attend this event. Best of all, you don’t have to be a pro golfer to participate. There will be prizes awarded but this event is mainly to have a good time with your Senior friends, raise some money for a good cause and remember those who lost their lives in this horrific event 14-years ago.
In order to participate, however, you do have to be a member of the Prospect Senior Center. The tournament is open to both men and women. The Modified Callaway Handicap System will be used.
Tournament play begins at 10:00am. After play ends, you will be returning to the Senior Center at around noon time for a nice lunch of BBQ spare ribs. An award ceremony will follow lunch. Prizes will be solicited from local businesses. I would like to thank Carmine Midolo who will be soliciting these local businesses for donations of prizes.
There will be signup sheets available at the Senior Center for those who are interested in participating. When signing up, please indicate whether you will require a riding cart that day. Pull carts will also be available if necessary.
There will be a $20 charge to participate in the tournament. This includes green fees and lunch. There will be no fees charged for the pull carts. If you need a riding cart, there is an additional $3.00 charge per person riding in the cart. There are only a limited number of carts available to us. Sign up early if you need a riding cart. Payment is necessary when signing up. If you have any questions you may call Carmine Midolo @ (203-885-2423).
A portion of your entry fee will go to The World Trade Center Memorial Scholarship Fund. This Fund provides financial aid to children, spouses or financial dependents of deceased/disabled persons who died, or who have become severely and permanently disabled, and survivors who were severely and permanently disabled during the September 11th. attacks or rescue and recovery operations.

Prospect CT VFW Post 8075  
218 Cheshire Road, Prospect  
For the Waterbury Special Olympics  

Don’t MISS The FUN!!!!
Oldies Dance  
Music from the 50’s & 60’s  
Sponsored By WATR Music Museum  
Guest Performers: The Rockin’ Heartbeats  
Sponsered by WATR  
Donate: 203-209-2700  

Friday, September 8th  
Dancing From 7:00 to 11:00 PM  

Fall Smorgasbord @ IKEA  
(Prospect, Ct.)  
Friday, September 15, 2017  
$15 (includes tax & tip)     Departing @ 4:00pm.  
We will be meeting and leaving from the Senior Center at 4:00pm. We will give you some time after the meal to shop around IKEA. At 8:00pm. we will board our buses for our return trip home. 
If you are interested in joining us, please sign up and PAY as soon as possible. This is a very popular event and usually sells out. We must purchase the tickets in advance. If you are interested in participating, do not wait too long or you might not be able to attend.

Sept.-Oct. 2017 Issue  

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The presentation will also introduce you to the Connecticut Women’s Hall of Fame, its mission and the programs that they offer. You will get a panoramic view of some of the Hall’s 115 inductees from across all fields of endeavors, from politics and sports to the arts and sciences.
If you are interested in attending this presentation, please sign up and PAY as soon as possible. The $5 you are paying will go towards a donation to the Hall. We cannot hold your seat without payment.
FREE Manicures with Naomi of Brilliant Homecare, Naugatuck
Wednesday, October 25, 2017-1:00pm.
Wednesday, November 22, 2017-1:00pm.
Wednesday, December 27, 2017-1:00pm.
Brilliant Homecare of Naugatuck is a company offering expert care services to people of all ages, especially those with health issues who would like to remain at home. They strive to help improve the quality of your life, supporting your independence and choices. They work closely with their clients and their families. They provide compassionate, personalized care in their client’s own home, hospital or assisted living quarters.
Naomi a representative from Brilliant Homecare will be giving FREE basic manicures for our Seniors here at the Prospect Senior Center. She will be here on the fourth Wednesday of each month. She does a wonderful job and is a really sweet young woman.
Appointments are available at 1:00pm., 1:30pm., 2:00pm., 3:00pm. and 3:30pm. She will be bringing polish with her or you can bring your own, if you would prefer.
If you are interested in setting up an appointment, please call the Senior Center at 203-758-5300.

Roseland Cottage
556 CT. 169, Woodstock, Ct.
Monday, October 2, 2017              $10
Departing @ 9:00am.

Built in 1846 in the newly fashionable Gothic Revival style, Roseland Cottage was the summer home of Henry and Lucy Bowen and their young family. While the house is instantly recognizable for its pink exterior, Roseland Cottage has an equally colorful interior. It features elaborate wall coverings, heavily patterned carpets, and stained glass, much of which survives unchanged from the Victorian era. The house is a National Historic Landmark.
Henry Bowen was a Woodstock native. He returned to his hometown after establishing a successful business in New York City. He used Roseland Cottage as a place to entertain friends and political connections, including four U.S. presidents. The picturesque landscape includes original boxwood-edged parterre gardens planted in the 1850’s. The estate includes an icehouse, aviary, carriage barn, and the nation’s oldest surviving indoor bowling alley. It reflects the principles of Andrew Jackson Downing, a leading 19th. century taste maker.
We will be meeting and leaving from the Senior Center at 9:00am. Our guided tour of the Cottage is scheduled for 11:00am. The tour should be about one hour long. After the tour we will board our buses for a lunch stop at Mrs. Bridges Pantry which is also in Woodstock. The cost of your lunch is your responsibility.

49th Annual Southington Apple Harvest Festival
Sunday, Oct. 1st              No Charge
Departing @ 10:30am.
Situated around the beautiful Southington Town Green, the Apple Harvest Festival is a family-orientated event which attracts an estimated 100,000 visitors annually. Over the course of two weekends each autumn, the festival offers a wide variety of live music & entertainment, food, contests, crafts, children’s activities, carnival rides and more. Also highlighted each year is a parade, arts & crafts booths, entertainment, food vendors and a spectacular evening fireworks display on the first Saturday of the festival.
The festival has been named the “Best Fair” and “Best Local Event” in the 2016 Hartford Magazine poll. They are especially noted for their mouth-watering apple fritters!
We will be meeting and leaving from the Senior Center at 10:30am. Once there you will be able to explore the fair on your own. You will have until 1:00pm. at which time we will board our mini bus to come home. We should be back in Prospect by about 2:00pm. There is no admission fee to get into the fair.
If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

The 13th Annual Connecticut Fallen Heroes Ceremony is being held at Holiday Hill in Prospect, Ct. this year. A really Beautiful Ceremony honoring our KIA and our Gold Star Families.
Support our Troops ...
Remember our Veterans ...
Honor our Fallen
SATURDAY, SEPTEMBER 30th
Connecticut Fallen Heroes Ceremony
Sat 11:00 AM to 2:00 PM
Holiday Hill 43 Candee Road, Prospect, CT
Mark your calendars, VFW Post 8075, its Auxiliary members, Men’s club and friends, This is happening in Prospect this year, Let’s show our support for these soldiers and families! Free admission.
Senior Indoor Cycling/Spinning Classes 8-Week Session
Sponsored by the Prospect Parks & Recreation Department
@ Prospect Community Center 12 Center Street, Prospect
(Formerly Prospect Community School)
Next Sessions: Monday/Wednesday - Oct. 23rd 8:00am to 9:00am
Tuesday/Thursday - Oct. 24th (Two Sessions) 8:00am to 9:00am & 5:00pm to 6:00pm.
COST: $20 Prospect Residents $25 Non-Residents
Cycle your way to fitness! The Prospect Parks & Recreation Department is offering Seniors indoor cycling/spinning classes. This is the second session they are offering and the response has been wonderful. Because of the interest shown, they now offer a Monday/Wednesday class and a Tuesday/Thursday class. Classes run for 8-weeks and will be $20 for Prospect residents and $25 for Non-Residents. They run from 8:00am to 9:00am.
These classes are specifically geared towards Seniors and will be taught by Nelson & Terri Abarzua. They will be held at the Prospect Community Center, formerly the Prospect Community School. It is the building right next to the Senior Center.
Cycling bikes will be provided for you. The only thing you have to bring with you is a water bottle and a lot of enthusiasm. You will be cycling to energizing music specifically tailored to get you moving and grooving! It is a fun way to get into or stay in shape. And, you will be having fun with a group of your peers.
You are in charge of your workout. You can push yourself to your limit or go easier at a pace you are more comfortable with. You can stop and take a break whenever you feel the need. These classes are designed for cycling enthusiasts of all levels.
If you are interested in joining in on the fun, call the Senior Center to register. Payment must be made when registering. If you are new to the class, you have to fill out a short medical questionnaire before you can start. Class size is limited because of the number of cycling bikes that are available.
Special thanks to Nelson & Terri Abarzua who bought the initial nine bikes for the classes. Since then they have bought and donated another four bikes. They also donate their time teaching these classes in order to help our members lead stronger and healthier lifestyles. Many thanks!
NO CLASSES Week of November 20th.

Supplemental Nutrition Assistance Program (SNAP)
Application/Eligibility Assistance at the Prospect Senior Center
Monday, October 16th 9:30am. to 12noon
Do you need a little extra help to buy food every month and you are not sure if you qualify for the State Supplemental Nutrition Assistance Program (SNAP)? SNAP helps low-income individuals and families afford the cost of food at grocery stores and farmer’s markets. With recent changes to eligibility standards, you may qualify for this program.
The income guidelines are as follows:
Household of one: $1,832 per month
Household of two: $2,470 per month
Households with people aged 60+ or disabled may be able to get benefits even if their income is higher than 185% of the Federal Poverty Level. They can use their net income and take medical deductions. There is no asset limit except for households who are above the 185% Federal Poverty Level.
You can get information and apply for the program on Monday, October 16, 2017 from 9:30am. to 12noon at the Prospect Senior Center. Diana Mendoza, an outreach worker from Stay Well Health Center will be here to give you an overview of the program and its eligibility requirements. She can help you determine whether or not you are eligible. She will be offering one-on-one screenings and application assistance.
Those who are interested in applying should bring the following with them: identification (driver’s license, ID card, birth certificate, Social Security Number), proof of residency (piece of mail sent to your current address, rental agreement, if you rent). DOB, SSN, utility bills (water, gas, electric), medical bills for household members 60+ or disabled, and proof of your income and assets. Please call the Senior Center at 203-758-5300 to register for the application/eligibility determination process.
Diana has already found quite a few people here at the Senior Center that were eligible for assistance and did not realize they were.

Celebrating 300 Years of Connecticut's Remarkable Women
Presented by the Connecticut Women's Hall of Fame at $5
Thursday, October 12th at 10:30am
A representative from the Connecticut’s Women’s Hall of Fame will be at the Prospect Senior Center on Thursday, October 12, 2017 at 10:30am. They will be hosting an interactive, multi-media program about some of our state’s most remarkable women.
You will be inspired as you learn about well-known figures like Ella Grasso, Katherine Hepburn and Marian Anderson and lesser known heroines like Maria Sanchez, Barbara McClintock and Hannah Watson.
The presentation will also introduce you to the Connecticut Women’s Hall of Fame, its mission and the programs that they offer. You will get a panoramic view of some of the Hall’s 115 inductees from across all fields of endeavors, from politics and sports to the arts and sciences.
If you are interested in attending what promises to be a fascinating presentation, please sign up and PAY as soon as possible. The $5 you are paying will go towards a donation to the Hall. We cannot hold your seat without payment.
National Helicopter Museum
2480 Main Street, Stratford, Ct.
Saturday, October 14, 2017  $5
Departing @ 10:30am.

The National Helicopter Museum located in Stratford, Ct. is an all-volunteer operation. It is located in the Metro-North Railroad Station.

The Museum is devoted to the history of rotary-wing aircraft (helicopters) and Stratford’s place in aviation history. Founded in 1983 by Raymond Jankowich and Robert McCloud, the museum contains hundreds of photographs and models tracing the history of the helicopter both in the United States and around the world.

At the Museum you will be able to check out a cockpit from a Sikorsky S-76 helicopter, and step into the flight simulator. The Museum is free but we are taking $5 from everyone to give as a donation to the Museum.

We will be meeting and leaving from the Senior Center at 10:30am. Our first stop will be at Marnick’s Restaurant for lunch. The restaurant has been recommended to us by a staff member at the Museum. It is reasonably priced with a nice menu from which to choose from. And, it is located on the water which is always nice. As the staff member told me, it is a “hidden gem” that not too many people know about.

After lunch we will continue on to the Museum for a 1:00pm, guided tour. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back in Prospect by about 3:00pm.

All Hallows Eve Tea with “Mrs. Gordon”
Thursday, October 19th  1:00pm  $15
Join “Mrs. Gordon” for an All Hallows Eve Tea Party perfect for the haunting season. Be chilled and thrilled as she recounts some of her uncanny experiences with the supernatural. She will discuss 19th. and early 20th. century creepy, Halloween traditions as well as Harry Houdini and her recent attendance of a séance.

Join us on Thursday, October 19, 2017 at 1:00pm. when “Mrs. Gordon” (aka, Rita Parisi) visits the Senior Center and gives us a firsthand account of what All Hallows Eve was like in the 19th. and 20th. century.

Rita Parisi is a Massachusetts based performer who founded a production company in 2002 in order to create original theatrical presentations that entertain and inspire her audiences. Her unique shows highlight her passion for storytelling, theatre, history, costuming and literature. Rita is a charming and animated storyteller who skillfully draws her audience back in time. She comes to each performance dressed in period costumes. She takes on the character of “Mrs. Gordon,” an elegant fashionista from the turn of the century. Rita leads her guests in lively conversations, encouraging questions and comments and providing an entertaining and chilling afternoon with glimpses into the 19th. and 20th. century All Hallows Eve traditions and superstitions.

After “Mrs. Gordon’s” All Hallows Eve presentation you will enjoy some light, autumn tea party snacks prepared by the Senior Center kitchen staff. Bring your own tea cup that day to make the affair a little extra fancy. This promises to be a very informative, interesting, chilling, creepy and delicious afternoon.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Author/Poet Joseph R. Adomavicia
to Speak @ Book Club Meeting...
Thursday, October 5, 2017  10:00am.

Joseph Adomavicia is a 26-year old young man from Waterbury, Ct. Joe is a licensed CNC toolmaker working full time. He is also going to school part time at Naugatuck Valley Community College in pursuit of his Associate Degree in Liberal Arts and Sciences.

Joe has been writing poetry for approximately four years and what started out as a hobby has blossomed into a passionate part of his life. He connects to his readers with stories of heartbreak and struggles in life, as well as, soothing them with delightful imagery that he has created in his poems.

What inspires him the most is having the ability to inspire and be inspired by his fellow writers, the outdoors, and most of all by being a part of a society of poets that live and love life.

