



# Prospect Senior Center



6 Center Street Prospect, CT 06712 (203)758-5300 (203)758-3837 Fax

## Mar.-Apr. 2020 Highlights



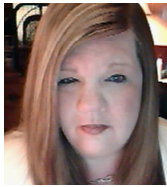
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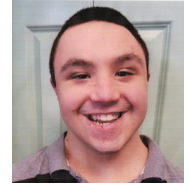
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### *From the Director...*

Dear Members...

I believe in being upfront and addressing things head-on. Therefore, I am using this platform to address some issues that have come to my attention. Since the cost for out-of-town memberships to our Senior Center went up in January 2020, there have been a few misconceptions that have come to my attention.

First and foremost, the one rumor that I would definitely like to address is the story going around that the Prospect Town Council raised the dues of our out-of-town members because they are trying to "get rid" of the non-residents that come here. The story goes that the Town Council is trying to keep our Senior Center strictly for Prospect residents only. Nothing could be further from the truth.

I value the out-of-town members who come here. I feel they have contributed significantly to the growth of our Senior Center. Many of these members run programs here and volunteer in a number of different capacities. They are my lifeline and help me in ways that I could never repay them for. I and the Town Council members would never want to "get rid" of them.

I will tell you point blank why the Town Council decided to raise membership dues for out-of-town members. The Senior Center is run solely by money from Prospect taxpayers. The building is maintained by Prospect taxpayers. The staff is paid by Prospect taxpayers. Our two mini buses and the Senior Center car are run and maintained by Prospect tax payers. Every piece of equipment in this building, all the furniture including the tables and chairs you sit on, the pool tables you play on, the keyboards that are used for piano lessons, the television sets you use for gaming, the computers, every coffee maker, all these things and MORE are paid for by Prospect tax payers.

In the winter you come into a nice warm building, the sidewalks are shoveled and the parking lot is cleared. In the summer the building is air conditioned for your comfort. Who pays for this? The lights over your head, every cup of coffee, all the goodies you enjoy here, all the cups, plates, napkins and utensils you eat and drink from, who is paying for these things?

Who pays for the cases and cases of paper towels and toilet paper that get used (and taken) here? Who pays for the printer and the cases and cases of paper we go through monthly to print out the newsletter that keeps you informed about all that is happening here? When an electrician, plumber, repairman is called to the Senior Center, who pays for their services?

The answer is the Prospect tax payers pay for all this. That is the one and only reason that out-of-town membership dues went up. The Prospect Town Council is voted into office to represent the people of Prospect. No matter what their party affiliation is, they work diligently for the people of Prospect. They felt, and I agree, that it was time for out-of-town members to contribute a little more towards the upkeep of our Senior Center. Thus, the increase in your membership fees. Yes, it was a big increase. In hindsight, the increases should have been implemented years ago so as to avoid the steep increase that happened this year. But, I am sure that if any out-of-town member was to ask a Prospect Senior member to pay their \$20 membership fee in exchange for what the Prospect member pays in taxes, they would gladly jump at the chance. I know I definitely would.

Another misconception that was brought to my attention was that the Senior Center is a profit making organization. There are some members who believe that we make a profit from the trips and events we sponsor. This was said to me by someone who questioned why the dues went up when we make "so much money" on all our events and trips. Again, nothing could be further from the truth. We are not a travel agency or an event planning business. We are a non-profit organization.

In actuality, the Senior Center loses money on these trips and events that our members attend. When you go on a trip with the Senior Center, you pay solely for your admission fee/ ticket to the event you are attending. You are not getting charged for the gas the bus is using, the maintenance that is necessary for the bus or the bus driver who is driving you. You are not paying for the person who spent hours setting up the trip or event. You are not paying for the office clerk who spent hours calling everyone beforehand to remind them about the trip or event. Guess what? Prospect tax payers are paying for that.

When you come here for a holiday party, dance social or lunch, what you are charged does not cover the entire cost of the event. You get wonderful meals and in many cases entertainment afterwards for your enjoyment. The fee that you pay for instructors that come here to teach a class or a series of classes does not fully cover what the instructor is charging. What you pay only covers a portion of the cost. The rest comes from our yearly budget that, you guessed it, comes from Prospect tax payers.

This is not meant to be a bashing of our out-of-town members. Like I said before, many of them are my lifeline, they are my volunteers, they are my program coordinators. Many are people I am proud to call my friends. In one way or another all our members, be they from Prospect or not, are the heart and soul of this Senior Center. It is ALL of the people who come here that contribute to our growth, our vitality, our success.

I just ask that in the future, if you have any questions, hear any stories or rumors, please come to me or someone else who is knowledgeable about the situation to get the truth. Make sure what you are hearing and listening to is, in fact, the truth. We don't need rumors attacking members of our Town Council or the Mayor. They support our Senior Center in every way possible. We don't need rumors dividing our membership and bringing down what we have worked so hard to build.

Thank you for your time and consideration...

*Lucy*

## Day-by-Day Schedule

## March-April 2020 issue

### March 5th. (THURSDAY)

9:15am. Senior Exercise Class  
 9:30am. New England Motorcycle Museum-\$10  
 10:00am. Book Club Meeting w Marie Delage  
 NO Calligraphy w Jann Lamb  
 10:00am. Water Coloring Class #6 w Carla Koch  
 NO Italian Class w Lucy Minichino today  
 11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
 11:00am. Zumba w Cookie  
 12:30pm. Origami w Ah Moi Yip-\$5  
 12:30pm. Piano Class #6 (Intermediate) w Joe Guarino  
 1:00pm. Wii Golf League with Don Ensero  
 1:00pm. Mahjong with Barb Duigan  
 12:30pm. Piano Lessons Class #6 (Advanced) w Joe Guarino  
 4:30pm. Spinning/Cycling @ Community Center

### March 6th. (FRIDAY)

No Bible Study with Georgia Smolkis  
 9:30am. Weight Strengthening with the Ensero's  
 9:30am. 9:30am. Pinochle with Mike & Bonnie Jones  
 10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
 11:30am. Center Lunch-\$7-Brocoli Alfredo-(SCL)  
 1:00pm. Happy Birthday Bingo-\$2  
 1:30pm. Chair Yoga Class #2 with Andrea Sutton  
 7:00pm. Rat Pack @ Palace Theater-Deadline Passed

### March 7th. (SATURDAY)

1:00pm. Benny Meets Artie @ Nelson Hall-Deadline Passed

### March 8th. (SUNDAY)

8:30am. Spring Sampler Craft Fair-SOLD OUT  
 2:00pm. BINGO for Habitat-\$20 (on your own)

## Day-by-Day Schedule

## March-April 2020 issue

### March 9th. (MONDAY)

7:10am. Foxwoods Casino trip w Art Denze-\$25  
 8:00am. Spinning/Cycling @ Community Center  
 9:15am. Senior Exercise Class  
 9:30am. Photo Club w Allen Thibodeau  
 NO Texas Holdem' w Carmine Midolo  
 9:30am. Songbirds performing @ Cheshire House  
 9:30am. Bridge with Linda Favale @ Chapel Hall  
 10:00am. 2-Day Mosaic Workshop w Sarah-SOLD OUT  
 10:00am. Senior Balance Class w Brenda Martin-\$2  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Drawing Class #1 w Kathy Greikas-(\$25/6-week session)  
 12:15pm. Mat Yoga Class #2 w Andrea Sutton  
 1:00pm. CRL w Leslie Kingston-\$1  
 1:00pm. Pound "Get Fit" Class w Cookie-\$3  
 1:00pm. Cribbage with Don Ensero  
 1:15pm. Learn to Play Bridge w Linda Favale-\$12/mo @ Chapel Hall)  
 1:30pm. Chair Yoga Class #2 w Andrea Sutton  
 3:00pm. AAC Women's Basketball @ Mohegan Sun-\$35

### March 10th. (TUESDAY)

9:00am. Senior Fitness Program w Susie-\$3  
 9:15am. Ukrainian Museum Tour-SOLD OUT  
 9:30am. Grocery Shopping @ Oliver's Supermarket & Stop & Shop  
 9:30am. to 12:30pm. Poker Club with Allen Thibodeau  
 10:00am. 2-Day Mosaic Workshop w Sarah-SOLD OUT  
 10:00am. Acrylic Art Class #2 w Judy Jaworski  
 10:30am. Learn to Speak French Class #5 w Joe Guarino  
 11:30am. Poker Club with Allen Thibodeau  
 NO Massages w Tony  
 12:30pm. Setback (downstairs)  
 1:00pm. Card Bingo w Betty Lukeski-\$2  
 1:00pm. Setback (upstairs)  
 1:00pm. Quilting Group  
 4:30pm. Spinning/Cycling @ Community Center

### March 11th. (WEDNESDAY)

8:00am. Spinning/Cycling @ Community Center  
 9:30am. Wii Bowling Tournament here vs. Torrington  
 9:30am. Qi Gong Class w George Hughes-\$3  
 NO regular Wii Bowling w Mary Henao because of tournament  
 NO Writer's Workshop w Judy Boynton in March  
 10:00am. Irish Country Celebration @ Log Cabin-\$49  
 10:30am. Stained Glass Class w Sarah-\$8-(St. Patty's Day  
 11:15am. Jewish Federation Luncheon w Entertainment-\$7.50  
 11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
 1:00pm. Art Class #4 w Dory  
 1:00pm. Corn Hole Games w Gene Bowman  
 1:00pm. Canasta w Wendy & Bonnie  
 1:00pm. Knitting & Crocheting group @ Community Center  
 1:30pm. Line Dancing Class

### March 12th. (THURSDAY)

9:15am. Senior Exercise Class  
 10:00am. Water Coloring Class #1 w Carla Koch(\$25/6-week session)  
 10:30am. Italian Class #6 w Lucy Minichino  
 10:30am. Calligraphy w Jann Lamb  
 11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
 11:00am. Zumba w Cookie-\$3  
 12:30pm. Piano Lessons Class #7 (Intermediate) w Joe Guarino  
 1:00pm. Wii Golf League with Don Ensero  
 1:00pm. Mahjong with Barb Duigan  
 2:00pm. Piano Lessons Class #7 (Advanced) w Joe Guarino  
 4:30pm. Spinning/Cycling @ Community Center  
 5:30pm. Mobile Food Pantry @ Naugatuck Event Center

### March 13th. (FRIDAY)

NO Bible Study with Georgia Smolkis  
 9:30am. Weight Strengthening with the Ensero's 9:30am.  
 9:30am. Pinochle with Mike & Bonnie Jones  
 10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
 11:30am. Center Lunch-Veggie Lasagna-\$7 (SCL)  
 1:00pm. BINGO-\$2  
 1:30pm. Yoga Class #3 w Andrea Sutton

### March 14th. (SATURDAY)

6:30pm. Celtic Celebration @ Nelson Hall-\$27

### March 15th. (SUNDAY)

1:00pm. Pysanky: The Art of Eggs @ KOC-No Charge  
 1:00pm. Of Mice & Men @ Thomaston Opera House-\$20

### March 16th. (MONDAY)

8:00am. Spinning/Cycling @ Community Center

9:00am. Reflexology w Kim Stewart-\$15/\$30-apts. necessary  
 9:15am. Senior Exercise Class  
 9:30am. Texas Holdem' w Carmine Midolo  
 9:30am. Songbirds performing @ Beacon Brook  
 9:30am. Bridge with Linda Favale @ Chapel Hall  
 10:00am. Traveling w Linda Lane Presentation-No Charge  
 10:00am. Senior Balance Class w Brenda Martin-\$2  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Drawing Class #2 w Kathy Greikas  
 12:15pm. Mat Yoga Class #3 w Andrea Sutton  
 1:00pm. Pound "Get Fit" Class w Cookie-\$3  
 1:00pm. Cribbage with Don Ensero  
 1:15pm. Learn to Play Bridge w Linda Favale-\$12/mo @ Chapel Hall)  
 1:30pm. Chair Yoga Class #3 w Andrea Sutton

### March 17th. (TUESDAY)

9:00am. And-How-Hearing FREE Screenings  
 9:00am. Senior Fitness Program w Susie-\$3  
 9:30am. Grocery Shopping @ Oliver's Supermarket & Stop & Shop  
 9:30am. to 12:30pm. Poker Club with Allen Thibodeau  
 10:00am. Acrylic Art Class #3 w Judy Jaworski  
 11:30am. St. Patrick's Day Luncheon-\$20  
 12noon Massages w Tony-\$25  
 NO French Class w Joe Guarino  
 NO Setback (downstairs)  
 NO Setback (upstairs)  
 NO Quilting Group  
 4:30pm. Spinning/Cycling @ Community Center  
 6:30pm. Jersey Boys @ Palace Theater-\$55

### March 18th. (WEDNESDAY)

8:00am. Spinning/Cycling @ Community Center  
 9:30am. Christmas Tree Shop/Cracker Barrel  
 9:30am. Leprechauns and Linguini @ Log Cabin-\$74  
 9:30am. Piano Class #1 (Beginner's) w Joe Guarino  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Gene the "Fix It" Man Workshop-No Charge  
 NO Writer's Workshop w Judy Boynton in March  
 11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
 1:00pm. Art Class #5 w Dory  
 1:00pm. Corn Hole Games w Gene Bowman  
 1:00pm. Canasta w Wendy & Bonnie  
 1:00pm. Knitting & Crocheting group @ Community Center  
 1:30pm. Line Dancing Class

### March 19th. (THURSDAY)

9:15am. Senior Exercise Class  
 10:00am. Handwriting Analysis Class #1 w Pat Senich-FULL  
 11:00am. Calligraphy w Jann Lamb  
 10:00am. Water Coloring Class #2 w Carla Koch  
 10:30am. Italian Class #1 w Lucy Minichino-(\$10/6-week session)  
 11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
 11:00am. Zumba w Cookie-\$3  
 12:30pm. Origami w Ah Moi Yip-\$5  
 12:30pm. Dime Bingo w Linda Peterit-\$1  
 12:30pm. Piano Lessons Class #8 (Intermediate) w Joe Guarino  
 1:00pm. Wii Golf League with Don Ensero  
 1:00pm. Mahjong with Barb Duigan  
 2:00pm. Piano Lessons Class #8 (Advanced) w Joe Guarino  
 4:30pm. Spinning/Cycling @ Community Center

### March 20th. (FRIDAY)

9:30am. Bible Study with Georgia Smolkis  
 9:30am. Weight Strengthening with the Ensero's  
 9:30am. Pinochle with Mike & Bonnie Jones  
 10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
 11:30am. Center Lunch-\$7-Corned Beef Sandwiches & Soup-\$7(SCL)  
 1:00pm. Pizza Bingo-\$2  
 1:30pm. Chair Yoga Class #4 with Andrea Sutton  
 6:30pm. Linda Ronstadt Tribute Show @ Nelson Hall-SOLD OUT

### March 21st. (SATURDAY)

9:00am. Hebron Maple Festival-No Charge  
 7:00pm. Finding Neverland @ Palace Theater-\$65

### March 22nd. (SUNDAY)

9:30am. Four Feisty Ct. Women @ Wood Memorial-\$5  
 7:15pm. Cayuga Canal Girls @ Phoenix Theater-\$18

### March 23rd. (MONDAY)

8:00am. Spinning/Cycling @ Community Center  
 9:15am. Senior Exercise Class  
 9:30am. Texas Holdem' w Carmine Midolo-\$5 (pool room)  
 10:00am. Songbirds Choir @ Glendale(no practice beforehand)



## Day-by-Day Schedule

## March-April 2020 issue

9:30am. Bridge with Linda Favale @ Chapel Hall  
 10:00am. Five Wishes Presentation-No Charge  
 10:00am. Senior Balance Class w Brenda Martin-\$2  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Drawing Class #3 w Kathy Greikas  
 10:00am. 2-Day Mosaic Workshop w Sarah-\$10  
 12noon Setback Tournament w Don Ensero-\$5  
 12:15pm. Mat Yoga Class #4 w Andrea Sutton  
 1:00pm. Lori's Jewelry Class-Project/Cost TBA  
 1:00pm. Pound "Get Fit" Class w Cookie-\$3  
 1:00pm. Cribbage with Don Ensero  
 1:00pm. Edible Art Class-\$5  
 1:15pm. Learn to Play Bridge w Linda Favale-\$12/mo @ Chapel Hall)  
 1:30pm. Chair Yoga Class #4 w Andrea Sutton  
 6:00pm. St. Salvador's Chapel Choir Concert-No Charge  
**March 24th. (TUESDAY)**  
 9:00am. Senior Fitness Program w Susie-\$3  
 9:30am. Grocery shopping @ Oliver's Supermarket & Stop & Shop  
 9:30am. Poker Club with Allen Thibodeau  
 10:00am. Diabetes Management Lecture-No Charge  
 10:00am. Acrylic Art Class #4 w Judy Jaworski  
 10:30am. French Class #6 w Joe Guarino  
 10:30am. 2-Day Mosaic Workshop w Sarah-\$10  
 12noon Massages w Tony-\$25  
 12:30pm. Setback (downstairs)  
 1:00pm. BINGO Time! Sponsored by Celebrity Healthcare-No Charge  
 1:00pm. Quilting Group  
 1:00pm. Setback (upstairs)  
 1:00pm. to 3:00pm. Pool "Just For Fun" Afternoon  
 4:30pm. Spinning/Cycling @ Community Center  
 4:00pm. Computer Class #1 w Lori Anderson (6-wk session)  
 5:00pm. Red Hats to Verdi's Restaurant  
 5:30pm. Cinderella Ballet @ Jorgensen Center-\$35  
**March 25th. (WEDNESDAY)**  
 9:30am. Piano Class #2 (Beginner's) w Joe Guarino  
 9:30am. Pool tournament sponsored by Dr. Mullen  
 9:30am. Qi Gong Class w George Hughes-\$3  
 10:00am. Lithuanian Egg Decorating Workshop-\$15  
 10:00am. Ukulele Lessons w Nina Lesigna-(\$25/6-week session)  
 10:00am. Wii Bowling League w Mary Henao  
 11:00am. Martha Washington Presentation I-SOLD OUT  
 11:15am. Jewish Federation Lunch & Entertainment (Southbury)-\$7.50  
 11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
 1:00pm. Art Class #6 w Dory  
 1:00pm. Corn Hole Games w Gene Bowman  
 1:00pm. Knitting & Crocheting @ Community Center  
 1:00pm. Canasta w Wendy & Bonnie  
 1:30pm. Line Dancing Class  
 6:00pm. Doo-Wop Project @ Ridgefield Playhouse-SOLD OUT  
**March 26th. (THURSDAY)**  
 8:30am. Mohegan Sun Casino Day Trip-No charge  
 9:15am. Senior Exercise Class  
 9:30am. Reiki Therapy w Madeline-\$20 (apts. necessary)  
 10:00am. Handwriting Analysis Class #2 w Pat Senich  
 10:30am. Calligraphy with Jan Lamb  
 10:00am. Water Coloring Class #3 w Carla Koch  
 10:30am. Italian Class #2 w Lucy Minichino  
 11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
 11:00am. Zumba w Cookie-\$3  
 12:30pm. Piano Lessons Class #1(Intermediate) w Joe Guarino  
 1:00pm. Cook Book Club w Barb Masilius(Made with Maple Syrup)  
 1:00pm. Wii Golf League with Don Ensero  
 1:00pm. Mahjong with Barb Duigan  
 1:00pm. Puzzle-Mania-\$1  
 12:30pm. Piano Lessons Class #1(Advanced) w Joe Guarino  
 4:30pm. Spinning/Cycling @ Community Center-\$20/\$25  
 6:30pm. Irish Dance Showcase @ Edgerton Center-\$20  
**March 27th. (FRIDAY)**  
 9:30am. Bible Study with Georgia Smolkis  
 9:30am. Pinochle with Mike & Bonnie Jones  
 9:30am. Weight Strengthening with the Ensero's  
 10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
 11:30am. Center Lunch-Eggplant Parmesan-\$7 (SCL)  
 1:00pm. Bingo-\$2  
 1:30pm. Chair Yoga Class #5 w Andrea Sutton  
 6:30pm. Sleeping Beauty @ Quick Center-\$58  
 6:30pm. Running on Empty @ Nelson Hall-\$27

### March 28th.(SATURDAY)

2:30pm. Buddy Holly Musical-\$45  
 3:00pm. Southbury Collaborative Community Choir Concert-No Charge

### March 29th. (SUNDAY)

9:00am. "Stitches United" 2020-No Charge  
 12noon Friends of Long Hill Tea-SOLD OUT

### March 30th. (MONDAY)

8:00am. Spinning/Cycling @ Community Center  
 9:15am. Senior Exercise Class  
 9:30am. Texas Holdem' w Carmine Midolo-\$5 (pool room)  
 10:00am. Ciao Luciano w Vincenzo Boscarino-\$5  
 9:30am. Songbirds Choir @ Village @ East Farms  
 9:30am. Bridge with Linda Favale @ Chapel Hall  
 10:00am. Senior Balance Class w Brenda Martin-\$2  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Drawing Class #4 w Kathy Greikas  
 12:15pm. Mat Yoga Class #5 w Andrea Sutton  
 12:30pm. WHIST Card Game w Dolly Martin-\$3  
 1:00pm. Pound "Get Fit" Class w Cookie-\$3  
 1:00pm. Cribbage with Don Ensero  
 1:15pm. Learn to Play Bridge w Linda Favale @ Chapel Hall)  
 1:30pm. Chair Yoga Class #5 w Andrea Sutton

### March 31st. (TUESDAY)

9:00am. Senior Fitness Program w Susie-\$3  
 9:30am. Cotton Candy Fabrics Store-No Charge  
 9:30am. Grocery Shopping @ Oliver's Supermarket & Stop & Shop  
 9:30am. to 12:30pm. Poker Club with Allen Thibodeau  
 10:00am. Krafti Lunch Bunch @ NEYAH Community Center-\$20  
 10:00am. Acrylic Art Class #5 w Judy Jaworski  
 10:30am. Cooking w Lori-\$5-Recipe TBA  
 10:30am. Bocce Meeting w Barb Beloin & Gene Bowman  
 12noon Massages w Tony-\$25  
 10:30am. Learn to Speak French Class #1 w Joe Guarino  
 12:30pm. Setback (downstairs)  
 1:00pm. Setback (upstairs)  
 1:00pm. Quilting Group  
 4:00pm. Free Computer Class #2 with Lori  
 4:30pm. Spinning/Cycling @ Community Center

### April 1st. (WEDNESDAY)

9:30am. Piano Class #3 (Beginner's) w Joe Guarino  
 9:30am. In-house Billiards Tournament  
 10:00am. Ukulele Class #2 w Nina Lesigna  
 10:00am. Wii Bowling League w Mary Henao  
 10:30am. Writer's Workshop w Judy Boynton  
 10:30am. Forbidden Broadway @ Ivoryton Playhouse-\$39  
 11:15am. Jewish Federation Lunch & Entertainment (Southbury)-\$7.50  
 11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
 1:00pm. Art Class #1 w Dory-(\$25/6-week session)  
 1:00pm. Corn Hole Games w Gene Bowman  
 1:00pm. Knitting & Crocheting @ Community Center  
 1:00pm. Canasta w Wendy & Bonnie  
 1:30pm. Line Dancing Class

### April 2nd. (THURSDAY)

9:15am. NOAA Fisheries in Milford-No Charge  
 9:15am. Senior Exercise Class  
 10:00am. Book Club hosting Author, Gerald Labriola-No Charge  
 NO Calligraphy w Jann Lamb  
 10:00am. Handwriting Analysis Class #3 w Pat Senich  
 10:00am. Water Coloring Class #4 w Carla Koch  
 10:30am. Italian Class #3 w Lucy Minichino  
 11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
 11:00am. Zumba w Cookie  
 1:00pm. Tastefully Simple Party & Demo w Kathy Harris-No Charge  
 12:30pm. Origami w Ah Moi Yip-\$5  
 12:30pm. Piano Class #2 (Intermediate) w Joe Guarino  
 1:00pm. Wii Golf League with Don Ensero  
 1:00pm. Mahjong with Barb Duigan  
 12:30pm. Piano Lessons Class #2 (Advanced) w Joe Guarino  
 4:30pm. Spinning/Cycling @ Community Center

### April 3rd. (FRIDAY)

9:30am. Bible Study with Georgia Smolkis  
 9:30am. Weight Strengthening with the Ensero's  
 9:30am. Pinochle with Mike & Bonnie Jones  
 10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
 11:30am. Center Lunch-\$7-Tuna Sandwiches-(SCL)  
 1:00pm. Happy Birthday Bingo-\$2  
 1:30pm. Chair Yoga Class #6 with Andrea Sutton  
 6:30pm. Carole King Songbook @ Nelson Hall-\$27



## Day-by-Day Schedule

## March-April 2020 issue

### April 4th. (SATURDAY)

10:00am. Spring Craft Fair @ Wood Memorial-No Charge  
5:30pm. 50-Years of Rock n' Roll @ Jorgensen Center-\$55  
7:00pm. LOL Comedy Night @ Prospect Fire House-\$25 (on your own)

### April 5th. (SUNDAY)

1:15pm. Always a Bridesmaid @ Seven Angels Theater-\$37

### April 6th. (MONDAY)

7:30am. MGM Springfield Casino-SOLD OUT  
8:00am. Spinning/Cycling @ Community Center  
8:30am. AARP Driver's Safety Course-\$15/\$20  
9:15am. Senior Exercise Class  
9:30am. Texas Holdem' w Carmine Midolo-\$5 (pool room)  
9:30am. Songbirds Choir rehearsal  
9:30am. Bridge with Linda Favale @ Chapel Hall  
10:00am. Senior Balance Class w Brenda Martin-\$2  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Drawing Class #5 w Kathleen  
10:30am. Accordion Stories From The Heart"-No Charge  
NO Mat Yoga Class w Andrea Sutton  
1:00pm. CRL w Leslie Kingston-\$1  
1:00pm. Pound "Get Fit" Class w Cookie-\$3  
1:00pm. Cribbage with Don Ensero  
1:15pm. Learn to Play Bridge w Linda Favale-\$12/mo @ Chapel Hall  
NO Chair Yoga Class w Andrea Sutton

### April 7th. (TUESDAY)

9:00am. Senior Fitness Program w Susie-\$3  
9:30am. Grocery shopping @ Oliver's Supermarket & Stop & Shop  
9:30am. Poker Club with Allen Thibodeau  
10:00am. Bocce League w Barb Beloin & Gene Bowman starts  
10:00am. Acrylic Art Class #6 w Judy  
10:00am. Creating a Windowsill Garden-No Charge  
10:30am. French Class #2 w Joe Guarino  
12noon Massages w Tony-\$25  
12:30pm. Setback (downstairs)  
1:00pm. Card Bingo w Betty Lukeski-\$2  
1:00pm. Quilting Group  
1:00pm. Setback (upstairs)  
4:00pm. Computer Class #3 w Lori Anderson  
4:30pm. Easter Passion Play @ St. Thomas Church-\$6  
4:30pm. Spinning/Cycling @ Community Center

### April 8th (WEDNESDAY)

9:30am. Pool Tournament vs. Southington (here)  
9:30am. Qi Gong Class w George Hughes-\$3  
9:30am. Piano Class #4 (Beginner's) w Joe Guarino  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Sheryl Faye presents Sally Ride-\$8  
11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
1:00pm. Corn Hole Games w Gene Bowman  
1:00pm. Knitting & Crocheting @ Community Center  
1:00pm. Canasta w Wendy & Bonnie  
1:00pm. Art Class #2 w Dory  
1:30pm. Line Dancing Class  
2:00pm. Meditation Class #1 w Tia-(\$25/8-week session)  
4:00pm. Ann Masi Lecture @ Wood Memorial Library-No Charge

### April 9th. (THURSDAY)

9:15am. Senior Exercise Class  
10:30am. Calligraphy w Jann Lamb  
10:00am. Water Coloring Class #5 w Carla Koch  
10:30am. Italian Class #4 w Lucy Minichino today  
11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
11:30am. Easter Luncheon-\$20 w Center Stage Entertainment  
NO Handwriting Analysis Class w Pat  
NO Zumba w Cookie  
NO Piano Classes today w Joe Guarino  
NO Wii Golf League with Don Ensero  
NO Mahjong with Barb Duigan  
4:30pm. Spinning/Cycling @ Community Center  
5:30pm. Mobile Food Pantry @ Naugatuck Event Center

### April 10th. (FRIDAY)

#### Senior Center CLOSED-Good Friday

### April 11th. (SATURDAY)

7:00pm. An American in Paris @ Palace Theater-\$70

### April 13th. (MONDAY)

7:10am. Foxwoods Casino trip w Art Denze-\$25  
8:00am. Spinning/Cycling @ Community Center  
9:15am. Senior Exercise Class  
9:30am. Photo Club w Allen Thibodeau  
9:30am. Texas Holdem' w Carmine Midolo

9:30am. Songbirds performing @ Abbott Terrace  
9:30am. Bridge with Linda Favale @ Chapel Hall  
10:00am. St. John's Episcopal Church Stained Glass Window Tour-\$5  
10:00am. Senior Balance Class w Brenda Martin-\$2  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Drawing Class #6 w Kathy  
1:00pm. Dance Social with the Pierce Campbell Band-\$9  
12:15pm. Mat Yoga Class #6 w Andrea Sutton  
NO Pound "Get Fit" Class w Cookie  
1:00pm. Cribbage with Don Ensero  
1:15pm. Learn to Play Bridge w Linda Favale @ Chapel Hall  
1:30pm. Chair Yoga Class #6 w Andrea Sutton

### April 14th. (TUESDAY)

9:00am. Senior Fitness Program w Susie-\$3  
9:30am. Grocery Shopping @ Oliver's Supermarket & Stop & Shop  
9:30am. to 12:30pm. Poker Club with Allen Thibodeau  
10:00am. Bocce League w Barb Beloin & Gene Bowman  
10:00am. Acrylic Art Class #1 w Judy (\$25/6-week session)  
10:30am. French Class #3 w Joe Guarino  
10:30am. Aqua Turf-Tom Jones & Englebert Humperdinck Show-\$45  
10:30am. Benefits of Chiropractic Care for Seniors-No Charge  
11:30am. Poker Club with Allen Thibodeau  
12noon Massages w Tony-\$25  
12:30pm. Medium-Janine Mangiamele-\$30  
12:30pm. Setback (downstairs)  
1:00pm. Setback (upstairs)  
1:00pm. Quilting Group  
4:00pm. Computer Class #4 w Lori Anderson  
4:30pm. Spinning/Cycling @ Community Center  
6:00pm. Leitner Observatory-No Charge

### April 15th. (WEDNESDAY)

8:00am. Spinning/Cycling @ Community Center  
8:30am. Wii Bowling Tournament vs. Avon (away)  
9:30am. Henry C. Lee Forensic Institute-No Charge  
9:30am. Pool tournament vs. Bristol (here)  
9:30am. Piano Class #5 (Beginner's) w Joe Guarino  
10:00am. Ukulele Class #4 w Nina Lesigna  
10:00am. Wii Bowling League w Ed Kearney  
10:30am. Writer's Workshop w Judy Boynton  
10:30am. Stained Glass Class w Sarah-(Monrovia Star)-SOLD OUT  
11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
1:00pm. Art Class #3 w Dory  
1:00pm. Corn Hole Games w Gene Bowman  
1:00pm. Canasta w Wendy & Bonnie  
1:00pm. Knitting & Crocheting group @ Community Center  
1:30pm. Line Dancing Class  
2:00pm. Meditation Class #2 w Tia

### April 16th. (THURSDAY)

9:15am. Senior Exercise Class  
10:00am. Handwriting Analysis Class #4 w Pat Senich  
10:00am. Country Legends @ Log Cabin-\$49  
10:00am. Water Coloring Class #6 w Carla Koch  
10:30am. Stained Glass Class w Sarah-\$10-(Monrovia Star)  
10:30am. Italian Class #5 w Lucy Minichino  
10:30am. Calligraphy w Jann Lamb  
10:30am. Al Thibodeau's Photo Presentation-"Hello, America!"  
11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
11:00am. Zumba w Cookie-\$3  
12:30pm. Origami w Ah Moi Yip-\$12:30pm.  
12:30pm. Dime Bingo w Linda Peterit-\$1  
12:30pm. Piano Lessons Class #3 (Intermediate) w Joe Guarino  
1:00pm. Wii Golf League with Don Ensero  
1:00pm. Mahjong with Barb Duigan  
2:00pm. Piano Lessons Class #3 (Advanced) w Joe Guarino  
4:30pm. Spinning/Cycling @ Community Center

### April 17th. (FRIDAY)

9:30am. Bible Study with Georgia Smolkis  
9:30am. Weight Strengthening with the Ensero's 9:30am.  
9:30am. Pinochle with Mike & Bonnie Jones  
10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
11:30am. Center Lunch-Stuffed Cabbage7 (SCL)  
1:00pm. Pizza BINGO-\$2  
NO Yoga Class w Andrea Sutton  
6:30pm. Jersey Tenors@ Nelson Hall-\$27  
6:30pm. David Foster @ Palace Theater-SOLD OUT

### April 18th. (SATURDAY)

9:30am. Ct. Cactus Show-No Charge  
5:30pm. CGMC Bingomania-\$20

## Day-by-Day Schedule

## March-April 2020 issue

### April 19th. (SUNDAY)

10:00am. Red Hats to White Horse Pub  
3:00pm. Reza @ Ridgefield Playhouse-\$65

### April 20th. (MONDAY)

8:00am. Spinning/Cycling @ Community Center  
9:00am. Reflexology w Kim Stewart-\$15/\$30-apts. necessary  
9:15am. Senior Exercise Class  
9:30am. Texas Holdem' w Carmine Midolo  
9:30am. Bridge with Linda Favale @ Chapel Hall  
10:00am. Songbirds performing @ Meridian Manor (no practice)  
10:00am. Pendulum Power-\$8  
10:00am. Senior Balance Class w Brenda Martin-\$2  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Drawing Class #1 w Kathy Greikas-(\$25/6-week session)  
11:00am. Legal Insights & Tips for Seniors & Lunch-No Charge  
NO Yoga Classes w Andrea Sutton today  
1:00pm. Pound "Get Fit" Class w Cookie-\$3  
1:00pm. "Dress My Shape" Presentation-\$5  
1:00pm. Cribbage with Don Ensero  
1:15pm. Learn to Play Bridge w Linda Favale-\$12/mo @ Chapel Hall)

### April 21st. (TUESDAY)

7:30pm. Ryco Mill Shop-\$10  
9:00am. Senior Fitness Program w Susie-\$3  
9:30am. Grocery Shopping @ Oliver's Supermarket & Stop & Shop  
9:30am. to 12:30pm. Poker Club with Allen Thibodeau  
10:00am. Bocce League w Barb Beloin & Gene Bowman  
10:00am. Creating a Windowsill Garden-No Charge  
10:00am. Acrylic Art Class #2 w Judy Jaworski  
10:30am. Cooking w Lori-\$5-Recipe: TBA  
12noon Massages w Tony-\$25  
10:30am. French Class #4 w Joe Guarino  
12:30pm. Setback (downstairs)  
1:00pm. Setback (upstairs)  
1:00pm. Quilting Group  
1:00pm. Drumming Therapeutic Group-\$5  
1:00pm. Just For Fun! Billiards w Frank-No Charge  
4:00pm. Computer Class #5 w Lori Anderson  
4:30pm. Spinning/Cycling @ Community Center

### April 22nd. (WEDNESDAY)

8:00am. Spinning/Cycling @ Community Center  
9:30am. Christmas Tree Shop/Cracker Barrel  
9:30am. Piano Class #6 (Beginner's) w Joe Guarino  
10:00am. Wii Bowling League w Mary Henao  
10:00am. National Parks Photo Presentation w Ron Blanchard  
10:00am. Ukulele Class #5 w Nina Lesigna  
9:30am. Qi Gong Class w George Hughes-\$3  
11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
1:00pm. Art Class #4 w Dory  
1:00pm. Corn Hole Games w Gene Bowman  
1:00pm. Canasta w Wendy & Bonnie  
1:00pm. Knitting & Crocheting group @ Community Center  
1:30pm. Line Dancing Class  
2:00pm. Meditation Class #3 w Tia

### April 23rd. (THURSDAY)

9:15am. Senior Exercise Class  
9:30am. Private Reiki Sessions w Madeline-\$20 (apts. necessary)  
10:00am. Handwriting Analysis Class #5 w Pat Senich  
11:00am. Calligraphy w Jann Lamb  
10:00am. Water Coloring Class #1 w Carla Koch(\$25/6-week session)  
NO Italian Class w Lucy Minichino today  
11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
11:00am. Zumba w Cookie-\$3  
12noon Potluck Cook Book Club-"Make it Light & Airy"  
12:30pm. Piano Lessons Class #4 (Intermediate) w Joe Guarino  
1:00pm. Wii Golf League with Don Ensero  
1:00pm. Mahjong with Barb Duigan  
1:30pm. Wii Bowling Tournament at Village @ East Farms (meet there)  
2:00pm. Tour & Happy Hour @ Southmayd Home-No Charge  
2:00pm. Piano Lessons Class #4 (Advanced) w Joe Guarino  
4:30pm. Spinning/Cycling @ Community Center

### April 24th. (FRIDAY)

7:30am. Beyond the Stairway @ University of New Haven-\$25  
9:30am. Bible Study with Georgia Smolkis  
9:30am. Weight Strengthening with the Ensero's  
9:30am. Pinochle with Mike & Bonnie Jones  
10:00am. Scrapbooking & Card making w Edwina, Cindy & Debbie-\$2  
11:30am. Center Lunch-\$7-Shepard's Pie-\$7(SCL)

1:00pm. Bingo-\$2

NO Chair Yoga Class with Andrea Sutton

### April 25th. (SATURDAY)

8:00am. West Point Day Trip-\$107  
9:15am. Colorblends Open House-No Charge  
12:30pm. The Bands Visit @ Bushnell-\$85

### April 26th. (SUNDAY)

1:00pm. CGMC Spring Concert (Old Saybrook)-\$35  
2:00pm. Great American Songbook @ Lyman Center-\$5

### April 27th. (MONDAY)

8:00am. Spinning/Cycling @ Community Center  
9:15am. Senior Exercise Class  
9:30am. Texas Holdem' w Carmine Midolo-\$5 (pool room)  
10:00am. Songbirds Choir @ Southmayd  
10:30am. Mathnasium & Pizza Lunch-No Charge  
9:30am. Bridge with Linda Favale @ Chapel Hall  
10:00am. Senior Balance Class w Brenda Martin-\$2  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Drawing Class #2 w Kathy Greikas  
12noon Setback Tournament w Don Ensero-\$5  
12:30pm. WHIST w Dolly Martin-\$3  
NO Yoga Classes w Andrea Sutton  
1:00pm. Pound "Get Fit" Class w Cookie-\$3  
1:00pm. Cribbage with Don Ensero  
1:30pm. Lori's Jewelry Class-Project/Cost TBA  
1:15pm. Learn to Play Bridge w Linda Favale @ Chapel Hall)  
6:15pm. AHEPA Greek Dinner-\$30

### April 28th. (TUESDAY)

9:00am. And-How-Hearing FREE Screenings  
9:00am. Senior Fitness Program w Susie-\$3  
9:30am. Grocery shopping @ Oliver's Supermarket & Stop & Shop  
9:30am. Poker Club with Allen Thibodeau  
10:00am. Bocce League w Barb Beloin & Gene Bowman  
10:00am. Krafft Lunch Bunch @ NEYAH-\$20  
10:00am. Acrylic Art Class #3 w Judy Jaworski  
10:30am. "Stars of the Grand Ole Opry" @ Aqua Turf-\$62  
10:30am. French Class #5 w Joe Guarino  
10:30am. Make Homemade Pastas w Maryann Sasso-No Charge  
12noon Massages w Tony-\$25  
12:30pm. Setback (downstairs)  
1:00pm. Quilting Group  
1:00pm. Setback (upstairs)  
4:30pm. Spinning/Cycling @ Community Center  
4:00pm. Computer Class #6 w Lori Anderson

### April 29th. (WEDNESDAY)

9:15am. Hartford Yard Goats game-\$12  
9:30am. Piano Class #7 (Beginner's) w Joe Guarino  
10:00am. Ukulele Class #6 w Nina Lesigna  
10:00am. Wii Bowling League w Mary Henao  
10:30am. Gene the "Fix It" Man Workshop-No Charge  
10:30am. Writer's Workshop w Judy Boynton  
11:00am. Lizzie Borden @ Wood Memorial Library-SOLD OUT  
11:30am. to 1:30pm. Blood pressure screening with VNA nurse  
1:00pm. Art Class #5 w Dory  
1:00pm. Corn Hole Games w Gene Bowman  
1:00pm. Knitting & Crocheting @ Community Center  
1:00pm. Canasta w Wendy & Bonnie  
1:30pm. Line Dancing Class  
2:00pm. Meditation Class #4 w Tia

### April 30th. (THURSDAY)

8:30am. Mohegan Sun Casino Day Trip-No charge  
9:15am. Senior Exercise Class  
10:00am. Handwriting Analysis Class #6 w Pat Senich  
10:30am. Calligraphy with Jan Lamb  
10:00am. Water Coloring Class #2 w Carla Koch  
10:30am. Italian Class #6 w Lucy Minichino  
11:00am. Ballroom Dancing Lessons w Jorge-\$2 @ Community Center  
12noon Taste of Korea Presentation-\$6  
NO Zumba w Cookie  
12:30pm. Origami w Ah Moi Yip-\$5  
NO Piano Classes w Joe Guarino today  
1:00pm. Wii Golf League with Don Ensero  
1:00pm. Mahjong with Barb Duigan  
4:30pm. Spinning/Cycling @ Community Center-\$20/\$25  
6:30pm. Rob Surette Hero Art @ Nelson Hall-\$27



