

**Bolton Senior  
Center  
104 Notch Road  
Bolton, CT 06043**

**IMPORTANT DATES**

- 11/3 Lunch Out
- 11/9 Monthly Meeting
- 11/15 Foot Care
- 11/15 Casino
- 11/16 Grief Group
- 11/17 Lunch Out
- 11/21 Board Meeting
- 11/28 Sing Along
- 11/30 Grief Group
- 12/1 Hearing Screening
- 12/5 Gingerbread
- 12/8 Lunch Out
- 12/9 Pet Grief
- 12/12 Holiday Lunch
- 12/13 Foot Care
- 12/14 Grief Group
- 12/19 Board Meeting
- 12/21 Casino
- 12/22 Cookie Tasting
- 12/28 Grief Group
- 12/29 BINGO

**BOLTON SENIOR CENTER**

**860.647.9196**

**M: 9:00AM-4:00PM**

**T: 9:00AM-4:00PM**

**W: 9:00AM-4:00PM**

**T: 9:00AM-4:00PM**

**F: 9:00AM-3:00PM**

# Bolton's Prime Time News

**Director: Carrie Concatelli, MSW**

**Secretaries: Dorothy DePietro**

**Alice Hare**

**NOVEMBER — DECEMBER 2016**

## Director's Note

Thank you for the warm welcome to the Bolton Senior Center! I look forward to continuing to get to know everyone. Please stop in to say hello!

## Meet Meghan

Meghan is completing an internship as part of her Bachelor's Degree in Social Work from Eastern Connecticut State University. She will be here Wednesdays, Thursdays and Fridays from 10 a.m. to 3 p.m. until early May. She is happy to meet with you and she can provide information or referral to community resources. Welcome Meghan!

## Grief Group

We want the holidays to be a happy time for everyone, but social gatherings can be difficult after the loss of a loved one. We are offering a comfortable meeting place to gain support before and after the holidays. Join us November 16, November 30, December 14 and December 28 from 1:30 p.m. to 2:30 p.m. You may bring a small special item or memento that reminds you of your loved one (optional). A special pet grief group will meet December 9 from 1:30 p.m. to 2:30 p.m. for those who lost a furry friend.

**THE BOLTON SENIOR CALENDAR AND NEWSLETTER ARE ALSO AVAILABLE ONLINE AT [BOLTON.GOVOFFICE.COM](http://BOLTON.GOVOFFICE.COM). CLICK ON TOWN DEPARTMENTS, SENIOR/SOCIAL SERVICES AND SCROLL TO THE BOTTOM. ASK TO JOIN OUR EMAIL LIIST!**

**WE ARE CLOSED ON THE FOLLOWING HOLIDAYS: THURSDAY, NOVEMBER 11 FOR VETERANS DAY; THURSDAY, NOVEMBER 24 AND FRIDAY, NOVEMBER 25 FOR THANKSGIVING; MONDAY, DECEMBER 26 FOR CHRISTMAS; MONDAY, JANUARY 2 FOR NEW YEARS DAY.**

**ALL OF US AT BOLTON SENIOR CENTER WISH YOU A SAFE AND HEALTHY HOLIDAY SEASON!**

# Important News and Events

## Medicare Open Enrollment - October 15 to December 7

If you have a Medicare Part D Prescription Drug Plan or a Medicare Advantage Plan, now is the time to evaluate if you will continue with your current plan or select another plan for 2017. Both Carrie and Meghan are Certified CHOICES Counselors. We are trained to offer unbiased information so you can make an informed decision about your healthcare needs. Call 860-647-9196 to schedule an appointment.

## Sing Along Group!

Bolton High School Senior Paige will be conducting a sing along group as part of her Capstone Project. Join us November 28 at 3 p.m. to sing along to some great music!

## Social Services Corner

The Bolton Senior Center has many social services programs available. Please call to find out income qualifications or to schedule an appointment. The Food Pantry is available during all Senior Center hours.

If you need help with heating costs, we encourage you to schedule an appointment with ACCESS at 860-450-7423 to apply for the first round of fuel assistance.

FALL/WINTER CHORES: Call to sign up for raking or shoveling assistance. Call for sand delivery.

## FOOT CARE DATES

Appointments are mandatory.  
Cost is \$29.00.  
Tuesday, November 15  
Tuesday, December 13



## Holiday Cheer!

Please support a Bolton Family by picking a tag from the Giving Tree starting December 1. Please return gifts by December 12.