Two years ago, Joe had his groundbreaking first book of poetry, “A Step Into My Heart,” published. He is now very close to publishing his second book of poetry.

Joe will be the featured speaker at the Prospect Book Club meeting on Thursday, October 5, 2017 at 10:00am. He will be reading poems from his books and discussing with us the writing process, the inspiration and the turmoil that led to the publication of his two books.

Joe will speak for about an hour. After his presentation, he will be available for any questions or comments you may have. At this time, he will also have copies of his book available to purchase for $11, if you are interested.

Those attending the presentation will be treated to a free lunch afterwards at 11:30am. If you are interested in attending, please sign up as soon as possible.

This presentation is sponsored by our Book Club. However, it is open to all Senior Center members. Everyone is encouraged to attend.

Fearing Wisely
I fear not the death of me,
the death of passion is what I fear.
For, it would be more painful to live-
impossible to love,
walking this earth
without it.
-Joseph Adomavicia-

Celebrate Italia!
Columbus Day Luncheon
@ the Prospect Senior Center
Friday, October 6th  $20  11:30am.

Columbus Day has its roots in cultural pride, a celebration of the Italian explorer’s “discovery” of the Americas when he landed on a Caribbean Island in what is now the Bahamas.

Columbus sailed the ocean blue in 1492. 525-years later we will be celebrating his achievements here at the Prospect Senior Center with a special Italian luncheon.

You will be feasting on some Italian cuisine made by Lori, Lirene and their side kick Gene. Following lunch we will be entertained by the Airborne Jazz Trio who has promised to include a nice medley of your Italian favorites in their repertoire.

If you are interested in joining in on this fun afternoon, please sign up and PAY as soon as possible. We cannot hold your place without payment.
The Connecticut River Museum is located in an 1878 Steamboat Warehouse building. It is a private, non-profit, education institution that is fully accredited by the American Association of Museums. The museum is dedicated to telling and preserving the history of the Connecticut River and its people. It currently plays an important role in collecting and protecting manuscripts, books, art and artifacts of regional significance. It delivers high-quality exhibitions and educational programming to visitors. It provides a spectacular waterfront park as a venue for museum and community functions and events.

The Connecticut River Museum is pleased to welcome Onrust, a replica of Adriaen Block’s vessel—one of the first western style ships built in the New World, and the first ever to sail up the Connecticut River.

Onrust was launched into upper New York Bay in April of 1614. She explored the New York coast and rivers, and sailed through treacherous passage called Hellgate (Dutch for Hell’s hole) in the East River. She then went on to explore the harbors of Long Island and Connecticut, discovering the Housatonic and Thames Rivers, and sailed up the Connecticut River past the future site of Hartford.

The last historical account of the Onrust describes her 1616 expedition to explore the Delaware River under the command of Captain Cornelius Hendrickson. Block was immortalized as a namesake of the small island in Long Island Sound that is perennially popular with visitors to Manhattan and the surrounding areas. His voyage was used as the basis for the Dutch claim to the territory of New Netherland, an area that included parts of what are now the states of New York, Connecticut, Delaware, New Jersey, and Pennsylvania.

We will be meeting and leaving from the Senior Center at 9:00am. Our first stop will be at the Connecticut River Museum where we will enjoy a guided tour of the museum.

We will then proceed on to lunch at the Black Seal Restaurant. The restaurant is within walking distance of the Museum. The cost of your lunch is your responsibility and not included in the price of this day trip.

The restaurant is a landmark near the center of the historical village of Essex. The Black Seal carries on the tradition of Essex’s warm New England town charm and the Essex nautical feel. When you visit the restaurant you will be reminded of the “old salts” of the sea while you enjoy their classic pub fare, great choice of brews, or contemporary cuisine.

After lunch we will return to the museum for our cruise on the Onrust at 1:30pm. The tour lasts about 1.5 hours.

If you are interested in joining in on this delightful trip, please sign up and PAY as soon as possible. We cannot wait to sign you up for it, if you are interested in participating.

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**Fall Tour of Madava Farms & Crown Maple Syrup**

**Dover Plains, NY.**

Wednesday, October 25th 9:00am. **$38**

Madava Farms in Dover Plains, NY. is an 800-acre piece of land which was farmland during the Civil War. Afterwards, farming on the property came to a halt, and an unusually high concentration of maples sprung up. The area was left untouched until 2007, when the property was bought by Robb Turner, a former Wall Street banker, and his wife, Lydia. The couple decided to use the land to found a maple syrup company. The company was called “Crown Maple”, and the farm was named Madava Farms, after the Turner’s daughters, Ava and Maddie. The Turners tapped their first trees in 2011 and opened the farm to the public in 2012. The property has at least 20,000 maple trees and a 27,000-square-foot sugarhouse.

Many places in the Hudson Valley make maple syrup. But just one has been written up in a feature article in the New York Times. That would be Madava Farms. Crown Maple syrup delivers a gourmet maple experience like no other. Since the brand’s launch, the distinctive taste and versatility has won over discerning professionals and connoisseurs alike, elevating Crown Maple beyond a sweetener and into a defining ingredient.

All of their products are certified-organic, pairing the best nature has to offer with artisan craftsmanship and state-of-the-art production technology. From bark to bottle, Crown Maple is sustainably made on 800-acres of pristine land at Madava Farms in Duchess County, New York, and truly sets the standard of excellence in maple production and flavor.

We will be meeting and leaving from the Senior Center at 9:00am. It takes about 1.5 hours to get to our destination. Once there you will enjoy a one hour tour and maple syrup tasting. Afterwards, we will enjoy a family style lunch made by the culinary chefs on the farm. The menu for the lunch will be at the chef’s discretion. We have never been disappointed by their food choices for us.

The cost of this trip includes transportation, tour, tasting and lunch including tax and tip. We should be leaving the farm about 2:00pm and be back in Prospect by about 4:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. This is always a very popular trip so do not wait to sign up for it, if you are interested in participating.
“Fresians of Majesty” Horse Farm
Townsend, Vermont
Thursday, October 12th    $104
Departing @ 9:00am.

Join us as we visit the “Fresians of Majesty” Horse Farm in Townsend, Vermont. The farm is located in the heart of Vermont’s Green Mountains on a 650-acre full-service breeding and training facility. The farm is the largest Friesian breeding farm in the United States dedicated to the promotion and development of the Friesian and Friesian crosses as modern sport horses.

Today you will experience a unique tour like no other. You will be able to interact with these beautiful, majestic horses in a guided tour of the farm’s European style barns. We will meet the farm’s spectacular award-winning stallions, Othello and Mathijs. You will be able to interact with their babies in the mare/foal barn. You will watch a captivating show as dressage freestyle is exhibited, driving is demonstrated, and a beautiful Friesian with her baby runs at liberty, all to inspiring music. Questions during the 2.5 hour tour are encouraged. Photo opportunities abound with these beautiful and unique horses.

We will be meeting and leaving from the Senior Center on a coach bus at 9:00am. Our first stop will be for a delicious lunch at a restaurant that is still TBA. The meal will feature a full course lunch with a choice of entrees, including vegetables, dessert and beverage. After lunch we will continue on to the horse farm for our tour and visit.

If you are interested in joining us on this daytrip, please sign up and PAY as soon as possible. We cannot hold your seat without payment and we are limited to the number of people we can bring with us.

Medicare Open Enrollment Seminar
@ Prospect Senior Center
Tuesday, October 10, 2017    10:00am.

The annual open enrollment period for Medicare runs from October 15, 2017 to December 7, 2017 of this year. During this period of time you have the opportunity to join, switch or drop your Medicare plan for another. Attending seminars such as this one that ION Bank is offering, will help you to make an informed decision as to what you should do.

Even if you are satisfied with your current plan, there is no harm in looking at other plans, to ensure that you are enrolled in the best possible plan for you.

Ion Insurance Corporation, a full-service independent insurance brokerage affiliated with Ion Bank, will be hosting this seminar.

Ion Insurance professionals will be happy to answer any Medicare questions you have. The event is free and open to the public. Refreshments will be served.

Ion Insurance is pleased to be able to present valuable information about Medicare to the seniors in our community”, said David Drescher, President & CEO, Ion Insurance.

If you are interested in attending this presentation, please call the Senior Center to register at 203-758-5300.

13th Annual Connecticut Garlic & Harvest Festival - Bethlehem Fairgrounds
Sunday, October 8, 2017    $7
Departing @ 9:30am.

The Connecticut Garlic & Harvest Festival will be held at the Bethlehem Fairgrounds on Route 61 in Bethlehem. There will be garlic cooking demonstrations, live band performances and informative lectures on how to grow garlic. There will be many garlic dips, spreads, cheeses and oils that will be available for purchase from the many diverse garlic specialty food vendors on site. At the produce stands you can purchase fresh garlic and a variety of other fall produce. If you get hungry, you can venture over to the food court. Homemade roasted garlic sausage with peppers and onions, garlic marinated steak sandwiches, garlic roast pork sandwiches, deep fried garlic, and garlic ice cream are some of the items you will find at the food court!

We will be meeting and leaving from the Senior Center at 9:30am. Once there you will have until 1:30pm to wander through the festival and food court. At this time we will board our bus to head back to Prospect. We should be back in Prospect by about 2:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment and we are limited to the number of people we can bring with us.

Eerie Connecticut:
Local Myth & Mystery
Presented by Rob Nelson
Thursday, October 26th    $5
1:00pm.

Rob Nelson holds an MFA in writing from Vermont’s Goddard College. He has created and taught classes at Yale’s English Language Institute since 1997. He has also been an Associate Professor of Developmental English at Housatonic Community College for the last ten years. He has conducted research as a Summer Fellow through the Mystic Seaport for their Educators Program.

Rob will be at the Prospect Senior Center on Thursday, October 26, 2017 at 1:00pm. to present a program entitled “Eerie Connecticut: Local Myth & Mystery”. Rob will explore the unexplainable and unbelievable history of three of Connecticut’s eeriest legends: the Fairfield Witch Trials, the ghostly “White Lady” of Monroe, and Dudleytown, the “Village Damned.”

Everyone knows about the infamous 1692 Salem witch trials, but few people realize that Connecticut has an older history when it comes to executions for witchcraft. Witchcraft officially became a crime in Connecticut in 1642: “If any person be a witch, he or she shall be put to death…” The “White Lady” is most commonly seen standing in the road in Monroe. She is often hit by oncoming cars, but much to the driver’s surprise, their cars never receive damage!

According to local legend, the founders of Dudleytown were descended from an English nobleman who was beheaded for treason during the reign of Henry VII. From that moment on, the Dudley family was placed under a curse. Yikes!

Rob will be here to share these and other Connecticut “eerie” legends with us. If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

What a great program of odd folk tales and ghostly encounters from the long ago, for this time of the year!
Train & Turkey Dinner  
Along Lake Winnipesaukee, NH.  
Tuesday, October 24th  $102  
Departing @ 6:30am.  
Enjoy a 2-hour train ride aboard the Winnipesaukee Scenic Railroad featuring beautiful lakeside scenery. Enjoy a turkey dinner catered by Hart’s Turkey Farm served on the train.  
This tour package includes:  
• Deluxe motor coach transportation to and from the Prospect Senior Center  
• 2-hour ride on the Winnipesaukee Scenic Railroad from Meredith, NH.  
• Turkey dinner served on board catered by Hart’s Turkey Farm  
• Shopping at Mill Falls Marketplace  
• New Hampshire Liquor Store stop  
This trip is non-refundable and will be held rain or shine. Arrival back at the Prospect Senior Center should be about 8:30pm.

Prospect Senior Center  
Annual Halloween Party  
Tuesday, October 31st  11:30am.  $20  
Join the fun as we celebrate Halloween here at the Senior Center. It’s always a h-o-w-l-i-n-g good time as we dress up and have some fun, eat some great food and enjoy some lively entertainment after our meal. Lou & the Good Time Guys will be entertaining us from 1:00pm. to 3:00pm.  
If you are interested in joining us, please sign up and PAY as soon as possible. Please remember that our holiday parties fill up extremely fast, especially the Halloween Party. If you snooze you lose! Sign up and PAY today, before it is too late!

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Flu & Pneumonia Shot Clinic @ the PSC  
Sponsored by Rite Aide Pharmacy  
Wednesday, October 4th  10:00am. to 12noon  
Wednesday, October 11th  10:00am. to 12noon  
If you are interested in receiving your flu or pneumonia shot from representatives from Rite Aide, please call the Senior Center ahead of time to register. We need to get an idea ahead of time of how many people will be coming. Please specify which shots you will be coming for. Also, please bring your Medicare Part B cards with you that day. Persons with private insurance will be charged and may submit, on their own, for reimbursement from their insurance company.

VILLA ROMA  
OKTOBERFEST  
October 2-3  
Celebrate the season with the festive Oktoberfest at Villa Roma Resort, set in the beautiful Catskill Mountains.  
Enjoy a 3-course sit-down lunch and get ready for some polka, savor some sauerbraten and bratwurst while you ring in fall with this traditional German celebration. This year’s show features an award winning German band that will have you dancing in your seats. During the performance, enjoy a complimentary beer! As an added bonus, you will also receive an All-Access Pass to the Resort’s many amenities, such as bocce, shuffleboard, an indoor pool, Jacuzzi and much more.  
Join us for a trip to the Villa Roma to enjoy an Oktoberfest Overnight!!  
Rate includes:  
• Dinner night of arrival, Music and top entertainment  
• 2pm Matinee Show on Tuesday, starring the Alex Meisner Band  
• Complete schedule of daytime activities led by social director, Doc Holiday  
• Indoor sports complex with bocce, shuffleboard, ping pong, table & video games  
• Indoor swimming pool & Jacuzzi  
• Fully equipped fitness center  

Price PP based on double occupancy $260.00  
Call Linda Soto for more info & to reserve your spot  
203-591-1407  

Depart at 7am. Rest stop along the way. Approx. time of arrival back home: 7pm
A Visit to Saltana Cave

"Healing and tranquility are in the air."

590 Danbury Road, Ridgefield, Ct.
Tuesday, October 3, 2017
Departing @ 9:30am.

Take a deep breath in—you are inhaling one of nature’s greatest gifts at Saltana Cave in Ridgefield, Ct. With today’s technology they have been able to develop a salt cave and recreate the same microclimate that is found in a natural salt mine. It is the first one of its kind in Fairfield County.

Spelotherapy (salt cave therapy) is an alternative treatment that provides relief from respiratory ailments. It allows you to get a sense of peace and serenity while simply breathing in the salt particles.