**BIRTHDAYS****March-April 2020 issue****MARCH BIRTHDAYS**

|                      |    |                       |    |
|----------------------|----|-----------------------|----|
| Angie D'Angelo       | 1  | Patricia Sheehy       | 16 |
| Lisa Caivano         | 1  | Laurie Siraco         | 16 |
| Charles Bosman       | 1  | Pat Brown             | 17 |
| Joe Rizzuti          | 2  | John N. Raven         | 17 |
| Harold Becker        | 2  | Leslie Kingston       | 17 |
| Joan Gauthier        | 2  | Margaret Moser        | 17 |
| Bob Moreno           | 2  | Patricia DeLeo        | 17 |
| Shelbra Young        | 2  | Anna Luschenat        | 18 |
| Florence Violette    | 3  | Michael Corti         | 18 |
| Georgiana Supra      | 3  | Joe Raczkowski        | 18 |
| Luz Nieves           | 3  | Steven Holley         | 18 |
| Patricia Gillis      | 4  | Patricia Gormley      | 18 |
| Pat Moon             | 4  | Fred Violette         | 19 |
| Frances Monroe       | 4  | Guy Mauriello         | 19 |
| Jeanette Richard     | 4  | Robert Dupre          | 19 |
| Barb Morine          | 5  | Colin Coburn          | 19 |
| Linda Persico        | 5  | Sarah Steele          | 20 |
| Deb Conte            | 5  | Lauretta Poirier      | 20 |
| Don Healy            | 5  | Diane Cappiello       | 20 |
| Donald Pomeroy       | 5  | Mary Damulis          | 20 |
| Linda Morrow         | 5  | Michael McInerney     | 20 |
| Sue Mattero          | 5  | Geri Thomas           | 20 |
| Jean Meehan          | 6  | Lois Chicano          | 20 |
| Diane Bakstis        | 6  | Joshua Rudich         | 20 |
| Ted Ellis            | 6  | Margaret Roberts      | 20 |
| Robert Barone        | 6  | Harry Jancis          | 21 |
| Hala Jaser           | 6  | Joel Berube           | 21 |
| Charles Stronkowski  | 6  | Barbara Shappy        | 22 |
| Antonio Abrantes     | 7  | Kathy Tummyol         | 22 |
| Lynn Zdanis          | 7  | Joyce Chasse          | 22 |
| John Rinaldi         | 8  | Kathy Stuke           | 22 |
| John Morrissey       | 8  | Sue Gilmore           | 23 |
| Margaret Lenkowski   | 8  | Gloria Young          | 23 |
| Leslie C. Kelly      | 8  | Nelson Abarzua        | 23 |
| Jan Pilat            | 8  | Richard Chabot        | 24 |
| Sharon Shaker        | 8  | Joan Druker           | 24 |
| Helen Laone          | 9  | Barbara Derouin       | 25 |
| Phil Caron           | 9  | Lucinda Hicks         | 25 |
| Linda Peruta         | 9  | Roberta Schnell       | 25 |
| Joan Paonessa        | 10 | Judith Collier        | 25 |
| Carol Morrissey      | 10 | Liz Hawley            | 25 |
| Sherida Cocchiola    | 10 | Marina Desiderato     | 25 |
| Roseann Krodel       | 10 | Joan Piekarski        | 26 |
| Beverly Russo        | 11 | Gayle Sutterlin       | 26 |
| Kathy Palmieri       | 11 | Heidi Buchan          | 26 |
| Lorraine Hughes      | 11 | Dolores Proul         | 27 |
| Nancy Delaney        | 12 | Marilyn Korowotny     | 27 |
| Marion Varanelli     | 12 | Lou Ruby              | 27 |
| Linda Goslin         | 12 | Larry Desena          | 27 |
| John Henninger       | 12 | Beth Switser          | 27 |
| Richard Varanelli    | 12 | Charles D'Angelo      | 27 |
| John Renaud          | 12 | Meredith Saguta       | 27 |
| Donna Hyland-Passeck | 13 | Clare George          | 27 |
| Nina Laudano         | 13 | David Stewart         | 28 |
| Charlie Delavergne   | 13 | Verena Yarosis        | 28 |
| Laura Horelick       | 13 | Barbara D'Amelio      | 28 |
| Hal Afholderbach     | 13 | Connie Lami           | 28 |
| Diane Gow            | 14 | Ruth Dempsey          | 29 |
| Helen Kobylenski     | 14 | MaryEllen Dessureallt | 29 |
| Connie Shea Copes    | 15 | Pat Russell           | 29 |
| Millie Perry         | 15 | Marisa Longo          | 29 |
| Lynn Kirdzik         | 15 | Barbara Houle         | 30 |
| Sandra Lewis         | 15 | Mary Jane Monahan     | 30 |
| Maureen Bentley      | 15 | Loretta Schmaltz Hall | 30 |
| Bill Maisto          | 16 | Luisa Barile          | 31 |
| Sophie Calo          | 16 | Paul Bender           | 31 |
| Joyce DiDonato       | 16 | Maureen Andolena      | 31 |
| John Cookson         | 16 | Sandy Dressler        | 31 |
| Matt Kalitta         | 16 | Sylvia Winters        | 31 |

**APRIL BIRTHDAYS**

|                     |    |                      |    |
|---------------------|----|----------------------|----|
| Maryellen Lance     | 1  | Karen Georgia        | 15 |
| Patricia Rinckel    | 1  | Betty Ciriello       | 15 |
| Ronald Goldfarb     | 1  | Maureen Taylor       | 16 |
| Joan Margiotta      | 1  | Carolyn Boyle        | 16 |
| Lynda Mazzaferro    | 1  | Ronald Sprung        | 16 |
| Maureen Doucette    | 2  | Sandra Kamen         | 16 |
| Marie Desena        | 2  | Joyce Davis          | 16 |
| Les Proul           | 3  | Mary Allison King    | 16 |
| Dolores Harris      | 4  | Susan Falasco        | 16 |
| James Bobbas        | 4  | Marybeth Rondinara   | 17 |
| Cauna M. Silva      | 4  | Catherine Scarpati   | 17 |
| Loren Hisert        | 4  | Paul Spillane        | 17 |
| Sharon Rotatori     | 4  | Babe Dinneen         | 17 |
| Anna Spardone       | 4  | Theresa Descault     | 17 |
| John Kuzmecz        | 4  | Lucille Bellemare    | 18 |
| Rosendo Silva       | 4  | MaryEllen Kaczmarek  | 18 |
| Laura Saccone       | 4  | Lorraine Elsemore    | 18 |
| Lida Keroski        | 5  | Suzanne Porzio       | 18 |
| Barbara Brooks      | 5  | Felice Rizzo         | 18 |
| Ted Hanson          | 5  | Patricia Silva       | 18 |
| Ann Sokoloff        | 5  | Maria Silva          | 19 |
| Irene LeClair       | 5  | Emily Mohrmann       | 19 |
| Amelia Alves        | 6  | Marilyn Ungaro       | 19 |
| Noreen Adams        | 6  | Cheryl A Roshka      | 20 |
| Mary Lyng           | 6  | Pat Santa Barbara    | 20 |
| Bernice Hertel      | 7  | Susan Marrin         | 20 |
| Lorraine Regan      | 7  | Brian Fraser         | 20 |
| Mary Ponzillo       | 7  | Jimmy Moore          | 21 |
| Frank Lisowski      | 7  | Shirley M. Burr      | 21 |
| Pete Garfield       | 7  | Joan Vastola         | 21 |
| Don Granger         | 8  | Kathleen Ricciardi   | 21 |
| Mary Pavlowski      | 8  | Alice Guerrera       | 22 |
| Nancy Rasmussen     | 8  | Deborah Scarmozzino  | 22 |
| Gloria Lamontagne   | 8  | Mary Saucier         | 22 |
| Ann O'Rourke        | 8  | Karen Krayeski       | 22 |
| Patricia Ann Harmon | 8  | Roland Brunetti      | 23 |
| Lois Marticello     | 9  | Beverly Curello      | 23 |
| Vivianne Fusco      | 9  | Ginny Proto          | 23 |
| Dennis Kizis        | 9  | Barbara Esposito     | 23 |
| Ronald Foley        | 9  | Kathleen Colavecchio | 23 |
| Joan Lorusso        | 10 | Marianne Byrne       | 23 |
| Sharon Voris        | 10 | Richard Smith        | 23 |
| Richard Rotatori    | 10 | Candy Coffey         | 23 |
| Lillian Kandel      | 10 | Barbara Fraser       | 23 |
| Greg Knapp          | 10 | Barbara Masiulis     | 24 |
| Hazel Bordley       | 11 | Gerry Hertel         | 24 |
| Judith Campbell     | 11 | Frances Bellino      | 24 |
| Roger Rasch         | 12 | Suzanne Loftus       | 24 |
| Sharon Chouinard    | 12 | Patricia Colby       | 24 |
| Eleanor Flynn       | 12 | Stella Rudaitis      | 25 |
| Suzanne Franson     | 12 | Kenneth Spencer      | 25 |
| Mary Irizzary       | 12 | Ann Lehman           | 25 |
| Lucy Rischar        | 12 | Charles Sperrazza    | 25 |
| Robert Graves       | 12 | Bonnie Mumma         | 25 |
| Patricia Coughlan   | 12 | Jim Dunn             | 26 |
| Perry McCowan       | 12 | Joyce Accousti       | 27 |
| Earl Obst           | 12 | Arthur Hensel        | 27 |
| Bob Hiscox          | 13 | Diane Sprung         | 27 |
| Robert Stanziano    | 13 | Linda Salvatore      | 27 |
| Joan Bowyer         | 13 | Ginny Hanson         | 27 |
| Mary Jane Winne     | 13 | Barbara Beloin       | 28 |
| Hazel Nace          | 13 | Linda Jacovano       | 28 |
| Wendy Powell        | 13 | Helen Bilodeau       | 28 |
| Cynthia Tun         | 13 | Judy McCowan         | 28 |
| Angela Corcoran     | 13 | Gloria Guerrera      | 28 |
| Mary Torello        | 13 | Marty Lee Fenton     | 28 |
| Bruce Bartimess     | 13 | Marge Wiener         | 28 |
| Linda Favale        | 14 | Loretta Stack        | 29 |
| Judy Adamowicz      | 14 | Raymond Dumschott    | 29 |
| Joseph Masi         | 14 | Joanne Daponte       | 29 |
| Elisa Grazuna       | 14 | June Macken          | 29 |
| Claire Dileo        | 15 | Beth Whelan          | 30 |
| Jean A. Reilly      | 15 | Edwina Tracy         | 30 |
| Joel Meisel         | 15 | Marie Tiso           | 30 |
| George Jaser        | 15 | James Peragallo      | 30 |
| Adele DeFrancesco   | 15 | Linda Brylewski      | 30 |
| Lorraine Centrella  | 15 | Linda Wallinger      | 30 |



**SUNSHINE LIST****March-April 2020 issue**

Bill Meo  
37 Booth Avenue Unit # 2  
Watertown, Ct. 06779

Arlene Damling  
21 Hydelor Avenue  
Prospect, Ct. 06712

Phyllis Vincitorio  
217 Wilkenda Avenue  
Waterbury, Ct. 06708

Emily Saunders  
109 Cherry Circle  
Prospect, Ct. 06712

Dawn Horgan  
2927 East Main Street  
Waterbury, Ct. 06705

Gerry Hertel  
451 Pierpont Road  
Waterbury, Ct. 06705

Diana Barnes  
169 Margaret Circle  
Naugatuck, Ct. 06770

Judy Flaherty  
27 Fairfield Ct.  
Naugatuck, Ct. 06770

Mary Jackman  
66 Westmont Drive  
Waterbury, Ct. 06708

Joyce Accousti  
19 Wagon Wheel Drive  
Prospect, Ct. 06712

Dorothy Black  
4 Dolly Drive  
Beacon Falls, Ct. 06403

Joanne Rogers  
128-14 Lyman Road  
Wolcott, Ct. 06716

Joe Rizzuti  
2 Dixie Avenue  
Wolcott, Ct. 06716

Ann Carey  
70 Fairwood Road  
Naugatuck, Ct. 06770

Florine CeCorso  
75 Barbara Ave.  
Prospect, Ct. 06712

Bernice Sullivan  
c/o Glendale Rehabilitation  
Magnolia #312  
4 Hazel Avenue  
Naugatuck, Ct. 06770

Frank Ieronimo  
122 Rosengarten Drive  
Waterbury, Ct. 06704

Leo Thibodeau  
269 Sheffield Street  
Waterbury, Ct. 06704

Earl & Honey Lovell  
109 Sunburst Road  
Naugatuck, Ct. 06770

Rita Fried  
29 Chandler Drive  
Prospect, Ct. 06712

Pat Martini  
24 Meadow Lane  
Prospect, Ct. 06712

Dave Stewart  
38 Matthew Street  
Prospect, Ct. 06712

Pat Brown  
88 Glenbrook Ave. Apt. F  
Waterbury, Ct. 06705

Lorraine Barbieri  
348 Atwood Ave.  
Waterbury, Ct. 06705

Diane McCue  
925 Oronoke Road 101F  
Waterbury, Ct. 06708

Lida Keroski  
1885 Baldwin Street  
Waterbury, Ct. 06706

Florence Cordeau  
164 Ruela Drive  
Naugatuck, Ct. 06770

Barb Esposito  
53 Union City Road  
Prospect, Ct. 06712

Harriet Johnson  
75 White Oak Drive  
Prospect, Ct. 06712

Mary Rigali  
167 Applewood Lane  
Naugatuck, Ct. 06770

Prospect, Ct. 06712

Michika Hirai  
445 Wallingford Road  
Cheshire, Ct. 06410

Marge Maisto  
6 Frances Ann Drive  
Oakville, Ct. 06779

Kathy Hoyt  
192 Kaynor Drive  
Waterbury, Ct. 06708

Betty Lukeski  
213 New Haven Road  
Prospect, Ct. 06712

Jim Miele  
198 Maple Street  
Naugatuck, Ct. 06770

Mary Melchiorre  
46 Colonial Drive  
Prospect, Ct. 06712

Ginny Donnelly  
15 Hillside Avenue  
Naugatuck, Ct. 06770

Mary Rasch  
197 Sycamore Drive  
Prospect, Ct. 06712

**EVENTS THAT ARE SOLD OUT/FULL OR WHERE DEADLINES HAVE PASSED**

**March 2nd. Celtic Angels @ Aqua Turf (DEADLINE PASSED)**

**March 4th. Stained Glass Class w Sarah Segovia (SOLD OUT)**

**March 5th. Edible Art Class (SOLD OUT)**

**March 8th. Spring Sampler Craft Fair (SOLD OUT)**

**March 9th.-10th.-Mosaic Workshop (SOLD OUT)**

**March 10th. Ukrainian Museum Tour (SOLD OUT)**

**March 11th. Stained Glass Workshop (SOLD OUT)**

**March 19th. Handwriting Analysis Course (SOLD OUT)**

**March 20th. Linda Ronstadt Tribute Show @ Nelson Hall (SOLD OUT)**

**March 24th. Cinderella Russian Ballet @ Jorgensen Theater (DEADLINE PASSED)**

**March 25th. Doo Wop @ Ridgefield Playhouse-(SOLD OUT)**

**March 25th. Martha Washington Presentation @ Wood Memorial (SOLD OUT)**

**March 29th. Friends of Long Hill Tea (SOLD OUT)**

**April 6th. MGM Springfield Casino (SOLD OUT)**

**April 7th. Windowsill Garden Demonstration (FULL)**

**April 15th. & April 16th. Stained Glass Workshop (SOLD OUT)**

**April 17th. David Foster @ Palace Theater (SOLD OUT)**

**April 21st. Ryco Mill Shop (FULL)**

**April 29th. Lizzie Bordon Presentation @ Wood Memorial-(SOLD OUT)**

**May 5th. Pressed Flowers Soap Bars Workshop (SOLD OUT)**

**May 7th. Travelers Chorale Spring Concert (FULL)**

**May 9th. Albany Tulip Festival (SOLD OUT)**

**May 20th. Walkway Over the Hudson (SOLD OUT)**

**June 23rd. Yale University Walking Tour (SOLD OUT)**

**June 25th. Bellamy-Ferriday House & Garden Tour**

**GET WELL  
SOON!!**

**GERRI'S RECIPES****March-April 2020 Issue****No-Bake Easter Egg Nests**

1 2/3 cups butterscotch chips  
 1 cup creamy peanut butter  
 6 cups Cheerios cereal  
 assorted jelly beans

Spray 24 regular-size muffin cups with cooking spray. In a large microwaveable bowl, microwave chips and peanut butter on High, stirring every 30 seconds until melted and can be stirred smooth. Add Cheerios and stir gently until cereal is evenly coated. Scoop about 1/4 cup of mixture into each muffin cup. With back of a spoon, form indentation in each cup to hold "eggs" Refrigerate 1 hour until hardened. Remove nests from pan. Place 3-4 jelly beans in each depression.

Makes 24 servings

**Cheesy Pasta-Vegetable Soup**

3 cups chicken broth  
 1 cup uncooked gemelli pasta  
 1 bag (12 oz.) frozen broccoli, cauliflower and carrots  
 1/4 tsp. garlic powder  
 1/2 cup heavy whipping cream  
 2 cups shredded American cheese (8 oz.)

In a 3-qt. saucepan, heat broth to boiling over high heat. Stir in pasta, cook 8 to 10 minutes until pasta is al dente. Reduce heat to medium, stir in frozen vegetables and garlic powder; cover and cook 5-6 minutes, stirring occasionally until crisp-tender. Stir in whipping cream and cheese; cook 2-3 minutes until cheese is melted and heated through.

Makes 4 servings

**Mock Lemon Meringue Bars**

1 roll refrigerated sugar cookies  
 1 cup lemon curd  
 3 oz. cream cheese  
 1/2 cup marshmallow creme  
 6 oz. French Vanilla yogurt (Yoplait)  
 1 cup frozen whipped topping thawed

Heat oven to 350 degrees. Grease 13x9-inch pan with cooking spray. Break up the cookie dough in the pan. With floured fingers, press dough evenly over bottom of pan to form crust. Bake 15 to 20 minutes or until edges are golden brown and center is set. Cool 30 mins. Spread lemon curd over cooled crust. In a large bowl, beat cream cheese, marshmallow creme and yogurt with wooden spoon until well blended. Fold in whipped topping. Spread over lemon curd, swirling to look like meringue. Refrigerate 1 hour before serving.

Makes 24 bars

**5-Ingredient Sweet and Sour Chicken**

2 Tbsp. vegetable oil  
 1 1/2 lbs. boneless, skinless chicken thighs, cut into 1 inch pieces  
 1 small red bell pepper, cut into 3/4" pcs.  
 3/4 cup sweet & sour sauce  
 1 can (8 oz.) pineapple tidbits in juice, drained

In a 10-inch skillet, heat oil over medium-high heat. Add chicken; cook 5 to 6 minutes, stirring occasionally, until no longer pink in center. Add bell pepper and sauce; cook 3 to 4 minutes, stirring occasionally, until bell pepper is tender. Stir in pineapple; cook 1 to 2 minutes or until hot.

Makes 4 servings

**Shamrock Cookies**

1 roll refrigerated sugar cookies  
 1/4 cup all purpose flour  
 1/4 cup green sugar

Heat oven to 350 degrees. In a large bowl, break up cookie dough. Stir or knead in flour until well blended. Work with half the dough at a time. Refrigerate remaining dough until needed. Shape dough into 70 (3/4-inch) balls; Reserve 7 balls. Roll each in green sugar. To form shamrock, on ungreased cookie sheets, place 2 balls with sides touching and 1 ball on top.. For stems, divide each reserved ball into 3 pieces. Roll each piece into a ball, then in green sugar. Shape into a triangle. Place 1 triangle pointed side up at the bottom of each cookie between 2 balls for stem. Bake 10 to 12 minutes or until set.

**Easy Baked Mozzarella Bites**

1 can refrigerated crescent dough sheet  
 8 mozzarella sticks unwrapped and cut crosswise into thirds  
 3 Tbsp. butter, melted  
 2/3 cup panko bread crumbs  
 Heat oven to 375 degrees. Unroll dough sheet and press into rectangle 12x8 inches. Using pizza cutter, cut rectangle into 6 rows by 4 rows to make 24 (2-inch) squares. Place mozzarella piece in center of each rectangle; bring dough up around cheese; press edges to seal. Place melted butter in a small bowl. Dip each stick in butter; shake off excess. Roll in panko to coat. Place 1 inch apart on ungreased cookie sheet. Bake 11-13 minutes. Serve warm. Makes 24

**Egg and Avocado Toasts**

4 eggs, poached  
 1 avocado, mashed  
 1/4 tsp. black pepper  
 4 slices hearty whole grain bread  
 1/2 tsp, salt (optional)  
 1/4 cup plain non-fat Greek yogurt

Toast the bread and spread each piece with 1/4 of the mashed avocado.

Sprinkle avocado with salt and pepper. Top each piece with poached egg. Top the egg with 1 Tbsp of the yogurt.

Makes 4 servings

**Cabbage Pico de Gallo**

3 cups finely diced green cabbage about half medium head  
 3 plum tomatoes, seeded and finely chopped (about 1 cup)  
 1/2 cup finely minced fresh cilantro  
 1 jalapeno pepper, seeded & minced  
 2 scallions, finely minced  
 2 cloves garlic, finely minced  
 juice of 2 large limes

In a medium bowl, combine all of the ingredients; set aside to marinate for 15 minutes. The cabbage will soften as it marinates.

Serve with baked tortilla chips or jicama strips.

Makes 5 cups



**REGULAR**

**March-April 2020 issue**

**ACTIVITIES**



**"Pizza Party"  
BINGO**  
Fridays 1pm

Mar. 20th  
Apr. 17th

Cost \$1

**CARD  
BINGO**



Tuesdays 1pm

Mar. 10th  
Apr. 7th

Cost \$2

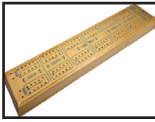
**PINOCHLE GROUP**

Fridays  
9:30am - 11:30am

Call Bonnie Jones  
for details  
203-758-0886



**Cribbage Card Game**



Mondays 1pm

Call  
Don Ensero  
203-575-1511

**WHIST CARD  
GAME**



Mondays 12:30pm

Mar. 30th  
Apr. 27th

Cost \$3

**Poker Club  
with  
Allen Thibodeau**  
Tuesdays  
9:30am - 12:30pm



**Texas Hold'em  
Poker Tournament**  
Hosted by  
Carmine Midolo

Mondays 9:30am

Mar. 2nd, 16th, 23rd, 30th  
Apr. 6th, 13th, 20th, 27th

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, GET TO PLAY**

Cost \$5

**"DIME BINGO"**  
with  
Linda Petereit  
Mondays 12:30pm  
Mar. 19th  
Apr. 16th

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 prizes 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 2pm.

If you are interested in joining in  
on the fun, please call the Senior  
Center to register.

Cost \$1

**SETBACK CARD  
PLAYER'S GROUPS**  
TUESDAYS

DOWNSTAIR'S GROUP  
12:30pm  
UPSTAIR'S GROUP  
1pm

COME JOIN IN THE FUN  
(Questions,  
call Don Ensero  
203.575.1511)

**LCR Dice Game**



Hosted by  
Leslie Kingston

Mondays 1pm

Mar. 9th  
Apr. 6th

Cost \$1  
Please bring dimes...



**Canasta**


With  
Wendy Powell  
&  
Bonnie Veilette

Wednesdays 1pm

**REGULAR**


**March-April 2020 issue**

**ACTIVITIES**



**Senior Balance Class**  
with  
Brenda Martin  
*Monday 10am - 11am*

No Sign-up necessary  
Just drop in  
Cost \$2.00 per class




**Senior Exercise Class**

*Mondays & Thursdays*  
*9:15am*



**Senior Fitness Program**  
*Tuesdays 9am*


No Sign-up Necessary  
Just drop in  
Cost \$3 per class



**Senior Weight Strengthening Class**

*Fridays 9:30am*

Call Don Ensero  
@ 203-575-1511  
to sign up



**CHAIR YOGA**  
6 Week Sessions

*1:30pm Mondays*  
*Mar. 2nd - Apr. 13th*  
*(No class on 4/6)*  
*May 4th - June 22nd*  
*(No class 5/25 & 6/1)*

*1:30pm Fridays*  
*Feb. 28th thru Apr. 3rd*  
*May 8th - June 12th*

Cost \$15




**MAT YOGA**  
6 Week Sessions

*Mondays 12:15pm*

*Mar. 2nd - Apr. 13th*  
*(No class on 4-6)*

*May 8th - June 12th*

Cost \$15



**Line Dancing Classes**  
with  
Lois Marticello  
*Wednesdays 1:30pm*

The classes are geared specifically toward seniors.  
The classes are fun and great exercise too!

Cost \$20 for 10 weeks



**Billiards**

*Monday thru Friday*  
*9am - 4pm*


Ladies are welcome and encouraged to join in the fun!



**Wii Bowling**


*Mondays & Wednesdays*  
*@10am*

More bowlers needed!  
Call Mary Henao  
203-757-9190



**Qi Gong Energy Moving Class**  
With George Hughes  
*Wednesday's 9:30am*  
*March 11th & 25th*  
*April 8th & 22nd*


Cost: \$3 per class  
no registration necessary



**Gold**  
taught by Cookie

*Thursdays 11:00am*

Cost \$3 per class



**Wii Golf**

*Thursdays 1pm*

Call Don Ensero  
203-575-1511



**Chinese & American Mah Jong**

Every level welcome!

*Thursdays 1pm*

**REGULAR****March-April 2020 issue****ACTIVITIES****Writer's Workshop**

with  
Judy Boynton  
Wednesdays 10am

no classes in March  
April 1st, 15th & 29th


**& cardmaking  
101**

WITH  
Cindy, Edwina & Debbie

FRIDAYS 10am-3pm

COST \$2

**Art Classes  
with Dory**


Wednesdays 1pm-2:30

Next 6 week session

Apr. 1st - May 6th

Cost \$25


**Water Color  
Art Class**

with  
Carla Koch

Thursdays 10am  
6 week sessions  
Mar. 12th - Apr. 16th  
Apr. 23rd - May 28th

Cost \$25

**Calligraphy**

Classes  
with  
Jann Lamb  
Thursdays 10:30am  
Some supplies provided  
**NO CHARGE**


**Acrylic  
Art Class**

with  
Judy Jaworski  
Tuesdays @ 10am

Next Sessions:  
Mar. 3rd - Apr. 7th  
Apr. 14th - May 19th

Cost: \$25


**Learn to Speak  
French**

Joe Guarino-Instructor  
Tuesdays 10:30am.

Next 6 Week Session  
Mar. 31 - May 5th

Cost \$10


**Learn to Speak  
Italian**

with  
Lucy Minichino  
Thursdays

Next 6 week Sessions  
Mar. 19 - Apr. 30th  
(no classes 4/23)

May 7th - June 25th  
(no classes 5/21 & 6/4)

Cost \$10

**Learn to Play the Piano  
Beginner's Class**


Taught by Joe Guarino  
9:30am to 10:30am  
8 Week Session.....Wednesdays

Mar. 18th - May 6th  
May 13th-July 1st  
Cost \$25

(This class is specifically for those beginning students who have never taken a class with Joe before.)

**Bible Study**


with  
Georgia Smolkis  
Fridays 9:30am

No sign ups necessary  
Just drop in


**Photo Club**

With Allen Thibodeau  
Mondays 9:30  
Mar. 9th  
Apr. 13th

New members are always  
welcome!  
Questions?  
Call Allen @ 203-592-3947

**Piano Lessons  
Intermediate Class**


Taught by Joe Guarino  
12:30pm-1:30pm  
8 Week Session....Thursdays  
Mar. 26th - June 4th  
(no class 4/9, 4/30, 5/7)

Cost \$25

These classes are for students who have previously taken lessons with Joe. Once you sign up and PAY, Joe will let you know the class for which you are best suited.

**Piano Lessons  
Advanced Class**


Taught by Joe Guarino  
2:00pm-3:00pm

8 Week Session....Thursdays  
Mar. 26th - June 4th  
(no class 4/9, 4/30, 5/7)

Cost \$25

These classes are for students who have previously taken lessons with Joe. Once you sign up and PAY, Joe will let you know the class for which you are best suited.



**REGULAR**

**March-April 2020 issue**

**ACTIVITIES**

**Private Reflexology Sessions**

with  
**Kim Stewart, NSCR**  
**Fridays Start at 9am**  
*Mar. 16th*  
*Apr. 20th*  
 \$15 .... 15 minute session  
 \$30.....30 minute session

(Appointments are necessary)  
 Kim Stewart will be at the Senior Center to give private reflexology therapy sessions to our seniors. **REFLEXOLOGY**



©Rouse Design and Image \* IllustrationsOf.com/9721

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.

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

Please call the senior Center to schedule an appointment.

**MASSAGES WITH ANTHONY MARINI**

**Tuesdays**  
 12:00, 12:40, 1:20 & 2:pm  
 \$25 per session

**CALL THE PSC FOR APPOINTMENT**

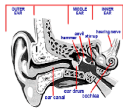


**BLOOD PRESSURE SCREENING**

**WEDNESDAYS**  
 11:30 -1:30



**FREE HEARING SCREENINGS**  
 at the Prospect Senior Center  
**Tuesday 9am**



*Mar. 17th*  
*Apr. 28th*

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



**The Happy Hookers**

**A knitting & Crocheting Group**

**Led by Aline Waldman**

**Wednesdays**  
 1pm - 3pm  
**Everyone is Welcome**

**Meet at the Community Center**

**Cooking Demonstrations with Chef Lori**



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

**Registration and PAYMENT required beforehand**

**Tuesdays 10:30am**

*Mar. 31st*  
*Apr. 21st*

**Dish: TBA Cost \$5**

**AARP Driver Safety Course**



**Prospect Senior Center**  
**Monday 8:30am-1:30pm**

*April 6th*  
*June 1st*  
*Aug. 3rd*  
*Oct. 5th*  
*Dec. 7th*

All classes are held on Mondays and run from 8:30am to 1:30pm at the Senior Center.

Cost is \$15 for AARP members and \$20 for non-AARP members. You must pay ahead of time for the class and provide us with your AARP number if you are a member.

The Senior Center provides a complimentary lunch for all participants. Class size is limited. Register early.

**Please make checks out to AARP.**

**REGULAR**

**March-April 2020 issue**


**ACTIVITIES**



Orange, CT  
 Leave 9:30am  
 Arrive Prospect 3:30pm  
 Shop approximately 2 hours  
 Lunch @Cracker Barrel to follow shopping. The cost of your lunch is your responsibility.  
 Wednesdays  
 Mar. 18th  
 Apr. 22nd  
 Sign up required  
 # persons limited



**Free Computer Lessons**  
 with  
 Lori Anderson  
 6 week sessions  
 Tuesdays  
 Mar. 24th - Apr. 28th




Senior Dance Social  
 at the  
 Prospect Senior Center  
 Mondays  
 1pm - 3pm  
 March 2nd  
**The Boogie Boys**  
 April 13th  
**Pierce Campbell & Co**  
 May 4th  
**Band TBA**  
 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.  
 Cost \$9



**Lori's Jewelry Classes**  
 Mar. 23rd @ 1:00pm  
 Apr. 27th @ 1:30am  
 Project & Cost TBA




**Quilter's Group**  
 Tuesdays  
 1pm - 3pm  
 WANTED....Sewing Machines  
 If you have one you'd like to donate, please call 203.758.5300


**Day Trip to Mohegan Sun**



Thursdays  
 Mar. 26th  
 Apr. 22nd



**LEARN HOW TO BALLROOM DANCE**  
 Thursdays 11am - 12pm  
 WITH JORGE  
 IN THE COMMUNITY CENTER DANCE ROOM  
 COME WITH A PARTNER OR COME ALONE (HE'LL PARTNER YOU UP!)  
 DON'T SIT ON THE SIDELINES - GET UP AND DANCE!!  
 ONLY \$2 PER SESSION



**Potluck Cook Book Club**  
 Facilitated by Barb Masiulis  
 Thursday 1:00pm.  
 Mar. 26th  
 Potluck Theme: Maek it with Maple Syrup  
 Thursday Noon  
 Apr. 23rd  
 Potluck Theme: Celebrate Spring: Make it Light & Airy  
 Registration required. Please register what you are making and bringing. Bring one copy of the recipe you are using to share with everyone. Beginning in January, new members are encouraged to join!



**Origami Class**  
 Thursdays 12:30pm  
 Mar. 5th & 19th  
 Apr. 2nd, 16th, 30th

## Professional Services

**Ciampi** TAX & FINANCIAL SERVICES

Donald J. Ciampi Sr. EA | Managing Principal

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## March-April 2020 issue

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[www.hearinghealthusa.com](http://www.hearinghealthusa.com)

**Carla M. Perugini-Erickson**  
Attorney At Law

Carla.erickson@sbcglobal.net

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jessecamilles@sbcglobal.net  
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HIC#0618910

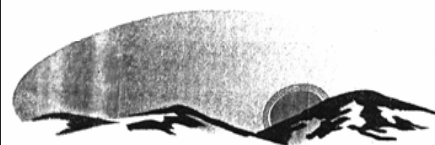
Prospect (203) 758-4207

UNWANTED ITEM DISPOSAL

**JON'S JUNK REMOVAL**

Call or Text JON at 203-819-9355

PROMPT RESPONSE AND REMOVAL



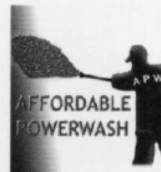
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Connecticut  
Arborist:  
CT Lic. 62455  
CT Supervisory:  
Lic. # S-1984  
Home Improvment  
Contractor  
HIC.0633599

**AFFORDABLE POWER WASH LLC**

203.597.7075

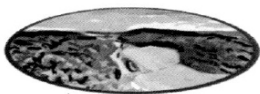


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*Memorial*

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Online: [nvmfh.com](http://nvmfh.com)

Email: [steve@naugatuckvalleymemorial.com](mailto:steve@naugatuckvalleymemorial.com)

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## Professional Services



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**Suite 2B**  
**Prospect, CT 06712**

**scottf@weathertitesystems.com**

Toll Free: 1.866.NoLeak.5  
 Local: 203.758.4227  
 Fax: 203.758.4181

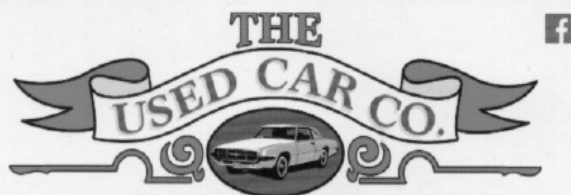
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 Fax (203) 758-0682

**TOM SATKUNAS**

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## March-April 2020 issue

### LIVANTA MEDICARE APPEALS Learn About your Rights!

If you are being discharged from a nursing home or hospital because Medicare will no longer cover your stay, but do not feel healthy enough to leave? You have the right to file an appeal. In the State of Connecticut, Livanta handles all appeals and quality of care complaints for people who are on Medicare. This service is provided free of charge to Medicare recipients.

When you have Medicare and are going to be discharged from a health care facility, you will be given a notice in writing called "An Important Message from Medicare." The notice explains how you can appeal your discharge. If you wish to file an appeal, you must call the Livanta hotline. In order to facilitate the process and avoid being charged for services while the appeal is pending, you should call the hotline immediately upon receiving the notice. After Livanta receives the phone call to start the appeal, they contact your healthcare provider to request your medical record and they send it to their physician reviewer. The physician reviewer decides whether or not you are healthy enough to be discharged. You will then receive a phone call and a letter from Livanta with the decision. Livanta also handles quality of care complaints. A complaint relates to concerns about quality of care or other services you receive from a Medicare provider.

If you wish to file a complaint or an appeal, you can call Livanta at 866-815-5440 and select option 1. When you call, you will be asked for your Medicare number, address and phone number, date of birth, date of service and the full name and contact number of the facility or health care provider. More information on appeals, quality of care issues and frequently asked questions can be found at [www.livanta.com](http://www.livanta.com).

Article By: Bill Shugrue— WCAAA-Staff

Source: Livanta "[www.livanta.com](http://www.livanta.com)" for Medicare case review

*Prospect Memorial*

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**Sean Relihan**

*Funeral Director*

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**Prospect Lions Club  
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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 aides. 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.



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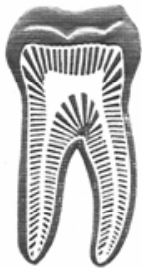
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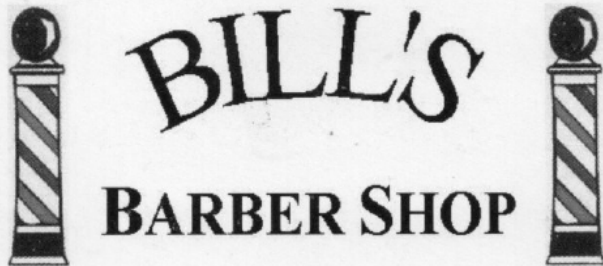
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## Professional Services

## March-April 2020 issue



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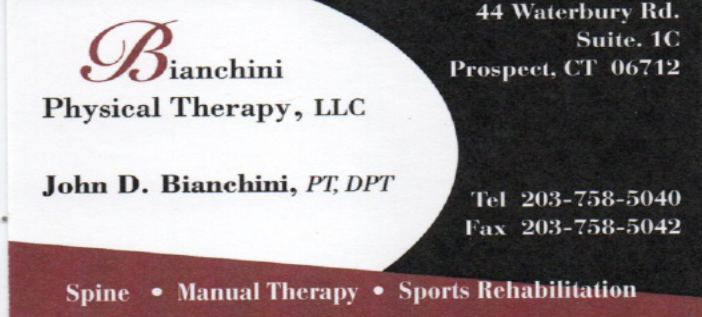
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*Welcome to the Prospect Senior Center*

## Sports Page

## March-April 2020 issue



### Wii Bowling News



### News From The Pool Room



#### Wii Bowling Tournament Results

Prospect vs. East Hartford Senior Center

@ Prospect Senior Center-January 15, 2020

Following is the highest game score for each of the top four bowlers from Prospect:

Sharon Chouinard-288

Mary Henao-279

John Raven-277

Elsa Colina-268

Also participating in the tournament for Prospect that day along with their highest game score:

Carol Miller-257, Arlene Hardacker-246, Irena Pilat-245,

Jim Ducham-231,

Prospect Total Pinfall:5,675

East Hartford Total Pinfall: 4850

Prospect vs. Waterbury Senior Center

@ Waterbury Senior Center-February 5, 2020

Following is the highest game score for each of the top four bowlers from Prospect:

Arlene Hardacker-269

Sharon Chouinard-269

Mary Henao-236

Elsa Colina-234

Also participating in the tournament for Prospect that day along with their highest game score:

Jim Ducham-234, Carol Miller-232, Irena Pilat-221,

John Raven-211

Prospect Total Pinfall:5196

Waterbury Total Pinfall: 4068

Congratulations Prospect bowlers on a great job!

#### Pool Tournament Results

2019 End-of-the-Year  
Tournament of Champions

Winner: Dick Cipriano

In a well played final contest, second place went to Paul Lussier.

Also, playing very well was Jack Sopko.

Prospect In-House Tournaments

February 2020

Winner (after a four-way playoff): Jack Sopko  
Carmine Midola was voted in as Billiards Program Co-ordinator.

Dick Cipriano was elected as Assistant Billiards Program Co-ordinator.

Prospect vs. Glastonbury Senior Center

February 5, 2020

Glastonbury-17/Prospect-16

It was a very close and exciting tournament!

Prospect vs. Wallingford Senior Center

February 19, 2020

Prospect-23/Wallingford-21

Dave Knudsen and Remie Mattei led Prospect with 7-wins each

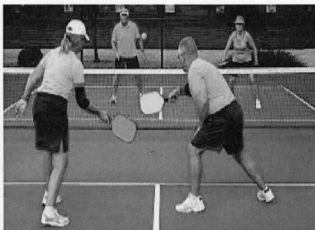
Great friendly and competitive tournament!

Prospect vs. Heritage Village Senior Billiards Club

February 26, 2020

Prospect-26/Heritage Village-12

## PICKLEBALL



Monday-Friday

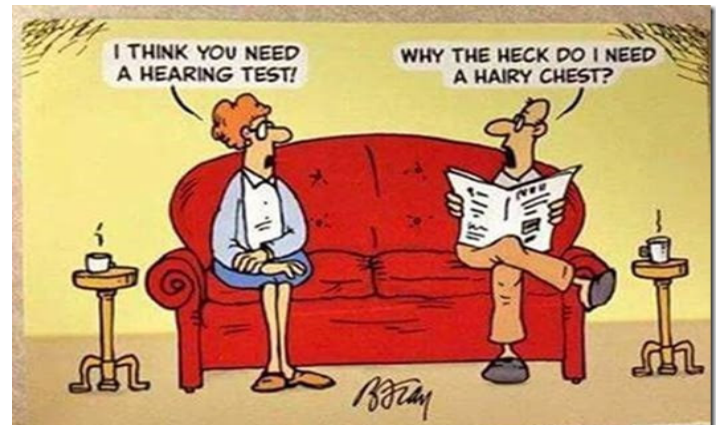
10:00a-12:00p Drop In

12:00p-2:00p Open Play

2:00p-4:00p Advanced Play

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I really don't  
mind getting  
older, but my  
body is taking  
it badly.