## BRIDGE SCORES

Sept. 7 Evelyn Turner 4430  
Sept. 21 Evelyn Turner 4130  
Oct. 5 Jim Ect 5160  
Oct. 19 Jim Ect 3300

## CASINO DATES

Van leaves Senior Center at 9:15 a.m.  
Tuesday, November 15  
Wednesday, December 21  
\$7 van fee for Bolton residents.  
\$10 van fee for non Bolton residents.



## LUNCH CORNER

Thursday, November 3  
Hilltop  
Van leaves at 11:30 a.m.

Thursday, November 17  
Chef's Hat  
Van leaves at 10:15 a.m.

Thursday, December 8  
Cheney Tech  
Van leaves at 10:30 a.m.

# Regularly Scheduled Activities



**HATHA YOGA** MONDAYS & FRIDAYS AT 9:15 A.M.



**CANASTA** MONDAYS AT 12:30 P.M.

THURSDAYS AT 12:30 P.M.

**MEXICAN TRAIN DOMINOS** MONDAYS @ 1PM

**MAH JONGG** TUESDAYS AT 12:30 P.M.



**POKER** TUESDAYS AT 12:30 P.M.



**CHAIR YOGA** WEDNESDAYS AT 9:30 A.M. Class is on hold in November.

**SETBACK** WEDNESDAYS AT 12:30 P.M.

**KNITTING CIRCLE** THURSDAYS AT 10 A.M.



**BRIDGE** 1ST & 3RD WEDNESDAYS AT 12:30 P.M.



**QUILTING GROUP** FRIDAYS AT 11 A.M.

**COLORING GROUP** THURSDAYS AT 11 A.M.

## Special Events

### ELECTION DAY

Need a ride to the polls? Please call in advance.

### DECORATING DAY

Thursday, December 1 at 11 a.m.

Help make our Senior Center festive!

### HEARING TESTING

Thursday, December 1 from 1 to 3 p.m.

John Caswell from Discount Hearing will be conducting free hearing tests. Sign up for a 15 minute appointment.

### GINGERBREAD HOUSE FESTIVAL!

December 5 at 10:30 a.m.

Take a trip on the Senior Van to the Wood Library & Museum in South Windsor to view over 200

Gingerbread Houses.

There will be a stop for lunch at Lena's Restaurant.

### COOKIE TASTING!

December 22 from 1 to 2 p.m.

Enjoy holiday cookies baked by students at

Bolton High School.

Transportation available.

## Senior Board Meetings

All seniors are invited to our monthly Board meetings which are held on the third Monday of the month at 10 a.m. in the conference room. Take part by sharing ideas or concerns you may have about your Senior Center.

Monday, November 21 at 10 a.m.

Monday, December 19 at 10 a.m.

## Seniors Inc. 2016-2018 Officers

President: Cheryl Udin

Vice President: Maureen Johnson

Treasurer: Arlene Giglio

Secretary: Helen Winkler

## SIGN UPS

Signing up for every event is mandatory.

Cash payments required at time of sign up.

## NOVEMBER MEETING

Wednesday, November 9 at 12 p.m.

Veterans Appreciation Lunch

Special Guest: Capt. Robert Dexter

We are collecting donations of new personal items for Veterans at Rocky Hill. Boxes will be available at the Senior Center, Town Hall and the Library from

November 1 to November 30.

Call the Senior Center for a list of items.

## HOLIDAY LUNCHEON

Monday, December 12 at 12 p.m.

Van leaves at 11:30 a.m.

Angelino's Restaurant

\$20 per person

Sign up required by December 1

## THANK YOU!

Thank you Bolton Lions Club for donations to the Food Pantry!

Thank you Bolton Women's Club for the beautiful mums outside our front door!

## BIRTHDAYS

Seniors Inc. celebrates birthdays at every monthly meeting with cake.

Please come share your special day with us!

## TRANSPORTATION SERVICES

Transportation is provided on a scheduled, space available basis for medical appointments, errands and community events. Please call 860-647-9196 to make an appointment.



## SHOP RITE VAN

Join the Grocery Shopping Group every Tuesday from 9:30 a.m. to 12 p.m.



Unable to drive? Call us for a ride to the Senior Center where new things await you!