The therapeutic properties of salt-long hailed as a natural anti-fungal, anti-viral and anti-inflammatory-coupled with a relaxing environment are the draws of the Saltana Cave.

In Poland around the 1950's, it was observed that miners rarely ever had to deal with respiratory illnesses. Further research revealed that this was because of the anti-inflammatory and anti-bacterial qualities of the salt they worked with.

Owner Anna Husted a Ridgefield resident and native of Poland acknowledges that salt therapy has been widely used for centuries throughout Europe and Asia as a complementary treatment for alleviating respiratory conditions such as allergies, asthma, COPD, TB as well as common colds and flu.

The therapy has also helped with the side effects of smoking, lung infections, Cystic Fibrosis, viral infections, bronchitis, snoring, sleep apnea, poor concentration, chronic tonsillitis, weakened immune system, thyroid disorders, arthritis, skin diseases, acne, dermatitis, eczema and psoriasis.

Himalayan salt is used exclusively at this establishment. It naturally contains all 84-trace minerals required for human life. There are no side effects from it. It is considered the purest and cleanest of all salts.

Before entering the cave you must put on white socks that you are instructed to bring with you. We will be going in as a group for this salt therapy session.

Once inside this magical and inviting cave room you will find the walls are aglow with Himalayan salt lamps and the ground is covered with pebble sized salts. This glowing space has been designed for you to feel an immediate sense of relief both on an emotional and a physical level.

Zero gravity chairs offer a comfortable weightlessness and the piped in music, hinting of waves crashing on the shore, and the soft hum of water that will embrace you. You may also bring your own folding chair if you think you may be uncomfortable in the zero gravity chairs that they provide.

The air in the cave is saturated with salts and ions. As you breathe normally, your body naturally breathes in all that the salt has to offer. Lay back, breathe in the dry salt air and relax deeply. Allow yourself to let go of all stress and tension. Just let the therapeutic power of the salt therapy carry you into balance.

The session lasts about 45-minutes. You should feel restored, relaxed, de-stressed and rebalanced after your session.

We will be meeting and leaving from the Senior Center at 9:30am. Our group salt therapy session is scheduled for 11:00am.

After our session we will continue on to lunch at the Little Pub in Ridgefield. The cost of your lunch is your responsibility.

If you are interested in joining us for this fascinating journey into the world of salt caves, please stop by the Senior Center to register and PAY for your session. We are limited to the number of people we can bring with us.

Tour of B.F. Clyde’s Cider Mill

129 North Stonington Road, Old Mystic, Ct.
Thursday, Oct, 26th

$5
8:30am.

Join us as we visit the family owned and operated B.F. Clyde’s Cider Mill in Old Mystic, Ct. This National Historic Landmark has been heralded as the only steam powered cider mill in the United States, Clyde’s Cider Mill not only offers cider for sampling, but apple wines, jams, jellies, local honey, maple syrup, fudge and pumpkin bread. Also available for sale are apples, apple pies, gourds, Indian corn, pumpkins, candy apples, kettle corn and apple cider donuts.

We will be meeting and leaving from the Senior Center at 8:30am. We should be at our destination by about 10:00am. Once at the Mill you will enjoy a guided tour of the cider mill. We may even be able to enjoy a cider making demonstration if they are making cider that day. But, they can’t guarantee that they will be. The sixth generation of the Clyde Family is still making cider just like B.F. Clyde did in 1881.

At 12noon we will board our bus for a lunch stop at The Engine Room. This restaurant has been recommended to us by the Cider Mill staff. Our reservations are for 12:30pm. The cost of your lunch is your responsibility.

We should be back in Prospect by about 4:30pm. This all depends on the traffic that day; however.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We are limited to the number of people we can bring with us.

Ryco, Inc. Mill Shop

25 Carrington Street-Lincoln, RI.
Tuesday, October 17th
$10
7:30am.

Ryco Mill Shop is located in a 173-year old mill built in 1844 on the Blackstone River where they have manufactured trimming since 1989. As you walk into their historical mill, you will be overcome by a bountiful and colorful selection of quilting fabrics, cotton fabrics of all weights, trimmings, ribbons and a very happy staff that will give you some good old fashioned service. They are more than happy to share their love and knowledge of sewing and quilting with you.

Our own quilter "extraordinaire", Maddie Orsillo, has visited the shop before and highly recommends a visit here.

We will be meeting and leaving from the Senior Center at 7:30am. We should be at our destination by about 9:30am. We will give you until about 12noon to browse, shop and buy from the shop.

At this time we will continue on for a lunch stop at Angelo’s Restaurant which is nearby. It has been recommended to us by the staff at Ryco. They said that the food is delicious and the prices are very reasonable. The cost of your lunch is your responsibility.

The $10 that you are paying for this trip is to defraying the cost of gas for the mini bus that day. It is quite a distance from here.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We are limited to the number of people we can bring with us.
Lunch @ Farmer’s Cow Cafè  
(86 Storrs Road, Mansfield, Ct.)  
& “More Than Moos Ice Cream Social” & Tour  
@ Cushman Farms  
(393 Norwich-Lebanon Road, N. Franklin, Ct.)  
Saturday, Oct. 21st  No Charge  10:00am.

The Farmer’s Cow is a group of six Connecticut family-owned farms. They are dedicated to putting a face on Connecticut agriculture. They encourage people to visit their farms to see their cows and learn about dairy farming. Along with dairy products they also sell locally-sourced eggs, apple cider, summer beverages and locally roasted coffee.

The group was started back in 2005. They are extremely proud of how well their brand has grown and gained recognition across Connecticut. They owe it all to their customers who feel strongly about supporting local agriculture and who have helped spread the word about The Farmer’s Cow.

When they began selling ice cream years ago they had folks tell them that they should open an ice cream stand. They liked the idea of serving their products to their customers and made the decision to give it a try. At first they were going to just sell ice cream. Then, one of their farmers said, “Hey, we sell eggs and coffee too!” So, they decided that they should also serve breakfast - but then they thought, maybe they had better serve lunch and dinner, “cause just selling eggs and ice cream would be a little weird!”

Well, that’s the story of how they decided to start a café and creamery. But, it couldn’t just be a café! They are dairy farmers with cows and calves. It needed to be a Cafè! And so, The Farmer’s Cow Cafè & Creamery came to be.

Today we will be having lunch at the Farmer’s Cow Cafè & Creamery in Mansfield, Ct. The cost of your meal is your responsibility. They are very reasonably priced. They offer a diversified menu of soups, salads, wraps, Panini’s and ice cream. The online reviews of their food are excellent.

They also offer a very popular Milk Bar. Here you can get unlimited milk refills for $1.50. You can go up as many times as you would like. The Milk Bar offers around 30-different flavors that you can add to your milk. They rotate these flavors on a daily basis featuring about three different flavors each day. There is always regular milk and chocolate milk as well.

Once you get to the Cafè you order your meal at the counter and they will deliver it to your table once it is ready. In the meantime you can enjoy their Milk Bar and all of that day’s flavors.

After our lunch we will continue on to Cushman Farm in Franklin, Ct. It is one of the six farms in this group. For six generations the Cushman family has farmed in North Franklin. Started on 155 acres at the homestead, today the Cushman and Smith families manage nearly 1,800 acres of cropland in three towns.

This multi-generational farming tradition has cultivated a dedication to progress at Cushman Farms. Nate Cushman learned early that farming requires work; he milked 20-25 cows every morning before heading off to school. Partnering with his father on the family’s farm, Nate has watched the herd outgrow the stanchion barn built in 1955, and the new 105-stall free stall barn in 1966. Today’s newest dairy complex includes a rotary parlor that milks 30 cows at a time, and a barn that offers free movement and private stall space for nearly 900 cows.

To manage the farmland and milking operation, Cushman Farms employs 18 full time and 4 part time people. Each day more than 9,000 gallons of milk are produced. Enough milk to supply a city with a population of nearby Norwich.

The family invites you to their “More Than Moos Ice Cream Social”. You will be able to tour the farm, meet the farmers, walk through their fields if you would like, see the cows and sample their ice cream and apple cider. There is no cost for this event.

We will be meeting and leaving from the Senior Center at 10:00am. We will leave Cushman Farm at about 3:00pm. We should be back in Prospect by about 4:00pm.

If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.
Columbus Day Lunch @ Marley’s Café
11 Ferry Street, Essex, Ct.
Monday, October 9th Departing @ 9:30am.
The magic of Marley’s Café has much to do with its singular location. Occupying part of a 13-acre, man-made island in the middle of the Connecticut River, the restaurant can only be reached by taking a six-passenger boat from a dock at the foot of Ferry Street in downtown Essex.

The crossing to the island lasts less than a minute but arriving on the island, you may feel as though you have been transported to some sort of idyllic tropical resort (or perhaps back in time, to a sleep-away camp).

At the Café you will find a hodgepodge of umbrella-shaded outdoor tables scattered around a cherry bungalow, its deck adorned with cascading plants and a painted surfboard. Just beyond, you might spot a crowd of teenagers playing volleyball on the sunlit lawn, or couples strolling along the river watching motorboats.

Chef Jeff keeps it simple with a straightforward menu of burgers, club sandwiches, quesadillas and salads; all of it set to a reggae beat. The Café runs on “island time”, so if you are the type that can’t sit back, relax, chat with friends, enjoy the beautiful scenery and wait a little bit longer for your lunch, then this is not the place for you. The Café also welcomes you to BYOB.

We will be meeting and leaving from the Senior Center at 9:30am. We should be at our destination by about 12noon. After our short ride over to the island (we will need to make several trips since the small ferry only holds 6 people at a time) we will enjoy lunch at the Café. We have reservations made for 11:00am. The cost of your lunch is your responsibility.

After lunch you are welcome to stay on the island grounds and sip your wine or cocktails and watch the beautiful boats go by. We do ask that if you do decide to do this that you vacate the tables for their other lunch customers. They do provide a number of chairs along the waterfront that you can sit at and relax and enjoy the day.

You may also want to take the ferry back across the river into Downtown Essex. There is no cost for the ferry. There are a number of small shops there where you can stroll, browse and shop to your heart’s content. Or, you may want to buy an ice cream at Sweet Peas also in downtown Essex to enjoy while you walk down to the end of the street to look out onto their pier. Sweet Pea’s has been voted the Best Ice Cream in Connecticut by Connecticut Magazine.

The downtown area is crammed full with lots to see in a small area. You don’t have to walk very far to visit all the various businesses and there are quite a few benches along the way that you can stop and sit a spell and catch your breath.

At 3:00pm we will meet again and board our bus for our return trip back to Prospect. We should be back at the Senior Center by about 4:00pm. If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

Lady Katharine” Fall Foliage Brunch Cruise
Departing from Eagle Landing
19 Bridge Road, Rte. 82, Haddam, Ct.
Sunday, Oct. 22nd Departing @ 9:30am. $50.00
Join us as we board the “Lady Katharine” at Eagle Landing in Haddam, Ct. for a lovely Fall Foliage Brunch Cruise. The brilliant colors of autumn are seen in magnificent style from the Observation Deck of the vessel. Enjoy their famous signature brunch and live entertainment while you cruise.

The talented staff and chef of the “Lady Katharine” prepare all dishes freshly on board during your cruise. The bountiful buffet offers a balanced selection of delicious dishes. On the menu will be: a Fresh Fruit Display, Miniature Danish, Mini Strudel & Tea Breads, Assorted Mini Muffins, Frittatas, French Toast, Home Fried Potatoes, Carving Board, Stuffe Breast of Chicken, Salmon, Tenderloin Tips of Beef, Meatless Lasagna, Salad, Dessert, Coffee and Tea. A cash bar will also be available for Soda, Beer, Wine, etc.

We will be meeting and leaving from the Senior Center at 9:30am. The ship departs from Eagle Landing at 11:00am. The cruise runs until 1:00pm. We should be back in Prospect by about 2:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We are limited to the number of people we can bring with us.

Fairfield Warde High School PTA Flea Market
Sunday, October 15th Departing @ 7:30am.
The Fairfield Warde High School PTA Flea Market has been named one of the Top 10 Amazing Flea Markets in Connecticut by the website, Only in Connecticut. The PTA holds these monthly events to benefit programs for students and parents alike with scholarship funds. The flea market opens at 8:00am. in the parking lot of Fairfield Warde High School.

If you are interested in joining us, we will be meeting and leaving from the Senior Center at 7:30am. Once at the school you will be free to wander, browse and shop through the flea market until 10:00am.

At this time we will board our bus for a breakfast stop at Andros Diner which is very close to the high school. The cost of your breakfast will be your responsibility.

If you are interested in joining us, please sign up as soon as possible. We should be back to the Senior Center by about 12noon.

Prospat Historical Society
Scholarship Fundraiser
Vintage Quilts And Victorian Tea
Sunday, October 1, 2017 1:00pm- 3:00pm
Prospect Firehouse
26 New Haven Road, Prospect, CT
Speaker - SUE REICH
Connecticut Community Foundation
Nutcracker Party tickets will benefit families of 1850-1910s
Please bring a quilt of your own to share with us!
Call for tickets: Nancy 203 758 6359 or pionecr @ 203 210 1161
Connecticut Community Foundation
French Orchestral Music Between Berlioz and Debussy
Founders Hall Auditorium
Northwestern Connecticut Community College
Park Place East, Winsted, CT
Oct. 3, 10, 17, & 31 1:00pm - 4:00pm
Hector Berlioz (1803-1869) and Claude Debussy (1862-1918), who were among France’s most innovative composers, bookended 19th century French music. Berlioz was the first to concentrate on symphonic music since the opening of ‘L’Academie Royale de Musique’ in 1671, which offered performances of only opera and ballet. He would be followed by a generation of composers, extending from St. Saens to Dukas, who wrote quality orchestral music still very popular today.

This course will explore the French symphonic repertory from the 1850’s until the advent of Debussy and will detail the lives and times of composers from that period. Serving also as a musical travelogue, images will be shown of Parisian architecture closely connected to composers, their birthplaces and residences...

To obtain credit, student attendance is mandatory at all five sessions. For seniors this is a lecture series rather than a college course. Seniors must register, but admissions are FREE.

Lecture dates: Tuesdays, October 3, 10, 17, 24, 31, 2017 from 1:00 - 4:00 p.m. in Founders Hall Auditorium. The course is subsidized by the NCC Foundation and Regional Advisory Committee. Instructor: Jeffrey Engel

Register Now! (860)736-6314

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Allume Home Care is offering FREE skilled medical in-home services for 10 patients!