## Special Activities Index

## March-April 2020 issue

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| Mar 5  | New England Motorcycle Museum                          | 32   | Apr 11 | An American in Paris                                    | 81   |
| Mar 5  | "Edible Art"   | 38   | Apr 13 | Foxwoods Casino Day Trip                                | 29   |
| Mar 6  | Rat Pack   | 81   | Apr 13 | Stained Glass Window Tour @ St. John's Episcopal Church | 46   |
| Mar 7  | Bennie meets Artie                                     | 83   | Apr 14 | Tom Jones & Englebert                                   | 76   |
| Mar 7  | Setback tournament - Woodbury                          | 36   | Apr 14 | The Benefits of Chiropractic Care for Seniors           | 42   |
| Mar 8  | Spring Sampler Craft Fair                              | 30   | Apr 14 | Janine Mangiamele-Medium Group Readings                 | 45   |
| Mar 8  | Habitat for Humanity bingo                             | 29   | Apr 14 | Telescope Viewing & Planetarium Show                    | 37   |
| Mar 9  | Women's Basketball Tournament-Final Game               | 35   | Apr 15 | The Henry C. Lee Institute of Forensic Science          | 41   |
| Mar 9  | Foxwoods Casino Day Trip                               | 29   | Apr 16 | Hello, America! Photos of a U.S.A.                      | 41   |
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| Mar 12 | Connecticut Food Bank Mobile Pantry                    | 28   | Apr 20 | Pendulum Power!   | 39   |
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| Mar 14 | Celtic celebration with Charlie Zahn                   | 83   | Apr 21 | Ryco Inc Mill shop                                      | 41   |
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| Mar 17 | Jersey Boys  | 81   | Apr 21 | "Just For Fun!" Billiards Afternoon                     | 28   |
| Mar 17 | St. Patrick's Day Celebration @ PSC                    | 27   | Apr 22 | A Presentation on The Beauty of Our National Parks      | 43   |
| Mar 17 | Healthy Brain Series                                   | 37   | Apr 23 | Private Reiki Therapy Session with Madeline             | 35   |
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| Mar 18 | Gene the "Fix-it" Man DIY Workshops                    | 38   | Apr 23 | Tour & "Happy Hour" @ Southmayd Home                    | 44   |
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| Mar 21 | 30th. Annual Hebron Maple Festival                     | 29   | Apr 25 | The Bands Visit   | 80   |
| Mar 22 | CAYUGA CANAL GIRLS                                     | 75   | Apr 25 | West Point Dress Parade & Tour With Lunch               | 48   |
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| Mar 23 | Open Setback Tournament                                | 29   | Apr 26 | "The Great American Songbook" @ SCSU                    | 46   |
| Mar 23 | St. Salvator's Chapel Choir Concert                    | 39   | Apr 27 | AHEPA Dinner of the Month                               | 44   |
| Mar 23 | Beginner's Two-Day Mosaic Workshop                     | 28   | Apr 27 | Game Clinic & Pizza Lunch                               | 48   |
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| Mar 24 | Healthy Brain Series                                   | 37   | Apr 29 | Hartford Yard Goats @ Dunkin Donuts Park                | 48   |
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| Mar 25 | Learn to Play the UKULELE                              | 35   | Apr 30 | Rob Surette - Hero Art                                  | 83   |
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| Mar 28 | Southbury Collaborative Community Choir Concert        | 32   | May 6  | Love and Knishes  | 74   |
| Mar 29 | "Stitches United 2020"                                 | 34   | May 6  | Stained Glass Class with Sarah Segovia                  | 56   |
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| Apr 1  | Love and Knishes                                       | 74   | May 9  | Howie Mandell LIVE!                                     | 78   |
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| Apr 2  | NOAA Fisheries Milford Laboratory                      | 40   | May 9  | Thomaston Ladies Choral Club's Annual Spring Concert    | 55   |
| Apr 2  | Author, Gerald Labriola Presentation                   | 46   | May 10 | Albany Tulip Festival                                   | 50   |
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| Apr 4  | LOL Comedy Night                                       | 48   | May 12 | Estate Planning Seminar                                 | 53   |
| Apr 4  | Spring craft fair                                      | 77   | May 12 | Peabody Museum of Natural History Highlights Tour       | 53   |
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| Apr 7  | Easter Passion Play                                    | 42   | May 14 | Hair design and hair care                               | 53   |
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| May 18 | A Conversation on Dementia                                | 56   | Jul 22 | Theater District Food Tour                               | 52   |
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| May 26 | Institute For American Indian Studies                     | 54   | Aug 13 | The Edward Twins @ The Aqua Turf Club                    | 76   |
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| Jun 17 | Knit & Pearls   | 58   | Nov 7  | A Taste of Italian New York!                             | 70   |
| Jun 17 | Circus Du Soleil - Crystal                                | 74   | Nov 17 | Elvis  | 77   |
| Jun 17 | Stained Glass Class with Sarah Segovia                    | 56   | Dec 3  | Christmas Celebration in the White Mountains...          | 70   |
| Jun 18 | Narragansett Lighthouse Cruise                            | 64   | Dec 15 | Holiday winter wishes @ Aqua Turf                        | 77   |
| Jun 18 | Ray of Light Animal Rescue Farm                           | 60   |        |  |      |
| Jun 19 | Father's Day Luncheon @ the Senior Center                 | 65   |        |  |      |
| Jun 20 | A MIDSUMMER NIGHT'S DREAM                                 | 75   |        |  |      |
| Jun 20 | Are You Dense MusicFest 2020                              | 61   |        |  |      |
| Jun 22 | Adios, Coco Chanel! DIY Herbal Perfume                    | 39   |        |  |      |
| Jun 22 | The Bellamay-Ferriday House & Garden Tour                 | 61   |        |  |      |
| Jun 23 | The Gargoyles of Yale University Walking Tour             | 58   |        |  |      |
| Jun 24 | Love and Knishes  | 74   |        |  |      |
| Jun 24 | Livingston Ripley Waterfowl Conservancy                   | 57   |        |  |      |
| Jun 25 | The Bellamay-Ferriday House & Garden Tour                 | 58   |        |  |      |
| Jun 27 | Norwalk Art Festival                                      | 62   |        |  |      |
| Jun 27 | Gaylord Fundrasing Event                                  | 36   |        |  |      |
| Jun 28 | Rhinebeck Crafts Festival                                 | 63   |        |  |      |
| Jun 29 | The Gargoyles of Yale University Walking Tour             | 61   |        |  |      |
| Jun 30 | Bow-Making Workshop                                       | 58   |        |  |      |
| Jun 30 | A Visit With George Washington                            | 64   |        |  |      |
| Jul 1  | "A Stitch in Time" Shop                                   | 65   |        |  |      |
| Jul 6  | MGM Springfield Casino                                    | 39   |        |  |      |
| Jul 7  | Lunch on the Essex Steam Train & Riverboat Ride           | 66   |        |  |      |
| Jul 8  | Flashdance: The Musical                                   | 84   |        |  |      |
| Jul 9  | Abigail Adams-America's First, Second Lady                | 45   |        |  |      |
| Jul 11 | IF THE SHOE FITS  | 75   |        |  |      |
| Jul 11 | Bethel Craft Summerfest                                   | 67   |        |  |      |
| Jul 12 | Bereavement Support Group                                 | 65   |        |  |      |
| Jul 14 | Celebrate Italia  | 76   |        |  |      |
| Jul 15 | A Musical Road Trip of America with Ivory & Gold          | 82   |        |  |      |
| Jul 19 | Lend Me a Tenor   | 80   |        |  |      |

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AVAILABLE FOR ACTIVE ADULTS, 55+\***

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## March-April 2020 issue



**The “Bookwormers”  
Prospect Senior Center  
Book Club  
Book Club Coordinator  
Marie Delage**

## LADIES IN RED



### Thursday, March 5th & Thursday, April 2nd

Following is our Book Read List, Itinerary and Trips for the next several months:

#### **March: The Alice Network (Kate Quinn)**

The Alice Network tells the story of two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—who are brought together in a mesmerizing story of courage and redemption.

#### **April: Author, Gerald Labriola Presentation**

(See article in this issue of the Prospect Senior Center newsletter for details. Open to ALL Senior Center members. Registration is required.)

#### **May: A presentation by Maruta Jancis on Georgia: A Novel of Georgia O’Keefe**

Maruta Jancis from the UCONN OLLI program, will present a review of the novel, Georgia: A Novel of Georgia O’Keefe written by Dawn Tripp. Georgia O’Keefe is one of the most significant and intriguing artists of the twentieth century, known internationally for her boldly innovative art. Georgia is the story of a passionate young woman, her search for love and artistic freedom, the sacrifices she will face, and the bold vision that will make her a legend.

#### **June: Giver of Stars (Jojo Moyes)**

Giver of Stars is a 2019 historical fiction book by Jojo Moyes about packhorse librarians in a remote area of Kentucky.

On June 25, 2020 the Book Club in conjunction with the Prospect Senior Center is sponsoring a field trip to the Bellamy-Ferriday House and Gardens. This trip is SOLD OUT. However, a second trip was set up for Monday, June 23, 2020. There are still some spots open on that trip for those who may be interested. There are further details in regards to this trip in this issue of the Prospect Senior Center newsletter.

I encourage everyone to give our Book Club here at the Prospect Senior Center a try. The group meets the first Thursday of each month at 10:00am. We are a diverse group who love to read and come together to talk about books and our reading experience. This group is a fun way to enjoy books and meet new people at the same time. New members are always welcome! Keep reading... it keeps your mind alert and well!

**Submitted by *Marie Delage***

### “Ladies in Red” News

In January, Prospect’s “Ladies in Red” kicked off the New Year with their annual meeting at the Prospect Senior Center. The meeting was followed by a trip to Massimino’s Restaurant in Ansonia for a gourmet pizza luncheon. The “Ladies” feasted on Shrimp Casino, Pizza di Mare and “The Works” pizza. Some of the ladies were so impressed with the food that they even ordered take-out for supper!

This year, the group will return to a number of familiar and favorite places they have visited before. They will also explore some new and exciting destinations that are in the planning stages and will be announced in the future.

The “Ladies in Red” celebrated a belated Valentine’s Day celebration on Friday, February 21st. at Jimmies’ Place in Seymour. Jimmies’ Place is a decades’ old, family-run restaurant and bar that serves exceptionally good food in a cozy, retro setting. A special cocktail was made by the bare tender specifically for the “Ladies” for their Valentine’s Day celebration.

On Tuesday, March 24th., after a hiatus of several years, the group will return to Verdi’s Restaurant in Waterbury for their ever popular Ladies’ Night. The cost, including a drink of your choice, appetizer, entrée, dessert, tax and tip is \$30. This MUST be paid in advance to Queen Lynn. Please sign-up as soon as possible with Queen Lynn, as this trip may be a sell-out. The bus will be leaving from the Senior Center at 5:00 PM. Please forward your checks to:

Queen Lynn Chesinas  
156 Highland Avenue  
Beacon Falls, Ct. 06403.

On Sunday, April 19th., the “Ladies will enjoy a brunch at The White Horse Country Pub in New Preston and then make a stop at the Spring Hill Vineyard. The Vineyard is located on a picturesque, historic farm on the banks of the Shepaug River in New Preston. This small winery features four award winning wines which will be available for tasting, if you so desire. The cost of your meal, as well as the cost of the optional wine tasting, is your responsibility. The group will depart from the Senior Center at 10:00am.

“The Ladies in Red” look forward to another year of fun-filled activities and friendships, old and new. They will visit some familiar places and explore new destinations, as a group. They welcome new members to their ranks for a year of fabulous activities and fellowship.

Good friends and a great hat...Life doesn’t get any better than that!

Until next month...

*Queen Lynn*

## March-April 2020 issue

# 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 WCAAA Meals on Wheels department at 203-757-5449.

### 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 WCAAA can answer questions that you may have on Medicare, Medicare the Prescription Drug Benefit, Medicaid, Preventative Benefits, Care giving issues and more. The WCAAA 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.**

### Scrap Material Wanted...

Our quilting ladies are looking for any leftover scrap material that you may have hanging around from any past sewing projects. If the material is in good condition and you would like to see it go to good use, please consider donating it to the Senior Center. Carole Butler makes us several quilting projects each time we have a holiday party. She would use any of your donations for these projects which benefit the Senior Center and its members. The material would also be used for projects that our quilting group works on.

If you have any material you would like to get rid of, please bring it to the Senior Center. We would certainly appreciate it!

**Photography Club Photos on Display...**  
Our Photography Club members led by Allen Thibodeau, regularly display their photography in the lobby of our Senior Center. Allen changes the display on a regular basis for everyone's enjoyment. When at the Senior Center, please take a little time to look over the beautiful photography that this talented group of Seniors has on display.

And, if the photography that you see inspires you and you think that you might like to investigate the group further to see what they are all about, think about attending one of their meetings. They meet on the second Monday of each month at 9:30am. Allen welcomes anyone to drop in and see what this talented and enthusiastic group is all about. All skill levels are welcome. The only requirement is that you have a love and passion for picture taking.

### New Haven

#### Legal Assistance Association, Inc.

New Haven Legal Assistance Association, Inc. (LAA) is a nonprofit organization that was incorporated on April 7, 1964 to "secure justice for and to protect the rights of those residents of New Haven County unable to engage legal counsel." LAA was one of the first legal services programs established and the federal government used it as a model for similar programs throughout the country.

They provide high-quality legal services to individuals and groups unable to obtain legal services because of limited income, age, disability, discrimination and other barriers.

**Need Help?  
Call...203-946-4811**

### 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 Senior Center 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 recently lost two of their members, Lorraine Roy and Vic Visockis. They are looking for new people to replace these members who have passed away. If you are interested in joining the group, you can call Joan at 203-577-6528.

### For your Convenience... Medicine Take-Back Option

When your medicines are no longer needed, they should be disposed of promptly and properly. Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose.

Consumers and caregivers should remove expired, unwanted, or unused medicines from their home as quickly as possible to help reduce the chance that others accidentally take or intentionally misuse the medications and to help reduce drugs from entering the environment.

Flushing medications down the toilet or the sink is not necessarily a great idea. In recent studies, antidepressants have been found in the Great Lakes and in fish. Your toilet is not connected to a fifth dimensional zone or the Outer Limits. It is connected to our water system and our environment. Avoid these options. Don't add to the pollution around us. Proper disposal of unused drugs saves lives and protects the environment.

Medicine take-back options are the preferred way to safely dispose of most types of unneeded medicines. If you have any medications you no longer take and are looking for a safe, proper and convenient way to dispose of them, you may bring them to the Prospect Senior Center. We will in turn take them to our Resident State Troopers Office, right next door to the Senior Center, for proper disposal.



## March-April 2020 issue

### PSC "HIGHLIGHTS" 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](http://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.

### 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!**

### 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.

### Prospect Senior Center Gift Certificates Available!

Looking for the perfect gift for a friend or loved one who is a member of our Senior Center? Why not give a gift certificate to the Prospect Senior Center for that special occasion or just to surprise them? Gift certificates starting at \$10.00 are now available at the Senior Center. Give us a call with the amount that you would like and it will be ready for you when you come in.

This is a quick, easy and perfect gift to share with your friends or loved ones who are members here. No shopping at crowded malls to deal with. The gift certificates can be used by the recipient towards any of our activities, trips or classes here at the Senior Center.

We are providing these as a courtesy to our members who have been inquiring to see if something like this could be made available.

**Please remember that the recipient  
DOES HAVE TO BE A MEMBER  
of the Prospect Senior Center in order to use  
the gift certificate here.**

### 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.  
(203-755-5554)

**Annoula's Diner**-740 Main Street-Woodbury, Ct.  
(203-586-1148)

**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**-3G Flanders Rd.-Bethlehem, Ct.  
(203-266-7317)

**This is a great program that is definitely  
worth looking into!**

## March-April 2020 issue

### **Krafti Lunch Bunch Craft Workshop @ New England Young at Heart Community Enrichment Center 308 Oxford Road - Oxford, Ct.**

**Krafti Lunch Bunch for March  
Tuesday, March 31st \$20  
10:30am - 1:00pm Departing @ 10:00am.  
Craft: Spring Wreath**

**Krafti Lunch Bunch for April  
Tuesday, April 28th \$20  
10:30 - 1:00pm. Departing @ 10:00am.  
Craft: Mini Wind Chime**

**May Tea Party & Craft Workshop  
Tuesday, May 19th \$20  
10:30am. - 1:00pm. Departing @ 10:00am.  
Craft: Essential Oils Soap Making**

Spend an afternoon with friends at the New England Young at Heart Community Enrichment Center in Oxford, Ct. From 10:30am. to 1:00pm. They offer a craft and lunch with dessert for \$20. Everything else is provided.

After the workshop end at 1:00pm. we will give you some extra time to visit Chrissandra's Country Store which is in the same plaza. It's a cute little gift shop that just recently opened up in the plaza. They sell a little bit of everything there.

At 2:00pm. we will leave for our return trip back to the Senior Center. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. We should be back in Prospect from these trips by about 2:30pm.

### **Yearly Membership Dues...**

We would like to remind everyone that yearly dues to be a member of the Prospect Senior Center for 2020 are now due and payable by January 1, 2020. Cash or checks are accepted, no credit cards. If you are paying by check, please make your checks payable to PSC (Prospect Senior Center).

The dues remain the same for Prospect residents (\$6). The dues for out-of-town residents have been increased to \$20. The increase in dues for out-of-town members was a decision made by the Prospect Town Council. Thank you for your attention to this matter.

### **St. Patrick's Day Celebration @ The Senior Center**

**Tuesday, March 17th 11:30am. \$20**

Get your green on and join us for our annual St. Patty's Day celebration here at the Senior Center. This is always a very popular event. We will be feasting on some very popular Irish fare! On the menu will be corned beef, cabbage, potatoes, carrots, Irish soda bread and dessert. Sorry, no green beer!

At this event we usually have a visit from Prospect's "Irish Mayor for the Day" and his/her entourage. This year should be no exception. At 1:00pm. we will enjoy entertainment provided by DJ, Anthony Manzi.

If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Be warned, this event fills up very quickly! Sign up and PAY early if you are interested in attending.

### **WANTED: WHIST Card Players**

Dolly Martin and Betty Lukeski run our monthly WHIST card games here at the Prospect Senior Center. The game is usually played at 12:30pm. on the last Monday of each month. Every month there are some very nice prizes that are given out to the top ten winners of the game.

The group would like to get some new players involved in order to expand the group. Dolly would gladly be willing to teach anyone interested how to play the game. She states that it is not a hard game to learn and it's a lot of fun.

If you are interested or have any questions, please call Dolly Martin at 203-754-0306. Learn something new, have some fun and make new friends every month here at the Senior Center. Call Dolly today!

### **Help Our Schools- COLLECT BOX TOPS FOR EDUCATION... PARTICIPATING PRODUCTS:**

- Reynolds® Products •General Mills Cereals
- Paper Mate Products •Ziploc® Freezer/Storage Bags
- Finish® Dishwashing Detergent •Lysol® Products
- Annie's® Products •Hamburger Helper™
- Kleenex® Products •SCOTT® Products
- Green Giant™ Fresh Vegetables •Yoplait Yogurts •Betty Crocker™ Fruit Flavored Snacks •Hefty® Products
- Bugles™ •Cascadian Farm™ Granola Bars
- Chex Mix™ •Fiber One™ Products
- Food Should Taste Good™ Chips •Gardetto's™ Products
- LÄRABAR™ Products •Mott's® Fruit Flavored Snacks
- Nature Valley™ Products •Green Giant™ Fresh Herbs

Each eligible school participating in the Box Tops for Education program may earn up to, but not more than, \$20,000 cash per year (beginning on March 2 of every year) from the Clip program.

**Buy the participating products, clip the box tops from the packages and bring them to the Senior Center. We will get them to the schools for redemption.**

**Make a difference in our schools!**



## March-April 2020 issue

### Connecticut Food Bank Mobile Pantry @ Naugatuck Event Center 6 Rubber Ave., Naugatuck, Ct.

**Thursday, March 12th 5:30pm. to 6:30pm.**  
**Thursday, April 9th 5:30pm. to 6:30pm.**

The Connecticut Food Bank Mobile Pantry brings fresh produce and other food items to various communities in Connecticut.

Connecticut Food Bank, United Way of Naugatuck and Beacon Falls, Naugatuck Partnership for Children and ION Bank host the Mobile Food Pantry every SECOND THURSDAY of the month in Naugatuck. The event is held at the Naugatuck Event Center from 5:30pm. to 6:30pm.

You do not have to be a resident of Naugatuck to be eligible to participate. This is a state program. The program is FREE to the public no matter where you live in Connecticut. No paperwork is needed. The only requirement is that you bring your own bags to carry out your groceries. There are high school students available at the pantry to help you take your groceries to your car, if needed.

### Beginner's Two-Day Mosaic Workshop @ The Prospect Senior Center Taught by Sarah Segovia of Fragile Beauty Art Gallery

**Mon./Tues., March 9th-10th \$10 10:00am.**  
**Mon./Tues., March 23rd-24th \$10 10:00am.**

A mosaic is a piece of art or image made by assembling small pieces of colored glass, stone, tile or other hard material together with a type of grout. It is often used in decorative art or as an interior decoration. Mosaics have a long history, starting in Mesopotamia in the 3rd millennium BC.

Today, most mosaics are made of small, flat, roughly square pieces of a material of your choice. They can be in a number of different colors if you so choose. Some, especially floor mosaics, are made of small rounded pieces of stone therefore being called "pebble mosaics".

We are happy to be offering two sessions of our beginner's mosaic class at the Prospect Senior Center on Monday and Tuesday, March 9th. & 10th. and 23rd. & 24th. at 10:00am. Monday's class should run for about two hours and Tuesday's finish-up class will run for an additional hour. The classes have to be broken up into two days to allow for drying time.

In the class, you will learn some basic mosaic techniques to help you create a 4X4 coaster that you will be taking home with you. All materials will be provided for you and are included in the class fee.

This class caters to those who wish to try their hand for the first time at this ancient craft. It will help you decide if it is something that you really enjoy and that you might like to continue with. The class is designed to be informative but fun at the same time.

After the class, if enough people show an interest in continuing, we may offer a mosaic class on a regular basis here at the Senior Center. Once you master the craft, technique and tools you are able to make bigger and better pieces on your own!

If you are interested in learning what this ancient art form is all about, stop in at the Senior Center to register and PAY for the class. Class size is limited so sign up and pay as soon as possible. We cannot hold your place in the class without payment.

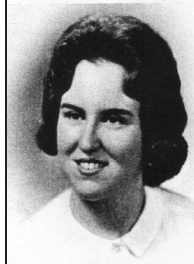
### GUESS WHO?

Can you guess who these good-looking young people are? They now are active members of the Prospect Senior Center. These pictures were all taken from their yearbook from Croft High School Class of 1964.



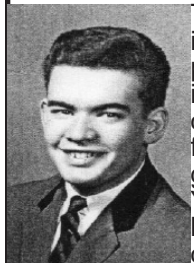
This young lady was described in her yearbook as "having a smile that never fades.. a capacity for laughter... Ginger Rogers of Croft ... radiant." To this day, the description still suits her well. Her ambition in high school was to be a nurse which she did become. Her maiden name was Pernersewski. She lives in Prospect with hubby George. Can you guess who it is?

ANSWER: Claire Leu



This charming young woman was described in her yearbook as having a "warm personality... a genuine concern for others...and conscientious." She is still definitely the same wonderful person today that she was then. Her ambition then was to also be a nurse which she did become. She lives in Waterbury. Her maiden name was Flammia. Can you guess who she is?

ANSWER: Antoinette "Tony" Alt



This dapper young fellow was described in his yearbook as unreserved.. . loves his part time job...and having a sharp taste in clothes." Today, we would never think of him as reserved since he has quite a following here. He started two different groups at the Center that are very popular. You can see him often here helping in the kitchen, serving food, painting and being one of our "fix-it" guys. Can you guess who he is?

ANSWER: Allen Thibodeau

### "Just For Fun!" Billiards Afternoon Facilitated by Frank Mirto Tuesday, March 24th No Charge 1:00pm. to 3:00pm. Tuesday, April 21st No Charge 1:00pm. to 3:00pm.

Do you like to play pool but are not into competitive pool playing? Do you feel too intimidated to play because some people are super competitive? Do you just want to have a little fun and lots of laughs playing with like-minded Seniors? Then get ready to rack 'em up at the Prospect Senior Center billiards room!

Frank Mirto is running a "Just For Fun" Billiards Afternoon. Both men and women are encouraged to join in on all the fun. Because this afternoon is just for a little fun and a lot of laughs, everyone is encouraged to participate- especially women. This is not a tournament or competition. It's... "Just For Fun!"

Now, you can cut loose and enjoy yourself with some really wacky billiards games that Frank has come up with that are anything but traditional! The five games that Frank has chosen to play that day have been known to incite laughter and merriment – especially when you add a boat-load of trash-talking and perhaps even a friendly little wager. A good time will be had by all.

If you are interested in joining in, call the Senior Center to register. Remember that ladies are encouraged to play no matter what your skill level may be. It's... "Just For Fun!"



## March-April 2020 issue

### Foxwoods Casino Day Trips Sponsored by Art Denze Monday, March 9th Monday, April 13th

- Leaving from the Waterbury Senior Center @ 7:10am.
  - Coach Bus Transportation
  - Parking available for your cars @ the Waterbury Senior Center
  - Returning between 5:30pm. and 6:00pm.
  - Cost is \$25 (Includes \$15 in slot play & FREE lunch buffet)
  - Make your reservations and PAY at the Prospect Senior Center
  - Deadline to sign up and pay is the Monday before each trip.
  - \*It is your responsibility to get yourself to the Waterbury Senior Center.
- The Prospect Senior Center **will not** provide you with transportation there.

### Open Setback Tournament @ Prospect Senior Center Monday, March 23rd \$5 12noon Tournament Organizer: Don Ensero

- \*Limited to Prospect Senior Center members only
  - \*Partners will be chosen by lot from all participating registrants
  - \*Tournament organizers will be the ones to randomly draw partners names under the supervision of the Prospect Senior Center Director
  - \*Prizes will be awarded based on the number of partnership wins
  - \*Light refreshments will be served
- Due to time constraints, we can have no more than 48 people participating in the tournament.
- If you are interested in participating, please sign up and PAY as soon as possible.

**We cannot hold your place in the tournament without payment. NO EXCEPTIONS!**



BINGO FOR HABITAT



### BINGO FOR HABITAT

Proceeds to Benefit Habitat for Humanity of Greater Waterbury and the YouthBuild Program

### St Anthony Church Hall 4 Union City Rd., Prospect, CT Sunday, March 8, 2020 Doors Open at 12:30pm Bingo starts at 2:00pm Tickets - \$20.00

Join Habitat for Humanity of Greter Waterbury for an afternoon of bingo & fun. **Pre-event ticket purchase is required to reserve your seat with code above or [www.waterburyhabitat.org/events](http://www.waterburyhabitat.org/events).**

\$20.00 ticket includes onr package of 12-face bingo game sheets. Please bring your own daubers. Additional game/special game cards, daubers and concessions will be available for purchase. For more information contact Arlene at (203)596-0014 or [office@waterburyhabitat.org](mailto:office@waterburyhabitat.org)

### 30th Annual Hebron Maple Festival & Winding Brook Sugar House Tour - Hebron, Ct. Saturday, March 21st No Charge Departing @ 9:00am.

Late winter and early spring mark the production of the state's first agricultural product, maple syrup. Sap from maple trees is collected and turned into delicious syrup and other products. During these months, plumes of steam can be seen drifting from the sugar houses and evaporators as you drive throughout Connecticut.

Join us on Saturday, March 21, 2020 as we visit the Hebron Maple Festival. This is a jam packed day of fun! The Hebron Maple Festival includes lots of maple flavored food and beverages, handmade arts and crafts as well as maple sugarhouse tours, historical demonstrations, a quilt show, and one of the largest tractor parades in New England. There is no fee to attend. Come see how maple syrup is made and celebrate all things maple!

The event brings in people from all over including the states of Vermont, Maine, New Hampshire, Massachusetts, Pennsylvania, New York, and New Jersey. The event attracts thousands of visitors each year. Food, live music, face painting, sugar house tours and demonstrations, a quilt show, and so much more will fill your day with fun, laughter and all things maple.

Our trip will begin with a tour of Winding Brook Sugar House in Hebron, Ct. You will learn about the sugar making process from owner, Wayne Palmer. Meet the maple syrup producers, taste a sample of their maple syrup and purchase some CT. Grown products. Please dress appropriately. You should wear warm, water resistant clothing and boots. The areas often get wet and muddy.

Connecticut farms and its working landscape. You are part of the solution of protecting farmland, stimulating the local economy, supporting small businesses, and preserving this time-honored tradition of maple sugaring in Connecticut.

We will be meeting and leaving from the Prospect Senior Center at 9:00am. We should be at the Winding Brook Sugar House by 10:00am. You will have an hour there to take part in the maple sugaring demonstrations and to make any purchases.

At 11:00am. we will continue the short distance to RHAM High School. There our bus will park and you will pick up a shuttle to the Maple Festival. The festival shuttles run continuously all day long to and from the Festival on the Hebron Town Green. It is just a few minutes away from the High School. Once at the festival you will have until about 2:30pm. to wander, browse, shop and eat on your own and at your own pace.

You will be responsible to get yourself back on the festival shuttle and be back at RHAM High School for 3:00pm. Our bus driver will be waiting there for you for your return trip back to Prospect. We should be back in Prospect by about 4:00pm.

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

### What does Medicare cover? Find out with the new Medicare app!

Do you ever wonder if something is covered by Medicare? There's now an app for that! The "What's Covered" app is designed to help Medicare beneficiaries directly access some of the most-used content on Medicare.gov.

The free app lets traditional Medicare beneficiaries quickly see if Medicare covers a specific medical item or service. Download it from Apple's App Store or Google Play for Android devices.

## March-April 2020 issue

### Old Deerfield Crafts Fairs Schedule 2019 & 2020

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 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 three in Massachusetts.

The cost for each of these trips is \$10. This covers admission into the Craft Fair and also helps to cover some of the fuel costs for the trips.

For each of these trips 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 these trips 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.

**Spring Sampler Craft Fair**  
**1305 Memorial Ave., West Springfield, MA**  
**Sunday, March 8, 2020 \$10**  
**Departing @ 8:30am.**

**The perfect plan  
for your big plans.  Sprint**  
**Unlimited55+**

**Switch to Sprint and get 2 lines  
for \$35/month/line (\$70/month)  
or \$50/month for 1 line when you join Spint**  
**Add HD Streaming for only \$10/line/mo. more**  
**Call Ricky at (475)222-0825**  
**1249 West Main Street**  
**Waterbury, CT**

### Ride the BE WELL BUS

**Free of charge (203)573-7711**

The Waterbury Hospital Be Well Bus will transport you to and from your medical appointments at Waterbury Hospital and participating MD offices located near the hospital.

This FREE service is available to residents of the following towns: Beacon Falls, Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, Wolcott, and Woodbury.

**Available Monday through Friday  
from 6:30am to 6:30pm**

### Five Wishes Presentation @ The Prospect Senior Center Sponsored by VITAS Healthcare of Middlebury Monday, March 23rd No Charge 10:00am.

There are many things in life that are out of our hands. The Five Wishes document which will be discussed at this presentation, gives you a way to control something very important-how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once it is filled out and properly signed it is valid under the laws of most states.

Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences.

A liaison from VITAS Homecare of Middlebury will be at the Prospect Senior Center on Monday, March 23rd. at 10:00am. to hold a discussion on this very important document. Long before the end of your life, it is very important that you make your wishes known. The Vitas representative will help you with your options in regards to what your wishes are and documenting these choices so that it is clear for all to see. The Five Wishes documents will be available, free of charge, to everyone attending that day.

If you are interested in attending this very important and informative presentation, please call the Prospect Senior Center at 203-758-5300. There is no charge for this presentation.

### Smithfield Gardens Assisted Living 26 Smith Street, Seymour, Ct.

Units available for occupancy!

Great alternative for those who are no longer comfortable living alone and who cannot afford a traditional assisted living facility.

Smithfield Gardens Assisted Living facility is a participant in the State of Connecticut Assisted Living Demonstration Program. Sponsored by the Department of Social Services, it provides affordable assisted living for Seniors.

For further details call-203-888-1835

### CARETAKING-HOUSEKEEPING PERSONAL CARE

Do you need help at home with light housekeeping, laundry, cooking, baking, errands, personal care or companionship?

Call Lissa at 203-360-0838 or contact her at [grace1210213@gmail.com](mailto:grace1210213@gmail.com). She has 10-years experience and many references she can provide you with.

**Lily's-At-Home-Manicures**  
**Homebound? Need a manicure?**  
**Call Lily @ 203-527-9375 for details.**  
**(Reference the Prospect**  
**Senior Center when calling.)**  
**Additional charges apply**  
**for traveling expenses.**

## March-April 2020 issue

### Traveling With Linda Lane Impressions & Photos of Her Travels to South Korea and Japan

**Monday, March 16 No Charge 10:00am.**

Linda Lane who is a member here at the Prospect Senior Center recently traveled to South Korea and Japan. Linda was inspired to do so after she attended a number of presentations here at the Center put on by The Korean Spirit and Culture Promotion Project.

She was so inspired by one of the films shown as part of their visit here that she wanted to visit South Korea and learn more about their culture. She was able to find a trip that combined visits to South Korea and Japan. She decided on these two countries because they were close in proximity yet had two very diverse cultures.

Linda will be at the Senior Center on Monday, March 16th. at 10:00am. She will be presenting a program on her travels to these countries and her experiences while there. You will be amazed at the stories she has to tell such as when she was in South Korea and spoke to a North Korean defector, an elderly Korean war veteran and an individual who wanted to practice their English skills with her.

She will tell you of the very emotional visit she experienced to the United Nations Korean War Memorial Cemetery in Busan. Her visit to a "colatec", a dance club dedicated to Seniors, will have you in stitches. A night spent at a Buddhist Temple where the monks there let her bang a gong and prepare a vegetarian breakfast, will also be a part of her presentation.

She also visited a controversial 'baby box' church and spent a day at the Demilitarized Zone. She was totally unprepared for what she found there. She enjoyed lunch at a Tae-Kwon-do Master's mother's home, visited a Yangdong Folk Village, a UNESCO site, and Yangpyeong, a rural farming village. Everywhere she went she found kimchi, which she will tell you about. Kimchi is a staple in Korean cuisine that is made of salted and fermented vegetables. Something Linda tried not always with positive results.

In Japan she visited Kiyosumi Gardens one of the many gardens in Japan designed as places of serenity where you can get away from the bustling city life.

She will tell you about meeting with a former Sumo wrestler and learning about their training and their sport. On Toshi Island she listened as the Ama (sea women) talked about their unique culture of women who free dive without any breathing apparatus. You will hear how she enjoyed a meal of seafood just pulled out of the ocean and cooked over open fires in the women's hut.

Linda's stories are endless! A visit to a pearl farmer's family and a stop at the Mikimoto Pearl Museum (and gift shop!) were fascinating. She will tell you about her conversations with a young teenager in training to be a Geisha and the palaces, shrines and temples she visited.

You will hear about the incredibly prompt and reliable transportation systems in both countries, the Japanese people's love for Kit-Kats, the very sophisticated but confusing plumbing systems and her experience when she was offered live octopus to eat!

Join us for this incredibly interesting power point photo presentation and travel anecdotes that Linda experienced and will share with us. This is a presentation that you don't want to miss!

If you would like to participate, please call the Senior Center to register. Because of Linda's generosity, there is no charge for this event.

### FREE Tax Assistance Sites for Seniors AARP Tax Aide Sites:

Cheshire Senior Center-240 Maple Ave.-203-272-0047  
Waterbury Senior Ctr -1985 East Main Street  
203-574-6746  
Wolcott Senior Center-469 Boundline Road-203-879-8110  
Middlebury Senior Center-1172 Whittemore Road  
203-577-4166  
Hamden Senior Center-2901 Dixwell Ave.-203-287-2547  
Meriden Senior Center-2 West Main Street-203-237-0066  
Southington Senior Center-388 Pleasant Street  
860-621-3014  
Seymour Senior Center-20 Pine Street-203-888-2507  
Oxford Senior Center-10 Church Road-203-881-5231  
Wallingford Senior Center-284 Washington Street  
203-265-7753

### Additional VITAS Tax Aide Sites:

Naugatuck Valley Community College-750 Chase Parkway-Waterbury-203-000-0211  
Woodbridge Senior Center-4 Meetinghouse Lane-Woodbridge-203-389-3429  
M.L. Keefe Community Center-11 Pine Street-Hamden-No  
apts. necessary  
Thomaston Public Library-248 Main Street-Thomaston-  
860-283-4339  
Southbury Senior Center-561 Main Street-Southbury-203-  
000-0211

**AARP and VITAS offer free, individualized tax preparation for low-to moderate-income taxpayers - especially those 50 and older. Federal and Connecticut State tax assistance is available at all locations.**

When you go you must bring the following documents with you:

- Social Security card or ITIN numbers for you and each person listed on the tax return
- Copy of last year's federal and state returns if available
- Valid photo ID
- Documentation for all income from work, Social Security or pensions, including forms W-2, 1099-R
- Bank routing and checking and savings account numbers to direct deposit your refund
- Copy of mortgage 1098 form and receipt of property taxes paid, if applicable
- Access CT forms, 1095A or a copy of health insurance form 1095B or C, if applicable.

Do not wait to schedule your appointment. Many times both the AARP and the VITAS sites get booked solid. Once they are, they stop taking appointments. If phone numbers follow the names of the sites, then you have to call for an appointment. If there is no phone number, then appointments are not necessary.

### Diabetes Management Lecture @ Prospect Senior Center Sponsored by Chesprocott Health District With Eric Lagoy DPT, OCS & Amanda Perriello, RD

**Tuesday, March 24th No Charge 10:00am.**

Diabetes is a major risk factor for heart disease. Eric Lagoy and Amanda Perriello will be at the Prospect Senior Center to give an informational lecture on managing diabetes.

They will be discussing the pathology, signs and symptoms of diabetes and how to manage complications that arise from diabetes. They will also make suggestions for lifestyle modifications to prevent diabetes with an emphasis on diet and exercise management.

There is no charge for this presentation. Please call the Senior Center at 203-758-5300 to register beforehand.



## March-April 2020 issue

### **New England Motorcycle Museum 200 West Main Street, Rockville, Ct. Thursday, March 5, 2020 \$10 Departing @ 9:30am.**

Ken Kaplan took a decaying remnant of Rockville, Connecticut's manufacturing past and brought it roaring back to life. In 2012, Kaplan's real estate-holding company, Kaplan Millworks, bought the tax lien on the 200-year old Hockanum Mill complex, which dates to 1814 and had been vacant since 1954.

Since then, Kaplan has spent \$6.5 million repairing the enormous complex and turning it into a shrine dedicated to his passion in life: motorcycles. His vision was to rejuvenate this historic location and create one of the largest motorcycle museums in the United States. The 11-acre lot holds 10 buildings totaling over 150,000 square feet of indoor space. It had shared a similar fate to the other textile mills of New England-abandonment & deterioration.

In 2018, the first phase of the site's resurrection was completed-the New England Motorcycle Museum. Visitors will find a world class exhibit with a diverse collection of vintage motorcycles and memorabilia, a motorcycle library, and the beautifully the restored Hockanum Mill.

The museum has about 200 carefully restored bikes from as far back as the 1920s and as recent as 2014: Kawasaki's, Suzuki's, Honda's, Harley's, Nimbuses', Indian's, Husqvarna's, BMW's, Derby's, Yamaha's, Shelby's, Triumph's, Ducati's, Rupp's, Vespa's, Matchless's and BSA's. The museum has dirt bikes, mini bikes, touring bikes, cruisers, café racers, sport bikes, drag racers and desert racers, as well as standard bikes.

"It's not about one kind of motorcycle. We love all motorcycles. We are motor enthusiasts. This is a labor of love," he says. "It's great to hear people say, 'This is the bike I wanted when I was 12 years old'."

Later additions planned include a restaurant and bar, microbrewery, and courtyard. Plans are to also begin rehabilitating the remaining historic buildings that will hold more museum exhibits and other activities for visitors. The museum's goal is to make Rockville, Connecticut a world class destination for motorcyclists and tourists.

We will be traveling to the Museum on Thursday, March 5, 2020. We will be meeting and leaving from the Prospect Senior Center at 9:30am. Our guided tour of the museum is scheduled for 10:30am. At 12:30pm we will leave the museum and continue on for a lunch stop at Mitchell's Restaurant which is close by. The cost of your lunch is your responsibility. We should be back in Prospect from this trip by about 3:30pm.

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

### **Lithuanian Egg Decorating Workshop With Val Rodgers**

**Wednesday, March 25th \$15 10:00am.**

Artist, Val Rodgers, will be at the Prospect Senior Center on Wednesday, March 25, 2020 at 10:00am. Val will be holding a Lithuanian egg decorating workshop here. She will be teaching and using the scratch/etch technique with participants.

If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your place without payment. All materials for this workshop will be provided. We cannot hold your place without payment.

Join in on the fun and learn to make something new for your Easter holiday.

### **It's BINGO Time!**

**Hosted by Celebrity Homecare of Meriden, Ct.  
Tuesday, March 24th No Charge 1:00pm.**

Celebrity Nurse Homecare is your expert choice for elder care throughout Connecticut. They are based out of Meriden, Ct. Their job is to help their elderly patients feel comfortable in their care.

To help provide the best care possible, they offer both in-home and out-of-home services. They also offer transportation and accompaniment for their elderly patients. Their shuttle services are available 24/7.

They offer quality, affordable homecare services. Their elder care services are accredited by the Better Business Bureau and 100% bonded.

They also provide Medicaid and Veteran assistance. They participate in the Vet Assist Program, providing homecare services at no cost to Senior Veterans or their spouses (if qualified).

A representative from Celebrity Nurse Homecare will be at the Prospect Senior Center on Tuesday, March 24, 2020 at 1:00pm. to host some Bingo games for us. The event is free of charge and prizes will be given, courtesy of the agency. Refreshments will also be served.

If you are interested in joining in on the fun, please sign up by calling or stopping in at the Senior Center. Advance registration is necessary.

### **Southbury Collaborative Community Choir Concert @ Pomperaug High School - Southbury, Ct. Saturday, March 28th FREE 4:00pm. Departing @ 3:00pm.**

There is a new sound in the air since more than 50-local residents have gotten together to sing with the new Middlebury/Southbury regional community chorus. The choir is sponsored by the Southbury Parks and Recreation Commission and Region 15 schools, which serve both Middlebury and Southbury.

The idea for the Community Chorus was an extension of the "Strengthening the Bonds of Our Community" event organized last year by Region 15 schools. The musical endeavor has received strong support from local churches and synagogues, as well as local businesses and restaurants.

At their weekly practices, Jim Tornatore, owner of the Newbury Musical Theatre Company, leads the group through various vocal exercises. He does his best to get a feel for his singers, as there is no time to waste.

The group, which is still coming up with an official name, will hold a free concert on Saturday, March 28, 2020 at 4pm. at Pomperaug High School. In the meantime, members will be rehearsing every Tuesday night from 6:30 to 8pm. at the Southbury Parks and Recreation building.

We will be attending the choir's FREE concert at Pomperaug High School. We will be meeting and leaving from the Prospect Senior Center at 3:00pm. After the concert we will be stopping for a bite to eat at Leo's Restaurant in Southbury, Ct. **The cost your meal is your responsibility.** If you are interested in joining us, please sign up by calling or stopping by the Prospect Senior Center.

## March-April 2020 issue

**GRAND OPENING!**

**JOIN us Saturday, March 14, 2020 at 4:00 p.m. for the GRAND OPENING of THE FRIENDS OF THE PROSPECT PUBLIC LIBRARY, INC. USED BOOK STORE! Beginning at 4 p.m. with a Flash Sale to continue until 7pm. Come for the Kerry Boys Concert and visit our brand new store!**

Prospect Community Center  
12 Center Street  
Prospect, CT 06712  
Note: We will not be accepting donations during the grand opening

**FRIENDS** of the  
PROSPECT PUBLIC  
LIBRARY, INC.

### Cleaning For a Reason

#### FREE Cleaning Services For Cancer Patients

Cleaning For a Reason is a national nonprofit organization that provides free house cleaning services for cancer patients undergoing cancer treatments. It was founded by American business woman Debbie Sardone whose mother was a cancer survivor.

Debbie Sardone started the organization after she received a phone call from a woman who was undergoing chemotherapy. She inquired about her house cleaning services but couldn't afford the cost because she was unemployed due to her cancer treatment.

Since its founding in 2006, Cleaning For a Reason has helped over 29,000 women battling cancer with free house cleaning services valued at over \$10M. Over 1,200 maid services nationwide are part of the Cleaning For a Reason network.