Do you or does someone you know...

- Need skilled medical services at home? Nursing, OT, PT, speech, or social work?
- Have a new diagnosis and would benefit some additional help managing your condition?
- Recently had a procedure, accident, or surgery that is affecting your mobility at home?
- Feel overwhelmed managing multiple medications?
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Regardless of your payment status - Uninsured, Insured, Medicare-Eligible, Medicaid-Eligible -- Allume may be able to offer free services.

To inquire about our free home health services, please contact Stefanie Audio at stefanie@allumecares.com or 860-417-6881.

Space is limited!

Allume is a licensed home health agency servicing Western Connecticut with Remarkable Care. Our experienced team of nurses and therapists is here to serve you and your family 24/7. As part of becoming Medicare accredited, we are looking for 10 patients we can serve at no cost.

Allume surrounds families with remarkable care. We provide skilled medical services, including nursing, occupational therapy, physical therapy, speech therapy, physical therapy, and social work. Our mission is to gather, nurture, develop, and match people who love caring for others, with families who need them.

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VIKING RIVER CRUISES RHINE GETAWAY
October 5-13, 2017

Come Cruise the Rhine River from Amsterdam to Basel aboard the Viking EIR

Visit: Amsterdam with its beautiful canals; Kinderdijk and its historic Windmills; Cologne’s Gothic Cathedral; the Heidelberg Castle; Alsatian Treats in Strasbourg and Clock Making in the Black Forest area of Breisach.

All meals during cruise, wine with dinner, shore excursions, port taxes* and fuel surcharges*

Air is additional – CALL FOR OUR SPECIAL GROUP RATES. SPECIAL GROUP PRICES

STATEROOM RATES START AT:

- CATEGORY D $3424.00*
- CATEGORY C $ 3624.00*

GROUP RATES REFLECT TWO FOR ONE CRUISE SPECIAL AND ARE PER PERSON BASED ON TWO PEOPLE SHARING A STATEROOM.

**** DEPOSIT IS: $500.00 PER PERSON. FINAL PAYMENT DUE JUNE 28, 2017. OTHER CABINS AVAILABLE - CALL FOR RATES

Space is limited CALL TODAY!

SYNNOTT TRAVEL
452 MERIDEN ROAD, WATERBURY, CT 06705
203-575-1010 1-877-237-9666

Collinsville Antiques Co. of New Hartford
283 Main Street-Rte. #44, New Hartford, Ct.
Thursday, October 5th No Charge 9:30am.

Collinsville Antiques Co. of New Hartford is one of New England’s largest multi-dealer shops. It is located in what was once the long vacant Waring Manufacturing Company.

There are over 140 dealer booths in the 22,000 sq. foot showroom. This is a one-floor shopping bliss. It offers hundreds of thousands of items including furniture, lighting, jewelry, collectibles and just some very neat stuff.

There is an outdoor seating area on a huge sixty foot deck. The premises are handicapped accessible and air conditioned.

We will be meeting and leaving from the Senior Center at 9:30am. We should be at our destination by 10:30am. Once there you will be free to wander, shop and stroll, on your own, through the showroom.

At 12:30pm. we will board our bus again and stop at the Log House Restaurant for a nice lunch. The cost of your lunch is your responsibility.

If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us. We should be back in Prospect from this trip by about 4:00pm. This all depends on traffic that day, however.
Field of Dreams Carriage Museum
79 Pines Wood Road, Stonington, Ct.
Friday, Oct. 27th  $10  Departing @ 9:00am.

While the days of the horse-drawn carriage are long gone, one man has been so immersed in the craftsmanship and lore of these pre-automobile conveyances that he's built a museum to house his collection of them. It all started with a horse, said Michael Ward, owner of Fields of Dreams Tree Farm and Landscaping in North Stonington, Ct., where the museum is located.

"Back in 1995, my wife at the time bought me a Belgian draught horse and I had to have a carriage," he said. "So, I bought a carriage, and that was it, that was the bug," he laughed. "Now I have a disease, a carriage disease.

Ward said he didn’t know the exact number, but estimates he now owns more than 30 horse-drawn carriages, wagons, and carts.

His first carriage was a surrey with fringe on top, big enough to hold at least six passengers.

"I chose it because it held lots of people," he said. "I love to drive and I loved to take people back then.

After that, he bought a mountain wagon, which he has driven in Acadia National Park about 10 times with a carriage-driving group that meets every September.

To pull the carriages, Ward owns eight Shire horses, a British breed of draught horse.

"There are only 2000 Shires left in the world," he said. "Ours are gentle giants — we can drive through the drive-through at Bess Eaton donuts and we have, many times." The horses get worked every day, he said, pulling carriages around the farm and nearby roads.

"Obviously it's a shock in this area to see a horse and carriage going down the road," he said. "You see a lot of people jump out of their cars and take photos."

In the Amish-built, climate-controlled, barn-style museum, Ward has a range of vehicle styles on display, some restored, some not.

Whether restored or unrestored, Ward said he wants to share the history and craftsmanship of the carriages with the public.

"I'd like people to see them because there's so much history here and this is a lost art," he said. "This is real U.S. history; they're not making this stuff anymore and a lot of carriages have been sold and shipped overseas and they won't come back."

Compared to modern day automobiles, the carriages were built for the long haul, he said.

"People should see the pride and workmanship that was put into these vehicles," he said. "Our automobiles are throw-aways, but they built these carriages to last.

We will be meeting and leaving from the Senior Center at 9:00am. Our guided tour of the Museum is scheduled for 10:30am. The tour should be around 1.5 hours long. Please bring a jacket with you. The Museum is housed in a restored barn. At this time of the year, it may be a little chilly in there during the morning hours.

At 12noon we will continue on for a lunch stop at The Brick Oven Restaurant. It has been recommended to us by the staff at the Museum. The food is delicious they say and the prices are quite reasonable. It is only about 10-minutes away from the Museum. The cost of your lunch is your responsibility.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back in Prospect from this trip at about 4:00pm. This all depends on traffic that day, however.

Assistive Technology Presentation
Sponsored by the Western Connecticut Area Agency on Aging
Tuesday, October 17th  10:30pm.  No Charge

Today we will be hosting an Assistive Technology Presentation sponsored by the Western Connecticut Area Agency on Aging (WCAAA). This presentation is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to reduce or remove barriers and increase independence in performing tasks of daily living.

A representative from WCAA will be here to give us a free personalized demonstration on devices such as magnifiers, phone amplifiers, vibrating alarm clock, talking watch and kitchen utensils and smart pen, just to name a few. This demonstration will enable an individual to make an informed decision as to which device will work best for their needs. The items demonstrated may help you or someone you know to live, work, or play more independently and with more freedom.

The Senior Center has hosted this program before and all the participants have raved about the many assistive devices that are available to them that they did not know about. Since their last presentation here, many new devices have been added to their presentation. Come see what they have to offer that could make your day-to-day lives so much easier.

If you are interested in attending this very informative presentation, please call the Senior Center to register. You never know when you might be in need of one of these helpful assistive devices. Get informed about them now.

Join the Photo Club!
Beginning...
Monday, November 20, 2017  9:30am.

Allen Thibodeau teaches our Photography Class here at the Senior Center. He has been approached by several people to start a Photography Club. He is more than willing to do so, if there is enough interest.

The Club, not to be confused with a Photography Class, would be where like minded people interested in photography could get together once a month to share their passion for the art of photography.

Members could share their skills with one another, critique each other's works, share different techniques and ideas, go on field trips to photo exhibits, discuss various works by different photographers, attend presentations on the subject, sponsor guest speakers here at the Senior Center, exhibit their pieces, go on photo shoots together and so much more!

If there is enough interest, Allen plans on starting the group up on Monday, November 20, 2017 at 9:30am. If you are interested, please call the Senior Center to register.

There is no cost to join. If we start going on different outings and field trips, there may be a charge to cover expenses.

Allen asks that you come to the meeting with any ideas you may have to make this group a successful one. He looks forward to hearing from you!
Medicare Open Enrollment Event
@ Western Connecticut Area Agency on Aging
84 Progress Lane, Waterbury, Ct.
Thursday, November 9, 2017

The Medicare Annual Enrollment Period (AEP) is for any individual currently enrolled in Medicare Parts A and/or B. It allows you the opportunity to join, switch or drop Medicare drug plans. Please do not confuse this period with the ability to enroll into Medicare Parts A and/or B. Enrolling into a Medicare Drug plan during the Annual Enrollment Period timeframe of October 15 – December 7, 2017 will ensure your new plan coverage begins January 1, 2018.

Things to think about when comparing Medicare drug coverage are Cost, Coverage, Convenience and Quality.

Cost:
Monthly drug plan premium – all Medicare Part D plans charge a monthly premium in addition to your Medicare Part B premium. Also, most Medicare Advantage Plans charge premiums in addition to the Medicare Part B premium. These premiums vary by plan.

Yearly drug deductible – A deductible is a fixed amount of money you must pay before your drug plan begins to pay its share of covered drugs. Not all plans have a deductible.

Co-payment/Co-insurance – this is the amount you pay towards the cost of your covered drugs after the yearly deductible is met.

Coverage Gap – There is a temporary limit on what the drug plan will cover for drugs. Once you and your drug plan has spent a specified amount of money towards your covered drugs, you may enter the Coverage Gap, also known as the donut hole. During this period, you will pay 35% of total cost of covered name brand drugs and 44% of covered generic drugs in 2018 during the Coverage Gap. Not everyone enters the Coverage Gap.

Catastrophic Coverage – Again, once you, the plan and other subsidies pay a certain amount, you are no longer in the Coverage Gap – you enter Catastrophic Coverage in which you will enjoy much lower copays/co-insurance for covered drugs for the remainder of the calendar year.

Coverage:
Formulary – A formulary is a list of covered drugs that a Medicare Drug plan covers. Plans use “Tiers” to determine how much a covered drug will cost. Each Medicare Drug plan has different formularies so it is important you screen your drug plan each year to ensure the drugs prescribed to you are on the formulary.

Restrictions – Each plan may have certain restrictions on certain covered drugs. Restrictions may come in the form of Prior Authorization, Quantity Limits and/or Step Therapy.

Convenience:
Some Medicare Drug plans use certain pharmacies to bring you the lowest cost possible for drugs, should you chose to use a non-preferred pharmacy, you will be charged higher cost-shares. Or the drug plan may require you to use certain pharmacies only and do not have out-of-network coverage.

Quality:
Besides the plans costs, coverage and convenience, you may also want to review the Star Ratings for each Medicare Drug plan. Medicare uses customer satisfaction surveys from Beneficiaries and healthcare providers to determine the overall performance of each plan. Plans may have a rating of 1 – 5 stars, 5 being the best.

What’s next? Current Medicare Beneficiaries enrolled in a Medicare Part D plan or a Medicare Advantage Plan in 2017 will begin receiving notices, called the Annual Notice of Change and/or Evidence of Coverage from the plan, typically by the end of September. It is important you read the notices as they contain important information about your current plan for 2018.

Even if you are satisfied with your current plan, there is no harm in looking at other plans, to ensure that you are enrolled in the best possible plan for you.

The best way to view all plans available is to log onto www.medicare.gov and use the Medicare Plan Finder Tool.

If you need help deciding which coverage is best for you, the CHOICES (SHIP) Program at the Western Connecticut Area Agency on Aging in Waterbury can help.

CHOICES (SHIP) Program:
CHOICES helps Connecticut’s older adults and other people with Medicare understand their Medicare coverage and other healthcare options. CHOICES offers a number of free programs, as well as community outreach, information and referral services on a wide variety of topics.

CHOICES Counselors provide free, unbiased information and will facilitate enrollments into a Medicare Part D plan or a Medicare Advantage Plan by using the Medicare Plan Finder Tool.

CHOICES Counselors are not insurance agents or brokers; and therefore, do not receive any monetary gain from assisting Medicare Beneficiaries.

CHOICES Counselors have extensive training and experience helping individuals understand their Medicare Benefits. CHOICES Counselors can help Medicare beneficiaries choose the best plan for them.

You can call CHOICES at Western Connecticut Area Agency on Aging to schedule your appointment 203-757-5449.

The Agency is hosting a special Open Enrollment Event on Thursday November 9, 2017 for those Seniors who need help in deciding which coverage is better for them.

If you need to schedule your appointment on a different date, call the Agency and they will TRY to accommodate you as much as possible.

List of Items to Bring to Open Enrollment:
Medicare Card, list of drugs that you take including dosages & quantity, name and address of your preferred pharmacy, your zip code, your Grey CONNECT card (if you have one) and any secondary insurance card you may belong to.

If you are interested, call early for your appointment. They fill up very quickly.
Second Trip Added...
Storm King Art Center
1 Museum Road, New Windsor, NY.
Monday, Nov. 6th $32 Departing @ 9:30am.

The Storm King Art Center, commonly referred to as Storm King and named after its proximity to Storm King Mountain, is located in the hamlet of New Windsor, New York. It is about a 1.5 hour drive from Prospect.

Storm King Art Center is a 500-acre outdoor, open-air museum and sculpture garden featuring enormous pieces from bold-faced names such as Alexander Calder, Maya Lin, Donald Judd, Richard Serra, and Louise Bourgeois. Even if you are not an art lover, it is impossible not to be swept away by the beauty of the sculptures and the surrounding landscape.

The Center contains what is perhaps the largest collection of contemporary outdoor sculptures in the United States. Founded in 1960 by Ralph E. Ogden as a museum for Hudson River School paintings, it soon evolved into a major sculpture venue with works from some of the most acclaimed artist’s of the 20th century.

The permanent collection of monumental works is situated throughout the grounds in four main areas: The North Woods, a wooded section in the northeast corner of the property; Museum Hill, an elevated portion on the east edge of the property along the Moodna Creek with views of the surrounding land and its sculptures; the Meadows, which includes the western edge of the park and its entrance; and the South Fields, an open expanse in the southwest portion of the center. The landscapes have been carefully molded to form the perfect setting for each of the monumental works of art.

We will be meeting and leaving from the Prospect Senior Center at 9:30am. Our first stop will be for a nice lunch at the River Grill on Newburgh’s historic waterfront. The cost of your lunch is not included in the cost of this trip. It is your responsibility.