This free service lifts the heavy burden of cleaning while battling cancer so that patients can focus on recovery and their family can focus on caring for them. This special gift also lightens the financial load of families facing such a difficult time, when medical bills can be overwhelming. Having a clean and healthy home not only lifts the spirits of cancer patients but also helps them feel better as they endure the fight of their lives. No one can feel good in untidy surroundings.

Everyone on the cleaning services staff that comes to the patient's home has passed a rigorous background check. They are all well trained and happy to provide professional cleaning services for Cleaning For a Reason recipients.

The last thing a patient suffering from cancer should have to worry about is doing household chores like mopping and vacuuming the floors, dusting, or cleaning toilets. When someone is suffering from debilitating pain and weakness caused by cancer treatments, it can be near impossible to stay on top of housekeeping.

All you need to do is sit back and relax. The cleaning service will bring cleaning products and vacuum cleaners. You don't have to be at home. They can clean while you are out. After a long, draining day of treatment, you can come home to a clean, healthy environment.

The application process is easy. Simply go online to the Cleaning For a Reason website ([cleaningforareason.org](http://cleaningforareason.org)). Fill out their very simple initial application form and wait for a return email back from them.

There are several cleaning services in Connecticut that participate in this wonderful cause. Go online today and get the process started!



## Prospect Memorial

### Handy Tips

Write a list of current medications to carry in your wallet - Include any allergies.

Post a second list on refrigerator.

Include on this list:

your IN CASE OF EMERGENCY contact

All medications you're currently taking

Medication allergies.

Any medical conditions currently being treated for.

Name and phone number of your

Primary Care Physician.

Home Health Nursing Agency.

**Most medical Personnel  
Check Your Refrigerator for this info**

### 2019-2020

#### UCONN Women's Basketball Individual Tickets Available

XL Center-March 2, 2020 (Monday) vs. USF

\$35-5:00pm./7:00pm. (3 tickets available)

**\*\*These tickets are on a first-to-pay basis.  
Tickets will not be held without immediate  
payment.**

**\*\*The times shown are the departure time  
from the Senior Center first, and game time,  
second.**



## March-April 2020 issue

### "Stitches United 2020"

**@ Connecticut Convention Center  
Sunday, March 29th Departing @ 9:00am.  
FREE (No charge on Sunday)**

"Stitches United 2020" is a fiber experience for knitters and crocheters. It includes classes on topics from design to finishing, with every topic in between. The Stitches Market which is part of the event is a shopping experience you won't want to miss with vendors who come from across the United States and around the world to display the latest yarns and gadgets sure to inspire creativity. There will be classes, demonstrations and book signings going on all day for your enjoyment.

The event will be held at the Connecticut Convention Center. We will be meeting and leaving from the Senior Center at 9:00am. We should be at our destination a little before 10:00am. Doors open at 10:00am. Once there we will give you until 1:00pm. to wander through the event at your own pace. At this time we will board our bus and head back to the Senior Center. We should be back in Prospect by about 2:00pm.

There is no cost to attend this event on Sunday, the last day of the event. If you are interested in attending, please sign up as soon as possible. We are limited to the number of people we can bring with us.

### **Put Pencil To Paper And Start Drawing... Beginner Drawing Classes with Kathy Greikas**

**Monday, March 9th - April 13th \$25  
(6-week session) 10:30am.**

**Monday, April 20th - June 1st \$25  
(6-week session) 10:30am.**

Do you want to learn how to draw but don't know where to start? In this class, retired Art teacher, Kathy Greikas shares fun, beginner-friendly drawing techniques that can turn anyone into an artist. This class will help you overcome your fear of the blank page and focus on putting pencil to paper so you can draw the way you always wished you could.

The basic premise behind all beginning-level sketch classes is to provide students with the training necessary to view an object and reconstruct it on paper using basic sketching tools. In this class, you will explore the fundamental concepts of drawing, such as line, shape, form and volume. The class is designed to introduce you to the basics of drawing. Kathy will help you gain an understanding of the basics of drawing and help you become familiar with paper types, drawing styles, and rendering techniques. This is a great class for beginners who don't have much experience!

The next drawing class session will be starting on Monday March 9, 2020 at 10:30am. It will continue for six weeks until April 13, 2020. The cost of this 6-week session will be \$25. If you are interested in participating, please register and PAY as soon as possible. We intend on keeping the class size small so that you can get the individualized attention needed. Sign up today! To start, please bring to class a sketch pad of whatever size you prefer, #2 pencils and an eraser.

### **HOPE MINISTRY at St. Anthony Church**



## **A hand up is not a hand out!**

If you are having difficulty meeting your monthly expenses, maybe we can help, please call 203-758-4056. All calls are confidential. Or visit [stanthonyprospect.org](http://stanthonyprospect.org) and follow the link to HOPE Ministry for an application.

The mission of the HOPE ministry is to carry out our gospel call to enhance the quality of life and self-sufficiency of those in our community in need of financial and social services. It will provide monetary assistance for basic living expenses, referrals, education, practical assistance and spiritual guidance to strengthen and support individuals in need of assistance by fostering independence and personal responsibility with respect, compassion and accountability.

**Applicants must be actively registered parishioners or residents of Prospect.**

### **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.

### **FREE Wireless Lifeline Program**

There are several wireless phone providers in Connecticut that provide 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.

Most of these services provide customers with a free mobile phone and a free monthly allotment of minutes and 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 or over the phone.

You can apply for these phones by contacting any of the below mentioned providers of your choice:

**Assurance Wireless  
Customer Service-1-888-898-4888**

**Life Wireless  
Customer Service: 1-888-543-3620**

**Safelink Wireless  
Customer Service: 1-800-Safelink (723-3546)**

**Access Wireless  
Customer Service: 1-800-464-6010**



## March-April 2020 issue

### Private Reiki Therapy Sessions with Madeline

**Thursday, March 26th & Thursday, April 23rd**  
**30-minute appointments start at 9:30am. (\$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 memory and relationships.

Appointments are necessary. Please call the Senior Center to reserve a time slot. Payment must be made beforehand in order to hold your spot

### American Athletic Conference (AAC) Women's Basketball Tournament-Final Game @ Mohegan Sun Casino

**Monday, March 9th \$35**  
**7:00pm.(game time) Departing @ 3:00pm.**

Come out and support your favorite female basketball players-the UCONN Women's Basketball team! Based on their talent and eleven NCAA Women's Titles, the UCONN Women should be playing in the final game of this tournament. There is nothing like seeing these basketball games live! The excitement cannot be duplicated sitting on your couch watching from home!

The game starts at 7:00pm. We will be meeting and leaving from the Senior Center at 3:00pm. We should be at the casino by about 4:30pm. This will give you ample time to grab a bite to eat before the game, if you wish to do so.

We will leave from the casino directly after the game. We should be back in Prospect by about 10:30pm. I will only buy tickets for those people who have PAID for them. Also, we are limited to the number of people we can take up with us. So, if you are interested, do not hesitate to sign up and PAY!

### Learn to Play the UKULELE Taught by Nina Lesiga Beginning Wednesday, March 25th \$20 10:00am. to 11:30pm.

Nina Lestage gave a presentation here on the ukulele in January and many attending expressed interest in learning to play the instrument. Nina will be teaching a 6-week class here at the Senior Center beginning on Wednesday, March 25, 2020. The cost for class will be \$25. If you have a ukulele, bring it with you. Otherwise, Nina will provide you with one.

The popularity of the ukulele is trending because it is fun to play and it sparks feelings of well being and happiness. Join the class and learn to play this fun, musical instrument. The class is limited in size. If you are interested, sign up and PAY right away. We cannot hold your place in the class without payment.

When signing up, let us know whether or not you will be bringing your own instrument or will need one for the class.

### HELPFUL HINTS FOR SENIOR CITIZENS... FIXT Car Health Maintenance Monitor

Have you ever seen the check engine light on your car and simply ignored it? Have you ever thought about why you ignored it? For most it is because you would do just about anything to avoid going into an auto repair garage.

You fear that they are going to try to over-charge you for repairs you don't need. What follows when you ignore the check engine light is a severely damaged car and thousands of dollars in repairs.

Senior Citizens, especially women, fall victim to these mechanic scams more often than not. Some mechanics view our Senior Citizens as the ultimate prey. A device called FIXD is turning the tables, and mechanics hate it. FIXD, a brilliant car gadget invented by a group of MIT grads, eliminates this whole process by immediately and simply diagnosing what's wrong with your car for you. If the FIXT device tells you that you're low on radiator fluid but your mechanic tells you that you're transmission is shot- you know he is not telling you the truth.

It is unfortunate that occurrences like these are quite common in the auto industry. Especially with Senior Citizens. With FIXD, you will never have to trust a mechanic again. FIXD puts the mechanic in your pocket and saves you thousands.

The FIXT device plugs into your car's OBD (on-board diagnostics) port – the very same port that mechanics use to figure out what's wrong with your car. Every car built from 1996 and on, is required to have this port. You do need to have a smart phone, however, to sync your FIXT device with.

Once plugged in, the FIXT device will instantly diagnose your car's problems for you and translate them into simple, easy-to-understand terms – and much more! Meaning, the next time a mechanic is trying to pull one over on you, you can call them on it!

The device is priced affordably at a one-time fee of \$59. That is less than a tank of gas for most people. You can learn more about FIXT by going on to their website.

### PUZZLE-MANIA CONTEST!

**@ Prospect Senior Center**  
**Thursday, March 26th \$1 1:00pm. - 3:00pm.**

Calling all puzzle enthusiasts! Join us for a fun afternoon at the Prospect Senior Center for some friendly competition. Teams of up to four people will be competing to see who can assemble the most pieces of a jigsaw puzzle.

Each team will have an identical 1000-piece puzzle. You will have a given amount of time for your team to assemble as many pieces of the puzzle as possible. The team who assembles the most pieces-WINS! Simple but fun!

You can sign up as a team of four or sign up individually and we will pair you with three other puzzle enthusiasts. Coffee and desserts will be served at the conclusion of the afternoon. Small prizes will be awarded to each individual on the winning team. Pre-registration for this event is required.

## March-April 2020 issue

Does your  
mom or  
dad have  
early stage  
dementia?



### Families Coping Together with Alzheimer's Disease Study (FACT-AD)

If you are at least 18 years old, and you have a parent that is at least 55 years old and has early stage dementia, you and your parent may be eligible to participate in a free and confidential study to understand your experience coping with dementia together. Participation involves one 2-hour interview session and one 2-hour interactive session with you and your parent completing tasks together now and one year later at the Social Gerontology and Health Laboratory at 55 Church Street in New Haven. Compensation up to \$600 for completing all sessions, and free parking.

To learn more or to see if you are eligible to participate, please contact Kathleen Williams at (203)641-5373 or email her at [kathleen.williams@yale.edu](mailto:kathleen.williams@yale.edu)

### Cotton Candy Fabrics

457 Federal Road, Brookfield, Ct.

Tuesday, March 31st Departing @ 9:30am.

Cotton Candy Fabrics is a full-service community quilt shop in Brookfield, Ct. Beyond thousands of bolts of designer quilting cotton, they also carry a selection of batiks, flannels, knits and canvas. They have sewing patterns and kits, and many notions including Aurifil thread. They sell and service Handi Quilter longarm machines, make custom quilts, quilted gifts and finish quilts for customers.

The shop offers a variety of sewing and quilting classes. Their classrooms are outfitted with state of the art technology, sewing machines and dedicated cutting and ironing stations. They have design walls, a private rest room and a refreshment station for the convenience of their customers.

We will be visiting the shop on Tuesday, March 31, 2020. We will be meeting and leaving from the Prospect Senior Center at 9:30am. Once at the shop, the owner Erin, is planning on giving a short quilting demonstration for all to enjoy and learn from. She will also have refreshments and be giving out goody bags for everyone.

After the demonstration you will be free to shop, browse and make any purchases that you might like to make. At 1:00pm. we will leave the shop for a lunch stop at Panera Bread. It is close to the shop. **The cost of your meal is your responsibility.**

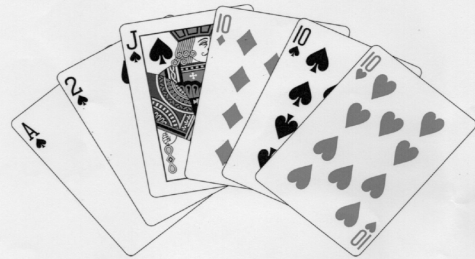
We should be back at the Senior Center by about 3:30pm. If you are interested in joining us on this trip, please sign up as soon as possible. We are limited to the number of people we can bring with us.

## SETBACK Tournament

7 non-elimination games; random partners; all skill levels

Sat March 7, 2020

Oreanaug Firehouse - Woodbury



1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> PLACE CASH PRIZES

Registration 5:45 PM . . Tournament begins 6:30 PM sharp

Oreanaug Firehouse – 25 Quassuk Rd, Woodbury

Complimentary snacks, desserts, pizza, beverages & wine

16 years & older, all skill levels & single players welcome

50 – 50 Raffle for real gamblers - - aka wild & crazy fast lane risk takers

\$20 contribution at the door to WRTC for a fun & action packed evening

203-405-3868 or <http://woodburycgop.org/> for more info

## GAYLORD FUNDRAISING EVENTS



FRIDAY  
May 8, 2020  
GAYLORD HOSPITAL

Visit:  
[gaylord.org/wine](http://gaylord.org/wine)



MONDAY  
June 1, 2020  
GAYLORD GOLF CLASSIC  
FARMS COUNTRY CLUB

Visit:  
[gaylord.org/golf](http://gaylord.org/golf)



SATURDAY  
June 27, 2020  
GAYLORD GAUNTLET 5K  
OBSTACLE COURSE

Visit:  
[gaylordgauntlet.org](http://gaylordgauntlet.org)



## March-April 2020 issue

# Healthy Brain Series

Presented by  
Patty O'Brian, CDP  
Dementia Specialist  
Hartford HealthCare Center for Healthy Aging

Join us for our five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun. Participants are encouraged to attend all sessions.

Each of the 5 sessions will cover the following topics:

3/03/20 Challenge your mind daily- Activities to keep your mind sharp

3/10/20 Feeding the brain- the importance of diet and hydration

3/17/20 Benefits of a purposeful life: Finding meaningful engagement as you age

3/24/20 Good sleep and brain power: The importance of sleep and your brain

3/31/20 The Blue Zones: Lessons for living longer from the people who've lived the longest

To RSVP Call  
Jessica Warner at WCAAA 203-757-5449 x114

LOCATION: WCAAA OFFICE - 84 PROGRESS LANE  
2ND FL. WATERBURY CT 06705.  
TIME: 2PM-3PM.

**Telescope Viewing & Planetarium Show  
@ Leitner Observatory  
355 Prospect Street, New Haven, Ct.  
Tuesday, April 14th No Charge  
7:00pm. Departing @ 6:00pm.**

The Leitner Observatory is a facility of The Yale Department of Astronomy dedicated to education, public outreach, and student research. Every Tuesday night, the Leitner Observatory presents shows in their planetarium theater that are open to the public.

Phantom of the Universe: The Hunt For Dark Matter is a new planetarium show that will showcase an exciting exploration of dark matter, from the Big Bang to its anticipated discovery at the Large Hadron Collider. This is the show that will be playing on our visit there on Tuesday, April 14, 2020.

The show will reveal the first hints of its existence through the eyes of Fritz Zwicky, the scientist who coined the term "dark matter." It describes the astral choreography witnessed by Vera Rubin in the Andromeda galaxy. It then continues deep underground to see the most sensitive dark matter detector on Earth, housed in a former gold mine.

From there, it journeys across space and time to the Large Hadron Collider at CERN, speeding alongside particles before they collide in visually stunning explosions of light and sound, while learning how scientists around the world are collaborating to track down the constituents of dark matter.

After the planetarium show (weather permitting), participants are invited to observe the night sky through one of the Observatory's telescopes.

Their digital planetarium theater uses a Spitz Sci-DomeHD system to simulate the Universe at any time from any place or to play back high-definition, full dome videos. They use the planetarium to teach astronomy concepts in their undergraduate classes, to present programs for local school groups, to support astronomy programs at the Peabody Museum of Natural History, and to present planetarium shows to the general public

The observatory has two permanently mounted telescopes. The historic 8-inch Reed refractor, mounted in the east dome, was purchased by Yale in 1882 to study the transit of Venus across the face of the sun that occurred that year. The telescope was refurbished in 2004, and it is now used for visual observations of planets and stars. A computer-controlled, 0.4 meter reflecting telescope is mounted in the west dome.

Inside the main building, they have a lecture hall where there are displays on the history of astronomy research at Yale. They have several historic instruments on loan from the Peabody Museum, including the 5-inch Dolland refractor, a historic instrument used by Yale astronomers Stiles and Loomis to spy the return of Halley's Comet in 1835.

We will be meeting and leaving from the Prospect Senior Center at 6:00pm. The planetarium shows start at 7:00pm. After the show we will enjoy some telescope viewing with help from Yale personnel on hand to assist us that night. We should be back at the Prospect Senior Center from this trip by about 9:30pm.

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

**Pysanky: The Art of Eggs  
@ Knights of Columbus Museum  
1 State Street, New Haven, Ct.  
Sunday, March 15th No Charge  
2:00pm. to 3:00pm. Departing @ 1:00pm.**

Father Paul Luniw, a Ukrainian Catholic priest and egg artist extraordinaire, returns to the Knights of Columbus Museum in New Haven, Ct. to present a free public lecture on the history and practice of Pysanky.

Ukrainian eggs, colorfully and ornately decorated using a wax batik (resist) method are called pysanky, deriving from the term "to write." The custom dates to pre-Christian times but has a solid place in religious observance today. Though many traditional symbols have remained for millennia, interpretation has evolved in a Christian ethos.

Father Paul will explain the history and significance of this development, describe the precise and time-intensive process of designing and coloring the eggs and share examples of his artwork in many sizes.

We will be meeting and leaving from the Prospect Senior Center at 1:00pm. This program runs from 2:00pm. to 3:00pm. At the end of the program, we will board our mini bus for a lunch stop at Katz's Deli. **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 at the Senior Center from this event by about 5:30pm.



## March-April 2020 issue

### Gene the "Fix-it" Man DIY Workshops Wednesday, March 18th 10:30am. Wednesday, April 29th 10:30am.

Do you need guidance in fixing small things around your house that are too costly or too small to call in a professional for? Do you have a list of repairs that you need done but you don't have the knowledge to handle them yourself? Do you have a "honey-do-list" that you need assistance with? Help is on the way!

Gene Bowman our handy, dandy "Fix-it-Man" at the Senior Center will be starting a monthly workshop at the Senior Center for those who need help with small, basic repairs around their homes.

Gene has been involved in construction his whole life. He is skilled at a wide range of repairs, maintenance work, plumbing issues, painting and so much more.

His philosophy is that every homeowner, man or woman, should know some basic home improvement skills. Handling even the simplest home repairs yourself can save you time and money. A complete remodel may not be the place for the novice but basic home repairs should be something every homeowner should learn to handle. Do not be afraid to swing a hammer, use a screwdriver or dip that paintbrush!

Gene's workshops are designed for both men and women to participate in. Gene will offer a mix of demos and hands-on learning to help you tackle your small home improvement projects. He will teach you what you need to know to complete a project yourself, or, what to look for if you need to hire out for more in depth projects.

Some of his upcoming workshops will include lighting projects, interior painting and drywall repair, faucet installation, switching hardware, regular maintenance chores and a host of other topics to update and maintain your home. He is open to any other topics you may be interested in him teaching.

If you are interested in taking part in Gene's workshops, please call the Senior Center or stop in to register. Gene has generously donated his time and services to the Senior Center. Therefore, there is no charge to participate in them. If you participate in his workshops, make sure you thank him for his generosity!

### "Edible Art"

**Thursday, March 5th \$5 1:00pm. to 2:30pm.  
FILLED**

**Additional Class Added...  
Thursday, April 23rd \$5 1:00pm. to 2:30pm.  
@ Prospect Senior Center**

What is the theme for your holiday table? Do you want your table to have a holiday theme for Easter or any other time of the year?

On Thursday, April 23rd, we will be hosting an additional Edible Art class. The first one we scheduled quickly filled up to capacity. An artistic chef will be here to instruct you in how to carve up a design that will make you the talk of the town and all of your parties.

Come to this "Edible Art" workshop where your work will be so good, your guests won't want to take a bite out of the delicious creations that you will learn to create.

If you are interested in attending this workshop, you must register and PAY beforehand. Your place in the class cannot be held without payment. Class size is limited.

### Leprechauns & Linguini

**@ Log Cabin-500 Easthampton Rd, Holyoke, MA  
Wednesday, March 18, 2020 \$74  
11:30am. to 3:30pm. Departing at 9:30am.**

Join us as we celebrate the best of the Irish & the Italian at The Log Cabin in Holyoke, Massachusetts for a wonderful lunch and show! Enjoy a delicious corned beef and cabbage dinner plus some family style chicken parmesan and ziti.

After lunch you will enjoy Graziana Lazarro who was born in the Puglia region of Italy. Graziana brings Italy to her audience through her style of the Italian, Neapolitan and American standards filled with soul and passion.

Laugh along with the comedy of Jimmy Walsh and be entertained as he plays some great Irish music!

- Highlights
- Everyone's favorite Irish dish-Corned Beef & Cabbage and family style Chicken Parmesan
  - Complimentary Glass of Wine or Beer
  - Performances by Italian singer Graziana Lazarro & comedian Jimmy Walsh

We will be meeting and leaving from the Prospect Senior Center at 9:30am. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. We should be back from this trip by about 5:30pm.

### TABS FOR TOTS...

Shriners Hospitals for Children in Springfield and Boston have been collecting pull-tabs or "pop-tops" from beverage cans since 1989, recycling them, and putting the money toward programs that directly benefit children.

Since its inception, about a half-million pounds of aluminum tabs have been collected and recycled. The tabs are the only pure aluminum part of the can, and the cans may still be returned for deposit even after the tabs are removed.

Here are just some of the items that the Shriners Hospital has purchased over the years:

- A Baxter Infusion Pump used to dispense pain medication.
- Arthrometer used to measure the degree of instability in the knee.
- Bullard Laryngoscope used by an anesthesiologist to place a breathing tube in a patient who has a complex airway.
- 10-foot trailer for a hospital van, used to transport medical equipment and records to outreach clinics throughout New England and New York State.
- Computerized Pressure Mapping-a force sensing array used in evaluating pressure distribution for patients requiring customized wheelchair seating systems

### About Shriners Hospitals...

The Shriners Hospitals for Children operates 18-hospitals throughout the United States, Montreal, Canada, Mexico City and Mexico, for children with orthopedic problems and burns. Shriners Hospitals for Children are open to all children up to their 18th birthday. **All medical treatment is administered without cost to the patient, their family or any third party.**

Collect and bring in your aluminum beverage can tabs to the Prospect Senior Center and help a child at the Shriners Hospitals for Children receive the services that they require. We will see to it that the tabs get to the proper people in charge of this worthy cause.

## March-April 2020 issue

### **St. Salvator's Chapel Choir Concert (University of St. Andrews-Scotland) @ Battell Chapel-Yale University**

**Monday, March 23rd No Charge  
7:00pm. Departing @ 6:00pm.**

St. Salvator's Chapel Choir is the flagship choir of the University of St Andrews, Scotland. A mixed voice ensemble of around 30-students, its history extends back to the founding of the University in the early fifteenth century, when students were obliged to sing in the University's chapel. These choristers were referred to as the 'Choristi Sanctiandree'.

Today, under the direction of Claire Innes-Hopkins, the choir performs a broad repertoire spanning the six centuries of the University's history. In addition to three sung services per week and extensive ceremonial duties, the choir enjoys a busy schedule of concerts, international tours, broadcasts on radio and TV, as well as appearances at international festivals including, most recently, the Thueringer Bachwochen (Germany) and the Haarlem Koorbiennale (The Netherlands).

Other recent tours have featured performances at Washington National Cathedral and Princeton University (USA) and with renowned baritone Peter Harvey in Sweden.

Committed to the performance of new music, St. Salvator's Chapel Choir regularly commissions and performs works for both liturgical and secular contexts. In recent years the choir has been privileged to work with musicians such as Sir John Eliot Gardiner, Sir James MacMillan, Paul Mealar, Arvo Pärt and Dame Emma Kirkby.

The choir will be performing at Battell Chapel at Yale University on Monday, March 23, 2020 at 7:00pm. as part of their American Tour. There will be a special appearance by the Yale Glee Club during the concert. There is no admission charge for the concert.

We will be meeting and leaving from the Senior Center at 6:00pm. for this concert. If you are interested in joining us, please call or stop in to the Senior Center to register. We are limited to the number of people we can bring with us. We should be back at the Senior Center from the concert by about 9:30pm.

### **MGM Springfield Casino 1 MGM Way-Springfield, MA.**

**Monday, July 6th \$15 Departing @ 7:30am.**

Today we will be traveling to the MGM Springfield Casino. The \$960-million, 2-million square foot complex on Main Street, spans three city blocks and includes a five-story hotel, 125,000-square feet of gaming space, shops, and numerous restaurants.

There is plenty to play! The sprawling casino is home to roughly 2,550 slot machines and 120 gaming tables, along with a poker room and a VIP gaming area, according to MGM. If that isn't your thing, or you're looking for a break in the action, the resort complex also boasts an eight-screen movie theater; an 8,000-square-foot pool; a spa; a 10-lane bowling alley; and a "Topgolf Swing Suite" where you can test out your fairway chops in a three-simulator lounge.

We will be making a trip to the casino on our mini bus on Monday, July 6, 2020. We will be meeting and leaving from the Senior Center at 7:30am. Once at the casino you will be on your own until 2:30pm. At this time we will meet in a designated location for our return trip back to Prospect. We should be back in Prospect by about 5:30pm. That may change, however, depending on traffic that day.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The cost for this trip is to help in covering the cost of gas for the day. It does not include any packages from the casino. It is strictly to help in defraying the cost of gas.

### **Bocce League to Resume Spring League Schedule...**

**WHEN: Every Tuesday  
beginning on April 7, 2020**

**WHERE: Prospect Senior Center  
TIME: 10:00am.**

**CHARGE: \$10 (per person to be used for the end-of-the-season banquet & prizes)**

**CONTACT: Barb Beloin (203-528-3144) or Gene Bowman (203-671-2258) with any questions**

Teams and playing times will be announced once the final roster is finalized at an organizational meeting to be held on Tuesday, March 31, 2020 at the Senior Center at 10:30am.

There are only a certain number of teams that we can have and still make the program manageable. If you are interested in participating, sign up and PAY NOW.

Your place is not guaranteed until you register AND pay the registration fee. Just because you played previously in the league does not mean that you are automatically going to play again. Registration will be on a first-come, first-served basis.

This has become a very popular program here at the Senior Center due to the tremendous work and effort that Barb and Gene have put into this league. Many new people have expressed interest in joining the league and are waiting for registration to begin so they can sign up. Please do not be disappointed if you wait and the league is already full. We warned you!

Registration and PAYMENT is due before the league starts up. You may also sign up as a substitute player to fill in for those regular players who may not be able to come at any given time. Substitute players must also pay the \$10 charge to participate.

Anyone who registers after the teams have been filled will be put on a waiting list in case we have any people drop out. Or, you could go on our "Sub List."

If you are interested, register, pay and plan on attending the organizational meeting on Tuesday, March 31, 2020 at 10:30am. here at the Senior Center.

### **Colonial Goodwife Presentations With Authors/Herbalists/Historians Velya Jancz-Urban & Ehris Urban @ the Prospect Senior Center**

Join our hosts Ehris Urban and Velya Jancz-Urban, a mother-daughter author/herbalist/historian duo, for two very unique, hands-on workshops here at the Prospect Senior Center.

Pendulum Power!

**Monday, April 20th \$8 10:00am.**

Pendulums aren't fortune-telling tools, but when approached with a responsible attitude, they reveal useful information. A pendulum is simply a way of getting answers to questions your brain can't answer. This workshop is a mix of theory and practical, fun exercises, and includes a take-home stone pendulum for each participant.

**Adios, Coco Chanel! DIY Herbal Perfume  
Monday, June 22nd \$8 10:00am.**

Ditch your store-bought perfume! Most contain dozens of chemicals that do not have to be disclosed on the label. Join this workshop and experiment with base fragrances, mid-tones, and top notes. Create your own signature scent, mad-scientist style! You get to take home your own hand-made scent!

## March-April 2020 issue

### **ALL TOGETHER DRUMMING- Therapeutic Group Percussion Circle Work- shop**

**Facilitated by Tim Kane @ PSC  
Tuesday, April 21st \$5 1:00pm.**

Tim Kane has been a drummer, percussionist and music educator for more than 25-years. Tim expanded his drum teaching eight years ago to host "All Together Drumming" offering fun, therapeutic group hand drumming circles using djembes and other percussion instruments.

Drumming is fun and interesting. It is an excellent activity for any age group-even Seniors. Drumming can be performed while sitting. It is an interactive event that allows seniors to create their own music.

It has been shown to help with decreased anxiety and depression, improved joint mobility and posture, help with motor skills, increased energy, making new social connections and stress relief.

Drumming encourages gentle body movements providing beneficial physical exercise. Participants report improvement in general coordination, walking, speaking, sleeping, and thought process, and experience a boost in self-esteem and overall confidence.

The physical exercise of playing the drum is extremely beneficial, especially to the upper body. Drum workshops also provide an opportunity for essential social interaction. Most importantly by challenging participants to learn and play new, exciting music you are helping to create new pathways for neuro-muscular function.

Drum circles use a variety of different instruments, including the djembe hand drum, which contributes many different sounds and opportunities within the group. Tim owns a variety of authentic Djembes made in Ghana, West Africa. He also owns many USA-made models, drums of all sorts, and domestic percussion instruments and accessories that he brings to his workshops.

Each participant in the percussion circle collaborates on rhythms after learning the basics on a variety of different percussive instruments. It is one of the most therapeutic and fun exercises out there. The magic is found in the group building upon its own creations, learning to play rhythms that Tim demonstrates from around the world, and jamming out to special song requests.

Tim will be at the Prospect Senior Center on Tuesday, April 21, 2020 at 1:00pm. to facilitate a drum circle for us. If you want to try something fun and new that might benefit you, in the long run, then register for this class. We cannot hold your spot in the workshop without payment. Class size is limited.

### **Meditation Class With Tia Mandrozos (8-Week Session)**

**Wednesday, April 8th - May 27th  
\$25 2:00pm. to 3:00pm.**

Learn to master your thoughts and be in control of your mental, emotional well-being. You will discover a world you never thought possible.

The next 8-week session of Meditation with Tia will start on Wednesday, April 8, 2020 and continue until May 27, 2020. There is a \$25 charge for the class. The class will teach you various meditation techniques along with topics of awareness for inner transformation and healing.

Come dressed comfortably and enjoy the experience. If you are interested in participating, please sign up and PAY at the Senior Center. Your place cannot be held without payment.

### **NOAA Fisheries Milford Laboratory 212 Rogers Ave, Milford, Ct. Thursday, April 2nd FREE Departing @ 9:15am.**

In 1931, Dr. Victor Loosanoff became the first full-time scientist in Milford using science to solve the biological problems facing Connecticut's oyster industry. Under his leadership, the Milford Laboratory made fundamental contributions to the understanding of shellfish biology and reproduction.

The lab became part of NOAA (National Oceanic and Atmospheric) in the 1970's. NOAA Fisheries are responsible for the stewardship of the nation's ocean resources and their habitat. They provide vital services for the nation including maintaining productive and sustainable fisheries, safe sources of seafood, the recovery and conservation of protected resources, and healthy ecosystems—all backed by sound science and an ecosystem-based approach to management.

The Milford Laboratory is a world leader in aquaculture science. Over the lab's illustrious history, NOAA scientists, working closely with industry and academia, have made fundamental contributions to the understanding of shellfish biology and reproduction.

Today, the Milford Lab continues to conduct state-of-the-art science that informs management for the sustainable expansion of aquaculture, provides services to the shellfish aquaculture industry, and advances new technologies through collaborative research.

Current projects include developing probiotics for use in oyster hatcheries, studying aquaculture gear as habitat for marine life, nutrient bioextraction studies, shellfish genetics research, offshore shellfish aquaculture potential, and responses of shellfish to ocean acidification.

Visit the NOAA Fisheries Milford Laboratory with us and learn more about Long Island Sound and the lab's research. Bring your curiosity and enthusiasm for ocean science. You will experience a unique opportunity to tour an active fisheries lab, interact with scientists, and see first-hand the types of research projects that are conducted and how they serve the shellfish aquaculture industry and the wider community.

We will be meeting and leaving from the Prospect Senior Center at 9:15am. Our tour is scheduled for 10:00am. It should last until about 11:30am. At this time we will leave the lab and continue on for a lunch stop at The Plate which is also in Milford. The cost of your lunch is your responsibility.

If you are interested in joining us on this interesting tour, please sign up as soon as possible. We are limited to the number of people we can bring with us. There is no charge for this trip. We should be back at the Senior Center by about 3:00pm.

### **Annual Easter Luncheon @ the Prospect Senior Center Thursday, April 9th 11:30am. \$20**

Join us as we celebrate the Easter holiday here at the Prospect Senior Center. We will be offering the traditional Easter lunch fare of ham and a nice variety of side dishes.

At 1:00pm. the very talented Motown Review will be here to entertain us. They have entertained here before and everyone has been very happy with them.

If you are interested in attending, please sign up and PAY as soon as possible. Our holiday luncheons fill up rather quickly. Therefore, we would advise you to register and PAY right away if you are interested in attending. We cannot hold your seat without payment.



## March-April 2020 issue

**The Henry C. Lee Institute of Forensic Science  
@ The University of New Haven  
300 Boston Post Road, New Haven, Ct.  
Wednesday, April 15th No Charge  
10:30am. Departing @ 9:30am.**

The Henry C. Lee Institute of Forensic Science at the University of New Haven was conceived by Dr. Lee and other forensic scientists in the early 1990's and opened on the University of New Haven campus in the fall of 1998. Dr. Henry C. Lee, the Institute's founder, has been a member of the UNH faculty since 1975. His internationally renowned reputation as one of the world's leading forensic scientists coupled with the University of New Haven's 35-year history as one of the foremost academic forensic programs in the country, was the catalyst for the creation of the institute. These strengths imbue the Institute with a solid core of competency and expertise in the field of public safety and forensic science.

In 2010, the Institute of Forensic Science opened a new facility on the University campus. The building houses a crime scene center, high-tech forensic room, a crisis management center and three classrooms. In addition, there is a state-of-the-art learning center that utilizes the latest in virtual instruction and touch screen technology to bring in-depth information regarding various areas of forensic science to students from around the world. We will be visiting the Institute on Wednesday, April 15, 2020. We will be meeting and leaving from the Senior Center at 9:45am. Our tour is scheduled for 10:30am. and should be about an hour long. At the conclusion of our tour, we will board our mini bus and continue on for a lunch stop at Jimmie's of Savin Rock. The cost of your meal 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 from this trip by about 2:30pm.

**Legal Insights and Tips for Savvy Seniors  
Presentation & FREE Lunch  
@ Prospect Senior Center  
Sponsored by The Village at East Farms  
Monday, April 20th No Charge 11:00am.**

Come and hear Attorney Renee Fahey Gentile, address the strategies used by seniors to ensure their health care preferences and financial instructions are captured in appropriate legal form.

You'll get an overview of:

- Advance Directives with Living Will
- Power of Attorney, Short and Long Form
- Planning for Title 19
- Conservatorship

After the attorney's presentation, you will be given the opportunity to meet with her and ask any questions that you may have.

Following the presentation, lunch will be provided to all participants courtesy of The Village of East Farms. If you are interested in attending, please call or stop by the Senior Center to register.

**Ryco, Inc. Mill Shop  
25 Carrington Street, Lincoln, RI.  
Tuesday, April 21st \$10  
Departing 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.

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 11:30am. to browse, shop and make any purchases.

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 help in 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 should be back at the Senior Center by about 4:00pm. from this trip.

**Hello, America!  
Photos of a U.S.A. Cross Country Road Trip  
Presented by Allen Thibodeau  
Thursday, April 16th 10:30am. No Charge**

If a picture is worth a thousand words, you won't want to miss this breathtaking photographic, cross country tour with our host, Allen Thibodeau! Allen started our Photography Club here at the Prospect Senior Center.

Allen will share photographs that he took on his cross country trip in 2015. Through his photographs you will experience this beautiful and extraordinary country we live in. His breath taking photographs of the places he visited in the United States, will reveal to you the splendors of the land we all call "home".

From a host of National Parks to numerous big cities, you will experience a photographic journey like no other. Allen's photographs document blazing forests, dry deserts, jagged summits, breathtaking valleys, wildflower meadows, green rolling hills, sunrises, dramatic vistas, rugged coastlines, waterfalls and the hustle and bustle of a number of big cities. This is a documentation of some of this country's most scenic landscapes and memorable cities.

The presentation will take place on Thursday, April 16, 2020 at 10:30am. If you are interested in joining us, please sign up as soon as possible. We anticipate that this will draw a large crowd.

## March-April 2020 issue

### Classes & Demonstrations by Laura Marsala of Southmayd Home @ The Prospect Senior Center

For well over a century, Southmayd Home in Waterbury, Ct. has provided ladies around the greater Waterbury area residential living with assisted care at a more affordable price point than other options in the area.

Families who want their loved one to experience a more personalized residential care experience than the typical franchise facility have long seen Southmayd Home as a local jewel.

Southmayd is not a franchise like so many other facilities. It is independent from Medicare so as to ensure the choices made are in your best interest only. Southmayd helps their house members by funding approximately half of their living costs. They can maintain affordable rates, even for those who receive no state assistance, because of subsidized funding. This funding is due in part to the legacies of many residents past and present, as well as generous community donors.

Laura Marsala from Southmayd Home will be at the Prospect Senior Center to present and facilitate several different classes and demonstrations for our members. At the end of each of the programs she will also be speaking briefly on Southmayd Home in Waterbury, what it has to offer and answer any questions you may have about the facility.

If you are interested in participating in any of these wonderful classes, please sign up as soon as possible. The number of participants for each of these presentations is limited. Walk-ins cannot be accommodated. Thanks to the generosity of this organization, there is no charge to participate in all but one of these classes.

**CREATING A WINDOWSILL HERB GARDEN**  
**Tuesday, April 7th 10:00am. to 11:00am.**  
**No Charge - FILLED**

**Tuesday, April 21st 10:00am. to 11:00am.**  
**No Charge**

Anyone who has a window can create a mini window-sill herb garden. Learn about the advantages and pleasures of having fresh herbs right at your fingertips to add flair to your cooking and beauty to your kitchen.

Southmayd Home Outreach Coordinator, Laura Marsala will demonstrate how to create a simple window-sill herb garden and discuss creative ways to incorporate it into your home. Tips on care, harvesting and storage will be shared as well as discussion on resources, common herbs and which herbs complement what foods.

### Have You Gotten Your New Medicare Card Yet?

As of 1/1/2020 Old Cards Will Not Be Accepted!

By now everyone should have received a new Medicare card with a unique ID number that replaces the old card that had your social security number listed on it.

Starting on 1/1/2020, providers will no longer be able to use an old card to process their Medicare claims. (The old cards will be accepted up until 12/31/2019). Please make sure that you have the new card with the unique ID and that you destroy the old card with the social security number on it.

If you did not get a new card, you can call Social Security Administration @ 1-800-772-1213 or visit your local Social Security office. You can also set up an account with social security by going to the SSA.gov website, scroll to the icon my Social Security and click Create an Account.

If you have lost your card or if it has been stolen, you can call Medicare directly at 1-800-633-4227 for a replacement card.

### Presentation by Paul Ramunni- "Accordion Stories From the Heart" Monday, April 6th No Charge 10:30am.

It may not have the allure of a guitar or a drum, but the accordion is held in high esteem for those who grew up listening to the sounds of this harmonious instrument. Paul Ramunni of North Canaan has taken his love of the accordion to a higher level. In 2011, he opened up the New England Accordion Museum in North Canaan, Connecticut.

Ramunni, an accountant and college professor, will be at the Prospect Senior Center on Monday, April 6, 2020 at 10:30am. to share with us his passion for the instrument and the history and stories associated with it.

He will bring several vintage and traditional instruments with him to the presentation. He will be sharing stories with us from his newly released book. The book provides a wealth of photographs and insights into the world and the people who play and listen to the musical instrument. Paul will also be performing several accordion songs.

If you are interested in being a part of this presentation here at the Senior Center, please sign up at the Senior Center. There is no charge for this presentation.

### Easter Passion Play St. Thomas Church

**99 Bristol Street, Southington, CT.**  
**Tuesday, April 7th \$6.00**  
**7:30pm. Departing at 4:30pm.**

The Passion Play is a dramatic presentation depicting the Passion of Christ: the trial, suffering and death of Jesus Christ. It is a traditional part of Lent in Christian denominations, particularly in Catholic tradition.

We will be attending the Easter Passion Play put on by St. Thomas Church in Plantsville, CT.

We will be meeting and leaving from the Senior Center at 4:30pm. There is no charge for the production. However, they do ask for donations. Therefore, we will collect \$6.00 from everyone to give as our group donation.

Our first stop will be at Bella Gio Restaurant in Cheshire for a quick bite to eat. **The cost of your meal is your responsibility.** After dinner we will continue on to St. Thomas Church for the Easter Passion Play performance. Seating for the play is on a first come, first serve basis.

We are limited to the number of people we can bring with us. If you are interested in attending with us, please sign up and PAY your \$6.00 donation as soon as possible. We cannot hold your seat without payment.

### A Presentation...

**The Benefits of Chiropractic Care for Seniors**  
**@ Prospect Senior Center**  
**Tuesday, April 14th 10:30am. No Charge**

Dr. Brandon David Cyr Sr. will be at the Prospect Senior Center on Tuesday, April 14, 2020 at 10:30am. He will be here to discuss The Benefits of Chiropractic Care for Seniors.

Dr. Cyr recently opened a practice in Oxford, Connecticut. His goal is to get seniors moving and functioning at an optimum level. Do not miss this opportunity to engage with Dr. Cyr as he has many demonstrations planned to share with you throughout his presentation. ALL attendees will receive an absolutely free consultation and treatment from Dr. Cyr.

If you are interested in attending, please call the Prospect Senior Center to register.

## March-April 2020 issue

### **A Presentation on The Beauty of Our National Parks**

**Presented by Ron Blanchard  
Wednesday, April 22nd 10:00am.**

Ron Blanchard, who is one of our part time bus drivers at the Senior Center, will be giving a presentation here on The Beauty of Our National Parks. Ron will speak on Wednesday, April 22, 2020 at 10:00am.

Ron is an award winning wildlife and nature photographer. His photographs are sold in numerous galleries in South Carolina and Connecticut and in many private galleries. Ron will be showing and discussing numerous photographs he took depicting the beauty of our National Parks.

In May of 2017 Ron and his lovely wife, Cindy travelled to Las Vegas Nevada and set out on an 18-day journey to photograph and visit the five National Parks of the Western United States. The images Ron captured and the story of their 18-day trek will be highlighted at this presentation. Ron captured beautiful images of the four National Parks as well as several State Parks, Monument Valley and the famous Antelope Canyon. All of which you will see at this presentation.

Come join Ron and Cindy on their exciting trip out West to see the Beauty of our National Parks. The presentation will be followed by questions from the audience. Light refreshments will be served at the conclusion of the program.

If you are interested in attending this wonderful and informative presentation, please call the Senior Center to register. Thanks to Ron's generosity, there is no charge for the program.

### **"Tastefully Simple" Tasting Party & Demonstration Hosted by Kathy Harris @ Prospect Senior Center**

**Thursday, April 2, 2020-No Charge-1:00pm.**

Tastefully Simple has been around since 1995. They are in the "partying" business. Their products are all made in the USA and only require 1 to 2 ingredients to prepare the items.

Senior member, Kathy Harris is a Tastefully Simple Party Consultant. She will be here at the Prospect Senior Center to demonstrate the company's products. There will be a lot to sample at this fun party.

She will also take orders from you at the end of the party, if you are interested in buying anything she demonstrates that day. Please call the Senior Center if you are interested in attending.

### **Self Image Presentation "Dress My Shape"**

**@ Prospect Senior Center**

**Monday, April 20th \$5 1:00pm. to 2:00pm**

Dressing appropriately for your body shape will not only have a beautiful, slimming effect (Who doesn't want that?) on you, but it will also allow you to take control of your style and begin heading down a style path you love.

A fashion stylist will be at the Prospect Senior Center on Monday, April 20th. from 1:00pm. to 2:00pm. She will help you to find the right fit for your body shape to make you look and feel amazing.

If you are interested in attending this presentation, you must register and PAY beforehand. Your place in the class cannot be held without payment. Class size is limited.

### **ION Bank Foundation**

#### **11th. Annual Community Awards Program**

The ION Bank Foundation is pleased to announce a Community Awards Program that allows their customers to decide how they award \$60,000 to local communities. Each year, the ION Bank Foundation receives numerous requests from local charities and non-profit organizations to assist them in meeting their funding needs. As a leading corporate citizen, they believe it is their responsibility to help the communities they live in. ION Bank values the opinions of their customers, therefore, they want to give each customer a chance to cast a vote for a local charity or non-profit organization they feel is deserving of grant money from their Foundation.

The 10th. Annual Community Awards Program is open to each ION Bank customer to cast one vote. Voting will take place from February 1, 2019 through March 31, 2019. You can vote online or obtain a paper ballot in any one of the bank's 15-branches. We encourage all of our members who are customers of ION Bank to cast their vote for the Prospect Senior Center.

The votes will be tabulated thereafter and the winners will receive a proportional share of the \$60,000 with a maximum award of \$5,000. New to the awards program this year, ION Bank will donate a minimum of \$25 to each non-profit organization for EVERY VOTE received up to \$60,000. Previously, non-profits would need to receive a minimum 1% of total votes to earn any money but that has changed this year to allow a reward for EVERY VOTE!

**This change in the program makes each and every vote especially important to the Senior Center this year.**

We are very excited about this opportunity that ION Bank is offering to organizations such as our Senior Center. If you are a customer of the bank, PLEASE consider casting your vote for the Senior Center. In previous years we were very fortunate to get awarded money from the bank. That money helped us sponsor many additional activities here at the Senior Center throughout the year. It has also helped us to keep our membership fees the same for the last few years. The monies have also helped us to maintain the same fees for many of our activities that we offer. This program has been a wonderful help to us. So, if you are an ION Bank customer, please cast your vote for the Prospect Senior Center. Thank you!

**IF YOU ARE AN ION BANK CUSTOMER,  
PLEASE...**

**CAST YOUR VOTE FOR THE  
PROSPECT SENIOR CENTER!**

### **Connecticut Cactus and Succulent Society 37th. Annual Show and Sale**

**@ Bristol Senior Center**

**240 Stafford Ave., Bristol, Ct.**

**Saturday, April 18th 9:30am.**

\*Free Admission to show & sale

\*Judged Show \*Auction \*Vendors \*Book Sales

\*Lectures & Demonstrations

We will be meeting and leaving from the Senior Center at 9:30am. Once at the show you will be free to explore the show on your own until 11:30am. At this time, we will board our bus for a lunch stop at the Polish Plate in Southington. We should be back at the Senior Center from this trip 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 bring with us.



## March-April 2020 issue

### **Tour & "Happy Hour" @ Southmayd Home Columbia Boulevard - Waterbury, Ct. Thursday, April 23rd No Charge Departing @ 2:00pm.**

For well over a century, Southmayd Home in Waterbury, Ct. has provided ladies around the greater Waterbury area residential living with assisted care at a more affordable price point than other options in the area.

Families who want their loved one to experience a more personalized residential care experience than the typical franchise facility have long seen Southmayd Home as a local jewel.

Southmayd is not a franchise like so many other facilities. It is independent from Medicare so as to ensure the choices made are in your best interest only.

Southmayd helps their house members by funding approximately half of their living costs. They can maintain affordable rates, even for those who receive no state assistance, because of subsidized funding. This funding is due in part to the legacies of many residents past and present, as well as generous community donors.

On Thursday, April 23, 2020 we will be visiting Southmayd for a short tour of their facility. Following the tour we will be enjoying a "Happy Hour" where you will be able to chat with some of their residents while enjoying a few cocktails and some lovely hors d'oeuvres.

We will be meeting and leaving from the Prospect Senior Center at 2:00pm. Our tour of the facility is scheduled for 2:30pm. The "Happy Hour" starts at 3:00pm. If you are interested in joining us, please sign up by calling the Senior Center.

### **AHEPA Dinner of the Month for April Featured Item This Month: Pork**

**Sponsored by...  
AHEPA Chapter 48  
@ Holy Trinity Banquet Hall  
Greek Orthodox Church  
937 Chase Parkway, Waterbury, Ct.  
Monday, April 27th \$30  
7:00pm. Departing @ 6:15pm.**

We will be attending this wonderful dinner that the AHEPA Chapter 48 of the Greek Orthodox Church in Waterbury puts on three times yearly. These dinners are so popular that they usually sell out! The dinners benefit their scholarship programs.

The dinner starts at 7:00pm. in the Holy Trinity Banquet Hall of the church located on Chase Parkway. The dinner starts out with a wonderful array of appetizers. The appetizers they offer usually include such things as clams casino, smelts, sausage, stuffed mushrooms, fresh fruit, antipasti, a cheese station and a pasta station for everyone to enjoy. The appetizers are followed by a delicious family style meal. An open bar offering wine and beer is available. Soda is also available. Dessert follows the meal. It is a wonderful event with a great group of people. Best of all, it benefits a very worthy cause.

If we go as a group, they have offered to reserve tables for us. We will be meeting and leaving from the Senior Center at 6:15pm. Or, if it is more convenient for you, you can meet us there. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

### **Taste of Korea: Korean Cuisine Full of Wisdom & Nature & Korean Culture Presentation Presented by Korean Spirit & Culture Promotion Project**

**Thursday, April 30th \$6 12noon**

Learn about Korean culture and enjoy a traditional Korean meal on Thursday, April 30, 2020 at 11:30am. when members from the Korean Spirit & Culture Promotion Project, dressed in their native attire, will be at the Prospect Senior Center.

70 percent of Korean foods are fermented, meaning that they have many health benefits. One example is Kimchi. Kimchi contains more than 100 times the probiotics of yogurt, which benefits the body in ways that you cannot even imagine.

The group will be here to demonstrate four traditional Korean dishes. After the demonstration you will enjoy a full, home-cooked Korean meal. The meal will consist of the following: Kimchi Salad • Rice with Mixed Vegetables (Bibimbap) • Soy Sauce and Honey Marinated Beef (Bulgogi) • Braised Soybean Curd (Dubu Jorim) • Sweet Potato Noodles with mixed vegetables (Japchae) Honey glazed walnuts • Ginger Cookie • Rice cake • Sikhye (Sweet Rice Punch).

The meal will be served on traditional Korean bronze ware table settings called Bangjja. Bangjja bronze ware is ancient form of Korean tableware. It is beautiful to look at, and very durable. The secret of its strength lies in using a unique ratio of copper and tin, which defies modern engineering standards. Moreover, Bangjja has beneficial health effects, enhancing the taste of food and counter-acting infections such as the lethal O-157 colon bacillus. Its anti-bacterial effects can help fight harmful bacteria.

In addition, if Bangjja comes in contact with food that is rich in heavy metal or pesticides, its color will stain. Bangjja can also help preserve beneficial vitamins and proteins for a longer period of time. In the early 21st century, the health benefits of Bangjja are once again gaining attention. Both beautiful and durable, producing beneficial minerals and neutralizing harmful substances, Bangjja is not merely a variety of dishware, but a tangible legacy of enlightened wisdom.

After the meal there will also be a screening of a short Korean film on Korean culture. Attendees who attend this presentation will learn a great deal about the Korean culture.

The Korean Spirit & Culture Promotion Project is a non-profit organization that is dedicated to raising awareness in the United States and in other countries, of Korean history and its' culture. It is a not-for-profit, non-government organization.

The group gives lectures and presentations on Korean history and culture for those who are interested in widening their perspective in this area. Their presentations are open to all citizens of the world.

If you are interested in joining us, please register and PAY to attend the class. We cannot hold your seat without payment. Class size is limited. Do not wait long to sign up.

We have had this presentation here before and it was a huge success. Don't miss out on this wonderful program!

## March-April 2020 issue

**Sally Ride-America's First Woman Astronaut**  
**Wednesday, April 8th \$8 10:30am.**

**Helen Keller – Champion of the Disabled**  
**Wednesday, May 13th \$8 10:30am.**

**Abigail Adams-America's First, Second Lady**  
**Thursday, July 9th \$8 10:30am.**

**Susan B. Anthony-Failure is Impossible**  
**Thursday, September 10th \$8 1:00pm.**

**Clara Barton-Civil War Nurse  
 and Red Cross Founder**  
**Thursday, November 5th \$8 1:00pm.**

**Performed by Sheryl Faye  
 @ Prospect Senior Center**

Sheryl Faye is a full-time actress, a goal she has worked her whole life to achieve. Besides performing portrayals of a variety of historical women for schools, libraries, historical societies, senior centers, and others, she also writes and performs with the Stage Coach Improv Company. She is busy working on films, television and theater throughout the Boston and New York area.

Sheryl's performances are engaging and spectacular. Her professionalism and research are evident in her portrayals of a number of historical women. Her performances humanizes these women by bringing the audience through the stages of their lives.

In her portrayal of Sally Ride, Sheryl takes you into the classroom where Sally Ride is glued to the classroom television as astronaut John Glenn blasts off into space. "I want to do that," she quietly says to herself, only to be reminded that girls can't be astronauts. They can't be a shortstop for the LA Dodgers either, another early aspiration of hers. Sally soon sets her sights on tennis, learning teamwork and good sportsmanship.

Sally's insatiable curiosity leads her to a passion for science. As she matures, she studies the wonders of the universe and finally, when girls can, she becomes America's first woman astronaut and a passionate advocate for the STEM programs in schools. Her compelling story will ignite your curiosity and inspire you to dream, dare and develop your own gifts and talents to the fullest, no matter what age you are.

The program on Helen Keller is written from Helen's mind eye. The story is told on a taped voice over as Helen reenacts her full life from her childhood through her discovery of language when she was seven years old to the writing of her twelve books. Helen shows how she speaks and reads in Braille. Her story continues through her graduation from college. This is one of the most unique programs that Sheryl offers. It will help you understand and accept the different ways people do the same things and inspires you to be the best that you can be with the talents that you possess no matter what age you are.

In her portrayal of Abigail Adams, you will learn that Adams is sometimes considered to have been a founder of the United States. She is now designated as the first Second Lady and second First Lady of The United States.

Adams's life is one of the most documented of the first ladies. She is remembered for the many letters she wrote to her husband while he stayed in Philadelphia, Pennsylvania and while he served during the Continental Congresses.

John Adams frequently sought the advice of Abigail on many matters, and their letters are filled with intellectual

discussions on government and politics. Her letters also serve as eyewitness accounts of the American Revolutionary War's home front.

In one of her more famous letters she implores her husband and his colleagues, all of whom were male, to, "...remember the ladies...If particular care and attention is not paid to the ladies, we are determined to foment a Rebellion, and will not hold ourselves bound by any laws in which we have no voice, or Representation."

In her portrayal, the story Sheryl tells of the First Lady starts off as an adult. It then goes back through Abigail's childhood and then back to an adult again. It is a fascinating portrayal of this historical woman.

In her portrayal of Susan B. Anthony, you will get an inside glimpse of this incredible, women's rights activist. Anthony devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history. She played a prominent role in the women's suffrage movement, the 19th. Amendment, which gave women the right to vote and she also was in support of women's labor organizations. She was a huge advocate of the right of women to own property.

In 2020 we celebrate not only 100-years since the ratification of the 19th. Amendment, but we also celebrate Susan B. Anthony's 200th. birthday! Join us and find out more about this fascinating woman!

Sheryl Faye's portrayal of Clara Barton is an excellent program! From the time she was old enough to be a nurse within her own family, Clara's life was dedicated to helping others.

Clara accepted no pay as she taught poor children whose parents had no money to send them to school. She raised warehouses full of food, medicine and clothing during the Civil War, and then courageously went to the front lines during the war to nurse the wounded and dying. Finally she started the American Red Cross which is her legacy today. She was truly an inspirational woman.

If you are interested in attending any one of these delightful and informative presentations, please sign up and PAY as soon as possible. We cannot hold your place without payment.

Sheryl has been to the Senior Center several times in the past. She has portrayed Laura Ingalls, Eleanor Roosevelt and Amelia Earhardt. Everyone who has attended her performances here has raved about her presentations and asked that we bring her back again. You don't want to miss this one woman show!

### Janine Mangiamele-Medium Group Readings Tuesday, April 14th \$30 12:30pm. to 2:00pm.

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 Tuesday, April 14, 2020 from 12:30am. to 2:00pm. 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.

## March-April 2020 issue

### **Connecticut Gay Men's Chorus Spring Concert @ The Katherine Hepburn Cultural Arts Center (The Kate) 300 Main Street, Old Saybrook, CT Sunday, April 26th \$35 4:00pm. Departing @ 1:00pm.**

The Connecticut Gay Men's Chorus was founded in 1986. It was the first organization of its kind in Connecticut. They are proud to be a part of Connecticut's LGBT history.

The chorus continues to inspire other arts-based community organizations around New England. Under the leadership of Artistic Director Greg McMahan, the group is proud to maintain its high level of performance standards while maintaining its signature blend of humor and personality.

For their Spring concert on Sunday, April 26, 2020 the Chorus will be crossing the pond to explore British hits that have topped the charts for decades. It's the best of the Brits, from David Bowie, The Who to Adele and the Spice Girls!

This group puts on a fantastic production. We will be attending the concert this Spring. We will be meeting and leaving from the Prospect Senior Center at 1:00pm. Our first stop will be at the Parthenon Diner for lunch. It is only a few minutes away from The Kate. **The cost of your lunch is your responsibility.** After lunch, we will proceed to the theater for the concert.

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 at the Senior Center from this trip by about 7:00pm.

### **Stained Glass Window Tour @ St. John's Episcopal Church Waterbury Town Green**

**Monday, April 13th \$5 Departing @ 10:00am.**

We will be visiting St. John's Episcopal Church on the Green in Waterbury to view their beautiful stained glass windows. Lorraine Barker, from the Church, will be our tour guide that day. She is excited to host our group in this historic sacred space.

As you approach the Church building from East Main Street, you will see their dramatic Rose Window. Lorraine will narrate our tour of this dramatic window and all the other beautiful stained glass windows within the Church. Included in the tour you will also see and learn about the five, double-paneled, Tiffany windows in this historic building.

If time and weather permits you will also be able to tour their Labyrinth in their Close. It was originally built in 2004 and has recently been refurbished.

After our tour we will be making a lunch stop at Signatures Restaurant also in downtown Waterbury. The cost of your meal is your responsibility.

Lorraine looks forward to sharing the beauty and the history of this beautiful church's space with us. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. The cost of this trip will go towards a donation to the Church. We should be back at the Senior Center from this trip by about 2:00pm.

### **Author, Gerald Labriola Presentation @ Prospect Senior Center**

**Thursday, April 2nd No Charge 10:00am.**

Gerald "Jerry" Labriola, a Yale graduate, is an American mystery writer, crime analyst, physician for 35-years and an assistant professor at the University of Connecticut Medical School. In 1994 he ran as the Republican nominee against Democrat Joe Lieberman, losing to the incumbent. He has also run for Governor of Connecticut and has served as a Connecticut State Senator.

He is the author of fifteen mystery novels and coauthor of four books with renowned forensic scientist, Dr. Henry Lee, in which they examine well-known criminal cases, including Sacco-Vanzetti, Lindbergh, Sam Sheppard, JFK, O.J. Simpson, JonBenet Ramsey, Scott Peterson, Elizabeth Smart, and Phil Spector.

Labriola writes full-time and is a member of the Mystery Writers of America and of the International Association of Crime Writers. He lectures extensively on mystery and true crime issues and conducts workshops on the elements in his novels.

He will be at the Senior Center on Thursday, April 2, 2020 at 10:00am. He will be speaking to us about his novels, the writing process and the research involved in his book writing. The Prospect Senior Center Book Club, under the direction of Marie Delage, is sponsoring this event.

After the presentation, Mr. Labriola will take questions and sign copies of his latest book, if you are interested in purchasing a copy. If you would like to partake in what promises to be a very interesting program, please sign up as soon as possible. This should be a very popular program.

### **SCSU Department of Music Concerts Presents...**

**"The Great American Songbook"  
@ John Lyman Center for the Performing Arts  
SCSC - New Haven, Ct.**

**Sunday, April 26th \$5  
3:00pm.-Departing @ 2:00pm.**

Join the Southern Connecticut State University Concert Band for a concert featuring the best known works from Broadway to the silver screen. The Great American Songbook comprises standards by George Gershwin, Cole Porter, Irving Berlin, Jerome Kern, Harold Arlen, Johnny Mercer, and Richard Rodgers, among others. Come and hear some of the 20th. century's most popular and enduring songs.

We will be meeting and leaving from the Prospect Senior Center at 2:00pm. The concert starts at 3:00pm. and should be over by about 4:30pm.

After the concert we will stop at Katz's Deli for a quick bite to eat. The Deli is on our way back to Prospect. **The cost of your meal is your responsibility.** We should be back in Prospect from this 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. The cost of this concert helps to support Southern Connecticut State University students who struggle with financial burdens.





## JOIN DAN LOVALLO ON VIKING'S RHINE GETAWAY PRESENTED BY SYNNOTT TRAVEL, LLC.

Come Cruise the Rhine River from Amsterdam to Basel aboard the *Viking EINAR Experience*

*Amsterdam with its beautiful canals; Kinderdijk's historic Windmills; Cologne's World Renown Gothic Cathedral; Koblenz's Marksburg Castle; Middle Rhine Scenic Cruising; Rudesheim; Heidelberg with visit to the Castle; Speyer; Strasbourg Highlights; Breisach- The Black Forrest, & Basel Switzerland.*

Includes 6 guided tours with audio headsets; 5 UNESCO World Heritage Sites; Cultural Curriculum Classic Music Performance; learn to create your own Alsatian *flamfmkuchen*; observe traditional glass blowing; attend lectures of Germany's current affairs and origins of Rhine River Cruising. All meals during cruise including Beer & Wine with Lunch & Dinner; Free Wi-Fi onboard the ship; transfers and Taxes when taking Viking Air. Air is included out of Hartford Bradley- taxes are included but subject to change until trip is paid in full.

### SPECIAL GROUP PRICES

April 28, 2020 – May 6, 2020 9 Days

**CATEGORY E \$3949.00\*    CATEGORY D \$4249.00\***  
**CATEGORY C \$4499.00\*    CATEGORY B \$4,699.00\***  
**CATEGORY A \$4849.00\*    CATERGORY AA SUITE \$6379.00\***

\*\*\*\*\* DEPOSIT IS: \$1000.00 PER PERSON. FINAL PAYMENT DUE 10/01/2019

#### CANCELLATION PENALTIES AS FOLLOWS:

CANCEL MORE THAN 121 DAYS TO DEPARTURE- PENALTY IS 100.00 PER PERSON; CANCEL AFTER 28 DECEMBER 2019- 20% OF PACKAGE; CANCEL AFTER 27 JANUARY 2020-35% OF PACKAGE; CANCEL AFTER 15 FEBRUARY- 50% OF PACKAGE; CANCEL AFTER 6 MARCH 2020- 75% OF PACKAGE; CANCEL AFTER 18 MARCH 2020-THERE IS NO REFUND. YOU CANNOT TRANSFER PACKAGE TO SOMEONE ELSE. ONCE AIR TICKETS ARE PURCHASED- THERE ARE NON REFUNDABLE. TRIP PROTECTION IS HIGHLY RECOMMENDED TO AVOID ABOVE PENALTIES FOR CANCELLATION DUE TO A COVERED REASON. IN THE UNLIKELY EVENT THAT DAN CANNOT GO- THAT WOULD NOT BE A COVERED REASON TO CANCEL AND GET REIMBURSED FROM THE CRUISE LINE OR INSURANCE COMPANY. PLEASE CALL FOR RATES & DETAILS.

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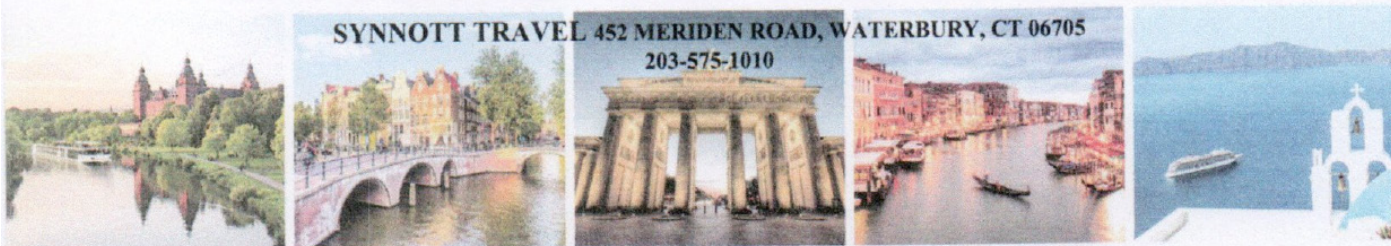
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## March-April 2020 issue

### **West Point Dress Parade & Tour With Lunch @ Hotel Thayer 1207 New South Post Rd, Highland Falls, NY. Saturday, April 25th \$107 Departing @ 7:00am.**

Today we will be meeting and leaving from the Prospect Senior Center at 7:00am. We will be traveling on a motor coach bus to West Point Academy located on the banks of the Hudson River.

The United States Military Academy's mission is to educate, train and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor and Country. Cadets are prepared for professional careers dedicated to excellence and service to the nation as an officer in the United States Army. The Academy provides a superb four-year education, with focuses on the leader development of cadets in the academic, military, and physical domains, all underwritten by adherence to a code of honor.

The Academy invites you to view and experience one of the time honored, famous traditions at West Point—their spectacular, full-dress cadet parade. The parade is a colorful review by the Corps of Cadets conducted with great pomp and circumstance on the parade grounds. The Cadets march in full uniform, in cadence with military music, presenting arms in unison.

The parade takes place at 11:00am. After the parade we will enjoy a tour of the Academy featuring Cadet Chapel, Trophy Point and the Hudson River Lookout and the Plain. You will enjoy breathtaking vistas of the Hudson Highlands, one of the most scenic spots in the Northeast.

This will be a combination bus and walking tour with a step on guide joining us on our bus. Our guide will tell us the story of West Point, its role in the Revolution, its famous history along with stories about the graduates who shaped our nation. The tour will help you understand the cadet experience and West Point's continuing role in training tomorrow's leaders.

Following the tour we will be having lunch at the Hotel Thayer for a bountiful buffet. You will enjoy a wonderful assortment of salads, hot and cold entrees and delicious desserts. We are anticipating being back in Prospect by about 8:00pm. from this trip. That all depends on traffic that day, however. If you are interested in joining us on this trip, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

### **Game Clinic & Pizza Lunch @ Prospect Senior Center Sponsored by Mathnasium of Naugatuck Valley 1249 West Main Street, Waterbury Monday, April 27th No Charge 10:30am.**

Mathnasium of Naugatuck Valley has been offering math tutoring and math homework help to students in the Naugatuck Valley community since 2013. Their expert math staff is passionate about helping math students of all ages improve and excel in math through both year-round and summer math programs.

Maggie Tremaglio, owner of Mathnasium of Naugatuck Valley, has offered to come to the Senior Center and sponsor a fun Game Clinic for Seniors. Games are a great way for seniors to exercise their minds. Playing games has been shown to help in achieving brain-boosting results. Maggie will be bringing a number of games with her to challenge your minds while you enjoy socializing with your friends.

We will be playing from 10:30am. to 12noon. At this time we will finish up so that we can enjoy a pizza lunch. There will be no charge for the pizza. If you are interested in participating, please sign up beforehand. We are limited to the number of people that can participate.

### **Stars of the Grand Ole Opry @ Aqua Turf - 556 Mulberry St. - Plantsville, Ct. Tuesday, April 28th \$62 Departing @ 10:30am.**

The all star cast of the Jubilee will be performing the music of the great stars of the Grand Ole Opry. You will hear music from Roy Acuff, Patsy Cline, Tammy Wynette, Ray Price, George Jones, Merle Haggard, Charlie Pride and Porter Wagner.

The show will also feature the Australian sensation, Jennifer Simmons. Jenny has traveled around the world and performed with many of the Opry stars. The new male vocalist for the Jubilee is Doug Driesel. Doug is a phenomenal singer with a 5-octave voice range.

The Jubilee show features: Branson's funniest comedian and world class fiddler-Doofus Doolittle. "Doof" is a champion fiddle player and world class violinist. He has performed with many legends and will be sharing stories from his experiences with such artists as: Mel Tillis, Roy Clark and Ray Price. This is a wonderful show if you like country music and good clean entertainment.

Prior to the show you will enjoy a delicious family style meal. The menu consists of tossed salad, penne pasta, baked scrod and baked ham, rolls and butter, vegetable and potato, dessert, coffee and tea.

We will be meeting and leaving from the Prospect Senior Center at 10:30am. The event starts at 11:00am. and ends at 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. **Meal taxes and gratuities are included in the cost of this package.** If you plan on driving up on your own to the Aqua Turf, please let us know when signing up.

### **Hartford Yard Goats @ Dunkin Donuts Park - Hartford, Ct. Wednesday, April 29th \$12 9:15am. vs. New Hampshire Fischer Cats Wednesday, May 20th \$12 9:15am. vs. Erie Sea Wolves Thursday, May 28th \$12 9:15am. vs. Bouie Bay Socks**

Dunkin Donuts Park is a 6,000-seat baseball facility in downtown Hartford, Ct. It opened in 2017. We have attended games here for the last several years and they have become a popular and fun destination for our Seniors.

We will be visiting the park for three different Yard Goats games in April and May. All of the games start at 10:35am. The cost for your ticket for each of the games is \$12. For this price, you will also get a hotdog, chips and a bottle of water to enjoy during the game.

We will be meeting and leaving from the Senior Center at 9:15am. We will be traveling to Dunkin Donuts Park in our mini bus. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

### **LOL Comedy Night @ The Prospect Fire House Route 69, Prospect, Ct. Sponsored by The Prospect Fire Department Ladies Auxiliary Saturday, April 4th 7:00pm-9:00pm \$25 Tickets available by calling: Linda (203-758-4516) or Claudia (203-206-0760)**

## March-April 2020 issue

### **Colorblends House and Spring Garden Open House & Artist's Reception** **Saturday, April 25th No Charge** **Departing at 9:15am.**

Nearly 25,000 tulips, daffodils and other spring-bulb flowers burst into bloom each year at the Colorblends House & Spring Garden in Bridgeport, Ct. Colorblends is an American flower bulb wholesaler.

The spring garden at Colorblends is designed as both a destination and an educational experience. The garden is a collaboration between Colorblends and Dutch designer Jacqueline van der Kloet, one of the most exciting bulb designers working today.

The gardens are designed to show what is possible with bulbs. Whether you want to brighten your front walk, backyard or vegetable garden, whether you want to plant 200 bulbs or 2000, the Colorblends spring garden will show you how to create a great spring display. The plantings exhibit the range of choices in spring-flowering bulbs and give you ideas on where to plant in your own gardens.

Flower blooming is dependent on the weather, of course. But, daffodils usually begin to bloom toward the end of March. Tulips start around the middle of April. Exact timing varies depending on winter and spring weather.

During our visit you should be able to see thousands of blooming daffodil tulips in the gardens. Walking paths meander through the flower-infused half acre, which sits in the heart of Bridgeport's Stratfield Historic District. The garden also shows how you can attract birds, bees and other wildlife to your yard.

The property includes Colorblends House, a spring-yellow 1903 Colonial Revival mansion with white pillars, porches and a towering front portico. The house was built in 1903 for Albert S. Wells, general superintendent of the Bridgeport Malleable Iron Company.

On Saturday, April 25, 2020 Colorblends will be hosting their annual Open House with an Artist's Reception. They are optimistic that the sun will be shining and the breezes will be warm that day. They invite you to come by to enjoy the beauty of the garden, the grandeur of the historic house, and mingle with artists participating in the art gallery in the house that day. Light food and beverages will be served.

We will be meeting and leaving from the Senior Center at 9:15am. Once at Colorblends, we will give you until 12:30pm. to wander through the gardens and the house on the property. You will also be able to purchase bulbs and flowers at that time if you wish to.

At 12:30pm. we will board our mini bus for our return trip back to the Senior Center. We should be back in Prospect by about 1:15pm. If you are interested in joining us, please sign up and as soon as possible. We are limited to the number of people we can bring with us that day.

### **"World of Quilts" Quilt Show @ WCSU** **43 Lake Avenue Extension, Danbury, Ct.** **May 2nd 10:00 - 4:00pm. \$10** **Departing @ 9:00am.**

World of Quilts was the impetus for the formation of the Northern Star Quilter's Quilt. What started as a small show to raffle a quilt and raise money to support the local American Field Service has grown into a large event that helps promote the art of quilting.

A World of Quilts is held the first weekend in May of each year. The show typically has on display more than 400-quilts including about 200-registered quilts, a charity raffle quilt, invitational displays by nationally recognized quilters, and displays by the group's special interest groups (SIGs) as well as quilts made during the year as part of NSQG activities. Additionally, there are 30+ vendors, demonstrations, and presentations by keynote speakers.

A World of Quilts helps NSQG maintain its purpose of promoting interest in and encouraging participation in the art of quilting, while stimulating and coordinating the efforts and talents of individuals interested in quilting. Proceeds from the raffle quilt support a chosen charity, other funds raised support the educational activities of NSQG that in turn help to keep the art of quilting flourishing.

This year the Quilt Show will be held at the O'Neill Center at Western Connecticut State University in Danbury, Ct. We will be meeting and leaving from the Prospect Senior Center at 9:00am. Once we get to the Quilt Show you will be free to explore the show on your own, at your own pace until 1:00pm.

At this time we will board our mini bus for our return trip back to Prospect. We should be back at the Senior Center from this trip by about 2:00pm.

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

### **Beyond the Stairway - Homicides or Accidental Deaths?**

**Sponsored by Henry C. Lee  
Institute of Forensic Science  
University of New Haven  
300 Boston Post Road, West Haven, Ct.  
Friday, April 24th \$25**

**8:30am.-4:30pm. Departing @ 7:30am.**

Dr. Henry C. Lee, Founder, Professor Timothy Palm-bach, Chair of Forensic Science and Dr. Michael Baden, former Medical Examiner, will be the speakers and presenters at this one-day seminar.

Case studies on difficult death investigations involving bodies found on stairways will be presented and discussed by these three prominent figures in criminal investigating. Is it a homicide? Is it an accidental fall? Is there a criminal case? They will examine the difficulty in determining the cause and the sequence of events in these types of cases.

This should be a fascinating presentation given by this very reputable and seasoned investigating team. If you are interested in attending, please register and PAY by calling the Senior Center or stopping in. We cannot hold your place without payment. We will leave from the Senior Center at 7:30am. for this one-day seminar.

### **All About... On With Life (OWL)**

On With Life (OWL) is a social group for people 60+ who are with or without partners due to death or divorce. If you are finding it difficult to move on with life after being uncoupled, we would love to have you attend one of our events. We hope to provide social options not available elsewhere.

If you would like to know more about OWL, check us out on Facebook at [facebook.com/cheshireowl](https://www.facebook.com/cheshireowl) and see what's happening. You can also email the group representative at [CheshireOwl2020@gmail.com](mailto:CheshireOwl2020@gmail.com).



## March-April 2020 issue

**Albany Tulip Festival**  
**Washington Park - 1 New Scotland Ave.**  
**Albany, NY**  
**Saturday, May 9th \$25**  
**Departing @ 7:00am. SOLD OUT**  
**Additional Trip Added...**  
**Sunday, May 10th \$25**  
**Departing @ 7:00am.**

The Tulip Festival is Albany's signature spring event. The festival is rooted in the city's rich Dutch heritage. You will find nearly one hundred artisans selling their handmade crafts, a fine arts show, delicious food, two stages of world-class live entertainment and more than 140,000-tulips in 150-different varieties. The Tulip Festival is a sparkling showcase of local culture and business. It all takes place in historic Washington Park, the 81-acre "crown jewel" of the City.

We have added a second trip on Sunday, May 10th. The original trip we planned for Saturday, May 9th, has sold out. For the Sunday trip we will be meeting and leaving from the Prospect Senior Center at 7:00am. We should be at the festival by about 9:00am. Our mini bus will park at the Albany Medical Center where there will be festival shuttles taking people the remainder of the way to Washington Park where the festival is being held.

Once at the festival you will be free to enjoy the tulips, craft vendors, entertainment, art show and food until 1:00pm. At this time you will take the festival shuttle back to the Albany Medical Center where our mini bus will be waiting to bring you back to Prospect. We should be back in Prospect between 3 to 4:00pm. This is dependent on traffic that day, of course.

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

**Medicare Fraud Presentation**  
**Presented by the Senior Medicare Patrol**  
**& "My Mixed Grill" Food Truck Event**  
**Tuesday, May 26th 10:30am.**

Audrey Cole, Volunteer Coordinator for the Senior Medicare Patrol at the Western Connecticut Area Agency on Aging, will be at the Prospect Senior Center on Tuesday, May 26, 2020 at 10:30 am. Audrey will be providing us with information on the Senior Medicare Patrol. If you are a Medicare beneficiary, this is a program that you'll want to attend!

Medicare fraud costs taxpayers over \$60 billion each year. It can take many forms including, but not limited to, consumer scams, fraudulent billing and unscrupulous actions by insurance companies.

The mission of the Senior Medicare Patrol (SMP) is to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling and education.

The SMP program is federally funded by the Administration of Community Living (ACL) and is available nationwide. In Connecticut, SMP is operated by the State Unit on Aging. The Area Agencies on Aging are private, not-for-profit organizations which serve the needs of older adults and individuals with disabilities. SMP counselors provide education and assistance with advocacy to individual Medicare recipients. They also assist Medicare beneficiaries identify, report and prevent Medicare fraud, abuse and waste.

In addition to providing general information on the Medicare program, the Senior Medicare program also alerts beneficiaries to current scams and helps beneficiaries identify whether they have become a victim of a scam. SMP can assist in reporting a scam and advocating on

behalf of a victim of a scam. SMP also offers one-on-one counseling and assistance to Medicare beneficiaries to help them read their Medicare Summary Notices, review their cases and understand billing and other paperwork.

The Senior Medicare Patrol is a valuable resource for seniors who want to avoid falling prey to Medicare fraud and abuse. At this presentation, Audrey will answer your questions on the Medicare program and on Medicare fraud and abuse. She will also provide information on current Medicare scams. At the conclusion of the program, she will distribute hand-outs and a number of door prizes will be awarded.

To add to the event, "My Mixed Grill" food truck will be stationed outside the Senior Center to provide program attendees, if they so desire, a tasty, reasonably priced lunch (AT YOUR OWN COST). The "My Mixed Grill" menu features burgers, salads and sandwiches as well as daily specials.

If you are interested in attending this very informative program, please sign up with the Senior Center as soon as possible as both the presenter and the food truck will need a final count prior to the event.

**The "Sick" Plant Clinic**  
**@ Prospect Senior Center**  
**Wednesday, May 20th No Charge 10:30am.**

Keeping ornamental plants in your home increases memory retention and concentration. The calming influence of plants is conducive to increasing a person's ability to concentrate on tasks at hand. Work performed under the natural influence of ornamental plants is normally of higher quality and completed with a much higher accuracy rate than work done in environments devoid of nature.

What good will it do you, however, if you are in the company of a sick plant or plants? What should you do if the leaves of your plant are turning yellow? Why are the leaves on the plant wilting? Why are the leaves falling off? Why are the leaves brittle and crinkled? Why is there mildew on the leaves?

Proper diagnosis of your plant is a critical step to bringing it back to good health. Before you can establish what control strategies should be taken, you must first determine the exact culprit that is making your plant sick. This can be difficult and confusing at times.

This is where our "Sick" Plant Clinic will be of help to you. This event will be hosted by Senior member, John Cookson. John has been in the landscaping, nursery and florist industry for many years.

The clinic will be held on Wednesday, May 20, 2020 at 10:30am. The program is aimed at helping you get answers and help for your "sick" plants and to answer any of your gardening questions.

If possible, you should bring your whole "sick" plant to the clinic for John to examine. He will offer you advice on what is making your plant sick and hopefully, how to make it better. He will recommend ways to treat your plant to help in preventing the problems you are experiencing with your plants.

John will also give a demonstration on repotting plants. If you have a plant that needs to be repotted correctly, bring it with you to the clinic. Also, bring along a new pot to repot it in. John will provide all the other materials needed to repot your plant and do the work for you.

If you would like to attend this informative, fun-filled presentation, you must sign up in advance. There is no charge to attend due to John's generosity. John might even bring along some "give-aways" for some lucky participants to take home with them! Don't forget to register in advance.

## March-April 2020 issue

### Annual ION Bank/Naugatuck SPRING Street Festival Sponsored by ION Bank & Borough of Naugatuck

**Saturday, May 16th No Charge  
3:00pm. to 9:00pm. Departing @ 2:30pm.**

The Borough of Naugatuck will be holding its annual Spring Street Festival on Saturday, May 16, 2020 from 3-9 p.m. The spring festival brings together folks from across the region for live music, food, drink, fun and perhaps a bit of dancing in the streets.

Church Street will be closed to traffic to showcase local restaurants, shopping, civic groups and entertainment. There will be activities for young and old alike. Relax on the tables that line the center of the street to people watch or listen to the sounds of Parkway Diner (Billy Joel Cover Band) and the Rubber City Blues Band.

We will be meeting and leaving from the Prospect Senior Center at 2:30pm. Once at the festival you will be free to wander on your own until 7:00pm. At this time we will meet at a designated area to pick up our mini bus for our return trip back to Prospect.

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.

### Kittery Premium Outlets "America's Main Street for Shopping" 375 US Route 1 - Kittery, Maine Thursday, May 7, 2020-\$20 Departing @ 6:30am.

Kittery Premium Outlets are located in Kittery, Maine. This famed outlet shopping district has about 120-outlet stores. It is often referred to as "America's Main Street of Shopping" because the outlet stores go from one end of Main Street to the other. The stores offer savings of 25% to 65% off every day.

We will be traveling to the Outlets on Thursday, May 7, 2020. We will meet and leave from the Prospect Senior Center at 6:30am. We will be traveling on our mini bus. It is about a 3.5 hour drive to the outlets. We will have a restroom stop along the way to our destination.

We should be at the Outlets by about 10:00am. Once there, you will be free to browse, shop and have lunch on your own until 2:30pm. There are a number of food establishments located along Main Street where you can choose to have your lunch. **The cost of your lunch is your responsibility.**

At 2:30pm. we will board our bus for our return trip back to Prospect. We should be back in Prospect by about 6:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

**Directory of Stores:** Adidas, Aeropostale, Aldo Shoes, American Eagle Outfitters, Ann Taylor, Bag N Baggage, Banana Republic, Barbour, Bass, Bose, Brookstone, Brooks Brothers, Calvin Klein, Champion, Chico's, Christopher & Banks, Clarks Bostonian, Cole, Company Store, Cosmetics Company Store, Go, Calendars, Games & Toys, Haan, Columbia, Crocs, Dressbarn, DXL Destination, Easy Spirit, Ecco, Eddie Bauer, Famous Footwear, Gap, Hanna Andersson, Hanes, New Balance, J. Crew, J. Jill, Jockey, Johnston & Murphy, Kittery Trading Post, Lane Bryant, Levi's, Loft, Lucky Brand Jeans, Luggage Loft, lululemon athletic, Motherhood Maternity, Movado, Naturalizer, Nautica, Nike, Old Navy, Orvis, Pac Sun, Perfumania, Polo Ralph Lauren, Reebok, Rue 21, Saucony, Sports Stop, Sun Glass Hut, Talbots, The Maine Collection, Tommy Hilfiger, Toys R Us, Tumi, Under Armour, Uniform Destination, Van Hausen, Wilsons, Leather, Zumiez,

### Suburban Garden Club Plant Sale Congregational Church Green - Cheshire, Ct. Sat., May 9th No Charge Departing @ 7:00am.

The Suburban Garden Club of Cheshire will hold its Annual Plant Sale on the Congregational Church Green in Cheshire, Ct. on Saturday, May 9, 2020 from 7:00am. to 12noon.

The sale features a tremendous selection of member-grown perennials and annuals as well as other special plants obtained from area growers and a tag sale of gently used garden-related items. Shoppers arrive early and come back year after year to purchase quality plants that have been carefully nurtured by Club members.

This plant sale is the primary fundraiser for the group. Proceeds from the sale enable the club to make a positive contribution to the community through numerous charitable and civic activities. In addition to offering college scholarships to area students pursuing degrees in horticulture or environmental studies, club activities include planting and maintaining gardens at the Moore House Senior Center, The Hitchcock Phillips House Historical Society, The Cheshire Public Library and the Yellow House Youth Center.