After lunch we will continue on to the Storm King Art Center where we will first enjoy a narrated tour of the museum. After the tour we will hop on a tram for a 35-minute narrated tour of the Art Center and its outside exhibits. You will be able to enjoy the many sculpture exhibits from the comfort of the tram.

We should be leaving the Art Center at about 3:30pm and be back in Prospect by about 5:00pm. If you are interested in joining in on this trip, please sign up and PAY as soon as possible. We are limited to the number of people we can bring with us.

The Sixties Show @ Ridgefield Playhouse
80 East Ridge Road, Ridgefield, Ct.
Saturday, Nov. 11th $40 8:00pm.
Departing at 7:00pm.

The Sixties Show comes straight from NYC. It is the Greatest 1960’s Musical Re-Creation Show in the World. The band features former members of Bob Dylan’s, Ray Charles, James Brown’s, Ray and Dave Davies (The Kinks) bands and current members of legendary multi-platinum pop superstars - The Smithereens.

The show is a cross generational crowd pleaser and the band is widely celebrated and known for re-creating spot on, note for note re-creations of the hits from the greatest songs of the 1960’s.

At a Sixties Show performance you will take a trip back to another time and place that was the 1960’s, where an AM radio is blasting out the latest sounds from a convertible, on a warm summer starlit Saturday night on any street USA.

All of the music is performed live, with no samples, backing tracks or prerecorded music of any kind.

In addition to the concert experience, the show is also powerfully dramatized by a combination of narration and 60’s archival audio and newsreel footage.

It is a high energy trip back in time that reminds the audience how uniquely inspirational, entertaining, and historically significant the music of the 1960’s was and continues to be.

If you are interested in joining us for this show, please sign up and PAY as soon as possible. We cannot hold your seat without payment.
FREE Thank You Dinner for Military Personnel
@ Golden Corral Buffet
74 Turnpike Square, Milford, Ct.
Monday, November 13th   Departing @ 4:00pm.
Golden Corral’s legendary, endless buffet features an abundant variety of delicious familiar favorites. They continuously offer new breakfast, lunch and dinner items on their buffet.
Their dinner buffet features an enormous variety of classics like grilled to order sirloin, steak, pork, seafood, shrimp and chicken along with such favorites as their creamy mac and cheese, made from scratch mashed potatoes, fresh salad choices, and dozens of other items. Their bakery and dessert buffet are filled with freshly baked breads, homemade cakes and pies, delicious cookies, brownies, pastries and ice creams.
On Monday, November 13, 2017 the restaurant will be offering FREE Thank You Dinners for military personnel. They are FREE of charge to military personnel only. You must show proof of military service to participate. We will be meeting and leaving from the Senior Center at 4:00pm. The free dinners run from 5:00pm. to 9:00pm. We should be back in Prospect from this day trip at about 3:30pm. This all depends on the traffic however. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

SECOND TRIP ADDED
DUE TO POPULAR DEMAND...
Old Deerfield Holiday Sampler
Arts & Craft Fair
1305 Memorial Ave., West Springfield, MA
Sunday, November 19th   $10
Departing @ 8:30am.
The Old Deerfield Craft Fairs have been among the highest ranked shows in Massachusetts and New England by Sunshine Artist Magazine, for 25-years. The magazine is a major publication of the arts and crafts movement in the United States. The Deerfield Christmas Sampler Craft Fair has been recognized in the “Best Show” rankings of the Traditional Craft Fairs in New England. Yankee Magazine has also recognized the craft fair as one of the top 20 events in New England and as the top 3 in Massachusetts.
The cost for this trip is $10. This covers admission into the Craft Fair and also helps somewhat to cover fuel costs to the event.
We will be meeting and leaving from the Senior Center at 8:30am. We should be at our destination by about 10:00am. Once at the fair you will be free to shop, browse and eat on your own until 2:00pm. At this time we will leave for our return trip back to Prospect.
We should be back in Prospect from this day trip at about 3:30pm. This all depends on the traffic however. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Lifeline Wellness Screening
Monday, November 13, 2017
9:00am. to 4:00pm. (apt. necessary)
As many of you know, stroke is the leading cause of death today. It affects over 750,000 people each year. Every 45 seconds in the United States, someone suffers a stroke and every 3-minutes, someone dies from a stroke. This means that during the time today it will take you to read this, approximately 15-people in the United States will have died due to a stroke. According to the National Stroke Association, approximately 97% of Americans cannot recognize the signs of a stroke.
Lifeline Screening is a leading mobile health screening service that offers life-saving ultrasound screenings that help in detecting potentially dangerous strokes. They will be here on Monday, November 13, 2017 from 9:00am. until 4:00pm. These tests are very important and necessary. Most people do not realize that these tests are not typically offered during a regular physical, as they are not usually covered by insurance. Therefore, for most of you, stroke prevention lies in your hands.
A stroke can change your life or even worse, take your life. You should consider taking part in these life-saving screenings. If you would like to take the next step in saving your life or the life of a loved one, please call 1-888-653-6450 with your name, your phone number and the test package you would like to receive. Long before the testing date a representative from the Lifeline Screening program will call you to confirm your appointment and the exact time of your screening.

PACKAGES OFFERED:
Package #1-Stroke, Vascular Disease & Heart Rhythm
Package-4 tests for $149.00
Package #2- Add an Osteoporosis Screening for only $10
more-5 tests for $159.00

Mini Holiday Greek Food Festival
Saturday, November 18, 2017
11am - 7pm
Do you love the food at the May Greek Festival?
Come for lunch. Come back for dinner!
Dinner: Gyro, Chicken, Moussaka, Pastitsio, Spanakopita,
Tzatziki. Greek Salad. Greek Bean Soup and more!
Pastries available for the Holidays:
Baklava, Diples, Finkia, Rice Pudding,
and other Greek goodies
Sponsored by:
The Ladies Philoptochos Society
Holy Trinity Greek Orthodox Church
937 Chase Parkway, Waterbury, CT
(203) 754-5189
OPAI
AARP FRAUD BINGO  
@ Prospect Senior Center  
Tuesday, November 7, 2017  
10:00am. to 11:30pm.  
No Charge  
Join us for a fun, interactive way to remind yourself about protecting your personal information and your finances! While playing Fraud Bingo, we will discuss banking scams, investment fraud, cyber security, credit and debt management, and more.  
This program is being offered by the Department of Banking in collaboration with AARP’s Fraud Watch Network. Prizes will be awarded to the Bingo winners.  
If you are interested in joining us, please sign up as soon as possible. There is no charge to participate.

Festival of Tables! Luncheon  
@ Greek Orthodox Church  
937 Chase Parkway, Waterbury, Ct.  
Sunday, November 5th  
12noon    Departing @ 11:15am.  
The Daughters of Penelope Deucalion Chapter #199 will be sponsoring their 13th Annual “Festival of Tables”. This event has been a huge success for the organization. All proceeds benefit the Daughters of Penelope Scholarship Fund. This is the fifth time that we will be attending this event as a group. Everyone who has gone in previous years has really enjoyed themselves. The tables are unbelievably decorated.  
This is a very popular event with our group. You will marvel at how each table of eight or ten people is so beautifully themed and decorated. The ladies from the church who volunteer their time to do the decorating go all out on the table décor, competing against each other for the best-looking and most creative tables. A delightful luncheon is also served along with raffles that you can participate in for some wonderful door prizes and sensational gift baskets.  
The event starts at 12noon. We will be meeting and leaving from the Senior Center at 11:15am. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. This is an event that you don’t want to miss!

Prospect Senior Center  
Annual Thanksgiving Day Party  
Thursday, November 16th  
$20  
11:30am.  
Join us as we “give thanks” for our many blessings here at the Senior Center. We will be dining on some very traditional Thanksgiving fare including turkey, stuffing, gravy, sweet potatoes, veggies, cranberry sauce and pumpkin pie. Entertainment will follow our luncheon at 1:00pm.  
If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Please be advised that this holiday party usually fills up quickly. Do not hesitate to sign up before the event sells out!

Radio City Music Hall Christmas Spectacular  
Friday, November 17th  
8:00am.  
Price: $198  
We will be attending the Radio City Music Hall Christmas Spectacular, starring the world-famous Rockettes! Be a part of this American tradition, as a new show will be introduced with a bounty of exciting segments and special effects, yet still retaining your classical favorites such as the Parade of the Wooden Soldiers and the Nativity. We will be meeting and leaving from the Senior Center at 8:00am. We will be traveling on a deluxe coach bus. There will be a bathroom on board this bus. Our first stop will be for lunch at the famous Italian restaurant Carmine’s in New York City. Your meal will be served family style with platters of Rigatoni & Broccoli and Chicken Marsala.  
After lunch we will continue on to Radio City Music Hall where you will enjoy the 2017 edition of the Radio City Christmas Spectacular, starring the world-famous Rockettes! Be a part of this American tradition, as a new show will be introduced with a bounty of exciting segments and special effects, yet still retaining your favorite classical Christmas sights and songs. The show is scheduled to start at 3:00pm.  
The cost of this trip includes deluxe motor coach transportation, the show at Radio City Music Hall, lunch including tax & tip and the driver and tour director gratuity. We should be back in Prospect from our trip by about 7:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

“Peace on Earth”  
Crèches of the World  
@ Knights of Columbus Museum  
1 State Street, New Haven  
Thursday, November 30th  
$5  
The Knights of Columbus 2017 Christmas exhibit will feature nativity scenes from across the globe. We will be meeting and leaving from the Senior Center at 10:30am. Our first stop will be at Katz’s Deli in Woodbridge for lunch. The cost of your lunch is your responsibility. After lunch we will continue on to the Knights of Columbus Museum in New Haven for a guided tour of the “Peace on Earth” Crèches of the World exhibit. The tour should last about one hour. The $5 that you are paying for this trip will go towards a donation to the Museum. After the tour we will board our bus for a coffee stop at Donut Crazy which is also in New Haven. New Haven is known for its pizza but because of Donut Crazy it is also becoming known as a destination for doughnuts. When people think of doughnuts they typically think of breakfast foods, but these are not your typical doughnuts. You will be amazed at the amazing and creative “doughnuts” they have there. After our coffee stop we will continue on back to Prospect. We should be back here by about 4:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.
Hawk Ridge Winery Day Trip
28 Plungis Road, Watertown, Ct.
Thursday, November 9th  Departing @ 10:30am.

Hawk Ridge Winery, part of Hidden Breeze Farm, is located in Watertown, Connecticut, a peaceful farm setting in which to enjoy friends, family, and fantastic wine. Hidden Breeze Farm has been in existence since January, 2012. The winery was named after the abundance of red tail hawks on the property.

The 58-acres that surround Hawk Ridge Winery were purchased by Hidden Breeze Farm LLC in 2012. For decades the property was a working farm. In 1975, the property began operating primarily as a horse farm, haying its pastoral acreage. In 2013, after a year of deliberation and appreciation of the property, the land was converted back to a working farm with the introduction of farm animals.

Thirty acres of hay are harvested by the farm annually. In 2014, the decision was made to diversify their crops by planting grapevines with the assistance of many volunteers and college students who worked tirelessly to get the vines into the ground.

In 2015, additional grape vines were planted by these same volunteers. There are currently 4-acres of grapevines planted on the farm. Five beehives were added to the property in 2014, and squash and garlic were grown in 2015.

Future project plans include expansion of the vineyard to 30-acres of vines, expansion of honey production, and other farm related products. Hops are also projected to be cultivated.

Our Book Club will be sponsoring a trip there on Thursday, November 9, 2017. We will be leaving the Prospect Senior Center at 10:30am. You are allowed to bring whatever food you want to the winery. You are NOT ALLOWED to bring in any type of beverage, including water. The winery offers a wine tasting of 6-wines for a $10 charge for those who may be interested. Other beverages will also be available for purchase.

Once at the winery you will be free to sit, chat, eat and socialize with your friends. At 3:00pm. our mini bus will return to bring everyone back to the Senior Center.

If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

“Holiday at the Opera”
Tour @ Osborne Homestead Museum
500 Hawthorne Avenue, Derby, Ct.
Tuesday, November 28, 2017  $5
Departing @ 9:15am.

For several weeks each winter, the Department of Energy and Environmental Protection’s Osborne Homestead Museum is transformed into a holiday showcase. Talented and dedicated garden clubs beautifully decorate all the rooms in this historic homestead. Those that visit at this time of the year enjoy the sight and sounds of a traditional holiday celebration during a special guided tour.

Many wonderful garden clubs contribute to the holiday festivities: the Derby Garden Society, the Naugatuck Garden Club, the Olde Ripton Garden Club of Shelton, the Ansonia Garden Club, the Oxford Garden Club, the Roxbury/Bridgewater Garden Club, the Pomperaug Valley Garden Club of Woodbury, the Friends of Osborne and the Kellogg Volunteers. Since the garden clubs decorate different rooms every year, the decorations are always new and creative.

Join us as we travel to the homestead for this beautiful holiday tradition. We will be meeting and leaving from the Senior Center at 9:15. We should be at our destination by about 10:00am. At that time, we have arranged a guided tour of the Homestead.

At 11:30am. we will depart from the museum and continue on to JRB’s Family Restaurant in Ansonia for lunch. The cost of your meal is your responsibility.

We should be back in Prospect by about 3:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We are limited to the number of people we can bring with us.

Learn to Take Better Pictures with Allen Thibodeau
Beginning on Wednesday, Nov. 1st @ 9:30am.

Senior Center member Allen Thibodeau will continue to teach a basic photography class at the Senior Center beginning again on Wednesday, November 1, 2017. The classes are held every Wednesday at 9:30am. They run for 6-weeks.

The classes are very popular and well attended. Allen gives participants hands-on help with their cameras and help in taking better pictures. He discusses the basic rules of photography as they pertain to picture taking and gives you feedback to help you capture the best photos. Allen welcomes anyone interested to attend. There is no charge for the class due to Allen’s generosity. He does ask, however, that participants bring their own personal cameras to the class.

If you are interested in participating, please call the Senior Center or stop in to register.

Back by Popular Demand...
Beautiful Things-
Gold & Silver Exchange
Thursday, November 9, 2017
10:00am. to 1:00pm.

Do you have old, unused or broken gold & silver jewelry pieces? If you are no longer using these items, why not turn them into extra cash for yourself? Get everything together that you no longer use and bring them to the Senior Center. Don Bernier of “Beautiful Things” Gold & Silver will be at the Senior Center. He will meet with you privately and speak to you about how much cash you can get for your items. This gentleman comes very highly recommended to us. He services a number of Senior Centers.