Club members also provide floral arrangements to patients at Connecticut Hospice and conduct garden therapy programs for area seniors. Proceeds are also used to conduct programs for Club members and the public that focus on increasing the knowledge of and interest in gardening as well as awareness of environmental issues.

We will be meeting and leaving from the Prospect Senior Center at 7:00am. Once at the Plant Sale we will give you until 9:00am. to shop and browse at your leisure. At 9:00am. we will leave the plant sale for a breakfast stop at Grace's Restaurant. **The cost of your breakfast is your responsibility.** We should be back in Prospect from this trip by about 11:30am.

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. Please bring containers with you (cardboard boxes, plastic tubs, etc.) to put your plants in on the bus. We don't want them tipping over on you on the way home.

### Englebert Humperdinck & Tom Jones Tribute Show @ the Log Cabin - Holyoke, MA. Monday, May 11th \$80 9:30am. Departing @ 7:30am.

Enjoy the beautiful views overlooking Mt. Tom at the elegant Log Cabin Banquet Facility. Upon arrival you will be served a delicious Signature Brunch Menu of assorted juices and Mimosas, Belgian waffle wedges, maple cinnamon buns, chef made to order omelets, scrambled eggs, sausage, bacon, French toast with maple syrup, buttermilk pancakes with toppings, eggs benedict, home fried potatoes, pasta bar, salad bar, pasta salad, shrimp cocktail, fruit salad, beef, chicken, fish entrees, assorted pastries and desserts, coffee and tea.

After your lunch you will enjoy a delightful Englebert Humperdinck & Tom Jones Tribute Show with entertainer, Joe Sampieri.

This event starts at 9:30am. and ends at 12:30pm. We will be meeting and leaving from the Prospect Senior Center at 7:30am. We will be traveling on our min buses to this event. We should be back 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.

## March-April 2020 issue

### Taste of New Haven Guided Food Tours

We have scheduled a number of guided food tours for the next few months. These tours are based out of New Haven. We have done a few tours of this type before and they have always been a great success. With the nicer weather coming soon, we will be offering a few of these tours again.

Each of the tours is chock full of local history, architecture, culture, sights, sounds and of course great food and drink! The entire distance you will be walking for all put one of the tours is just a little less than one mile. The distances from restaurant to restaurant are not very long, however. You will be able to eat, rest and recuperate at each food stop before going on to the next stop.

The charge for the tours is all inclusive of your food, wine, non-alcoholic beverages, tour guide, and tax and gratuity at all the food stops.

Following are the tours we have scheduled:

#### Goatville Tour

**Tuesday, May 19th \$80**

**11:00am. to 3:00pm. Departing @ 10:15pm.**

The Goatville Food Tour heads to upper State Street. Here you will be delighted to find an intact commercial district just outside of Downtown New Haven. The district is full of restaurants, shops and lore. Your day starts off in the morning with some tasty treats at Chestnut Fine Foods, a neighborhood staple restaurant and caterer. It's a hop, skip and a jump over to Marjolaine for a taste of French style pastries. You will then proceed across the street to the famous Modern Apizza to try one of New Haven's best pies and locally made soda. Then you will head next door to Christopher Martins for a sandwich, salad and a beer tasting.

The tour next ventures a little into the residential neighborhood where you will be able to absorb the architecture and history of the neighborhood.

You will then spice it up at Mezcal for a taste of regional Mexican food and a tasting of mezcal, a type of tequila cocktail. You will finish your journey off at Oak Haven for a dessert and wine tasting.

#### Latin American Tapas Tour

**Wednesday, June 3rd \$80**

**2:00pm. to 6:00pm. Departing @ 1:15pm.**

Join us on a Latin American themed culinary tour around Downtown New Haven. You will be sampling small plates of food from a variety of nationalities. La comida, or food, shows off the city's diverse Latino culture.

We will start with an Iberian wine tasting at The Wine Thief. Next we cross over to Soul de Cuba for a Cubano sandwich and a mojito. Next we will spice it up with Nuevo Latino cuisine featuring a duck quesadilla and a caipirinha at Pacifico.

The tour rounds off back to the motherland of Spain at Barcelona for traditional tapas and sangria.

#### Theater District Food Tour

**Wednesday, July 22nd \$80**

**11:00am. to 3:00pm. Departing @ 10:15am.**

Foodie's will be delighted by this central Downtown New Haven culinary walking tour. Located in the heart of New Haven in the shadow of the great Shubert Theater, this tour takes us from one amazing restaurant to the next as we meander through the courtyards of Yale University. The stops include some of the City's best eats. We pre-dine with wine at The Wine Thief, then voyage to Bar for phenomenal pizza and locally-made beer, take a trip to Soul de Cuba for Cubano sandwiches and mojitos, digest it all on a stroll through Yale, land back at Cask Republic for a beer and some Gastro Pub fare, and finish it off with the tastes of Spain with tapas and sangria at Barcelona.

### Trick or Eat Spooky Tour

**Thursday, October 8 \$80**

**3:00pm. to 7:00pm. Departing @ 2:15pm.**

Get ready to taste the parts of New Haven that come from the depths of your nightmares. This walking tour will make even the darkest demons hungry. It's a tour that will please the most sinister of impulsive appetites. During the tour you will hear mind-bending tales and travel to known haunted sites, ancient cemeteries, eerie basements and fabled Yale secret societies. You may even have a few visitors popping in along the way!

Besides the copious amount of flesh you will be feeding on, your path will lead you to a coven of tasty bites, toothy tastes, and blood-thirsty concoctions.

Stops along the way include Zafra Rumber and Cuban Restaurant for scary good Cubano sandwiches, yuca fries and mojitos, Yorkside Pizza & Restaurant for gluttonous amounts of Greek food, pizza and beer or wine, Cask Republic for a mixed plate of pesto mac & cheese, pretzel bites, a Cubano enchilada and a bloody Bloody Mary. You will finish your evening in the bowels of a historic hotel, with a cocktail and party at Ordinary! Survivors of this tour walk about 1.5 miles total.

### WEBS-America's Yarn Store & the Northampton Wools Store 75 Service Center Road, Northampton, MA. Wednesday, May 13th 8:30am. \$5

WEBS- America's Yarn Store is located in the picturesque Pioneer Valley of western Massachusetts. A second-generation, family-owned business, WEBS has been the destination for knitters, weavers, and spinners for over 36-years. You will get lost in their 15,000-square foot warehouse. When mills close and yarns get discounted, WEBS purchases closeouts and passes on the incredible savings to the shoppers. You can wander the aisles and fill your shopping carts with amazing yarns at unbeatable prices.

We will be meeting and leaving from the Senior Center at 8:30am. We should be at our destination by 10:00am. Once at WEBS you will be free to roam the store until 12noon to look over their extensive inventory of yarns. At this time we will board our bus to make a lunch stop at Sylvester's Restaurant. It is only about five minutes away. They offer an extensive menu that is all reasonably priced.

After lunch we will visit Northampton Wools Store which is only a short distance from the restaurant. We will give you an hour in that store to look over their inventory. We plan on being back in Prospect by about 4:45pm. This always depends on traffic, however.

If you are interested in joining us, please sign up and PAY as soon as possible. The \$5 we are collecting goes towards the cost of gas for this trip since our destination is a distance from here. We cannot hold your seat without payment. This trip is being sponsored by our knitting and crocheting class but it is open to all Senior Center members.

### Annual Mother's Day Luncheon @ The Prospect Senior Center

**Thursday, May 7th 11:30am. \$20**

Join us at the Senior Center as we celebrate Mother's Day and all our very special moms at our annual holiday luncheon. The menu for the day will be a delicious pork roast lunch with all the sides to go with it. After lunch we will be entertained by Lou & The Good Time Boys.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Please remember that our holiday celebrations fill up quickly. Sign up early!



## March-April 2020 issue

### Peabody Museum of Natural History Highlights Tour

**170 Whitney Ave., New Haven, Ct.  
Tuesday, May 12th 9:15am. \$15**

The Peabody Museum of Natural History at Yale University is among the oldest, largest and most prolific university natural history museums in the world. It was founded by the philanthropist George Peabody in 1866 at the behest of his nephew Othniel Charles Marsh, the early paleontologist. Most known to the public for its Great Hall of Dinosaurs, which includes a mounted juvenile *Apatosaurus* and the 110-foot long mural, *The Age of Reptiles*; it also has permanent exhibits dedicated to human and mammal evolution; wildlife dioramas, Egyptian artifacts, and the birds, minerals and Native Americans of Connecticut.

Our hour long, guided tour of the museum is scheduled for 10:00am. The tour will focus on the highlights of the museum. After the tour we will give you another hour to revisit, on your own, any exhibit that you may be interested in seeing again. You will also be able to visit the gift shop at this time.

At 12noon we will board our mini bus again for a lunch stop at Abate's Restaurant on Wooster Street in New Haven. **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.

### Estate Planning Seminar... Protect Your Money-Avoid Common Estate Planning Mistakes! @ Prospect Senior Center Presented by Attorney Ruth Fortune- Czepiga Daly Pope & Perri-Estate Planning/ Elder Law/Special Needs/Litigation/Probate Tuesday, May 12th 10:30am.

Everyone, both young and old, needs an estate plan. It protects you and your assets not just after you die, but during your life as well. Will you be prepared when life takes a turn? Who will pay your bills if you can't? How will your estate be divided amongst your heirs? In this session you'll learn about Wills and trusts and the difference between the two. You'll also learn about powers of attorney (POA) and healthcare directives - documents that you can create to make sure your wishes are met.

Just some of what you will learn: Steps that will help you protect your money from long-term care costs, ways to qualify for Medicaid and keep your assets, how to title your assets properly in your will, how to avoid estate planning mistakes, different types of trusts and in what cases their use is appropriate, how to avoid probate court, how to use Medicaid for nursing home expenses, reasons to appoint a conservator.

You will take home ideas you can put in place right away. If you are interested in attending, please call the Senior Center to register.

**Meet Attorney Ruth Fortune:** Before joining the team at Czepiga Daly Pope & Perri, Ruth was a financial advisor with Merrill Lynch. In this role, she focused on getting to know her clients and truly understanding their financial goals. Whether their wishes included developing an investment strategy or planning for retirement, Ruth worked with her clients to build comprehensive plans that would help them on their road to financial security.

Now as a Connecticut estate planning attorney, Ruth helps you protect all that you've built. You can count on her to guide you in laying out a plan that ensures your wishes are carried out and that your assets go to the right people at the right time in the right way. She can also help you create a carefully designed and thorough Medicaid plan to protect your assets from the high cost of long-term care expenses and nursing home care. Ruth works in estate planning, elder law, probate settlement, trust administration and Medicaid planning.

### Hair Design & Hair Care

@ Prospect Senior Center

**Thursday, May 14th \$5 1:00pm. to 2:00pm.**

Come and find out the chemistry of your hair and how to take care of it. Everyone is different and not all products fit the same person

On Thursday, May 14th. from 1:00pm. to 2:00pm. we will be hosting a professional hair expert here at the Senior Center. Join us and learn about hair care and what you need to do to keep your hair healthy and glowing.

If you are interested in attending this presentation, you must register and PAY beforehand. Your place in the class cannot be held without payment. Class size is limited.

### Assistive Technology Presentation Presented by Carol D'Amelio of the Western Connecticut Area Agency on Aging Wednesday, May 27th 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 related to daily living.

Carol D'Amelio, a representative from WCAAA will be here to give us a personalized demonstration on assistive technology devices and services that are available to you. She will bring an assortment of devices with her to demonstrate and speak about.

After the presentation, if anyone would like to know more about a certain assistive technology gadget, Carol will be happy to do a one-on-one demonstration of the device with you. The items demonstrated at this presentation may help you or someone you know live, work, or play more independently and with more freedom.

Carol wants to make everyone aware of what is available to make your life easier as you age. She does not sell anything at these sessions. She only lets you know where you may find these items, if you are interested in them.

Attending this presentation will enable you to make an informed decision as to which device, if any, will work best for your needs. There are many assistive devices that are available to you that you may not even know about. They could potentially help make your day-to-day life 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 devices. Get informed about them now.

## Day-by-Day Schedule

### How to Save Money & Energy in Your Home A Presentation Sponsored by Eversource Monday, May 11th No Charge 10:30am.

Eversource will be at the Prospect Senior Center on Monday, May 11, 2020 at 10:30am. They will be presenting a program that will give you the opportunity to learn how you can save money and energy in your home.

During the presentation, representatives from Eversource will provide you with tips to reduce energy use, explain the benefits of the Home Energy Solutions Program and how to apply for the no-cost-in-home visit, and incorporate a fun activity into the presentation that will get you thinking about how you use energy at home.

If you are interested in attending this cost saving presentation, please call the Senior Center to register.

### May Market 2020 @ Hillstead Museum 35 Mountain Road, Farmington, Ct. Sunday, May 3rd No Charge Departing @ 9:15am.

Hill-Stead is the first architectural project of Theodate Pope Riddle (1867-1946), fourth registered female architect in the country, early proponent of historic preservation and caretaker of the family art collection.

Designed as a country home for Theodate's parents, Alfred and Ada Pope, the 33,000 square foot, 1901 Colonial Revival mansion has welcomed over 1 million visitors since opening to the public. Hill-Stead is considered "perhaps the finest Colonial Revival house and museum in the United States" (National Historic Landmark Report) and houses some of the most important Impressionist paintings in the world, including works by Mary Cassatt, Edgar Degas, Édouard Manet, Claude Monet, and James McNeill Whistler.

A print collection spanning 400-years and including pieces by Albrecht Dürer, Giovanni Battista Piranesi, Jean-François Millet and Japanese woodblock artists Hokusai, Hiroshige and Utamaro rounds out the collection. Established in 1946 as a cultural resource for the public in perpetuity, the museum is one of the nation's few remaining representations of early-20th-century Country Place Estates.

Celebrate the Arrival of Spring at Hill-Stead's May Market 2020! This event is Hill-Stead's annual home, garden and gourmet benefit event. It will host a variety of exhibitors offering hand-crafted baskets, soaps, pottery, stationary, jewelry, couture accessories, textiles, garden ornaments, linens and original artwork, specialty teas, spices, honey and more. You will also find a diverse collection of specialty plants and shrubs. There will be entertainment, kids' activities, demonstrations, delicious food paired and beer tastings. The event also features a museum open house.

May Market's spacious west lawn tent and many indoor spaces truly make this a rain or shine event. This event promises to be a fun-filled day for everyone. Celebrate spring in the heart of the Farmington Valley while supporting Hill-Stead's beautiful grounds, gardens and trails at this much-loved annual benefit event!

We will be meeting and leaving from the Prospect Senior Center at 9:15am. Once at our destination you will be free to wander through the event and museum 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 as soon as possible. We are limited to the number of people we can bring with us. There is no charge for this trip.

## November-December 2019 issue

### Memorial Day Party @ the Senior Center Friday, May 22nd 11:30am. \$20

Join us as we celebrate the Memorial Day holiday with a wonderful picnic fare lunch at the Senior Center. We will be feasting on summer salads and fried chicken. It's a lunch, prepared by the Senior Center staff that you won't want to miss! Entertainment with the Airborne Trio will follow the lunch.

If you would like to attend, I would suggest that you not hesitate to sign up since our holiday parties fill to capacity very quickly. If you are interested, sign up and PAY right away. We cannot hold your seat without payment.

### Institute For American Indian Studies 38 Curtis Road, Washington, Ct. Tuesday, May 26th \$13

10:30am Departing @ 9:30am.

Since forming in 1975, the Institute for American Indian Studies—formerly the American Indian Archaeological Institute—has been steadfast in its devotion to recovering New England's once-largely-unknown indigenous history, surveying or excavating more than 500 sites.

Located in Washington, Connecticut, the Institute for American Indian Studies (IAIS)—formerly the American Indian Archaeological Institute (AIAI)—was incorporated in 1975 as an outgrowth of local efforts to recover New England's then-largely-unknown indigenous history.

In the early 1970s, Edmund "Ned" Swigart, an instructor at the Gunnery School and head of the Wappinger Chapter of the Connecticut Archaeological Society, and Sidney Hessel gathered volunteers of all ages to dig in and around Washington. A multitude of discoveries pointed to extensive native settlements and soon the back room of the Gunn Historical Museum overflowed with artifacts and field notes in need of analysis. Volunteer archaeologists joined forces with volunteer fundraisers and the American Indian Archaeological Institute opened on July 1, 1975.

The Institute's accomplishments include the discovery of a 10,000-year old camp site in Washington, the earliest known archaeological site in the state. Along the way the organization has been equally steadfast in its efforts to share this history with engrossing, hands-on exhibits. The Institute is home to a replicated Algonkian village, a simulated archaeological site, nature trails and plenty more indoor and outdoor exhibits.

A respect for the earth and for all living things is central to Native American life ways and this is reflected throughout the museum located on the property. The Museum's exhibits allow visitors to travel through time—displaying astounding artifacts and presenting information on prehistoric to contemporary Native Americans. IAIS offers permanent, semi-permanent and temporary exhibits. These, along with their workshops, lectures, book discussions and various other offerings give visitors a reason to visit often. The Museum is a place of discovery...a place to return to.

Outside of the Museum you will find Three Sisters and Healing Plants Gardens, as well as a replicated 16th century Algonkian Village. The appearance and construction of the village is based upon traditional knowledge and archaeological research, and is built from local, natural resources.

We will be visiting the Museum on Tuesday, May 26, 2020 for a 2-hour tour of the Institute. We will be meeting and leaving from the Senior Center at 9:30am. The tour is scheduled for 10:30am.

After the tour we will board our bus for a lunch stop at the White Horse Pub in Washington, Ct. We have dined here before and have always 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 and PAY as soon as possible. We cannot hold your seat without payment. We should be back at the Senior Center from this trip by about 3:30pm.

## March-April 2020 issue

### Connecticut Water Company- H2O – Help to Our Customers Hardship Assistance Program

The Connecticut Water Company understands the realities that their customers face when experiencing financial hardship. Their H2O, Help 2 Our Customers program, can help those needing financial assistance with their water bills in order to maintain uninterrupted water service.

If you are having difficulty paying your bill, please contact the Connecticut Water Company directly at 1-800-286-5700 or email customerservice@ctwater.com so that they may get in touch with you. They will work with eligible customers to identify potential available resources, payment arrangements and/or financial assistance with your bill.

While information and contact forms regarding the program appear on their website, they realize that sometimes, it is difficult to ask for help, or to become aware of available assistance programs. Therefore, they have reached out to our Senior Center to help in identifying Connecticut Water Company customers who may benefit from assistance and qualify for this program.

They have provided us with referral forms which can be filled out and submitted by us to see if you may be eligible. Eligibility is based on income at or below 200% of the Federal Poverty Level Guidelines. The program is limited to single family residential customer accounts.

You must provide proof of your monthly/yearly income when filling out this form. Everything must be done here at the Senior Center so we can refer you to them. Or, you can call or email the Connecticut Water Company at the above mentioned number/address.

Customers participating in the program will also be offered free water conservation kits, conservation education materials and leak and dye tablets to make sure they are not paying for wasted water. A customer service representative can be sent to the customer's premises to check for leaks if they need additional assistance.

If you feel that you may be income eligible for this assistance, you may call the Senior Center to fill out a referral form for the program. Remember when doing so, you must provide proof of your monthly/yearly income when applying.

### Make Your Own Soda Party!

#### @ Avery Beverage Company

520 Corbin Avenue, New Britain, Ct.

Monday, May 18th \$16 Departing @ 11:00am.

Sherman Avery began making soda in a red barn on Corbin Avenue in New Britain in the summer of 1904. Avery's quickly became known for its variety of flavors, especially the Cream, Birch Beer, Root Beer and Ginger Ale. Using a horse pulled wagon, Mr. Avery delivered soda to the homes and stores in and around New Britain, Connecticut. It wasn't until 1914 that he purchased his first delivery truck. This 100-year tradition of old-fashioned customer service continues today and home delivery is still a significant part of their business.

Avery's commitment to a quality product has earned a loyal following in Central Connecticut, which endures to this day. Their sodas are still handcrafted using methods and recipes from generations ago including real cane sugar, the finest quality ingredients and naturally pure well water. Each flavor is carefully made in small batches and is packaged only in glass bottles to preserve the wonderful old-fashioned flavor.

Avery is one of the oldest soda bottling companies in New England and all of their soda is still made in the same

red barn on Corbin Avenue. Avery's continues to be a family run business that strives to provide the highest quality products and outstanding customer service.

We will be visiting the Beverage Company on Monday, May 18, 2020. During our visit we will be going behind the scenes to see how soda was made 50-years ago. You will be able to invent your own flavors! We will get to tour the soda factory, including a visit to their mixing room. You will measure syrup into each bottle, watch as the bottles are filled and capped and hand shaken. As a bonus, you will be able to take home three bottles of your own handmade soda and an official soda maker's apron!

We will be meeting and leaving from the Senior Center at 11:00am. Our first stop will be for lunch at Max Pizza II. The cost of your meal is your responsibility. The restaurant is just down the street from the Avery Beverage Company and has been recommended to us by the staff. After lunch we will continue on to the Avery Beverage Company for our "Make Your Own Soda Party!" Our tour and soda party is scheduled for 1:30pm.

If you are interested in attending with us, please sign up and PAY as soon as possible. We cannot hold your seat without. We should be back in Prospect from this trip by about 3:00pm.



### Thomaston Ladies Choral Club's Annual Spring Concert @ St. Peter's Trinity Church 160 Main Street Thomaston, Ct.

Saturday, May 9th \$10  
7:00pm Departing @ 5:45pm.

The Thomaston Ladies Choral Club will be celebrating Spring with a performance on Saturday, May 9, 2020 at 7:00pm. The performance will be held at St. Peter's Trinity Church in Thomaston, Ct. Admission for the concert is \$10. A reception and raffle will follow the concert.

Marjorie Maisto, Dorothea Palladino, Carol Conant and Peg Taylor are members of our Senior Center and participate in our "Songbirds" choir. They are also members of the Thomaston Ladies Choral Group. The group always puts on a beautiful Christmas and Spring Concert each year.

Join us in supporting our fellow Senior Center members, Marge, Dorothea, Carole and Peg and the very talented Thomaston Ladies Choral Club. We will be meeting and leaving from the Prospect Senior Center at 5:45pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place on our bus without payment.

### 2020 Senior Prom @ The Aria 45 Murphy Road Wednesday, May 27th \$25 11:30am. to 3:00pm.

Includes:

- >Dancing with Doo Wop music by Tony Forto
- >Raffles & Giveaways
- >Appetizers & a 3-course meal (Salad, Pasta, Your choice of baked stuffed sole, Chicken Florentine or Vegetable Lasagna, Coffee, Tea and dessert, Cash Bar)

**Must be over 50-years old to attend.**

**Tables of 10 can be reserved**

**Need FULL payment and list of people at the table.  
Please make your entrée selection when signing up.  
Deadline to sign up and PAY is May 18, 2020.**



## March-April 2020 issue

### **Annual Milford Living Kite Fly! @ Walnut Beach - Milford CT Saturday, May 4th No Charge Departing @ 11:00am.**

The Milford Living Kite Fly has become a rite of springtime and a tradition in Milford, Ct. It is a popular event where friends and families gather for a fun afternoon on beautiful Walnut Beach to look skyward as their kites go aloft.

As in other years, the Connectikers will be attending with their spectacular kites and helpful hints for novice fliers. You can fly your own kite or just sit back and enjoy the high flying, dazzling kites that fill the sky. This is a fun filled event for people of all ages.

We will be meeting and leaving from the Prospect Senior Center at 11:00am. Once at Walnut Beach, you will be free to be on your own until 3:00pm. At this time the event ends and we will board our bus for our return trip back to Prospect. We should be back at the Senior Center by about 4:00pm.

The Milford Living Annual Kite Fly is free and open to the public. Pack a picnic lunch, bring a beach chair and some sun tan lotion and join us for a fun-filled afternoon on the beach! 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.

### **Stained Glass Class with Sarah Segovia @ the Prospect Senior Center**

|                             |                               |
|-----------------------------|-------------------------------|
| <b>Wednesday, May 6th</b>   | <b>Spring Flower or Heart</b> |
| <b>\$8</b>                  | <b>10:00am.</b>               |
| <b>Wednesday, June 10th</b> | <b>Spring Flower or Heart</b> |
| <b>\$8</b>                  | <b>10:00am.</b>               |
| <b>Wednesday, June 17th</b> | <b>Spring Flower or Heart</b> |
| <b>\$8</b>                  | <b>10:00am</b>                |

Have you been thinking about learning the art of stained glass a try? Have you been looking for something that is social, fun and creative to do? Then, join us for one of our Stained Glass Classes taught by Sarah Segovia. The classes will be held monthly at 10:00am. at the Prospect Senior Center.

In a single class you will complete a project to take home with you. Sarah will chose a project to do with you that is seasonally or holiday themed. In May you will be making a Spring flower stained glass piece. In June you will have the choice of making another different Spring flower or a heart.

The cost for this class is inclusive of all the materials that you will need and your lesson with Sarah. Class size is limited, so sign up and PAY as soon as possible. We cannot hold your place in the class without payment.

### **Back by Popular Demand... Beautiful Things - Gold & Silver Exchange Thursday, May 21st 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, men and ladies pocket watches, 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.

### **Gentle Stretching & Exercises Workshop Presented by Jill Patterson @ Prospect Senior Center**

**Monday, May 4th \$3 10:30am.**

Details:

- Participants will learn about the different types of exercise (cardiovascular, strength, and flexibility)
- Participants will learn about the health benefits of stretches and exercise and come away with exercises that they can easily incorporate into their day at home or at the office.
- Attendees will participate in a variety of stretches and gentle toning exercises that will engage the body from head to toe, while learning about the purpose and benefits of each exercise.
- Most of the exercises will be done sitting in a chair, standing, or standing near a table or chair for balance.
- Songs from the 1960's will be incorporated.
- All levels of fitness are welcome.
- Duration: 60 minutes: 45 minutes plus 15 minutes for questions and answers

Jill Patterson is an award-winning, registered dietitian, nutritionist and certified fitness instructor and personal trainer. It is her passion to bring a positive, upbeat educational experience to Senior Citizens to help keep them active and healthy and have them live their happiest and healthiest life.

There are many benefits of gentle exercises and stretching, some of which include: decreased stress, decreased risk of injury, increased mind/body connection increased bone mass, increased metabolism and many more. If you are interested in learning more, Jill will be at the Prospect Senior Center on Monday, May 4, 2020 at 10:30am. to give this workshop.

If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your place in this workshop without payment.

### **A Conversation on Dementia Monday, May 18th No Charge 1:00pm.**

Have you ever wondered what dementia is but were too uncomfortable to ask? Did you ever wonder what causes dementia? Do you know what to do if you think you may be dealing with it or if a loved one is dealing with it?

If so, you are invited to come to the Senior Center on Monday, March 18, 2020 at 1:00pm. for "A Conversation on Dementia".

Carolyn Bean, RN MS, and a partner who will be accompanying her, are Dementia Care Practitioners. They will be at the Senior Center to hold an informal get together for those people who may have questions or concerns in regards to dementia.

Both Carolyn and Bob have had years of experience in this field. They are interested in supporting and educating those in the community affected by dementia. Their goal is to show you how to effectively manage issues related to this disease.

If you are interested in participating, please call the Senior Center or stop in to register. A resource table and light refreshments will be available.

## March-April 2020 issue

### **A Coronavirus (COVID-19) Message From the Chesprocott Health District:**

The 2019 Novel Coronavirus (COVID-19) is a virus identified as an outbreak of respiratory illness first detected in Wuhan, China. At this time, it is unclear how easily this virus is spreading between people.

#### **How is it transmitted?:**

\* Much is unknown about how COVID-19 spreads. Current knowledge is based on what is known about similar corona viruses.

\* Most often, viruses spread from person-to-person among close contacts (about 6 feet).

\* Person-to-person spread happens via respiratory droplets produced when an infected person coughs or sneezes, very similar to how other respiratory pathogens spread.

\* It is unclear whether or not a person can receive the virus by touching a surface or object that has the virus on it and then touching their own mouth, hand, or nose.

#### **Signs & Symptoms:**

\* For confirmed COVID-19 infections, reported illnesses have ranged from people with little to no symptoms to being severely ill and dying.

\* Patients with Novel Coronavirus have reportedly mild to severe respiratory illness with symptoms of: Fever, Cough, & Shortness of Breath.

\* At this time, CDC believes that symptoms may appear in as few as 2-days or as long as 14-days after exposure.

#### **Diagnosis:**

\* CDC has developed a laboratory test kit to test patient specimens for COVID-19 called the, Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panel. This test is intended for use with upper and lower respiratory specimens collected from persons who meet the CDC criteria for COVID-19 testing.

\* Currently there is no vaccine for COVID-19 and there is no specific antiviral treatment recommended for COVID-19 infection.

\* People infected with COVID-19 should receive supportive care to help relieve symptoms.

**The Chesprocott Health District is urging residents to take all necessary precautions to prevent the spread of illness.**

They are diligent in monitoring the most up-to-date information. You can play your part in public health efforts to limit the reach of the virus by taking every day preventive actions that help stop the spread of germs:

\* Wash your hands often with soap and water for at least 20- seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

\* Avoid touching your eyes, nose, and mouth with unwashed hands.

\* Avoid close contact with people who are sick.

\* Stay home when you are sick.

\* Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

\* Clean and disinfect frequently touched objects and surfaces.

\* Follow Travel Advisories.

### **Livingston Ripley Waterfowl Conservancy 55 Duck Pond Road, Litchfield, Ct.**

**Wed., June 24th \$10 Departing @ 9:30am.**

S. Dillon Ripley began building a collection of waterfowl in Litchfield, Connecticut when he was a teenager in the 1920's. After earning a PhD in Biology, he became a professor of Ornithology at Yale University and served as Director of Yale's Peabody Museum of Natural History. In 1964, Dillon became the Secretary of the Smithsonian Institution, leading the Institution through its period of greatest growth and expansion.

Over his lifetime, Dillon authored numerous articles, fifteen books, and received honors and awards, including the Presidential Medal of Freedom in 1985. As an avid aviculturist, Dillon Ripley is credited with being the first person to successfully propagate many threatened and endangered species in captivity, such as the Red-breasted goose, Nene goose, Emperor goose, and Laysan teal.

Dillon and his wife, Mary Livingston Ripley, an entomologist, were partners in most activities and recognized the potential for their waterfowl collection and preserve to become a valuable conservation resource. In 1985, they donated much of their land to a non-profit foundation dedicated to waterfowl conservation, research, and education. Dillon and Mary's three daughters, in concert with the LRWC Board of Directors, continue to develop and expand their parents' original vision.

Today the Livingston Ripley Waterfowl Sanctuary in Litchfield, Ct. spans roughly 150-acres and includes a 16-acre network of fenced aviaries, ponds, and barns. The Exotic Bird and Nature Center houses one of the largest and most diverse collections of waterfowl in North America. They maintain a flock of 70-species totaling over 450-birds! Their mission is to conserve waterfowl and wetlands through research, education, and conservation action.

The Conservancy's waterfowl is housed in a variety of enclosures that are tailored to the specific needs of each species. Ducks and smaller species of geese are maintained in netted aviaries to prevent avian predation, while large geese, cranes, and swans are maintained in an extensive network of open enclosures.

In addition to flock enclosures, a dozen propagation enclosures are utilized to isolate breeding pairs of birds to ensure paternity and encourage nesting. A quarantine facility and additional research enclosures are maintained outside the main facility. The extensive infrastructure of fencing, natural and man-made pools, breeding pens, and buildings, make the Conservancy's aviary a unique setting to house, breed, and study waterfowl species from around the world. They house a breeding facility focused on maintaining genetic diversity of rare and endangered species. They educate visitors of all ages on the importance of wildlife conservation through hands-on experiences with their waterfowl, their wetlands habitat, and their conservation programs.

We will be visiting the Conservancy on Wednesday, June 24, 2020 for a guided tour of the facility at 10:30am. The tour will be about 1.5 hours long. There are benches and bathrooms available at the Conservancy for your convenience and comfort.

After the tour we will board our mini bus for a lunch stop at Rozzi's Restaurant in Thomaston, Ct. It is only a few minutes away from the Conservancy. The cost of your lunch is your responsibility.

We will be meeting and leaving from the Prospect Senior Center at 9:30am. If you are interested in joining in on this trip, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The cost of this trip will go towards your guided tour and to help in supporting the Conservancy. We should be back from this trip by about 3:00pm.

## March-April 2020 issue

### Knit & Pearls

**395 West Avon Road, Avon, Ct.**

**Wednesday, June 17th Departing @ 9:30am.**

If your friends and family have become concerned about your overflowing supply of yarn, then you've come to the right place. Whether you're a knitter, crocheter, or weaver, Knit & Pearls offers an enormous selection of products from:

- luxurious yarns
- hand-dyed yarns
- wool
- cotton/silk/acrylic blends
- crochet and knitting patterns
- roving
- unique knitting kits
- knitting needles
- needle felting kits and tools
- accessories for the perfect finishing touch
- Yarns to Inspire— their own line of hand-dyed yarns

They have a very lovely staff that provides support, guidance, finishing services and much-needed therapy when you have to rip out an entire project. Yes, they may be a small store— but they have a big passion for fiber arts.

We will be meeting and leaving from the Prospect Senior Center at 9:30am. Once at the store we will give you until 12noon to shop and browse.

At this time we will continue on for a lunch stop at the New England Pasta Company. It is only a few minutes away and has been recommended to us by the staff at Knit & Pearls. They say it is so much more than pasta, very affordable, delicious and very accommodating.

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 at the Senior Center from this trip by about 3:00pm.

### The Gargoyles of Yale University Walking Tour With Author & Photographer-Matthew Duman Tuesday, June 23rd \$15 Departing @ 9:45am.

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 9:45am. Our guided tour is scheduled for 10:30am. It should 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 Katz's Deli in Woodbridge. **The cost of your lunch is 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 2:30pm.

### The Bellamay-Ferriday House & Garden Tour 9 Main Street North, Bethlehem, Ct.

**Thursday, June 25th \$8**

**1:00pm. Departing @ 11:00am.**

The Bellamay-Ferriday House & Garden in Bethlehem, Ct. embodies the dramatically different passions of two extraordinary individuals: Rev. Joseph Bellamy (1719-1790) and Miss. Caroline Ferriday (1902-1990). Rev. Bellamy, a renowned leader of the Great Awakening, the emotional religious revival of the 1740's, built the house in two stages, in 1754 and in 1767, as his family, theological seminary, and stature grew.

In 1912, New Yorkers Henry and Eliza Ferriday acquired it as a summer residence. Mrs. Ferriday and her daughter, Caroline, designed a formal garden which today features historic-style roses, peonies, and lilacs. They re-shaped the outdoor spaces by introducing a wide variety of fragrant trees, shrubs and perennials, sweeping lawns and evergreens to provide more privacy from the road.

Following World War II and her mother's death, Caroline continued the stewardship of the property realizing that she "had Bethlehem under her skin." Under her care the roses and lilac collections grew and the property was further refined as a breathtaking combination of natural and man-made beauty.

Miss. Ferriday, an actress, conservationist and philanthropist supported the Free France Movement during World War II, was a leader in securing help for Ravensbruck Concentration Camp survivors and involved in the Civil Rights Movement. She deeded the property and furnishings to Connecticut Landmarks on her death and most of her property to the Bethlehem Land Trust.

We will be meeting and leaving from the Senior Center at 11:00am. Our first stop on this trip will be at the Painted Pony Restaurant for lunch. The cost of your lunch is your responsibility. The restaurant is just down the street from the Bellamay-Ferriday House & Garden where we have a tour scheduled for 1:00pm.

The leisurely tour will be about an hour and a half long and take you through the house and the gardens of the home. After the tour we will give you until 3:00pm. to revisit anything you might have seen on the tour or to visit their gift shop. At 3:00pm. we will board our mini bus for our return trip back to Prospect. We should be back to the Senior Center by about 3:30pm.

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

### Bow-Making Workshop

**Tuesday, June 30th \$5 10:30am.**

**Learn to make a variety of bows from a professional. Registration and payment required beforehand. Class size is limited.**

**Sign up today.**



## March-April 2020 issue

### **Mashantucket Pequot Museum & Research Center "Witness to a Genocide: A Social Justice Approach"**

**110 Pequot Trail, Mashantucket, Ct.  
Tuesday, June 2nd 8:30am. \$18**

Today we will be day tripping to the Mashantucket Pequot Museum. We will be meeting and leaving from the Prospect Senior Center at 8:30am. We are scheduled for a special program/tour at 10:00am. entitled "Witness to a Genocide: A Social Justice Approach".

This tour/program will give you a detailed look at the 1637 massacre of a Pequot village and the ensuing centuries of oppression faced by the Pequot people. The film, The Witness, is part of the program content. This program is about 2-hours long.

Throughout the tour you can experience what life was like on an Indian reservation. You can walk through an entire Indian village and experience the sights, sounds and sensations of Native American life. You can descend into a glacier as you experience the chilly depths of an Ice Age crevasse. You can see how food was prepared in a 16th. century Native American village. You can feel the thrill of a long ago caribou hunt. The past will come to life in a way you never dreamed possible on this visit to the Mashantucket Pequot Museum & Research Center.

After our guided tour/program ends you can visit the Pequot Café in the Museum for lunch. **The cost of your lunch is your responsibility.** You may also bring your own bagged lunch to enjoy at the Café if you would prefer that instead.

After lunch you will be free to revisit any of the Museum's exhibits or their gift shop until 2:00pm. At this time we will board our bus for our trip back to Prospect. We should be back at the Senior Center by about 3:30pm. This all depends on 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.

### **Bush-Holley House & Garden Tour 47 Strickland Road, Cos Cob, Ct.**

**Tuesday, June 9th \$10 Departing @ 9:15am.**

In 2018, the Greenwich Historical Society unveiled its dynamic new \$12 million campus, featuring a nationally accredited museum, library and archives, café, store and restored Impressionist-era gardens.

The campus is home to the National Historic Landmark Bush-Holley House. A guided tour of the house reveals historic interiors where, during the summer months between 1890 and 1920, the Cos Cob Art Colony-the first impressionist colony in Connecticut-would gather. The group whose early members included Childe Hassam, Ernest Lawson, Theodore Robinson, John Henry Twachtman and J. Weir, formed an art school for teaching and exploring impressionist ideas and dialogue.

As you tour the gardens, you will feel like you have stepped back in time. You will be a part of a landscape evocative of the turn of the 20th. century when artists lived, studied and worked there.

We will be meeting and leaving from the Prospect Senior Center for this trip at 9:15am. Our tour is scheduled to begin at 10:30am. It should be about 1.5 hours long. The tour will cover the Bush-Holley House & Gardens and the Art Gallery. After the tour we will give you a little extra time to revisit anything on the tour or to go into their Store.

At 12:30pm. we will leave there and continue on for a lunch stop at The Little Pub. It is close by and has been recommended to us by the staff. **The cost of your lunch is your responsibility.**

We should be back at the Senior Center from this trip by about 4:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment.

### **Culinary Institute of America Thursday, June 11th \$110 Departing @ 8:30am.**

For over 60-years the Culinary Institute of America has dedicated itself to providing the finest culinary training in the world. Located at Hyde Park, New York, the CIA's student body consists of nearly 2,000 students from all over the country and the world.

Today you will enjoy a full-course luncheon at Catarina de Medici, offering authentic Italian cuisine, staffed by culinary students. Housed in a Tuscan-style villa, the restaurant's sophisticated dining room overlooks a stunning herb & rose garden.

#### **Menu:**

Lasagna alla Bolognese

Classic Lasagna Bolognese with Bechamel and Ragu  
Petto Di Pollo alla Salvia

Roasted Chicken Breast with Sage and Semolina  
Gnocchi and Glazed Carrots

Tiramisu Classico

Mascarpone Cream Layered with Lady Fingers soaked in Coffee

After lunch, step back into the Gilded Age of America as we visit the Staatsburgh Mansion. Once owned by Ogden Mills and Ruth Livingston, our guided tour will feature over 20-rooms, fully furnished with the former owners' turn-of-the-century collections. View the various stages of projects, renovation, and ongoing restoration both inside and outside of the mansion.

We will be meeting and leaving from the Prospect Senior Center at 8:30am. We are anticipating being back at the Senior Center by about 7:30pm.

If you are interested in joining us on this simply "delicious" trip, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The cost for this trip includes the driver's gratuity. We will be traveling on a coach bus to our destination.

### **The Pink Hippo, LLC presents... The Connecticut Shopping Expo June Jamboree**

**@ Naugatuck Event Center  
6 Rubber Avenue, Naugatuck, Ct.  
June 13th 9:00am. to 4:00pm.**

**FREE Admission Departing @ 8:35am.**

We will be meeting and leaving from the Prospect Senior Center at 8:35am. Once at the Naugatuck Event Center you will be free to wander, browse and shop the Expo, on your own, until 12noon. 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 12:30pm. If you are interested in joining us, please sign up by calling or stopping in at the Senior Center.

## March-April 2020 issue

### Fairvue Dairy Farm Tour 199 CT-171-Woodstock, Ct.

**Monday, June 15th \$5 Departing @ 9:30am.**

Fairvue Dairy Farm is a family owned farm located in Woodstock, Connecticut. The farm has been owned by the Miller family since 1962. This property has been used for farming for over 200-years, and some of the original structures are still in use, including the farmhouse office. The farm has an innovative milking center and two 390-cow, free-stall barns. They also have a heifer barn at their Putnam location that holds 700-head of cattle.

The dairy herd at Fairvue is composed entirely of Holstein cattle. Fairvue is currently the home of over 2,300 cattle of all ages from calves to cows. About 1,100 milking-age animals are milked three times each day at the farm.

The farm employs about 20-full and part-time individuals whose dedication is crucial to ensuring that the cows at Fairvue receive the best care possible.

Since this is a working farm, they suggest that you bring a pair of boots with you for the tour. Otherwise they will provide you with slip-on boots to put on over your shoes. Their objective for you when you visit the farm is for you to experience a personal tour so you can learn more about dairy farming and their cows.

On your visit you will learn about modern agriculture, including the milking process, where cows are housed, feeding, milk storage and nutrition. Your tour guide is a farm employee who will be happy to answer your questions.

We will be meeting and leaving from the Senior Center for this trip at 9:30am. Our first stop will be at the Vanilla Bean Café for lunch. **The cost of your lunch is your responsibility.** The restaurant has been recommended to us by the Miller family.

After lunch we will continue on the short distance to the farm for our 1:00pm. tour. The tour will last until about 2:30pm. We should be back in Prospect by about 4:00pm. from this trip.