Don pays top dollar for your old gold & silver jewelry pieces. If you can use a little extra cash, stop in and see him. Bring in all forms of gold or silver jewelry, flatware, tea sets and coins (silver dollars, half dollars, quarters and dimes pre-1964). Don will pay you well above jeweler’s prices and you will be paid cash on the spot.

The Senior Center will benefit also! Don has agreed to give the Senior Center 10% of the total paid out at the end of the day. Call the Senior Center to register.
Connecticut Master Chorale Annual Holiday Prelude Concert 164 Deer Hill Ave., Danbury, Ct. Sunday, November 19, 2017 $20 3:00pm. Departing @ 1:30pm.

The Connecticut Master Chorale, under the direction of Tina Johns Heidrich, will present its annual Holiday Prelude Concert on Sunday, November 19, 2017 at 3 pm at the First Congregational Church, 164 Deer Hill Avenue, Danbury.

This popular concert has become a tradition for many and brings jubilant sounds of the season in an eclectic collection of outstanding festive choral music accompanied by brass ensemble. Featuring “A Dave Brubeck Christmas”, works by John Rutter and Dan Forest, music for Hanukkah and Advent, lullabies, multi-cultural numbers, gospel, and other festive selections that will guarantee a joyous and memorable start to the Holiday Season. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

44th Annual Festival of Trees & Traditions @ Wadsworth Atheneum - Hartford, Ct. Wednesday, December 6, 2017 $15 Departing @ 10:30am.

The Festival of Trees & Traditions at the Wadsworth Atheneum is an annual holiday event that celebrates artists, organizations, and individuals throughout the community who have designed and donated creative and fanciful trees, wreaths and more. It is one of the museum’s largest fundraisers. More than 200 decorated trees and wreaths adorn the museum at this time of the year. A popular holiday event and an annual tradition for many, this event attracts over 10,000 visitors from throughout the state and beyond over the course of its ten day run. We will be meeting and leaving from the Senior Center at 10:30am. Our first stop will be at Viron Osteria Restaurant in Cheshire for lunch. The cost of your lunch is your responsibility.

After our lunch we will continue on to the museum for the festival. We are scheduled to arrive at the museum at 1:30pm. Once there, you will be free to wander on your own through the “Festival of Trees” display and any of the other displays you might be interested in seeing. At 3:30pm we will regroup at a designated location and board our buses for home. We should be back in Prospect by about 4:30pm. (traffic permitting, of course).

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Basketball Hall of Fame 2017 Women’s Holiday Showcase @ Mohegan Sun Arena Tuesday, December 19, 2017 UCONN Women Huskies vs. Oklahoma Sooners Cost-$37 - Game Time: TBA

If you are interested in joining us, please sign up and PAY as soon as possible. Once we learn what the game time is, we will let you know. At that time we will also let you know what the departure time from the Senior Center will be.

If you are interested in joining us, please sign up and PAY as soon as possible. Just a word of warning...our UCONN Women’s Basketball game trips usually sell out.

Moscow Festival Ballet “Giselle” @ Quick Center for the Arts-Fairfield University 200 Barlow Road, Fairfield, Ct. Friday, April 6, 2018 $50 8:00pm. Departing @ 6:30pm.

Giselle is a romantic ballet in two acts. It was first performed by the Ballet du Théâtre de l’Académie Royale de Musique at the Salle Le Peletier in Paris, France in 1841, with Italian ballerina Carlotta Grisi as Giselle. The ballet was an unqualified triumph.

Giselle became hugely popular and was staged at once, across Europe, Russia, and the United States. The traditional choreography has been passed down to the present day derives primarily from the revivals staged by Marius Petipa during the late 19th and early 20th centuries for the Imperial Ballet in St. Petersburg.

The ballet is about a peasant girl named Giselle, who dies of a broken heart after discovering her lover, Albrecht, is betrothed to another. The Wilis, a group of supernatural women who dance men to death, summon Giselle from her grave. They target her lover for death, but Giselle’s great love frees him from their grasp.

The Wilis are particularly haunting characters. They are the spirits of virgin girls that died before they married. These creatures were very popular in Romantic era ballets. Led by Myrtha, the Queen of the Wilis, they gain their power in numbers as they effortlessly move through dramatic patterns and synchronized movements, and control the stage with their long tulle dresses and stoic expressions.

They are ruthless and hateful of men because they have all died of a broken hearts. Giselle finds forgiveness in her heart for Albrecht, but she knows the Wilis will not do the same. Their goal is clear and they are relentless on their quest. The Wilis are one of the most iconic characters in Giselle. They leave an imprint in the viewers mind as they dominate this beautiful ballet.

We will be meeting and leaving from the Senior Center at 6:30pm. Please sign up and PAY if you are interested in attending. We cannot hold your seat without payment. Tickets for this event are expected to sell quickly. Therefore, tickets have to be bought very early. If you are interested, pay for your tickets right away so that I can buy them soon from the venue.

TICKETS WILL GO ON SALE IN OCTOBER...

Prospect Senior Center Annual Christmas Party PLACE: Aqua Turf Plantsville, Ct.
DATE/TIME: Tuesday, December 5, 2017 12noon to 4:00pm. $40
Entertainment provided by Singer/Entertainer Jimmy Mazz

Deadline to buy tickets is Monday, November 27th. If you would like, you can reserve a table for 8,10 or 12 people. Please bring your list of the people that you want at your reserved table along with their payments. Full payment for everyone must be received in order to reserve an entire table. The party is open to Prospect Senior Center members only. No guests. Doors will open at 11:30am. Cash bar will be available.
2018 Events That Will Sell-Out Quickly...

Pasta & Shamrocks - Aaron Caruso
Italian Singing Favorite PLUS...Great Irish Music & Comedy of Jimmy Walsh
@ Grand Oak Villa - Oakville, Ct.
Tuesday, March 20, 2018 $72
Departing @ 10:30am.

Includes:
~Crackers, Cheese & Pepperoni upon arrival
~Family Style Lunch:
    Corned Beef & Cabbage, Chicken Parmesan, Salad, Pasta, Potato, Vegetable, Zeppole, Beverage
~Complimentary carafes of red and white wine at every table
~The velvet voice of Aaron Caruso
~The great Irish music and comedy of Jimmy Walsh

The Acchords-
“Memories Are Made This Way”
@ Grand Oak Villa-Oakville, Ct.
Thursday, September 13, 2018 $65
Departing @ 10:30am.

New York’s Top Oldies Group will be performing their sweet sounding harmony and strong vocal versatility. This award winning group has been recognized as the most original sounding oldies group and for keeping alive the music of the 50’s, 60’s and 70’s.

Includes:
~Cheese, Crackers and Pepperoni upon arrival
~Family Style Lunch:
    Salas, Pasta, Chicken Piccata, Pork Loin, Potatoes, Vegetables, Dessert, Soda & Coffee
~Complimentary carafes of red and white wine at every table
~The sounds of The Acchords

Celebrate America!
A Toast to the Armed Forces & Veterans
Featuring John Banker & His Band
@ Grand Oak Villa
Tuesday, November 13, 2018 $65
Departing @ 10:30am.

Join us for a very special day as we HONOR our Armed Forces and Veterans with a Special Show that will bring back a flood of memories. Enjoy patriotic songs and a medley of tributes to all the branches of our Armed Forces. Sing, toast and have a great time!

Includes:
~Cheese, Crackers & Pepperoni upon arrival
~Family Style Lunch:
    Salad, Pasta, Roast Turkey with Gravy, Yankee Pot Roast, Potato, Vegetable, Dessert, Soda & Coffee
~Complimentary carafes of red and white wine at each table
~John Banker & His Band

Though these events are still some time away, they are anticipated to sell-out quickly. If you are interested in attending any of them, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

2018 Events That Will Sell-Out Quickly...

The Edward Twins @ The Aqua Turf
Monday, May 21, 2018 $78
Departing @ 10:30am.

The world famous Edward Twins, the number one impersonation act in the world, will amaze you with their vocals and looks. You will think you are seeing and hearing the real super stars. You will enjoy impersonations of Barbara Streisand, Sonny and Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond, and more, all in one show!

Upon arrival to the Aqua Turf you will be treated to coffee and donuts. Afterwards, you will enjoy a delicious family style meal before the show. The menu for the day will be: Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage.

Bobby Rydell-A Teen Idol @ The Aqua Turf
Thursday, August 16, 2018 $86
Departing @ 10:30am.

Bobby Rydell’s career spans six decades and encompasses every area of the entertainment world. Starring in the hit film Bye, Bye, Birdie, and performing on countless TV shows, Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, an agile dancer and a fine actor. A polished performer at a young age, he was the youngest to ever headline the Copacabana.

You will enjoy a delicious family style meal before the show. The menu for the day will be: Salad, Pasta, Chicken Parmesan, Baked Salmon with Dill Sauce, Vegetable, Potato, Dessert and Beverage.

Married to Broadway
Featuring the Stars of Les Miserables
@ The Aqua Turf
Tuesday, October 9, 2018 $75
Departing @ 10:30am.

Ron Sharpe and Barbara Russell first met when they were playing the young romantic leads of Marius and Cosette in Les Miserables. After being married on stage hundreds of times, they decided to do it for real. Ron and Barbara, together with their friends, will share their love affair with the great music of The Great White Way, performing the big show stopping numbers that are audience favorites around the world-from Phantom of the Opera, Cats, Evita, and West Side Story, to Carousel, Fiddler on the Roof, and of course-Les Miserables.

You will enjoy a delicious family style meal before the show. The menu for the day will be: Salad, Pasta, Roast Turkey, Broiled Scrod with Crumb Topping, Vegetable, Potato, Dessert and Beverage.

White Christmas - Featuring Rob Zappulla and his 13-Piece Big Band
Dining & Dancing - Celebrate the Season!
Monday, December 10, 2018 $65
Departing @ 10:30am.

The holiday music of Bing Crosby and Frank Sinatra are cherished memories. Rob Zappulla and his Big Band will perform a nostalgic selection of songs you will identify with these two icons, along with so many more of your favorites.

Upon arrival to the Aqua Turf you will be treated to coffee and donuts. Afterwards, you will enjoy a delicious family style meal before the show. The menu for the day will be: Salad, Pasta, Chicken Parmesan, Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Holiday Dessert and Beverage.

These events are being held at The Aqua Turf but are being sponsored by another venue. If you are interested in attending any of them, sign up and PAY as soon as possible. We cannot hold your seat without payment. They are expected to fill up rather quickly.

These events are anticipated to sell-out quickly. If you are interested in attending any of them, please sign up and pay as soon as possible. We cannot hold your seat without payment.
Dante Ursini

Loving husband, father, grand-father, great-grandfather and brother

WATERBURY – Dante John Ursini Sr., 85, passed away peacefully surrounded by the love and comfort of his family on Tuesday, July 25, 2017, at Saint Mary’s Hospital. He was the husband of Marie Perrino Ursini.

Dante was born Nov. 10, 1931, in Pontelandolfo, Italy. He immigrated with his family to the United States and arrived in New York City on May 1, 1936. Dante’s family settled in Waterbury. He attended Waterbury public schools and graduated from Wilby High School in 1950.

Dante’s military service in the United States Army began in 1952 and lasted through 1954. Highlights of Dante’s military experience and service are as follows: Graduated from basic training and a leaders course at Indian Gap, Pa.; served 13 months in Korea, assigned to Heavy Mortar Co., 320th Regiment, 7th Infantry Division; staff sergeant; participated in various campaigns, most notably the Battle of Pork Chop Hill; awarded the Bronze Star Medal for Meritorious Service; Combat Infantry Badge; Korean Service Medal; United Nations Service Medal; and National Defense Service Medal.

While still serving in Korea, Dante received his naturalization papers on Feb. 16, 1954. He then studied at Bryant College in Providence, R.I., and graduated with a B.S. in accounting and finance in 1956. Dante married his college sweetheart, Marie I. Perrino, on Aug. 31, 1957. They were married for 60 years and raised four children, three sons and a daughter, and have six grandchildren and four great-grandchildren.

Dante’s business career included 30 years of service working at Timex/Allied-Signal Aerospace Co. in Cheshire as a manager in the cost and budgets division. After his work with Allied-Signal, Dante owned and operated a Gloria Jean’s Gourmet Coffees franchise for ten years in Waterford.

Dante was a devout Catholic and a communicant of SS. Peter and Paul Church. He cherished his faith and was a charitable man, giving regularly to many causes, one especially to support young men studying for the priesthood in India. For 13 years, Dante also volunteered at Beacon Brook Health Center in Naugatuck as the group rosary coordinator, leading and facilitating weekly rosary prayer sessions for residents of the nursing home. He was also a member of the American Legion and the Pontelandolfo Community Club.

Dante enjoyed gardening, dancing, bowling, golf, bird hunting and striped bass fishing. Enjoying a home-cooked meal prepared by Marie was also at the top of his list, declaring the experience “a slice of heaven.” His greatest life pleasure was spending time with his family, especially his grandchildren and great-grandchildren.

Besides his wife of 60 years, Dante leaves to cherish his memory his three sons, Dante J. Ursini Jr. and his wife, Kathleen, of Higganum, Christopher M. Ursini Sr. and his partner, Joanna Aversa, of Waterbury, Michael G. Ursini and his wife, Michelle, of Wethersfield; and his one daughter, Lia M. Ursini of Waterbury. He also leaves behind his six grandchildren, Dante J. Ursini III (Alyssa), Olivia K. Breen (Michael), Christopher M. Ursini Jr., Sarah C. Ursini, Nicholas M. Ursini and Luke A. Ursini; four great-grandchildren, Demetri and Emerson Ursini, Michael IV and Lilliana Breen; and several nieces and nephews. He was predeceased by his two brothers, Angelo Ursini and Albert Ursini.

The family would like to thank Dr. Jega for his many years of dedicated and compassionate care of Dante. The family also would like to thank the Xavier 3 staff at Saint Mary's Hospital for their kind and attentive care toward Dante.

Arrangements: Funeral was Monday, July, 31, at 10 a.m. from Chase Parkway Memorial/Albini Family Funeral Home, 430 Chase Parkway, to SS. Peter and Paul Church for a Mass of Christian Burial at 11 a.m. Burial followed in Calvary Cemetery.

In lieu of flowers, memorial contributions may be made in Dante’s name to: St. Jude’s Children’s Research Hospital, 501 St. Jude Place, Memphis, TN 06159.