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

### First Ladies: An Adventure in Glamour, Guts & Gumption

**Presented by Marian Millard**

**Monday, June 8th \$5 2:30pm.**

Mariann Millard will be at the Prospect Senior Center on Monday, June 8th. at 2:30pm. She will be presenting a program on the First Ladies: An Adventure in Glamour, Guts & Gumption.

This presentation will educate and entertain you at the same time. You will learn about the personalities of the First Ladies of the United States and the adventures they experienced during their tenure.

Who were they really? What made them tick? Did they love or loathe their role? Did they sink or swim navigating the complexities of politics, protocol and publicity, whether they did so willingly or not?

The presentation is lively and humorous. It weaves historical and modern events and facts about the First Ladies. It will help you to understand and appreciate the important role they play, starting with Martha Washington.

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

### Ray of Light Animal Rescue Farm 232 Town Street, East Haddam, Ct. Thursday, June 18th \$12 Departing @ 8:30am.

Ray of Light Farm is a non-profit organization dedicated to rescuing and rehabilitating abused, neglected, abandoned, and otherwise down-on-their luck animals. From horses to alpacas to goats, chickens, roosters, cows, and even Zedonks (that's a zebra/donkey mix), Ray of Light Farm provides a caring home for them all.

The farm is more than an animal rescue and therapy center. The farm aspires to be a "healing presence in a wounded world". Every day we hear about violence, crimes of the heart and crimes of conscience. But we still search for something good, something true. The greatest accomplishment at the farm has been bringing people and animals together, offering something good and true for their clients and the community at large.

We will be visiting the farm on Thursday, June 18, 2020. We will be meeting and leaving from the Senior Center at 8:30am. Our guided tour of the farm is scheduled for 10:00am. It should last about 1.5 hours.

The tour includes a wagon ride and a hold and feed of one of the farm animals. The staff will determine which animal you will get to interact with that day.

If you feel comfortable, you can pet the animals. The farm is not a petting zoo. You cannot go into the animals' enclosures. But, the animals are all pretty friendly and they'll enjoy a good scratch behind the ears or gentle pat on the forehead.

On most days, the animals are all out in their paddocks or coops. You can get to meet them up close and personal and hear from the staff some of the heart breaking circumstances that brought them to the farm. You will get to meet the farm's most famous resident named Fancy Pants the Zedonk. Fancy Pants is a combination zebra and donkey.

There is an outhouse on the premises. It has been gussied up for visitors. It is definitely the cutest little outhouse you may ever see! There are hand sanitizer dispensers inside, which may come in handy after all that animal petting. For your convenience on our trip in to the farm, we will make a brief stop at a Dunkin Donuts. There you may use their facilities, if necessary.

After our tour we will give you a little extra time to visit the Save-A-Buck Tack Store. It is located on-site and offers tack, gear, a full line of riding apparel and toys and gifts for animal lovers.

At 12noon we will leave the farm and stop for lunch at the Cooking Company. It is just a short distance from the farm and has been recommended to us by the staff. The cost of your lunch is your responsibility.

If you are interested in joining us, please sign up and PAY as soon as possible. The cost of this trip goes towards a donation to the farm for the upkeep of their resident animals. We cannot hold your place without payment. We should be back at the Senior Center from this trip by about 3:30pm.

## March-April 2020 issue

**Second Trip Added Due to Demand...  
The Bellamay-Ferriday House & Garden Tour  
9 Main Street North, Bethlehem, Ct.  
Monday, June 22nd \$8  
10:30am. Departing @ 9:45am.**

The Bellamay-Ferriday House & Garden in Bethlehem, Ct. embodies the dramatically different passions of two extraordinary individuals: Rev. Joseph Bellamy (1719-1790) and Miss. Caroline Ferriday (1902-1990). Rev. Bellamy, a renowned leader of the Great Awakening, the emotional religious revival of the 1740's, built the house in two stages, in 1754 and in 1767, as his family, theological seminary, and stature grew.

In 1912, New Yorkers Henry and Eliza Ferriday acquired it as a summer residence. Mrs. Ferriday and her daughter, Caroline, designed a formal garden which today features historic-style roses, peonies, and lilacs. They re-shaped the outdoor spaces by introducing a wide variety of fragrant trees, shrubs and perennials, sweeping lawns and evergreens to provide more privacy from the road.

Following World War II and her mother's death, Caroline continued the stewardship of the property realizing that she "had Bethlehem under her skin." Under her care the roses and lilac collections grew and the property was further refined as a breathtaking combination of natural and man-made beauty.

Miss Ferriday, an actress, conservationist and philanthropist supported the Free France Movement during World War II, was a leader in securing help for Ravensbruck Concentration Camp survivors and involved in the Civil Rights Movement. She deeded the property and furnishings to Connecticut Landmarks on her death and most of her property to the Bethlehem Land Trust.

We will be meeting and leaving from the Senior Center at 9:45am. Our tour of the house and gardens is scheduled for 10:30am. The leisurely tour will be about an hour and a half long and take you through the house and the gardens of the home. After the tour we will give you until 12:30pm. to revisit anything you might have seen on the tour or to visit their gift shop.

At 12:30pm. we will continue on for lunch at the Painted Pony Restaurant. The cost of your lunch is your responsibility. The restaurant is just down the street from the Bellamay-Ferriday House. We should be back to the Senior Center from this trip by about 3:30pm.

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

**Are You Dense MusicFest 2020  
Sponsored by Are You Dense, Inc.  
@ Palace Theater - Waterbury, Ct.  
Saturday, June 20th \$45  
6:00pm. Departing @ 5:15pm.**

The annual Are You Dense MusicFest is back! Expect another great show, honoring Dr. Nancy M. Cappello for her legislative and educational advocacy of dense breast tissue.

The Are You Dense organization's work began in Connecticut in 2004. Their work began after Dr. Nancy Cappello's advanced stage breast cancer diagnosis. The diagnosis came within weeks of her 11th. NORMAL mammogram.

The organization's work led to the first breast density reporting law in the nation in addition to expanded insurance coverage for breast cancer screening. Their legislative efforts have led to the passage of thirty-eight breast density notification laws and now the passage of their new

National Breast Density Disclosure Law passed on February 15, 2019 to be enacted in late 2020.

In 2005, the organization passed a Connecticut law requiring insurance coverage for whole breast ultrasound screening as a supplement to the mammogram. In 2019 this legislation was improved to cover ultrasound, 3D mammography and MRI screening with no deductible and no more than a \$20.00 co-pay effective January 1, 2020.

Doors to this event will open at 6:00pm with a silent auction, raffle and "The Sounds of Leo" with Leo Ingala playing the best of the 80's music in the orchestra lobby.

The show begins on the main stage at 7:15pm. with "Back to the Eighties Show with Jessie's Girl" and "The Sting Police." The night ends with "Tom The Suit Forst," member of the Blues Hall of Fame, entertaining in the mezzanine lobby.

Event sponsors are the Harold Leever Regional Cancer Center, Philips, Fuji Film, Diagnostic Radiology Associates and Myriad Genetics, Inc.

We will be meeting and leaving from the Prospect Senior Center at 5:15pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment.

**Second Trip Added Due to Demand...  
The Gargoyles of Yale University Walking Tour  
With Author & Photographer-Matthew Duman  
Tuesday, June 29th \$15 Departing @ 9:45am.**

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 9:45am. Our guided tour is scheduled for 10:30am. It should last about 1.5 hours. It is a leisurely tour but, he does suggest that you wear comfortable attire and shoes. Also, it has been suggested that if you have binoculars or a telephoto camera, to bring them with you.

At the end of the tour, we will continue on for a lunch stop Katz's Deli in Woodbridge. **The cost of your lunch is 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 2:30pm.



## November-December 2019 issue

**Queen Esther @ Sight & Sound Theater  
Lancaster, Pennsylvania  
June 8th-June 10th \$492  
Departing @ 6:00am.  
Sponsored & Escorted by Linda Soto  
of RayLin Travel**

**Day 1:**

6:00am: Meet and leave from the Chase Avenue commuter parking lot for a great trip to Lancaster, PA. . You will be traveling on a Town & Country luxury motor coach with wifi onboard. Rest stops You will check in and rest a bit before heading down to the Bird-in-Hand Theatre for a fun evening. At 3:00pm. the group will be attending the show- Comedy Jubilee. The show has a little bit of rock& roll and a whole lot of laughs. After the show you will head upstairs for a dinner buffet. It will be time to call it a night after dinner unless you want to go to the indoor pool or jacuzzi. The pool is open until 10:00pm.

**Day 2:**

Breakfast will start @ 9:00am. for those wanting to take the bus down to the restaurant. If you wish to go earlier, that is fine also. After breakfast you will board the bus and head to the Sight & Sound Millennium Theatre. The show (Queen Esther) starts at 11:30am. Queen Esther is set in the opulent yet perilous Persian Empire. It is a captivating tale of beauty and bravery. Esther's ordinary life changes forever when she is taken through the palace doors, entering a new world of royalty and risk. You will have time for pictures and the gift shop after the show.

After the show you will board your motor coach and go to the Central Market in Lancaster. There you will spend 2-hours shopping and eating. This is one of the oldest markets in the country. You will see plenty of crafts, food, produce and more. It's unique in that it also has a lot of Amish and Mennonite stands with homemade food and crafts.

Dinner this second day will be family style at the Good and Plenty Restaurant. There will be 16-different foods for you to dine on.

**Day 3:**

Breakfast at the hotel at 8:00am. After breakfast it is back to your rooms to pick up your luggage and check out. You will be leaving the hotel at 10:45am. The next stop will be to the Dutch Apple Theatre for their matinee performance of Something Rotten. Lunch will be served here also. After the show and lunch it will be time to head for home. Again there will be rest stops on the way to our destination. **Dinner stop will be on your own.**

Arrival time back in Waterbury should be around 10:30pm.

Price: double (2-people in a room) \$492 per person. A \$150.00 per person deposit is required to hold your place for this trip. Payment should be made directly to Linda Soto for this trip and not to the Prospect Senior Center. Cancellation insurance will be bought through Travel Insured International.

Call Linda Soto 203-591-1407 for any additional information or questions.

**Norwalk Art Festival  
@ Mathews Park - Norwalk, Ct.  
Saturday, June 27th No Charge  
Departing @ 9:00am.**

The Norwalk Art Festival is a 2-day juried arts event held on the grounds of the Lockwood-Mathews Mansion at Mathews Park in Norwalk, Ct.

This festival showcases media such as painting, photography, drawing, ceramics, printmaking, glass, sculpture, jewelry, fiber, wood, metal and mixed media. All work on display is original and is represented by the artist personally.

The festival showcases the works of 100-juried artists from local to national talent. The festival offers a beautiful variety of handmade work in the lovely park setting surrounding the Lockwood Mathews Mansion Museum. All of the works exhibited are for sale and original artwork is made available in a wide variety of price ranges. There is something for every taste and budget at this beautiful, annual arts event.

There is a gourmet ,international food court if you get hungry and lots of free, hands-on art activities for children and adults.

Admission to the festival is free. The Lockwood-Mathews Mansion will be offering tours of the mansion at the reduced rate of \$5 per person, if you are interested.

Come get inspired at the Norwalk Festival! We will be meeting and leaving from the Prospect Senior Center at 9:00am. We should be at our destination by 10:00am. At this time you will be free to wander, browse and eat your way through the festival. At 1:00pm. we will board our mini bus for our 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 bring with us.

**Making Homemade Bread  
Presented by Maryann Sasso  
Tuesday, Sept. 22nd 10:30am.**

Chef Maryann Sasso will be at the Prospect Senior Center on Tuesday, Sept. 22, 2020 at 10:30am. She will be here to show you how easy it is to make fresh, home-made bread.

There are few things sweeter than the crackle of a golden brown crust on a loaf of bread, or the sight of steam escaping from its airy, webbed pockets. Whether it's your first time or your 200th. time, baking bread is an exercise in patience and precision—and the thrill never gets old.

Chef Maryann will introduce you to bread-making techniques that go beyond the recipes. Step-by-step, she will explore and explain the many stages of bread making. You will learn trade secrets for measuring, mixing, proofing and baking bread. She will explain how to balance time, temperature and ingredients to create delicious, fresh breads in your own kitchen. You will never want store bought bread again!

If you are interested in attending this very informative class, please call the Senior Center or stop by to register. There is no charge for this class thanks to Maryann's generosity.

I would like to thank Chef Maryann Sasso for holding this class for us. Maryann is a member of our Senior Center and participates in our Cook Book Club. She has many years of culinary experience to her credit.

## March-April 2020 issue

### Veterans' Corner –Serving Those Who Served

Are you a caregiver of someone who served in the military? Are you feeling overwhelmed and looking for helpful resources? Look no further.

Caring for a family member who is a veteran comes with unique challenges. You are NOT alone! There are different support groups available offering helpful resources for both Veterans and their caregivers. Support groups are held every month where members can find a caring and safe environment, plus the opportunity to share and learn from others.

Below you will find contact information of different support groups. You are strongly encouraged to contact them and find out more about resources available to you.

The Veterans' Administration Caregiver Support Program

This program offers a number of services that can provide you with the support that's right for you. Whether you and the Veteran you care for could use some help at home or you just need someone to listen to your concerns, they are there to support you.

Contact them at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the Caregiver Support Coordinator at your local VA Medical Center.

Care for Caregivers-Caregiver Support Line | Peer Support Mentoring Building Better Caregivers

VA In-Home & Support Services-Adult Day Health Care Centers | Home-Based Primary Care | Skilled Home Care | Homemaker & Home Health Aides & More

Tips by Diagnosis-Alzheimer's Disease | Posttraumatic Stress Disorder (PTSD) | Traumatic Brain Injury (TBI) | Parkinson's Disease & More

Connect with Others-Peer Support Mentoring | Caregiver Support Coordinator | Caregiver Support Line Monthly Calls Caregiver Stories & More

Tips & Tools-Managing Medicines | Talking with Providers | Caring for Oneself | Plan Ahead for Disasters, etc. NAMI: Family Support Group

This is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need. Location: 1655 Main St, Newington, CT 06111 | Meets on the 2nd Monday of the month | 7pm to 8:30Pm | Contact: 860-667-3413

### St. Jude's Ranch for Children Greeting Card Collection

St. Jude's Ranch for Children will happily take the fronts of greeting cards. The cards are repurposed into new cards. For any questions or to place an order call, 877-977-7572.

The following guidelines apply:

1. Send in only fronts of the cards with no handwriting on them.
2. Due to licensing restrictions, Disney, Hallmark and American Greeting cards cannot be used.
3. Smaller cards are preferred, 5X7 inches or smaller.
4. All themes are welcome: birthday, Christmas, just because, etc.

Mail the card fronts to:

**St. Jude's Ranch for Children  
100 St. Jude Street  
Boulder City, NV. 89005**

### Cheshire Housing Authority Accepting Applications For Waiting List For Subsidized Elderly Housing...

The Cheshire Housing Authority is accepting pre-applications for its waiting list for subsidized rental units at Beachport housing complex at 50 Rumberg Road in Cheshire. The resumption of the pre-application process in Cheshire means most people on the local waiting list have been served, according to the state Department of Social Services. (DSS)

The DSS, which administers the program for the federal government, states the demand for subsidized housing outpaces the supply in Connecticut. This causes long waiting periods, the department notes. The lists become so long, in fact, that DSS closes the pre-application process when it has more applicants on the list than can be assisted in the near future.

But, the waiting list at Beachport has shortened enough to allow administrators to begin accepting the 15-page pre-application documents. According to the text of the documents, "qualified applicants will be assigned a control number. At the end of the 90-day application period, the control numbers will be drawn randomly and placed on the existing waiting list according to the drawing."

Individuals who are interested in living at Beachport must be either 62-years old, or disabled, with a maximum gross annual income of no more than \$35,350 for one person or \$40,400 for two people. **An applicant does not have to live in Cheshire to qualify.**

Applications may be picked up at 50 Rumberg Road in Cheshire. To have an application mailed to you, call 203-272-7511 (ext. 2). You may also email the agency at [cheshirehousing@aol.com](mailto:cheshirehousing@aol.com). **Applications must be returned NO LATER than December 2, 2019 at 3:00pm.**

The Beachport units are 500-square feet with one bedroom and one bath. The cost of rent is typically between 30% and 40% of the renter's monthly income.

### Rhinebeck Crafts Festival 6650 Spring Brook Ave., Rhinebeck, New York Sunday, June 28th \$10 Departing @ 8:30am.

The Rhinebeck Crafts Festival is a celebration of all things handmade! This thoughtfully curated shopping event located in the heart of the trendy Hudson Valley features contemporary fine craft and art from over 200 American makers. Find original fashions, accessories and jewelry; functional and sculptural works in ceramics, glass, metal, fiber, wood and mixed media; and fine art painting, printmaking, drawing and photography.

Enjoy gourmet foods, specialties, concessions and tastings from local distilleries and wineries. Plus, watch and participate in hands-on craft demonstrations.

We will be meeting and leaving from the Prospect Senior Center at 8:30am. We should be at our destination by about 10:00am. Once there you will be free to wander, explore, shop and eat on your own. At 1:30pm. we will be leaving the festival for our return trip back to Prospect. 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 are limited to the number of people we can bring with us.

## March-April 2020 issue

### **Narragansett Lighthouse Cruise Thursday, June 18th \$89 Departing @ 8:00am.**

Enjoy Rhode Island's best maritime experience on a day trip there for a Narragansett Lighthouse cruise. The trip will be escorted by Linda Soto of Raylin Travel. You will be meeting and leaving from the Prospect Senior Center at 8:00am. You will be traveling on a Town & Country deluxe motor coach.

Upon arrival at the Quonset Point Officer's Club in Rhode Island, you will enjoy a delicious, full course luncheon. Your menu includes a garden tossed salad, entrée of fresh baked scrod or baked chicken with lemon, mashed potatoes, green beans, strawberry shortcake dessert and coffee or tea.

After lunch you will board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour. Featured in the tour are ten beautiful lighthouses and a Newport Harbor tour. You will cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights.

After a fun-filled day sailing the Narragansett Bay, you will be stopping at Lickity Split for a delicious ice cream treat. **The cost of your ice cream treat is your responsibility.**

If you are interested in participating in this trip, please sign up at the Senior Center. Payment must be received when signing up. Your place cannot be held without payment. **Please select your luncheon entrée when signing up.** We should be back from this trip by about 6:30pm.

### **A Visit With George Washington @ Prospect Senior Center Tuesday, June 30th \$8 1:00pm.**

John Koopman III, a Colchester, Ct. resident, actor, history buff and Revolutionary War re-enactor will be visiting the Prospect Senior Center on Tuesday, June 30, 2020 at 1:00pm.

Koopman has portrayed George Washington since 2006 at national and state parks, and other historic sites on the East Coast. He has appeared in several documentaries and films in the same role.

John will be here, in costume, portraying General Washington. According to research, Koopman's physique and dimensions are almost identical to those of George Washington. He is known for his uncanny resemblance to George Washington and with his skillful dialogue as such, Koopman will bring history to life when he visits here. He will tell us about Washington's experiences in the Revolutionary War and his role in it.

Koopman is also the author of the book, George Washington at War-1776. In this fast-paced, action-packed, historical novel on the early campaigns of the American Revolution, Koopman tells the stories of various battles fought from the soldier's point of view. He skillfully provides insight into the thoughts and emotions of the participants, from the foot soldier to General George Washington himself. Copies of his book will be for sale at this presentation in case you would like to make a purchase.

If you would like to attend this very interesting program, please sign up and PAY as soon as possible. We cannot hold your place in the program without payment. This should be a wonderful program!

### **Hillstead Museum Estate Walk Sponsored by Connecticut Trails Day Sunday, June 7th No Charge 2:00pm. Departing at 12:30pm**

Hill-Stead is the first architectural project of Theodate Pope Riddle (1867-1946), fourth registered female architect in the country, early proponent of historic preservation and caretaker of the family art collection.

Designed as a country home for Theodate's parents, Alfred and Ada Pope, the 33,000 square foot, 1901 Colonial Revival mansion has welcomed over 1 million visitors since opening to the public. Hill-Stead is considered "perhaps the finest Colonial Revival house and museum in the United States" (National Historic Landmark Report) and houses some of the most important Impressionist paintings in the world, including works by Mary Cassatt, Edgar Degas, Édouard Manet, Claude Monet, and James McNeill Whistler.

On Sunday, June 7, 2020 you will be able to explore the magnificent Hill-Stead estate when you participate in a leisurely, guided walk of the Museum grounds. Come enjoy Hill-Stead's magnificent hill-top views and discover the charms of the 1901 estate and its farm and centuries-old woodland trails. This event is free to all as part of the Connecticut Trails Weekend.

During the tour there is an additional woodland trail walk that is offered. The woodland trail walk is optional. Individuals may leave the walk whenever they choose if it becomes too much for them.

We will be meeting and leaving from the Prospect Senior Center at 12:30pm. Once at our destination we will check-in for the Estate Walk at the Museum Shop and wait for our guided walk to begin. Once the walk is over we will give you some additional time in case you would like to visit the Museum itself. Inside tours of the Museum are free of charge on the first Sunday of every month which coincides with our visit here on June 7th.

At 4:00pm. we will board our bus and continue on for a bite to eat at Primavera Pub & Restaurant in West Hartford. It is about 20-minutes away from the Museum. We have dined here once before and everyone raved about it and wanted to return. **The cost of your meal 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 at the Senior Center from this trip by about 7:00pm.

### **Rubber Stamp & Paper Arts Festival @ Eastern States Exposition 1305 Memorial Avenue, West Springfield, MA Friday, June 5th \$10 Departing @ 9:00am.**

Heirloom Productions will be sponsoring a Rubber Stamp & Paper Arts Festival on Friday, June 5, 2020 at the Eastern States Exposition in West Springfield, Massachusetts.

The event provides a wide variety of stamping, card making, scrapbooking, and other paper arts products in a festive and spacious atmosphere. Food is available at the event so there is no need to leave if you get hungry.

We will be meeting and leaving from the Prospect Senior Center at 9:00am. We should be at our destination by about 10:00am. Once there you will be free to browse and shop through the festival until 2:00pm. At this time we will board our mini bus for our trip back to Prospect. We should be back in Prospect by about 3:30pm.

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



## March-April 2020 issue

### Father's Day Luncheon @ the Senior Center Friday, June 19, 2020-11:30am.-\$20

Join us as we celebrate Father's Day with all our great dads here at the Senior Center. On the menu will be beef roast and all the fixings. Entertainment will follow the luncheon at 1:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. Please remember that our holiday parties fill up very fast!

### Lake George Luncheon Cruise (Aboard the Lac Du Saint Sacrement) Thursday, July 30th \$104 Departure time 7:00am.

Enjoy a two hour Luncheon Cruise aboard the Lac du Saint Sacrement, the largest cruise ship on Lake George. Our Captain will share information on the lake's geology, ecology, environment and history. While cruising, you will enjoy a lunch buffet in the elegant dining room of the vessel. While on board there will also be live entertainment for your listening and dancing pleasure.

SAMPLE MENU: Soup du Jour, Tossed Garden Salad, Assorted Salads, Two Hot Entrees, Vegetarian Entrée, Freshly Carved Deli Sandwiches with choice of Ham, Turkey or Beef, Assorted Breads, Cheeses, Dessert and Beverages.

Following our cruise we will spend some time in Lake George Village, the heart of this resort area. We will be traveling on a motor coach bus for this trip. We will be meeting and leaving from the Prospect Senior Center at 7:00am. 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 at the Senior Center from this trip by about 7:45pm.

### Bereavement Support Group July/August Meetings:

**Thursdays: July 12, 19, 26 1:00pm. - 2:30pm.**  
**Thursdays: August 2, 9, 16 1:00pm. - 2:30pm.**

**Sponsored by: Prospect Memorial Funeral Home**  
**Facilitated By: Reverend Kim Wadhams**

Many of us have experienced grief at some time in our lives following the death of a loved one. Our grief may cause intense emotional and physical reactions that are characterized by deep sadness and difficulty managing our everyday activities. Each of us is uniquely individual in the way we experience bereavement.

Unfortunately, our culture hasn't equipped us for dealing with grief. We tend to want an instant or quick fix. However, grief does not follow a timetable or a set of rules that we may follow.

If you are dealing with the death of a loved one, grief can be a very lonely and isolating experience. Working out what you need to do to help yourself during this time is important. This Bereavement Support Group will provide you with a safe place to meet with people who share what you are feeling. It provides an opportunity to discover methods of easing the pain of your loss while finding strength and courage to go on with life.

The Reverend Kim Wadhams will be facilitating this program. He is the Director of Bereavement Services at the Prospect Memorial Funeral Home here in Prospect. He has led bereavement groups for six years in Waterbury, Middlebury and Litchfield.

The group will meet at the Prospect Senior Center. Please call the Senior Center to secure your place in the group. If you have any questions, you may call Reverend Wadhams at 203-758-6008.

### A celebration of the one and only... Beach Boys & Frankie Valli Tribute Show @ the Log Cabin - Holyoke, MA. Tuesday, July 21st \$65 Departing @ 9:00am.

Enjoy the beautiful views overlooking Mt. Tom at the elegant Log Cabin Banquet Facility. Upon arrival you will be served delicious Hors D'Oeuvre's, Bread, Clam Chowder, followed by your choice of Twin Lobsters or Prime Rib, Baked Potato, Corn, Dessert, Coffee and Tea.

After your lunch you will enjoy a delightful tribute show performed by the band-Rag Doll. This is one of the most talented bands in the U.S.A. The band will be performing the music of the Beach Boys and Frankie Valli.

The event starts at 11:00am. and ends at 3:30pm. We will be meeting and leaving from the Prospect Senior Center at 9:00am. We will be traveling on our min buses to this event. We should be back by about 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. **The cost of this package includes all meal taxes and gratuities.**

### "Lady Katharine" Summer Lunch Cruise Departing from Harbor Park Landing Middletown, Ct.

**Wednesday, July 29th \$50**  
**11:30am. to 2:00pm. Departing @ 10:00am.**

Join us as we board the "Lady Katharine" at Harbor Park in Middletown, Ct. for a lovely 2.5 hour Summer Lunch Cruise. The beautiful summer scenery is seen in magnificent style from the Observation Deck of the vessel.

You will enjoy a fabulous buffet luncheon in their beautifully appointed, climate controlled dining room with live entertainment while cruising.

The talented staff and chef of the "Lady Katharine" prepare all dishes freshly on board during your cruise. The bountiful lunch offers a balanced selection of delicious dishes.

We will be meeting and leaving from the Senior Center at 10:00am. The ship begins boarding at Harbor Park in Middletown, Ct. at 11:00am. and departs at 11:30am. The cruise returns at 2:00pm. 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. This is always a popular event. We cannot hold your seat without payment. We are limited to the number of people we can bring with us.

### "A Stitch in Time" Shop 10 Stony Hill Road, Bethel, Ct. Wednesday, July 1st 9:30am.

Today we will be traveling to "A Stitch in Time" in the heart of Bethel, Ct. The store carries a wide selection of supplies and accessories for knitting, crocheting and needlepoint. Walking in the store is like walking into a candy store. Your eyes will "pop" over the wide selection of items that they offer.

We will be meeting and leaving from the Senior Center at 9:30am. Once at the store we will give you until 12noon to browse and shop through the store. At this time we will continue on for lunch at the Putnam House. We have lunched here before and have enjoyed it. 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 by about 2:30pm.

## March-April 2020 issue

### "Sunflowers for Wishes"

**To benefit "Make-A-Wish" Foundation  
Thursday, July 23rd \$6.00**

**Departing @ 8:30am.**

Since 2004 Buttonwood Farm in Griswold, Ct. has held a fundraiser, "Sunflowers for Wishes" to benefit the "Make-A-Wish" Foundation. The foundation is a non-profit organization devoted to making wishes possible for children with life-threatening medical conditions. The farm plants over 10-acres of sunflowers for your viewing pleasure. The farm gives 100% of their profits from the sale of t-shirts, sunflower bouquets, and hayrides to the foundation.

We will enjoy a 3/4 of a mile hay ride that travels through cow pastures and 4-acres of blooming sunflower fields. You can also enjoy their special ice cream flavor of the season, Sunflower Ice Cream. This delicious ice cream is made with the farm's own creamy rich caramel ice cream, with honey, sunflower seeds and almonds.

We will be meeting and leaving from the Senior Center at 8:30am. We should be at our destination by about 10:00am. Our first stop will be at the farm where you can enjoy the sunflower display and the hayride. Your \$6 donation covers the cost of the hayride and is used as a donation for the "Make-A-Wish" Foundation.

After our hayride we will continue on to Preston Village Pizza for lunch. We have lunched here in previous years when we went on this same trip and have gotten very favorable comments about the establishment and the food.

**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 and we are limited to the number of people we can bring with us.

### Making Homemade Pasta Presented by Maryann Sasso

**Tuesday, June 9th 10:30am.**

Chef Maryann Sasso will be at the Prospect Senior Center on Tuesday, June 9, 2020 at 10:30am. She will be here to show you how easy it is to make fresh Italian-style pasta at home, in many different shapes and flavors.

Step-by-step she will take you through the process of fresh pasta making. Chef Maryann will start by explaining how to make the dough from scratch. Then she will explain how to roll and cut the dough. She will demonstrate how to hand form the pasta into different shapes and finally how to cook and serve your fresh pasta.

You'll never eat store bought pasta again once Chef Maryann shows you how easy it is to make yourself. The taste is so much more flavorful than store bought pasta. You will never want to go back to the dried stuff again! No matter what part of the world you're from, you will come away from this class knowing how to whip up delicious, fresh pasta dishes that would make someone's Italian mother somewhere, very proud.

If you are interested in attending this very informative class, please call the Senior Center or stop by to register. There is no charge for this class thanks to Maryann's generosity.

I would like to thank Chef Maryann Sasso for holding this class for us. Maryann is a member of our Senior Center and participates in our Cook Book Club. She has many years of culinary experience to her credit.

### Lunch on the Essex Steam Train & Riverboat Ride

**1 Railroad Avenue, Essex, Ct.**

**Tuesday, July 7th Departing @ 9:30am. \$50**

All aboard the only steam train and riverboat connection in the country! Our 3.75 hour narrated journey begins at the historic 1892 Essex Station. We begin boarding the train at 11:15am. and our journey begins at 12noon. We will be meandering through the countryside aboard vintage rail cars pulled by an authentic steam locomotive. Once we reach Deep River Landing, we will be escorted onto the Becky Thatcher Riverboat for a 1.5 hour cruise along the Connecticut River-bursting with lush scenery and historic attractions, such as Gillette Castle and Good-speed Opera House. Upon Becky's return to Deep River Landing, the steam train welcomes you for the return trip back to Essex.

We will be meeting and leaving from the Senior Center at 9:30am. We begin boarding the train at Essex Station at 11:00am. Once you get on the train you will have a nice salad waiting for you to start off your lunch. At 11:30am., once everyone is on board, the train begins its' journey. Your entrée will come out shortly after the train starts moving. At Deep River Landing, your dessert will be served after which time we will transfer on to the Becky Thatcher Riverboat for our 1.5 hour cruise on the water. Once the cruise is over we will transfer back again on to the train and head back to the station. We should be back at the station by about 3:05pm. and back to Prospect by about 4:30pm.

The cost of this entire trip is \$65. This includes transportation to Essex, your train and riverboat ride, your lunch and all taxes and gratuities. The only thing not included is alcoholic beverages. Those you can purchase on your own at their cash bar, if you are interested.

You have a choice of Eggplant Parmesan, Beef Tips or Baked Chicken for your lunch entrée. Also included in the meal will be a green salad, vegetable, starch, roll and dessert. **PLEASE MAKE YOUR LUNCH SELECTION WHEN SIGNING UP.**

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

### Riverfront Dragon Boat & Asian Festival @ Mortensen Riverfront Plaza

**300 Columbus Blvd. - Hartford, Ct.**

**Saturday, August 15th No Charge  
Departing @ 9:30am.**

The Riverfront Dragon Boat & Asian Festival is one of the Top Ten Dragon Boat Festivals in the United States. Admission to the Asian Festival is free. It is a family-friendly event offering a unique celebration of Asian culture highlighted by the exciting sport of dragon boat racing.

Festival highlights include authentic Asian music and dance performances, food and merchandise vendors, an Asian beer garden, martial arts expo, arts and crafts for the kids and more.

The Festival, now in its 17th. year, invites the community and club teams to participate in a day of fun competition by participating in their Dragon Boat Races. Over 80-teams will paddle the 500m course in three heats.

We will be meeting and leaving from the Senior Center at 9:30am. Once at the Festival you will be free to explore the festival on your own until 2:00pm. At this time we will meet at a designated location for our return trip back to Prospect.

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 that day.

## March-April 2020 issue

### The Connecticut Gay Men's Chorus Presents... "BINGOMANIA"

**Saturday, April 18th \$20  
Departing @ 5:30pm.**

The Connecticut Gay Men's Chorus was founded in 1886. It was the first organization of its kind in Connecticut and is proud to be a part of Connecticut LGBT history.

The chorus continues to inspire other arts-based community organizations around New England. Under the leadership of Artistic Director Greg McMahan, the group is proud to maintain its high level of performance standards while maintaining its signature blend of humor and personality.

The Chorus hosts a monthly BINGOMANIA! at the Annex Club at 554 Woodward Avenue in New Haven, just off I-95. Doors open at 6:00pm. and games begin at 7:00pm. Cash prizes are now up to \$2,500! Admission is \$20 and includes all of your game cards for the twelve regular games of Bingo. Each regular game has a cash prize of \$100 and the final regular game of the night has a cash prize of \$200. They also offer three optional special games. You can play a special game for just \$1 per sheet and each special game pays a 50/50 cash prize of up to \$400. You have a chance to win up to \$2,500 in Bingo cash prizes at these BINGOMANIA! games.

Soft drinks, cocktails, wine and beer are available beginning at 6:00pm. The games begin at 7:00pm. Per Connecticut State Law, no beverages of any kind are to be brought into the Annex Club for BINGOMANIA! You can bring whatever food in with you that you would like but you cannot bring in any beverages of any kind. Not even water is allowed. So, bring whatever "munchies" you would like to enjoy during the games and plan on buying your beverage there.

We will be meeting and leaving from the Senior Center at 5:30pm. This is always a hilariously unique evening of entertainment and fun. If you are interested in joining us, please sign up and PAY your \$20 as soon as possible. We are limited to the number of people we can bring with us. Sign up early to ensure your spot on the bus.

### Bethel Craft Summerfest @ Municipal Center-Bethel, Ct. Saturday, July 11th FREE Departing @ 9:15am.

The Bethel Craft Summerfest will take place on the front lawn of the Municipal Center in Bethel, Ct. on Saturday, July 11, 2020. The event runs from 10:00am to 4:00pm.

The Summerfest features an assortment of artisans and crafters exhibiting and selling a great variety of wares. Admission to the event is free.

We will be meeting and leaving from the Senior Center for the event at 9:15am. Once at the Summerfest, you will be free to wander, browse, shop and eat 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 1:45pm. If you are interested in joining us, please register as soon as possible. We are limited to the number of people we can bring with us.

### Plymouth, Massachusetts "America's Hometown" & The Mayflower II Thursday, August 20th \$115 Departing @ 7:00am.

On Thursday, August 20, 2020 a deluxe Town & Country motor coach will be departing from the Prospect Senior Center for a day trip to Plymouth, Massachusetts- "America's Hometown". The trip will be escorted by Linda Soto of Raylin Travel.

Once at your destination you will visit the Mayflower II, an inspiring and powerful symbol of freedom and self – determination. The Mayflower II is Plimoth Plantation's full scale reproduction of the ship that brought the English Colonists to the Wampanoag homeland of Patuxet (now known as Plymouth) in 1620. Plimoth Plantation has fully restored this iconic vessel. It was a gift marking the friendship between the United Kingdom and the U.S.A.

During your visit you will enjoy lunch in the Patuxet Room at the Plantation. A Thanksgiving home style buffet will be served. The luncheon menu consists of roasted native turkey with cornbread stuffing, giblet gravy, mashed potatoes, seasonal vegetables, Cape Cod cranberry sauce, pumpkin and apple pies, hot coffee and tea.

After lunch you will visit the plantation. Our group is scheduled for a 2:00pm. entry into the Plantation. Plimoth Plantation is a re-creation of the small farming and maritime community built by the pilgrims along the shore of Plymouth Harbor. It brings Colonial Plymouth to life. The people you will meet at the Plantation are costumed role players portraying actual residents of the Plymouth Colony. You will have the opportunity to ask them about religious beliefs, education, child rearing, gardening, cooking or any topic of interest to you.

If you are interested in participating in this trip, please sign up and PAY at the Senior Center. We cannot hold your place without payment. We should be back at the Prospect Senior Center from this trip by about 8:00pm.

### Open Air Market & Festival @ Wadsworth Mansion 421 Wadsworth Street, Middletown, Ct. Sunday, August 30th No Charge Departing @ 9:30am.

On Sunday, August 30, 2020 an Open Air Market & Festival will be held at the Wadsworth Mansion. The historic Mansion will transform its 700 foot vista into a marketplace and festival where a variety of vendors will gather to sell their Connecticut grown or made products. One can stroll from tent to tent purchasing fresh produce, fruit, cheese, breads and prepared foods.

Local artisans such as potters, painters and jewelers have been invited to sell their work. Visitors will be encouraged to lounge on the lawn with lunch and listen to live music performed on the patio. Families can bring their children and spend the day. It will be a day to discover the Wadsworth Mansion, enjoy music and art, and experience the tradition of shopping at an open-air market.

We will be departing from the Senior Center at 9:30am. The festival runs from 10:00am. to 4:00pm. Once at the Mansion you will be free to explore the market on your own until 1:30pm. At this time we will gather for our return trip back to Prospect. We should be back at the Senior Center no later than 2:30pm.

If you are interested in joining in on this delightful day, please sign up as soon as possible. We are limited to how many people we can bring with us. There is no charge for this trip.



## March-April 2020 issue

### **35th Annual Plainville Hot Air Balloon Festival (Norton Park-South Washington Street Rte. 177 - Plainville, Ct.) Friday, August 28th No Charge Departing @ 5:00pm.**

The Plainville Fire Company will be hosting its' 33rd. Annual Hot Air Balloon Festival at Norton Park in Plainville, Ct. beginning on Friday, August 28, 2020. The activities begin on Friday evening and continue all day Saturday and wrap up on Sunday morning. The festival attracts thousands of spectators to what organizers consider one of the biggest and last remaining hot air balloon festivals in the Northeast.

The free festival begins at 5:00pm on Friday. Balloons will launch at 6:00am. on Saturday and Sunday. About 25 to 30 hot air balloons will be at the festival. Some may offer rides to spectators. Some balloonists will also offer tethered rides on Friday night for a nominal fee. You get in the basket of the balloon and rise about 100 to 150 feet in the air. You don't go anywhere but you get a nice birds-eye-view of the grounds.

A huge crafts fair will be held all three days, with live music from area bands, Friday night and all day Saturday. Fireworks are scheduled for Friday night at 9:15pm. Lots of vendors are available for shopping and there will be food for your enjoyment, served by the Fire Department. This festival is a fund raiser for the Plainville Fire Department.

We will be meeting and leaving from the Senior Center at 5:00pm. Once at the fairgrounds you will be free to wander on your own through the festival. We will stay until the fireworks show is over. We will be leaving directly after the fireworks. We suggest that you bring a folding chair with you for the fireworks show. Also, you can bring your own food with you if you would prefer. Concession food at most venues such as this, tends to be a little pricey.

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. Sign up early.

### **Knox Box Rapid Access Solutions**

If you were home alone and had an emergency situation and could not get to the door to let in emergency personnel, what would happen in this time-sensitive situation? Firefighters and paramedics would have to wait to be let in to your home or simply break into your home, damaging your property and risking personal injury to themselves. Seconds count in these types of situations.

In situations, where safe and timely access is essential, a Knox Box can be a life saver. A Knox Box is a small, wall-mounted safe that is mounted outside of your home. It usually holds the keys to your home. Fire departments, emergency medical services, and sometimes police are able to immediately gain entry into your home in an emergency situation. A Knox Box can also cut fire losses for building owners since firefighters can enter buildings without breaking doors or windows.

There are various types of Knox Boxes, but each shares a basic purpose: they allow emergency services personnel to enter buildings safely, quickly and easily in time-sensitive situations.

Trusted by thousands of fire and law enforcement agencies for over 40-years, Knox Box Rapid Access Solutions have provided first responders with immediate access into secure buildings, campuses, residences, museums, civic institutions, and commercial properties when it matters most.

Removing barriers to entry reduces injuries to responders, can save a person's life if they are in a life threatening situation, and minimizes property damage. That's the power of the Knox Box Rapid Access System.

When emergency personnel respond to a call and arrive on site, they use a master key or code to unlock the Knox Box that is installed outside a building. They would access its contents. Generally, this would be the key to the building that would allow them quick access inside.

If you would like more information about the Knox Box, contact the Knox Company directly at [www.knoxbox.com](http://www.knoxbox.com). or call (866) 625-4563.

### **HUDSON VALLEY WINE & FOOD FEST @ Dutchess County Fairgrounds - Rhinebeck, NY. Saturday, September 12th \$28/\$12 Departing @ 9:00am.**

The Hudson Valley Wine and Food Fest is a celebration of the bounty of New York. This food and wine festival features hundreds of wines from Hudson Valley wineries and beyond, New York distilled spirits, craft beers and gourmet specialty foods from all over the country.

Learn more about wine at their educational seminars and brush up on your culinary skills with cooking workshops from regional celebrity chefs throughout the day. You can satisfy your hunger with delectable treats from their Gourmet Food Truck Corral. They host some of the region's best food trucks and food concessions.

At the Fest you can find everything from farm fresh cheeses & meats, salsas, BBQ sauce, mixes, baked goods, maple syrup, candy, nuts, granola, olive oils and more. It hosts some of the region's best festival vendors including over 150-wineries, gourmet specialty food vendors, fine art, and craft vendors.

Two different ticket options are offered for the Festival: Advance Sale Tasting Ticket: \$28-Save \$16 off the Gate Price! Includes admission to the Hudson Valley Wine & Food Fest, souvenir tasting glass and all the wine, beer & spirits you care to taste. Food not included.

Advance Sale Regular Admission Ticket: \$12-Save \$6.50 off the Gate price! Includes admission to the Hudson Valley Wine & Food Fest. This is a NO ALCOHOL TASTING ticket. You will NOT be permitted to taste any alcohol with this ticket. Free water & soda is included. Food is not included.