For more info, or to send e-condolences, visit chaseparkwaymemorial.com.

Rita A. Stauffer

Worked for Timex, Hamilton Standard

PROSPECT – Rita A. Stauffer, 83, of Regency at Prospect, passed away peacefully on Aug. 9, 2017 at The Village at East Farms in Waterbury.

She was born in Waterbury on Aug. 23, 1933, a daughter of the late Arthur and Anna (Grickis) Stauffer. Before her retirement she worked for Timex and Hamilton Standard.

Rita is survived by her son, Gregory Borbas of Durham; grandchildren Kimberly and Kyle Borbas, both of Bristol; along with several nieces and a nephew.

She was predeceased by a sister, Constance “Connie” Froelick.

The funeral was held at 11 a.m. on Wednesday, Aug. 16, at Prospect Memorial Funeral Home, 72 Waterbury Road, Prospect. Burial will be at St. James Cemetery in Naugatuck.

For online condolences, visit prospectmemorial.com.

Peter E. Torselli

Native of Italy

PROSPECT – Peter E. Torselli, 87, of Prospect, passed away at home, surrounded by his loving family, on Aug. 15, 2017. He was the husband of Serafina (Rossi) Torselli.

Peter was born in Borgonovo, Italy, on Oct. 25, 1929.

Besides his wife, he is survived by his son, Stephen Torselli and his wife Roberta; his daughter, Laura Korzinski and her husband John; and his three grandsons, Timothy, Michael and Mark. He is also survived by his sister, Fernanda Guerra.

Donations can be made to: Volunteer Fire Department of Prospect, 26 New Haven Road, Prospect, CT 06712 or Hartford Healthcare at Home in Watertown, 680 Main St., Ste. 3A, Watertown, CT 06795.

All services are private and entrusted to Colasanto Funeral Home.

To leave online condolences, please visit us at colasantofh.com.
Hugo ‘Cokes’ Jannetty
Retired factory worker

PROSPECT – Mr. Hugo “Cokes” Jannetty, 95, of Prospect, passed away peacefully Tuesday, Aug. 22, 2017, at the hospice care of Waterbury Hospital surrounded by his loving family. He was the loving husband of the late Jean (D’Angelo) Jannetty and Ann (Dyson) Jannetty.

Hugo was born in Montagano, Campobaso, Italy on Dec. 18, 1921, son of the late Antonio and Antoinetta (Caterino) Jannetty. He was a graduate of Leavenworth High School and later was a factory worker for Uniroyal Footwear. After Uniroyal he worked in maintenance at Waterbury Hospital.

He was also a former member of the Aviglianese Athletic Club, enjoyed traveling with his wife and gardening.

Hugo is survived by a host of nieces and nephews, including Deborah “Debbie” Ciarlo of Watertown; a stepson, Keith Dyson, of Unionville and a stepdaughter Kathleen Dyson of Cromwell.

Hugo was the last survivor of nine children and is now in heaven with his siblings: Julia Ferrara, Rena Montello, Mario Jannetty, Eleanor Jannetty, Esther Larivere, Edna “Dolly” Duren, Blanche Dantino and Fred Jennetta.

A funeral was held for Hugo on Thursday, Aug. 24, at 12 p.m. from Chase Parkway Memorial/The Albini Family Funeral Home, 430 Chase Parkway, Waterbury, to St. Anthony Church in Prospect for a Mass of Christian Burial at 1 p.m. Burial followed at Calvary Cemetery.

Contributions can be made in Hugo’s memory to: Alzheimer’s Association (CT Chapter), 200 Executive Blvd., Southington, CT 06489.

Joyce Blinstrubas
Retired legal assistant

PROSPECT – Joyce (Knapp) Blinstrubas, 88, passed away Thursday, July 27, 2017, after a brief illness, surrounded by her family. She was the wife of the late Edmund J. Blinstrubas.

She was born in Waterbury Oct. 17, 1928, daughter of the late Clayton and Nina (Wilkins) Knapp. Prior to her retirement, she worked as a legal assistant at Trauring and Trauring. Over the years, she was very active in the community by serving as president of the Friends of Prospect Public Library, president and coach of the Girls Softball League, council member of Zion Lutheran Church, Girl Scout leader, president of St. Joseph Women’s Bowling League, and member of “Happy Hookers” Crochet/Knitting Club. She was a member of Zion Lutheran Church.

Joyce is survived by two daughters, Sandra Schumann and her husband, Chuck, of Anchorage, Alaska, and Alaine Caterino and her husband, Mark, of Prospect; a son, Peter Blinstrubas and his wife, Katherine, of Prospect; seven grandchildren, Matthew, Samuel, Thomas and James Blinstrubas, Alexander Schumann, and Andria and Aliza Caterino; a great-granddaughter, Ava Blinstrubas; a brother, Robert Knapp of Prospect; and several nieces and nephews.

The funeral was Monday, July 31, 10 a.m. at Zion Lutheran Church, 1555 Hamilton Ave., Waterbury. Burial was in Prospect Cemetery.

Memorial contributions may be made to Animal Rescue Foundation of Connecticut, 366 Main St. Terryville 06786; or Friends of Prospect Public Library, 17 Center St., Prospect 06712.

For online condolences, please visit prospectmemorial.com.

Old Age

IT’S NOT, AS THE saying goes, for sissies. There are some lucky ones who little by little slow down to be sure but otherwise go on to the end pretty much as usual. For the majority, however, it’s like living in a house that’s in increasing need of repairs. The plumbing doesn’t work right any more. There are bats in the attic. Cracked and dusty, the windows are hard to see through, and there’s a lot of creaking and groaning in bad weather. The exterior could use a coat of paint. And so on. The odd thing is that the person living in the house may feel, humanly speaking, much as always. The eighty-year-old body can be in precarious shape yet the spirit within as full of beans as ever. If that leads senior citizens to think of all the things they’d still love to do but can’t anymore, it only makes things worse. But it needn’t work that way.

Second childhood commonly means something to steer clear of, but it can also mean something else. It can mean that if your spirit is still more or less intact, one of the benefits of being an old crock is that you can enjoy again something of what it’s like being a young squirt. Eight-year-olds like eighty-year-olds have lots of things they’d love to do but can’t because their bodies aren’t up to it, so they learn to play instead. Eighty-year-olds might do well to take notice. They can play at being eighty-year-olds for instance. Stiff knees and hearing aids, memory loss and poor eyesight, are no fun, but there are those who marvelously survive them by somehow managing to see them as, among other things and in spite of all, a little funny.

Another thing is that if part of the pleasure of being a child the first time round is that you don’t have to prove yourself yet, part of the pleasure of being a child the second time round is that you don’t have to prove yourself any longer. You can be who you are and say what you feel, and let the chips fall where they may.

Very young children and very old children also have in common the advantage of being able to sit on the sideline of things. While everybody else is in there jockeying for position and sweating it out, they can lean back, put their feet up, and like the octogenarian King Lear «pray, and sing, and tell old tales, and laugh at gilded butterflies.»

Very young children and very old children also seem to be in touch with something that the rest of the pack has lost track of. There is something bright and still about them at their best, like the sun before breakfast. Both the old and the young get scared sometimes about what lies ahead of them, and with good reason, but you can’t help feeling that whatever inner goldenness they’re in touch with will see them through in the end.
Les Misérables  
Sunday, October 8, 2017  
1:00pm.  Departing @11:30pm.  
$96

School of Rock  
Sunday, October 29, 2017  
6:30pm.  Departing @ 5:00pm.  
$89

A Christmas Story  
Friday, November 24, 2017  
7:30pm.  Departing @ 6:00pm.  
$67

The Color Purple  
Saturday, December 9, 2017  
2:00pm.  Departing @ 12:30pm.  
$82

STOMP  
Saturday, January 13, 2018  
2:00pm.  Departing @ 12:30pm.  
$71

Something Rotten  
Saturday, February 3, 2018  
2:00pm.  Departing @ 12:30pm.  
$82

The Bodyguard-The Musical  
Saturday, February 24, 2018  
2:00pm.  Departing @ 12:30pm.  
$82

Disenchanted  
Saturday, April 14, 2018  
2:00pm.  Departing @ 12:30pm.  
$62

The Illusionists  
Saturday, May 5, 2018  
2:00pm.  Departing @ 12:30pm.  
$71

Love Never Dies  
Saturday, June 2, 2018  
2:00pm.  Departing @ 12:30pm.  
$82

On Your Feet- The Story of Emilio & Gloria Estefan  
Saturday, June 23, 2018  
2:00pm.  Departing @ 12:30pm.  
$82

Wicked  
Wednesday, October 11th  
2:00pm. (show time)  Departing @ 10:30am.  
$64

Annie  
Wednesday, April 11th  
2:00pm. (show time)  Departing @ 10:30am.  
$64

The Bodyguard  
Wednesday, October 18th  
2:00pm. (show time)  Departing @ 10:30am.  
$64

Price Is Right - Live  
Wednesday, October 18, 2017  
7:30pm.  Departing @ 6:30pm.  
$47

Gentleman's Guide to Love and Murder  
Saturday, October 21, 2017  
2:00pm.  Departing @ 1:00pm.  
$65

Nutcracker  
Performed by the Woodbury Ballet  
Saturday, December 16, 2017  
4:00pm.  Departing @ 3:00pm.  
$40

Rhythm of the Dance  
Wednesday, March 14, 2018  
4:00pm.  Departing @ 3:00pm.  
$45

The Price is Right Live! is the interactive stage show that gives eligible individuals the chance to “Come on Down!” to win. Prizes may include appliances, vacations and possibly a new car! Play classic games from television’s longest running and most popular game show. Playing to near sold-out audiences for nearly 9-years, the Price is Right Live! has given away more than 10 million dollars in cash and prizes and sold more than 1.2 million tickets.

The Vienna Boys’ Choir was founded in 1498 in Austrian Emperor Maximillian’s court. Since then, the troupe of choristers has expanded to include four touring choirs, and boast a collective sound that exhibits “astonishing vocal range” according to the Washington Post. Their holiday repertoire features favorites like “I’ll be Home for Christmas” and “Silver Bells”, plus a selection of timeless French, Italian and Russian carols. Treat yourself to a special holiday musical experience that you will never forget!

The Vienna Boys’ Choir @ The Klein  
910 Fairfield Ave., Bridgeport, Ct.  
Saturday, December 2nd  
Departing @ 6:00pm.  
$50

We have orchestra seating for these performances. If you are interested in attending with us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.
Beautiful – The Carole King Musical

Beautiful tells the true story of King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

Featuring a stunning array of beloved songs written by Gerry Goffin/Carole King and Barry Mann/Cynthia Weil, including “I Feel The Earth Move,” “One Fine Day,” “(You Make Me Feel Like) A Natural Woman,” “You’ve Got A Friend,” and the title song, BEAUTIFUL has a book by Tony Award-nominee and Academy Award-nominated writer Douglas McGrath, direction by Marc Bruni, choreography by Josh Prince, and took home two 2014 Tony Awards and a 2015 Grammy Award.

We will be meeting and leaving from the Senior Center at 6:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We will have orchestra seats for this performance.

REMEMBER:
SIGN UP AND PAY ASAP
NO SEATS HELD W/O PAYMENT

A Rock N’ Doo-Wop Holiday Spectacular

A Rock N’ Doo-Wop Holiday Spectacular will feature hits from the 1960’s and 1970’s. Artists include: The Caverns, The Crystals, The Four Seasons, The Four Tops, The Impressions, The Isley Brothers, The Jackson 5, The Supremes, and The Temptations. We will be meeting and leaving from the Senior Center at 6:30pm. If you are interested in attending any of these shows, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

THEωUPHUB
**2018 Aqua Turf Senior Entertainment Events**

- **St. Patrick's Day Celebration**
  - Featuring: The Maclean Avenue Band
  - Tuesday, March 20, 2018
  - **11:00am. - 3:30pm.** Departing @ 10:30am.
  - Padraig Allen and the Maclean Avenue Band have their own sound with old Irish Celtic folklore and rock pop Celtic music of today! This show is always a sell-out. Of course there is dancing also! Menu: Salad/Pasta/Corned Beef & Cabbage/Baked Scrod/Carrots & Potatoes/Dessert

- **The Polka Family Band**
  - Featuring: The Polka Family Band
  - Tuesday, October 17, 2017
  - **Departing at 10:30am.**
  - This East Coast Band is one of the finest Polka Bands around. Enjoy an energetic day filled with both Polka dance standards and your favorite American traditional music. **There is definitely dancing for this event!** Menu: Chicken Rice Soup/Salad/Pierogie’s/Pork Loin/Galumpki’s/Potato/Vegetable/Cheesecake

- **Tribute to the Devine Miss M!!**
  - Starring Kathy Thompson
  - Featuring: The Steppin' Out Band
  - Tuesday, December 12, 2017
  - **Departing at 10:30am.**
  - Good food, gorgeous décor and fantastic music by an awesome band, combine to give you an enjoyable afternoon. **This is a dancing day!** Menu: Salad/Pasta/Roast Turkey/Chicken Kathryn/Potato/Vegetable/Dessert

- **Celebrate Italia!**
  - Featuring: Dominic DePasquale & Orchestra Romanza
  - Tuesday, July 18, 2017
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - Dominic is one of Rhode Island’s most popular Italian singers! This “Cross-Over-Tenor” is backed by Orchestra Romanza, featuring many of New England’s top musicians. **Dancing will be offered at this event.** Menu: Fruit/Salad/Penne w Meatballs & Sausage/Chicken Parmesan/Vegetable/Dessert

- **A Little Bit Country/A Little Bit Rock-n-Roll**
  - Tuesday, August 14, 2018
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - A rolling Country and Rock-N-Roll romp through some of the greatest Country and Rock artists of our time. Menu: Salad/Pasta/Baked Ham/Chicken Kathryn/Potato/Vegetable/Dessert

**THEATER**

**September - October 2017**

**Broadway Comes to Connecticut**
- **Tuesday, September 11, 2018** $44
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - The Aqua Turf will be filled with the sounds of “The Great White Way” as talented performers from the Connecticut and New York theater scene present an afternoon of Broadway show tunes from both classic and current musicals. **There will not be dancing at this event.** Menu: Salad/Pasta/Roast Beef/Pan Seared Salmon/Potato/Vegetable/Dessert

**A Show Combining both Comedy and Dancing!**
- **Tuesday, October 16, 2018** $42
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - Funny (but clean!) these two will leave you laughing in your seat! Chris is a winner of “Ladies of Laughter”, a national competition held at Caesar’s Palace, and was given a long-term spot on Comedy Central’s “Premium Blend”. Tom is one of Boston’s top comedians and has been seen on Showtime, A&E and performs on numerous cruise ships.
  - **Perfect Timing Band** will begin and end the day with outstanding dance music. **Dancing will be offered while the band is playing.** Menu: Salad/Pasta/Chicken Francaise/Roast Pork Loin/Potato/Vegetable/Dessert

**Celebrating the Legend - Bob Hope**
- **Monday, November 12, 2018** $43
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - Bob Hope’s life in comedy comes to life once again with this look-a-like and sound-a-like tribute to the legendary comedian. Bill has performed his tribute to the troops as the late, great, Bob Hope across the United States and the South Pacific to rave reviews. **There will not be dancing offered at this event.** Menu: Salad/Pasta/Chicken Florentine/Baked Scrod/Rice Pilaf/Vegetable/Dessert

**Holiday Winter Wishes**
- **Tuesday, December 11, 2018** $42
  - **11:00am. to 3:30pm.** Departing @ 10:30am.
  - Come spend the day and enjoy a plentiful meal in an elegant atmosphere, then dance the night away to a fabulous band, playing songs with both you and the holidays in mind. There is definitely dancing at this event. Menu: Salad/Pasta/Sliced Roast Turkey/Sliced Roast Beef/Potato/Vegetable/Dessert

For all of these events we will be meeting and leaving from the Senior Center at 10:30am. Transportation to and from the event will be on our mini bus. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seats without payment. Many of these events sell out well in advance. If you are interested in attending do not hesitate to sign up and PAY before they do so.
Nelson Hall at Elim Park Place*

**The Songs and Stories of Fannie Brice**
Friday, April 6, 2018  $32  7:30pm.
Departing @ 6:30pm.

I’ve Got a Little Twist is where The Mikado meets The Music Man. Where the HMS Pinafore sets sail for Brigadoon. Where The Pirates of Penzance takes shore leave On this town. A one-of-a-kind show that proves Gilbert and Sullivan’s repertoire is as fun, fresh, and full-of-life as Three Little Maids From School!

**Buddy and Beyond**
Buddy Holly Tribute & History of Rock n’ Roll
Saturday, April 21, 2018  $34  7:30pm.
Departing @ 6:30pm.

Johnny Rogers transports his audience back in time to when you could go to your favorite malt shops with your favorite girl and dance to your favorite bands. The Show is a tribute to the music of the legends of Rock n Roll, beginning with Johnny’s uncanny portrayal of the late Buddy Holly and leading up to the legendary Jerry Lee Lewis, Ricky Nelson, Chuck Berry, and many, many more.

**Triple Espresso**
A Highly Caffeinated Comedy
Saturday, May 12, 2018  $32  7:30pm.
Departing @ 6:30pm.

Triple Espresso tells the story of three guys whose bid for showbiz fame and fortune ended in 4-minutes of magnificent failure on national television. Hugh Butternut, Buzz Maxwell, and Bobby Bean tell their rags-to-riches story earnestly, with hysterical results. The laughter is infectious and the comedy appeals to everyone from first graders to college students to baby-boomers to grandparents. Returning to Nelson Hall for their 10th Anniversary.

**Changes in Latitude**
Changes in Latitude recreates the Jimmy Buffett concert experience with amazing authenticity. Complete with a full tropical stage set-up of palm trees, surf-boards, tiki-totems, and a full-stage backdrop, you will believe that you are at a Buffett concert before the show begins. Leader Steve Karetta mimics Jimmy’s casual, storyteller style, taking you on a laid-back yet up-beat musical trip through the sun-drenched Caribbean.

If you are interested in joining us for any of these shows, please sign up and PAY as soon as possible. Even though some of these shows are far away, they sell out very early once they are advertised. Remember, we cannot hold your seat without payment. Tickets are limited.
Sphinx moths are noted for their extremely swift flight. They also have the ability to hover while sipping nectar from flowers.

You are looking for a 14-letter phrase.

Abbot's  Ello  bird  
Achemon  Elm  Hydrangea  
Apple  Great ash  Larvae  
Azalea  Hog  Nessus  
Catalpa  Humming-  Northern  

pine  
One-eyed  
Pandorus  
Penmarked  
Plebeian  
Pupa  
Rustic  
Six-spotted  
Small-eyed  
Twin-spotted  
Walnut  
White-lined  
Wild cherry
Name That Car

Clues: The marque’s two-letter nameplate stands for Morris Garages.
The manufacturer revived this model name in 1953 from one of its 1930’s roadsters.
The model was updated in 1956 and received a ZB designation to distinguish it from the earlier ZA.
The marque is now owned by a Chinese company.
Ford launched its short-lived Edsel for the model year in which this car was built.
Name That Car Solution

1958 MG Magnette.
Fearless Caregiver Emotional First Aid Kit

1. Smile, it’s funny how often we forget to do this simple act and how well it lifts our spirits.

2. Call someone who makes you feel good, especially if you haven’t spoken with them in a long time.

3. Have a bite of something sinfully delicious, while being conscious your own dietary limitations. When was the last time you treated yourself to a snack?

4. Take a bubble bath, once you make sure that your loved one is safe and secure, nothing expresses caregiver self-care better than a leisurely bubble bath.

5. Read, pick up that novel or re-read that motivating poem. When was the last time you turned off the television, turned down the phone and read something nice? (P.S. this tip goes very well with tip #3)

6. Get a massage. It’s like taking a mini vacation. It will relax you and take care of all the tension you build up every day.

7. Buy yourself some flowers. You deserve it and the sight and smell of something beautiful and fragrant will give you a reason to smile. (See tip #1)

8. Take a walk at a pace that allows you to feel the energy of the wind washing over you.

9. Go shopping - buy something just for you., something that makes you feel special.

1.0. Go online. You can explore different places, find new friends and learn new things. Make the internet your gateway even when you can’t get out of the house.
Information to collect:

You probably have most of this information available. If not, begin with what you have and add information as you can. Useful information to collect includes:

Health insurance cards, Medicare cards, and so on.
Appointment reminder cards from health care providers.
A list of medications including dosages, frequency, date started and reason.
A medical history
A list of emergency contacts, relationship, addresses, and all phone numbers,
A sheet for recording the date of visits, the provider and any tests performed or instructions.
Any special logs such as blood pressure, blood sugar levels or symptoms.
A copy of a health care proxy, advanced directives or living will.
A power-of-attorney; if one is used.

Easy organization
Use a pocket folder or small three-ring binder that will hold several pages.
Use a bold color for the cover, such as red or yellow, so it is easy to distinguish from other papers.

Keep the folder in a handy location, such as a desk drawer near the entry.
Label the front boldly and clearly - EMERGENCY MEDICAL INFORMATION.
Use top loading, clear sheet protectors to hold papers. These make it easy to remove papers for photocopying or for handing to a healthcare worker.
Pick up a business card from each healthcare provider you see. Cards usually contain the name, specialty, address, phone and fax number.

Slip the business cards into vinyl page protectors meant to hold photos, baseball cards or disks. You can find three-ring page protectors like these at craft, hobby, or office supply stores.

Will be continued in the next newsletter
Advice from An Old Farmer

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks and bankers at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered... not yelled.

Meanness don't jes' happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you swallow with pigs, expect to get dirty.

The best sermons are lived, not preached.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes the best answer.

Don't interfere with somethin' that ain't bothering you none.

Timing has a lot to do with the outcome of a Rain dance.

If you find yourself in a hole, the first thing to do is stop diggin'.

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll probably ever have to deal with watches you from the mirror every mornin'.

Always drink upstream from the herd.

Good judgment comes from experience, and a lotta that comes from bad judgment.

Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.


Leave the rest to God.

Most times, it just gets down to common sense.

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

Subject: A born salesman. . .

A young guy from North Dakota moves to Florida and goes to a big 'everything under one roof' department store looking for a job.

The Manager says, "Do you have any sales experience?"

The kid says "Yeah. I was a vacuum salesman back in North Dakota."

Well, the boss was unsure, but he liked the kid and figured he'd give him a shot, so he gave him the job. "You start tomorrow. I'll come down after we close and see how you did."

His first day on the job was rough, but he got through it.

After the store was locked up, the boss came down to the sales floor. "How many customers bought something from you today?"

The kid frowns and looks at the floor and mutters, "One."

The boss says "Just one?!? Our sales people average sales to 20 to 30 customers a day. That will have to change, and soon, if you'd like to continue your employment here. We have very strict standards for our sales force here in Florida. One sale a day might have been acceptable in North Dakota, but you're not on the farm anymore, son."

The kid took his beating, but continued to look at his shoes, so the boss felt kinda bad for chewing him out on his first day. He asked (semi-sarcastically), "So, how much was your one sale for?"

The kid says "Well, first, I sold him some new fish hooks. Then I sold him a new fishing rod to go with his new hooks. Then I asked him where he was going fishing and he said down the coast, so I told him he was going to need a boat, so we went down to the boat department and I sold him a twin engine Chris Craft. Then he said he didn't think his Honda Civic would pull it, so I took him down to the automotive department and sold him that 4x4 Expedition."

The boss said "A guy came in here to buy a fish hook and you sold him a boat and a TRUCK?!?"

The kid said "No, the guy came in here to buy tampons for his wife, and I said, 'Dude, your weekend's shot, you should go fishing.'"

The flat-out lie

At Penn State University, there were four sophomores taking chemistry and all of them had an "A" so far. These four friends were so confident that, the weekend before finals, they decided to visit some friends and have a big party. They had a great time but, after all the hearty partying, they slept all day Sunday and didn't make it back to State College until early Monday morning.

Rather than taking the final then, they decided that after the final, they would explain to their professor why they missed it. They said that they visited friends but on the way back they had a flat tire. As a result, they missed the final. The professor agreed they could make up the final the next day.

The guys. were excited and relieved. They studied that night for the exam.

The Professor placed them in separate rooms and gave them a test booklet. They quickly answered the first problem worth 5 points, Cool, they thought! Each one in separate rooms, thinking this was going to be easy .... then they turned the page.

On the second page was written .... For 95 points: Which tire? _____
It's all in the spelling...

An attorney arrived home late, after a very tough day trying to get a stay of execution. His last minute plea for clemency to the governor had failed and he was feeling worn out and depressed.

As soon as he walked through the door at home, his wife started on him about, 'What time of night to be getting home is this? Where have you been?' Dinner is cold and I'm not reheating it'. And on and on and on.

Too shattered to play his usual role in this familiar ritual, he poured himself a shot of whiskey and headed off for a long hot soak in the bathtub, pursued by the predictable sarcastic remarks as he dragged himself up the stairs.

While he was in the bath, the phone rang. The wife answered and was told that her husband's client, James Wright, had been granted a stay of execution after all. Wright would not be hanged tonight.

Finally realizing what a terrible day he must have had, she decided to go upstairs and give him the good news.

As she opened the bathroom door, she was greeted by the sight of her husband, bent over naked, drying his legs and feet. 'Hey, you're not hanging Wright tonight,' she said.

He whirled around and screamed, 'FOR THE LOVE OF GOD WOMAN, DON'T YOU EVER STOP?'

When Grandma Goes To Court

Lawyers should never ask a Mississippi grandma a question if they aren't prepared for the answer.

In a trial, a southern small town prosecuting attorney called his first witness, a grand motherly, elderly women to the stand. He approached her and asked, "Mrs. Jones, do you know me?" She responded, "Yes, I do know you, Mr. Williams, I've known you since you were a boy, and frankly, you've been a disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot, but you're not, and I'm not reheating it'. And on and on and on.

The lawyer was stunned. Not knowing what else to do, he poured himself a shot of whiskey and headed off for a long hot soak in the bathtub, pursued by the predictable sarcastic remarks as he dragged himself up the stairs.

While he was in the bath, the phone rang. The wife answered and was told that her husband's client, James Wright, had been granted a stay of execution after all. Wright would not be hanged tonight.

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An optical illusion...

A lady had just totaled her car in a horrific accident. Miraculously, she managed to pry herself from the wreckage without a scratch and was applying fresh lipstick when the state trooper arrived. "My Goodness!" the trooper gasped. "Your car looks like an accordion that was stomped on by an elephant. Are you OK ma'am?"

"Why, yes, officer, I'm just fine" the lady chirped.

"Well, how in the world did this happen?" the officer asked as he surveyed the wrecked car.

"Officer, it was the strangest thing!" the lady began. "I was driving along this road when I started to doze off. When I woke up this TREE from out of nowhere pops up in front of me. So I swerved to the right, and there was another tree! I swerved to the left and there was another tree! I swerved to the right and there was another tree! I swerved to the left and there was...."

"Uh, ma'am," the officer said, cutting her off, "There isn't a tree on this road for 30 miles. That was your air freshener swinging back and forth on your rear view mirror."

Ticket, please...

Three engineers and three accountants are traveling by train to a conference. At the station, the three accountants each buy tickets and watch as the three engineers buy only a single ticket.

"How are you going to travel without a ticket?" asks an accountant.

"Watch and you'll see," answers an engineer. They all board the train. The accountants take their respective seats but all three engineers cram into a restroom and close the door behind them.

Shortly after the train has departed, the conductor comes around collecting tickets. He knocks on the restroom door and says, "Ticket, please." The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on.

The accountants saw this and agreed it was quite a clever idea. So after the conference, the accountants decide to copy the engineers on the return trip and save some money (being clever with money, and all). When they get to the station they buy a single ticket for the return trip.

To their astonishment, the engineers don't buy a ticket at all. "How are you going to travel without a ticket?" asks one perplexed accountant.

"Watch and you'll see," answers an engineer. When they board the train the three accountants cram into a restroom and the three engineers cram into another one nearby. The train departs.

Shortly afterward, one of the engineers leaves his restroom and walks over to the restroom where the accountants are hiding. He knocks on the door and says, "Ticket, please."

Patient cured

Jack had been a compulsive worrier for years, to the point it was ruining his life. He saw a psychologist who recommended a specialist who could help him.

His friend, Bob, noticed a dramatic change and asked "What happened? Nothing seems to worry you anymore."

"I hired a professional worrier and I haven't had a worry since," replied Jack.

"That must be expensive." Bob replied.

"He charges $5,000 a month." Jack told him.

"$5,000!!! How in the world can you afford to pay him?" exclaimed Bob.

"I don't know, that's his problem."