We will be meeting and leaving from the Prospect Senior Center at 9:00am. We should be at our destination by about 10:45am. Once there you will be free to explore the festival on your own until 2:00pm. At this time we will leave the festival and start heading back to Prospect. We expect to be back at the Senior Center by about 3:45pm.

If you are interested in attending, please sign up and PAY as soon as possible. Please specify which type of ticket you want when you register. We cannot hold your seat without payment.

## March-April 2020 issue

**Stamp & Scrapbook Expo  
@ Royal Plaza Trade Center  
181 Royal Plaza Drive, Marlborough, Ma.  
Friday, September 11th \$18  
Departing @ 8:30am.**

Scrapbook Expo has been in business for over 20-years offering industry-leading consumer scrapbook shows. They pride themselves on their first class customer service, friendly and helpful staff, and dedication to their guests by providing them with an amazing experience at all their shows.

Their Expo events cater to paper crafters of all types and experience levels. Card makers, stampers and scrapbook enthusiasts can find new products and designs from vendors. You can swap ideas with like-minded crafters and learn new techniques by taking a workshop offered at the expo. Food is also offered at the Expo.

We will be attending the Stamp & Scrapbook Expo on Friday, September 11, 2020. We will be meeting and leaving from the Prospect Senior Center at 8:30am. We should be at our destination by about 10:00am. Once there you will be free to browse and shop through the expo until 2:00pm.

At 2:00pm. we will board our mini bus for our return trip to Prospect. We should be back at the Senior Center by about 4:00pm. If you are interested in joining in on this trip, please sign up and PAY as soon as possible. We cannot hold your seat without payment. **The cost of this trip includes your admission into the Expo** and also help in covering gas expenses that day since it is quite a distance from here.

**Lady Katharine Cruises Presents...  
"Taste of Italiana" Cruise  
On board the "Mystique"  
Saturday, September 19th \$78  
Departing @ 5:30pm.**

**Cruise departs from Harbor Park, Middletown  
Time: 7:00pm - 11:00pm (Boarding at 6:30 PM)**

Enjoy live entertainment and scenic vistas from the decks of the "Mystique."

**Louis, JoAnn, & the Uptown Band** Louis and JoAnn have been performing the past few years together in various NYC night clubs, adult communities, special events and music festivals around the country! The couple sings everything from standards to 50's, 60's, 70's, 80's and contemporary pop songs in addition to Italian and Italian American favorites-Rat Pack Tunes and some very funny and fun original tunes. It's an entertaining extravaganza. They appear regularly at the Villa Roma in the Pocos, The Empire Casino in New York and they are the house band for the beautiful Knollwood Country Club in Westchester, New York.

**Cruise Menu:**

Antipasto Station: Tomato Mozzarella Salad · Soppresata Capicola · Italian Cheeses · Marinated Mushrooms · Pepperoncini Assorted Olives · Roasted Peppers Crostini · Eggplant Marinara  
Entrees: Chicken Cacciatore · Beef Medallions with Port Wine Demi-Glace Italian Vegetables · Stuffed Shells  
Shrimp Scampi over Rotini with Sun-Dried Tomatoes and Scallions

The talented staff and chef of the "Lady Katharine" prepare all dishes freshly on board during your cruise. A cash bar will also be available.

We will be meeting and leaving from the Senior Center at 5:30am. 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 12 midnight.

**Vermont Daytrip Tour  
Thursday, September 24th \$106  
Departing @ 7:00am.**

At 7:00am. a Town & Country motor coach will be departing from the Prospect Senior Center to spend a beautiful day in the beautiful Green Mountain State. This trip will be escorted by Linda Soto of Raylin Travel.

Your first stop will be at the famous Kringle Candle Company in Bernardstown, MA. The Candle Store has over 200-fragrances under one roof. The Country Barn features gifts, gourmet food items, sweets, olive oils, country home décor and more. The Chocolate Cottage has a wide selection of chocolates, fudge and candies. They always offer free samples of their delicacies!

Your next stop will be at the Publyk House for lunch. This spot is known as Vermont's famous "dining with a view" location. There you will be served a traditional New England fare lunch in a warm and inviting ambience. You have a choice of the following lunch entrees: turkey dinner, homemade layered meatloaf or baked New England cod.

Before heading for home, you will make a last stop at the Apple Barn & Country Bake Shop. What better way to experience Vermont's charm than with a visit to a giant red barn filled with Vermont products and souvenirs! There is also a country bake shop, café and ice cream parlor and you can enjoy their very own, home-grown apples and berries. The Apple Barn has everything you could possibly want. Included in this visit will be a delicious slice of pie a la mode that you can sit and savor.

You should be back at the Senior Center from this trip by approximately 9:00pm. If you are interested in participating, please stop in to the Senior Center to register and PAY. Your place cannot be held without payment. **Please make your lunch entrée selection when registering.**

**Nashville & Graceland Mansion Trip  
Escorted by Linda Soto (Raylin Travel)  
October 11th - October 19th \$1,555  
Departing**

Join Linda Soto of Raylin Travel & Tours as she escorts a trip to Nashville Tennessee and Graceland Mansion. You will be traveling to your destination on a Town & Country motor coach.

While music is often the center of Nashville's nightlife and entertainment, this trip will offer you a few other options while you are in Nashville. You will enjoy a one-hour tour of the Parthenon, a show and a backstage tour of Grand Ole Opry, a visit to the Music Hall of Fame and a stop by the Grand Ole Opry Hotel. You will be taking in some honkytonks on Broadway and be able to enjoy dinner onboard the General Jackson River Show Boat.

After a great time in Nashville, you will board your motor coach and drive to the home of Elvis Presley in Graceland, Tennessee. Here you will have a V.I.P. tour of Elvis's home. You will be touring Sun Studios and dining at the Rock & Roll Diner and enjoying entertainment there. Who knows, you may even have an Elvis sighting while in the area. For dinner you will ride in a pink limousine to Marlowe's Restaurant!

After a fun time in Graceland you will board your motor coach to your last destination-the 911 Memorial in Stoytown PA. You will have a tour of the Memorial and stay overnight.

Join in on this fun-filled trip. Space is limited. Registering and paying for this trip will go directly through Linda Soto. If you have any questions, please call her at 203-591-1407. Cancellation insurance will be offered from Travel Insured International.

## March-April 2020 issue

**New York City Day Trip Featuring:  
Statue of Liberty Museum & Pedestal  
Ellis Island Immigration Museum  
Tuesday, October 13th \$87  
Departure time TBA**

She is an icon, a national treasure, and one of the most recognizable figures around the globe. Millions who cherish her ideals make the journey every year to experience her history and grandeur in person. She is Lady Liberty, a symbol of freedom and a worldwide icon inspiring hope.

The new Statue of Liberty Museum is the most monumental addition to Liberty Island since the Statue herself. More than that, it allows millions more visitors to enjoy the Statue of Liberty experience and be inspired by her history and message of freedom and opportunity. The museum opened on May 16, 2019.

Join us for a roundtrip ferry ride from Liberty Park, New Jersey to Ellis Island to tour the Ellis Island Immigration Museum. Then continue on to Liberty Island to tour the new Statue of Liberty Museum and Pedestal at the base of the Statue. These Islands are two of the most visited spots in New York City.

Ellis Island Immigration Museum is located in the Main Building of the former immigration station complex. It tells the moving tales of the 12-million immigrants who entered America through the golden door of Ellis Island. Today, the descendants of those immigrants account for almost half of the American people.

We will then continue on to the new Statue of Liberty Museum. It was built by friends from across the United States and around the world who have contributed \$18.86 or more to the construction of the new museum.

The new Museum in New York Harbor boasts a number of treasures: the original torch, which was replaced in the 1980s; an unoxidized copper replica of Lady Liberty's face; and recordings of immigrants describing the sight of the 305-foot monument.

Enjoy, at your own pace, an accompanying audio guide for each of our museum stops. You can also have lunch at either of the Islands. The cost of your lunch is your responsibility. Or, you can even bring your own bagged lunch to enjoy there.

**Highlights of our trip:**

- Deluxe Motorcoach transportation
- Roundtrip ferry from Liberty Park, New Jersey to Ellis Island Immigration Museum and Statue of Liberty Island- featuring the New Statue of Liberty Museum
- Audio guide for both islands
- Lunch on your own on Ellis Island or Liberty Island
- Tour Director
- NOTE: This trip requires a moderate level of walking
- Driver Gratuity

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Departure/Return times will be announced at a later date.

**Prospect Senior Center Presents  
A Taste of Italian New York!  
Saturday, November 7th \$104  
Departing @ 7:45am.**

Here's a chance to visit three of New York's Food "Hot Spots"... all in one fun day! Stop at each of the three different locations to eat, shop and bring home your Italian food favorites!

**Food "Hot Spots" on the Tour:**

- ☐ ZABAR'S UPPER WEST SIDE: Gourmet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, and New York bagels plus lots of international foods.
- ☐ CARMINE'S UPPER WEST SIDE: Sit and indulge in an Italian lunch served family-style at this famous restaurant - be amazed by the enormous portions!
- ☐ ARTHUR AVENUE in the BRONX: Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want. Bring a cooler!

This trip will require a moderate amount of walking. We should be back at the Senior Center from this trip by about 7:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

**Christmas Celebration in the White  
Mountains...@ Indian Head Resort  
Lincoln, New Hampshire  
Thursday, December 3rd \$110  
Departing @ 5:50am.**

Enjoy a day away with friends at the famous Indian Head Resort. This beautiful resort sits on 180-acres of scenic splendor in the heart of the White Mountains of New Hampshire. The Resort is truly a local gem. Here you will enjoy a spectacular Christmas Show along with dining and much more.

The trip leaves from the Prospect Senior Center at 5:50am. You will be traveling on a deluxe Town & Country motor coach. The trip will be escorted by Linda Soto of Raylin Travel.

Upon your arrival at the Resort you will enjoy a beer and wine reception. Everyone will receive two drink tickets for beer, wine or soft drinks. Also included in this trip will be a deluxe holiday luncheon buffet, afternoon entertainment, a visit and gift from Santa, free individual photos and a gift certificate to be used at the Resort gift shop.

If you are interested in participating in this trip, please sign up and PAY as soon as possible. We cannot hold your place without payment. We should be back at the Senior Center from this trip by about 10:00pm.





**Elizabeth Margaret Kohlstrunk Volmar**

**Lifelong Prospect resident**

PROSPECT – Elizabeth Margaret Kohlstrunk Volmar, 104, passed away peacefully surrounded by her loving family on Saturday, Feb. 29, 2020, at Vitas St. Mary's Hospital. Elizabeth was the loving wife of the late Frederick Volmar. She was born Feb. 27, 1916, in Waterbury, a daughter of the late Max and Helen

(Hagen) Kohlstrunk.

Elizabeth graduated from Wilby High School class of 1934. She was the cornerstone and matriarch of the Prospect Volmar family since the death of her husband, Frederick A. Volmar in 1967. They moved to their Prospect home in July of 1939 and she and her family celebrated her 80th year in Prospect last July. She worked as a secretary and later held the post of Secretary to First Selectman, Michael Pugliese, of Prospect. She also worked in Prospect Town Hall's Assessor's office for many years. She continued her secretarial career in Prospect with two other companies and retired at the age of 65. She was the owner of Volmar's Picnic Grove, Prospect's hidden treasure per Mayor Bob Chatfield, until its closure in 2011. Elizabeth treasured time with family, particularly picnics at the Grove and holiday gatherings.

Elizabeth will be dearly missed by her children, William and his wife Joan of Niantic, Elizabeth Osterweis of Prospect, Carolyn Taylor of Prospect and Frederick Jr. of Florida. Elizabeth leaves eight grandchildren William and Michael Volmar, Burton and Laura Osterweis, Heidi Finke, Heather Dahlman, Jennifer McLean and Jeffrey Owens. She was also blessed with fifteen great grandchildren; Andrew, Emily, Paul and Brooke Volmar, Henry, Miles and Eli Osterweis, Lee and Rachel Finke, Chastan, Mysti, Autym and Sierra Dahlman, Donald Mazas and Cody Owens, and two great-great grandchildren Ryder and Abby Finke. She also is survived by several nieces and nephews in the United States and Germany.

Elizabeth is predeceased by her sisters Gertrude Beerbaum and Helen Reihl and brother Herman Kohlstrunk. Elizabeth's family would like to express their appreciation to the caregivers of Euro-American Homecare and Vitas Healthcare and their staff at St. Mary's Hospital.

In lieu of flowers, contributions can be made to St. Anthony's Church of Prospect, Euro-American Homecare in Berlin Conn., and Vitas Hospice Healthcare of Connecticut.

A Mass of Christian burial was held on Wednesday, March 4, at 10:30 a.m. at St. Anthony's Church, 4 Union City Rd., Prospect. Burial immediately followed in All Saints Cemetery Waterbury.

For online condolences please visit [prospectmemorial.com](http://prospectmemorial.com).



**William G. Manthey**  
**World War II veteran,**  
**project engineer,**  
**loving father**

PROSPECT – William "Bill" G. Manthey, 93, passed away peacefully at Masonicare, Wallingford, on Saturday, Feb. 29, 2020 surrounded by his loving family. He was the widower of the late Helen (Viarengo) Manthey. Bill was born Sept. 17, 1926, in Waterbury, a son of the late Gustave and Dorothy (Egan) Manthey. Bill proudly served his country in the Army Air Force during World War II, being stationed on Tinian Island and in the Philippines.



Bill worked as a project engineer at Waterbury Farrel Foundry in Cheshire, and Integrated Industrial Systems in Wallingford, where he designed numerous rolling mills and oversaw international projects.

Bill raised his loving family in the home he built in 1957. He was an accomplished furniture designer and builder, creating pieces from scratch in his woodworking shop.

He enjoyed his cottage in Jerusalem, R.I., for decades with his late wife Helen, his boys and his extended family. The beach and ocean were his places of relaxation. Bill enjoyed playing golf from the days he caddied at East Mountain Golf Course well into his 80s.

Time with family around the dinner table savoring his wife Helen's phenomenal, homemade Italian meals was one of his favorite moments of life.

Bill leaves to cherish his memory his sons, William Manthey and his partner Cheryl, of Beacon Falls, and Karl and his wife Susan, of Waterbury; and sister Elaine Blacker of Watertown.

He was predeceased by his wife Helen and his sister Dorothy McLean.

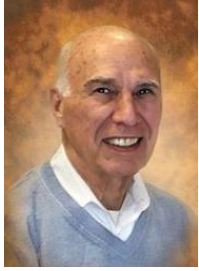
A Mass of Christian Burial was Thursday at 10 a.m. at St. Anthony' Church, 4 Union City Road, Prospect. Burial immediately followed with military honors at Prospect Cemetery. For online condolences, please visit [prospectmemorial.com](http://prospectmemorial.com).

Memorial donations can be made to Cheshire Lions Foundation, P.O. Box 175, Cheshire, CT 06410.



## Obituaries

## March-April 2020 issue



### Robert E. Beaudoin Local college and university professor

WATERBURY – Robert Emile Beaudoin, 77, of Wolcott, passed away peacefully on Wednesday, Jan. 29, 2020, at the VITAS Inpatient Hospice Unit of Saint Mary's Hospital, surrounded by the love and comfort of his family, after a brief illness. He was the devoted husband of JoAnn (Conway) Beaudoin.

Robert was born Dec. 4, 1942, in Cincinnati, Ohio, the son of the late Conrad and Lucie (Bedard) Beaudoin. He was raised in Waterbury and was a



graduate of Croft High School.

Robert proudly served his country in the U.S. Air Force during the Vietnam War era. While stationed in South Korea, Robert started learning the art of marital arts and received his black belt in karate, which would lead him to a career in the karate industry later in his life.

Robert had felt that education was very important and after returning from the service, he continued his studies and received his B.S. from UConn, his master's degree in education from Trinity College and his doctorate in education from the University of Sarasota.

Robert taught at many colleges and universities throughout the area, including the University of New Haven, Post College and UConn, to name but a few. It can be said of Bob that he embodied the words of Albert Schweitzer: "Teaching, especially by example, is not the main thing in influencing and helping others to develop. It is the only thing."

Robert was also the owner and operator of REB Associates, Quality Consulting, providing consulting work for many area businesses. Robert also established his own karate dojang in 1965, The Beaudoin Academy of Karate in Waterbury, and was the Grand Master of World Tang Soo Do Association.

Robert was a longtime, active parishioner of Sts. Peter and Paul Church, where he was one of the first Eucharistic ministers, and would often assist the church with weekly Mass readings. He was also a devoted member of the Waterbury Elks Club, the Waterbury Chamber of Commerce and the United Way.

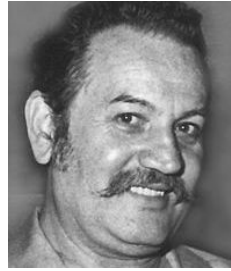
Left to cherish his memories and honor Robert's love and legacy, besides his wife of 55 years, JoAnn (Conway) Beaudoin, are his son, Eric Beaudoin, MD, of Southport, and his daughter, Jennifer Roberts and her husband Kevin, of Southington. Robert and JoAnn were blessed with a grandson, Tyler DiTunno.

He also leaves his brothers, Charles Beaudoin of Waterbury, James Beaudoin of Prospect; and his sister, Barbara Plouffe of Meriden; and several nieces, nephews, other extended family members and many friends.

Funeral services for Dr. Bob/Grand Master Beaudoin were on Tuesday at 10 a.m. at Mary Mother of the Church Parish, Sts. Peter and Paul Church, 67 Southmayd Road, Waterbury, to celebrate a Mass of Christina Burial. Burial with full military honors followed in New Pine Grove Cemetery, Waterbury.

In lieu of flowers, memorial contributions in memory of Robert are encouraged to be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 USA/donors@stjude.org.

Memories last only if you share them, so you are encouraged to leave a condolence, words of comfort or a personal memory with the Beaudoin family on Robert's tribute page at eastsidememorial.com. The Casey family has been honored to serve the Beaudoin family.



### Philip O. LaBonte Served in U.S. Air Force

PROSPECT – Philip O. LaBonte, 88, passed away Saturday, Feb. 1, 2020, at Saint Mary's Hospital, surrounded by his loved ones. He was the husband of 59 years to Sandra (Chappell) LaBonte.

Philip was born on June 17, 1931, in Kent, a son of the late Joseph and Anita (Pelletier) LaBonte. He proudly served his country in the U.S. Air Force from 1951 to 1955. After his service he started his employment for Uniroyal Footwear division, where he met the love of his life, Sandra. He re-



tired after 32 years, then was employed at Cheesebrough Ponds /Ragu in Shelton, as the shipping and receiving supervisor which he retired from after 10 years.

Philip was a former member of the Algonquin Archery Club, the Franco-American Club and the American Legion of Prospect. He was also a member of the Prospect Sr. Center, where he enjoyed playing bocce, making jewelry and of course playing bingo. He loved spending time with his grandchildren and great-grandchildren.

Besides his loving wife of 59 years, he leaves his children; Philip LaBonte, Jr. of Prospect, Susan Borg of Naugatuck, Steven (Elisha) LaBonte of Phoenix, Ariz., and Lance LaBonte of Prospect, sister Irene Grosso, brother Raymond LaBonte both of Waterbury and sister-in-law Joan LaBonte, of Wolcott. Grandchildren; Douglas, Philip III, Christian, Julianne, Steven Jr, Mollie, Phelanie, Lance Jr., Taryn and Helena, Great grandchildren; Hunter, Philip IV and Sydney.

He was predeceased by his siblings; Marie Philibert, Jeanne Bergeron, George, Paul, Henry, Herve and John LaBonte.

The family wishes to express their appreciation and gratitude to Prospect Memorial Funeral Home Owners and Staff for making this difficult time a little easier.

A Mass of Christian Burial was held Saturday, Feb. 8, at 11 a.m. at St. Anthony's Church, 4 Union City Road, Prospect. Full Military Honors to followed. Burial will be private and at the convenience of the family.

Memorial donations may be made to The Prospect Senior Center, 6 Center Street, Prospect, CT 06712.

Please visit [prospectmemorial.com](http://prospectmemorial.com) for online condolences.





## Obituaries

## March-April 2020 issue



### **Terrence Dominy Loved flying radio-controlled airplanes**

PROSPECT – Terrence “Grumps” Dominy, 81, passed away unexpectedly on Feb. 17, 2020, at Saint Mary’s Hospital. He was the husband of the late Elizabeth M. (Dubay) Dominy.

He was born Nov. 30, 1938, in Southampton, England, son of the late Arthur and Kathleen (Daly) Dominy. Before his retirement, he

worked as a tool and die maker for Marion Manufacturing Co.

He enjoyed traveling, spending time with his beloved family and friends. One of his biggest passions was flying his RC airplanes that he built.

Grumps is survived by his children, William Meehan of North Carolina, Marcia Zello and husband Timothy of Cheshire, Colleen Meehan of Torrington, Shaun Dominy and wife Tina of Naugatuck, and John Meehan and wife Lisa of Waterbury; 11 grandchildren, Christopher, Heather and husband Christian, Sarah and husband Jeff, David, Meghan, Justin, Kyle, Tyler, Michael, Sydney and Bradd; and two great-grandsons, Brayden and Maverick. He also leaves a brother, Barry Dominy and wife Sue, and a sister, Jean, all of England, along with several nieces and nephews.

He was predeceased by his first wife, Janet (Carden) Dominy; a sister, Christine Hurrell; and a brother, Raymond Dominy.

A celebration of life was at 7 p.m. on Monday at the Prospect Memorial Funeral Home, 72 Waterbury Road, Prospect. Burial was at 10 a.m. on Tuesday at Hillside Cemetery, Cheshire.

For online condolences, please visit [prospectmemorial.com](http://prospectmemorial.com).



### **Anita M. Benson Loving mother, grandmother and great-grandmother**

WOLCOTT — Anita Marie Benson, 104, passed away peacefully on Saturday, Feb. 22, 2020, with family beside her. She was reunited in heaven with the love of her life, husband and best friend, Ralf Benson.

Anita was born in Waterbury on Oct. 21, 1915, the daughter of the late Hiram and Adela (Supernaute) Smith. A graduate of Waterbury Catholic High School. She was a parishioner of St. Pius X Church and a member of their ladies guild.

Family was her greatest treasure and she loved every moment spent with them. She also enjoyed many years of traveling with her good friends, Stella and Florence. A true fan of the Boston Red Sox and UConn basketball. Whether attending games or watching on TV, she never missed the opportunity to cheer on the Husky women.

Compassionate, graceful, dignified, with a heart filled with love. We were all blessed to have her in our lives. As a mother, grandmother, great grandmother, or friend, she will be greatly missed.

She is survived by her children, Carol Marchand and her husband, Armand, Joel Benson and his wife, Judi, Joan Henry and her husband, Gary, Claire Vastola and her husband, Chris; her daughter-in-law, Nancy Benson; her five grandchildren, Joel Benson and his partner, Laura

Goodger, Gary Benson, Keith Benson and his wife, Elizabeth, Alexandra Isaac and her husband, Ron, Christina Royce and her husband, Allen; and her five great-grandchildren, Sophia Benson, James Benson, Eli Isaac, Cecilia Royce and Savannah Royce.

Anita was predeceased by her husband, Ralf Benson; her son, Rolfe Benson; her grandsons, Adam Henry and Nathan Henry; and her siblings, Robert Smith, Lois (Smith) Clarke and Howard Smith.

The family would like to thank the staff of VITAS Health Care at Saint Mary’s Hospital for their care and compassion in Anita’s final days.

Always remember to live life to the fullest, be kind, eat dark chocolate every day and slow dance in the kitchen with the one you love.

Funeral and burial will be held privately.

To leave notes of comfort for Anita’s family, visit her tribute page at [woodtickmemorial.com](http://woodtickmemorial.com).

### **Barbara A. Beauty Family was her passion**

WATERTOWN – Barbara A. Beauty, 75, passed away after battling cancer on Saturday, Feb. 1, 2020, at Waterbury Hospital. She was the loving wife of Edmund C. Beauty “Biff” for 48 years.

Barbara was born Aug. 11, 1944, in Waterbury, the daughter of the late Paul and Angeline (Ferraro) Cedela. A graduate of Sacred Heart High School, class of 1965, she worked, most recently, as a care-

taker to people in need.

Barbara’s true passion was spending time with her family and friends. You would find her and her husband at the soccer fields, ballparks and basketball courts cheering on their grandchildren. Her heart was full of love to give, and she shared that love with family, friends and strangers alike.

Barbara volunteered at soup kitchens, helped feed the hungry, and provided companionship to those who needed it. She loved Italian food and pastries, Jimmy’s fried scallops, Frankies, Snoopy, history, Mafia movies, Christmas-time, dancing and helping to set up her daughter’s classroom.

Barbara had an unwavering faith in God and truly believed everything that happened, good or bad, was for a reason. Even when diagnosed with cancer, she said, “I know something good will come from this,” and “If I go home to the Lord or stay here, I win either way.”

Her positive attitude, smile, and generosity were refreshing to everyone she met. She loved you more.

Besides her husband, Biff, of 48 years, Barbara leaves her children, Christopher Beauty and his significant other, Cathy Tullo, Heidi Beauty and her fiancé, Christopher Milite; her grandchildren, Hayden (Bud), Makayla (Skeeter) and Isabella (Izzy Bizzy); several dear cousins, including Anyle Gowans; many loving friends, including her Breakfast Buddies, Colleen, Nancy, Lois, Audre, Barbara, Sandy and Judy; her cats, Sashi and Sable; her grandcat, Gator; and her granddog, Bailey.

In lieu of flowers, contributions may be made to The Bible Church (Waterbury), and the Watertown Volunteer Fire Department (Watertown).

The family would like to thank all the doctors and nurses at the Leever Center (Waterbury) and Waterbury Hospital for their care and kindness.







444 Main Street North-Southbury, Ct.

**Love and Knishes  
Luncheons & Entertainment**

**Luncheon @ 12noon Entertainment-1 to 2:00pm.**

The Jewish Federation of Western Connecticut hosts a monthly Love and Knishes luncheon program at their facility in Southbury, Ct. The program includes lunch and musical performances by various entertainers afterwards. All this for \$7.50!

We will be participating in a number of these upcoming luncheons. We will be meeting and leaving from the Senior Center at 11:15am. The entertainment portion of these events ends at 2:00pm. Dancing is always encouraged! We should be back in Prospect by about 3:00pm.

***If you are interested in attending please sign up and PAY as soon as possible. We cannot hold your place without payment.***

**Wednesday, March 11th  
Entertainment with Liliya & Kadriya Bikbova:  
Around the World Show**

This mother and daughter duo have performed at Carnegie Hall and now they come to Southbury to perform songs from around the world.

**Wednesday, March 25th  
Entertainment with Pierce Campbell**

Enjoy the 60's Psychedelic, Motown and Bubblegum music from the 50's & 60's with this rockin' entertainer. Pierce Campbell will have you singing and dancing along to your favorite tunes from all the great artists.

**Wednesday, April 1, 2020**

**Entertainment with Gary Bertz & Alyce Cognetta Bertz with their Hot Acoustics-Violin & Guitar Show**

Enjoy straight classical sounds through jazz and original tunes of Irving Berlin – Elvis – Puccini.

**Wednesday, May 6, 2020**

**Entertainment with Airborne Trio**

Airborne is a multi-cultural contemporary jazz group that will take you on a festive journey of music and dance.

**Wednesday, June 10, 2020**

**Entertainment with Dave & Jade Stoltz**

Acclaimed artist Dave and Jade Stoltz will be performing Rock, Country, Latin Jazz, Blues and more.

**Wednesday, June 24, 2020**

**Entertainment with Larry & Doreen Crasilli**

This guitar and vocal duo will perform songs from their unique Nashville sound.



600 Main St, Bridgeport, CT

**Cirque Du Soleil-Crystal**

The First acrobatic performance on ice  
**Wednesday, June 17th \$65**

**7:30pm. Departing @ 6:00pm.**

Crystal is not just an ice show. It's the very first experience on ice from Cirque du Soleil. Watch world-class ice skaters and acrobats claim their new frozen playground with speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics. Discover a new kind of performance as Cirque du Soleil meets the ice to defy all expectations.

Directed by Shana Carroll and Sebastien Soldevila, Crystal, our misfit heroine, takes you on an exhilarating tale of self-discovery as she dives into a world of her own imagination. Feel the adrenaline as she soars through this surreal world to become what she was always destined to be: confident, curious, and creative.

CRYSTAL invites you to suspend reality and glide into a world that springs to colorful life with astounding visual projections and a soundtrack that seamlessly blends popular music with the signature sound of Cirque du Soleil. CRYSTAL is suitable for all ages.

We will be meeting and leaving from the Senior Center at 6:00pm. The show begins at 7:30pm. We should be back in Prospect from the event by about 10:00pm.

***If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Our seats will be in Section 103-row DD.***

**MOST PEOPLE  
DON'T THINK I'M  
AS OLD AS I AM  
UNTIL THEY HEAR  
ME STAND UP**



**@ Clockwork Repertory Theater  
133 Main Street, Oakville, Ct.**

**CAYUGA CANAL GIRLS**

**Sunday, March 22 \$18  
8:00pm. Departing @ 7:15pm.**  
AACT NewPlayFest winner!

Phoenix Stage Company is one of 6 theaters from across the country to be selected by the American Association of Community Theater (AACT) to produce a new play as a part of their AACT NewPlayFest.

Five female childhood friends reunite in their historical hometown of Seneca Falls, New York, to lay one of their own to rest. As secrets of the past are exposed and truths finally told, they examine the choices they've made that have separated them and the ties that will forever bind them.

**ENCHANTED APRIL**

**Sunday, May 3 \$18  
3:00pm. Departing @ 2:15pm.**

Feeling lost in the shadows of marriage and forgotten in the rush of 1920s post-war society, two London housewives pool their savings to rent a villa in Italy for a ladies-only holiday away, reluctantly recruiting a pair of difficult upper-class women to share the cost and the experience. Together under the Mediterranean sun, the four women clash—and then begin to bond and bloom—until men once again upset the balance.

**A MIDSUMMER NIGHT'S DREAM**

**Saturday, June 20 \$18  
8:00pm. Departing @ 7:15pm.**

Of all the themes in *A Midsummer Night's Dream*, love is the most prominent. Shakespeare portrays romantic love as a blind, irrational, often beautiful force that can be both cruel and forgiving. Ultimately, love drives the play's entire plot.

Dreams, fairies, and the existence of magic emphasize the theme of imagination. In this play, the boundaries between the real world and the magical world are porous, and poetry gives the characters a way to access their imaginations.

**IF THE SHOE FITS**

**Saturday, July 11 \$18  
8:00pm. Departing @ 7:15pm.**

It all started when Delores, an unhappy housewife, and George, a shoe salesman, met at *Shoe Fantasy* and it was love at first shoe-fitting. The only thing standing in the way was Delores' dotting but half-witted husband, Marvin, who would never agree to a divorce. So there was only one thing left to do—kill Marvin so they can run off together and live a carefree life of passion and romance in a tropical paradise.

The lovers come up with a crazy plan to poison Marvin over dinner. Delores invites George to dinner and introduces him to Marvin as a new friend. While Marvin checks on dessert, they slip poison into his wine. But things get out of hand when Marvin doesn't fall for the bait. What was supposed to be a simple foolproof murder turns into a hilarious fiasco when Esperanza, the eccentric Spanish-speaking maid, arrives on the wrong day and she, too, falls for George.

Now George and Delores have to devise a way to get rid of the lovesick Esperanza and carry out their plan to kill Marvin—that is without killing each other first! Their attempts get funnier and funnier as the lovers try again and

again to finish the job only to have Esperanza and Marvin unknowingly foil their plans each time—resulting in this wacky tale of love, murder, and...shoes

**CLUE On Stage**

**Saturday, August 22 \$18  
8:00pm. Departing @ 7:15pm.**

It's a dark and stormy night, and you've been invited to a very unusual dinner party. Each of the guests has an alias, the butler offers a variety of weapons, and the host is, well . . . dead. So whodunnit? Join the iconic oddballs known as Scarlet, Plum, White, Green, Peacock, and Mustard as they race to find the murderer in *Boddy Manor* before the body count stacks up. Based on the cult classic film and the popular board game, *Clue* is a madcap comedy that will keep you guessing until the final twist.

**HEAD OVER HEELS**

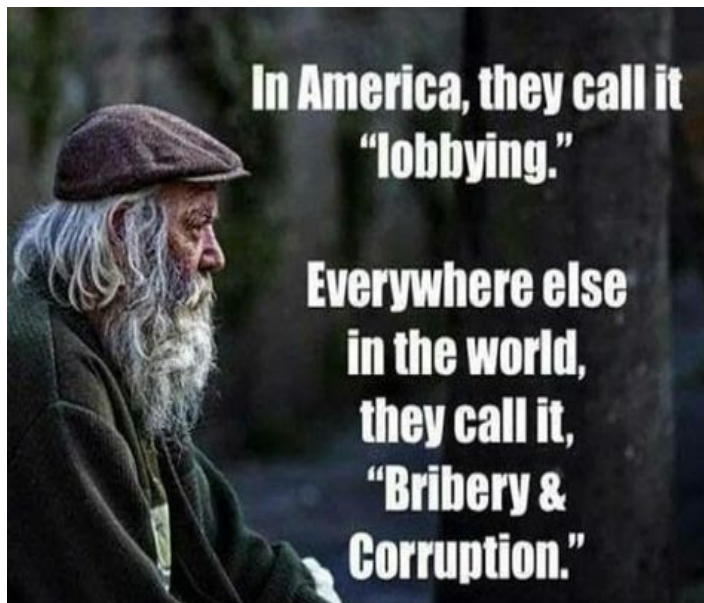
**Sunday, October 11 \$18  
3:00pm. Departing @ 2:15pm.**

*HEAD OVER HEELS* is the bold new musical comedy from the visionaries that rocked Broadway with *Hedwig* and the *Angry Inch*, *Avenue Q* and *Spring Awakening*. This laugh-out-loud love story is set to the music of the iconic 1980's all-female rock band *The Go-Go's*, including the hit songs, "We Got the Beat," "Our Lips Are Sealed," "Vacation," Belinda Carlisle's "Heaven is a Place on Earth" and "Mad About You."

A hilarious, exuberant celebration of love, *HEAD OVER HEELS* follows the escapades of a royal family on an outrageous journey to save their beloved kingdom from extinction—only to discover the key to their realm's survival lies within each of their own hearts.

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

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We cannot hold your seat without payment.  
Meal taxes and gratuities are included in the cost  
of this package.





**556 Mulberry Street, Plantsville, Ct.**

**Celtic Angels**

**Monday, March 2 \$62**

**11am. Departing @ 10:45am.**

Celebrate St. Patrick's Day with the Celtic Angels at the Aqua Turf. You will enjoy a celebration of everything Irish when the Celtic Angels touch down on American soil for their energetic and exciting tour of the United States. Through their shared zeal and passion for the musical traditions of Ireland, this troupe of five beautiful women will enable their audiences to experience the Real Ireland! The show also includes the Celtic Knight Dancers including two former lead dancers from Riverdance and The Trinity Band Ensemble of Dublin.

Prior to the show you will enjoy a delicious family style meal. The menu consists of tossed salad, penne pasta, corned beef & cabbage and baked scrod, rolls and butter, vegetable and potato, dessert, coffee and tea.

**Tom Jones & Englebert-  
The Way it Used to Be!**

**Starring Joe Saimeri**

**Tuesday, April 14 \$45**

**11:00am. to 3:30pm. Departing @ 10:30am.**

Sit back, close your eyes and be transported to great moments in musical history. From Delilah to Release Me, you will enjoy every second of this powerful tribute to these unforgettable entertainers.

Menu: Salad/Pasta/Chicken Kathryn/Baked Ham/Potato/Vegetable/Dessert

Dance floor is open!

**Stars of the Grand Ole Opry**

**Tuesday, April 28 \$62**

**11:30am. to 3:00pm. Departing @ 10:30am.**

The all star cast of the Jubilee will be performing the music of the great stars of the Grand Ole Opry. You will hear music from Roy Acuff, Patsy Cline, Tammy Wynette, Ray Price, George Jones, Merle Haggard, Charlie Pride and Porter Wagner.

The show will also feature the Australian sensation, Jennifer Simmons. Jenny has traveled around the world and performed with many of the Opry stars. The new male vocalist for the Jubilee is Doug Driesel. Doug is a phenomenal singer with a 5-octave voice range.

The Jubilee show features: Branson's funniest comedian and world class fiddler-Doofus Doolittle. "Doof" is a champion fiddle player and world class violinist. He has performed with many legends and will be sharing stories from his experiences with such artists as: Mel Tillis, Roy Clark and Ray Price. This is a wonderful show if you like country music and good clean entertainment.

Prior to the show you will enjoy a delicious family style meal. The menu consists of tossed salad, penne pasta, baked scrod and baked ham, rolls and butter, vegetable and potato, dessert, coffee and tea.

**"Abbamania"**

**May 14 \$76**

**11:30am. to 3:30pm. Departing @ 10:30am.**

This tribute act will take you back to the days when Swedish disco group ABBA ruled the music world with their great

pop hits and memorable performances. Their music is still very popular and alive. It resonates with audiences of all ages. Come experience the glitter and glamour of the 70's with this musically, action-packed show.

Dancing Dream-The Abba Tribute Band takes pride in being able to honor the original, fantastic performers of the Swedish music group, ABBA. During their performance you will hear some of the greatest hits of ABBA: MAMMA MIA, Dancing Queen, Fernando, Waterloo, Knowing Me, Knowing You.

You will enjoy coffee and donuts upon arrival at the Aqua Turf. Your luncheon menu includes a Garden Salad, Pasta, Chicken Francaise, Salmon with Dill Sauce, Potato, Vegetable and Dessert. Everything will be served family style.

**Celebrate Italia!**

**With The Sam Vinci Band**

**Special appearance by Aaron Caruso**

**Tuesday, July 14 \$45**

**11:00am. to 3:30pm.-Departing @ 10:30am.**

Aaron Caruso will present a brief glimpse of the beauty and power of his operatic voice singing marvelous Italian songs his way!

Menu: Melon/Salad/Penne/ Meatballs & Sausage/Chicken Parmesan/Vegetable/Dessert

Dance floor is open!

**The Edward Twins**

**Thursday, August 13 \$78**

**Departing @ 10:30am.**

Join us for a wonderful show and lunch at the Aqua Turf featuring The Edward Twins. This duo are the #1 impersonation act in the world. Their vocals and looks will amaze you. You will think you are seeing and hearing the real super stars right before your very eyes-from Barbra Streisand, Sonny and Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond, and more, all in one show!

**Highlights of the Day:**

- Welcome Coffee & Donuts Upon Arrival
- Delicious Family Style Lunch Featuring: Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage
- Musical Performance: "The Edwards Twins" 2 Brothers-100 Stars Show

We will be meeting and leaving from the Prospect Senior Center at 10:30am. If you would like to drive on your own to this event, please let us know when you are signing up. If interested in attending, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Be warned-The Edward Twins shows are always sell-outs!

**Katz "N" Jammers Band  
Featuring...**

**Richie Mitnick & Friends**

**Tuesday, August 18 \$45**

**11:30am. to 3:30pm.-Departing @ 11:00am.**

Dust off your dancing shoes and get ready to dance the day away to this full 13-piece swing band! Specializing in timeless Big Band classics-Miller, Basie, Herman, Shaw, Goodman, Gershwin, Porter, etc. Dance, sing, clap, hum or whistle along to the Big sounds of this fabulous Big Band! Menu: Salad/Pasta/Chicken Marsala/Marinated Flank Steak/Vegetable/Dessert. Dance floor is open!

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Meal taxes and gratuities are included in the cost of this package.





**Comedian, Singer & Entertainer-**  
**Mark Verselli**

**Tuesday, September 15th \$45**  
**11:00am. to 3:30pm.-Departing @ 10:30am.**

**Mark is a phenomenal,** critically acclaimed impressionist. He captivates audiences with an ever-changing cast of characters-Arnold Schwarzenegger, Nat King, and Natalie Cole, Archie and Edith Bunker, Willie Nelson, and Sammy Davis, Jr...all in the same breath! Mark's comedy and extraordinary singing voice brings audiences of all ages, from Vegas to Atlantic City, to their feet!

Menu: Salad/Pasta/Chicken Francais/Sliced Roast Beef/Potato/Vegetable/Dessert

No dance floor today!

**Daigle's Beer Hall Boys!**

**Monday, October 19th \$45**  
**11:00am. to 3:30pm.-Departing @ 10:30am.**

The Beer Hall Boys will play a mix of German, Polka and American music. Hailing from Western Massachusetts, they have been playing nationwide since 2001.

Menu: Salad/Pasta/Lemon Chicken/Kartoffelgratin & Kraut/Pork Schnitzel/Dessert

Dance floor open!

**Elvis!**  
**Featuring...**  
**John Monforto**

**Tuesday, November 17th \$45**  
**11:00am. to 3:30pm.-Departing @ 10:30am.**

The ultimate tribute to the King of Rock and Roll! "Elvis" will be accompanied by his energetic dancers!

Menu: Salad/Pasta/Sliced Roast Beef/Pan Seared Salmon/Potato/Vegetable/Dessert

No Dance Floor Today

**Holiday Winter Wishes...**  
**Featuring...**

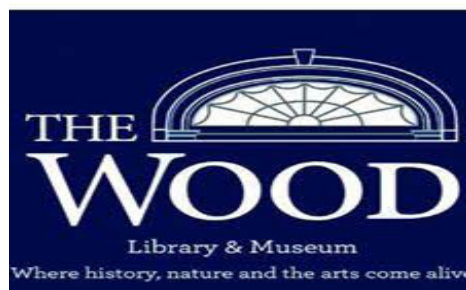
**Steppin' Out Band**  
**Tuesday, December 15th \$45**  
**11:00am. to 3:30pm.-Departing @ 10:30am.**

Come spend the day at Aqua Turf and enjoy a plentiful meal in an elegant atmosphere, then dance (or tap your feet) to a fabulous band playing songs with both you and the holidays in mind.

Menu: Salad/Pasta/ Roast Turkey/Baked Scrod/Potato/Vegetable/Dessert

Dance floor is open!

**For all of these events we will be meeting and leaving from the Senior Center at 10:30am. unless otherwise noted. Transportation to and from the event will be on our mini bus or you may drive up yourself. If you are interested in attending with us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. If you would rather drive on your own to the venue, please specify that when signing up.**



783 Main Street-South Windsor, Ct.

Wood Memorial Library & Museum is a vibrant cultural center where music, history, art and nature come alive. This treasure is situated on South Windsor's old Main Street, first an Indian trail, then a busy colonial thoroughfare, today a quiet reminder of Connecticut's heritage lined with beautiful historic homes of every era.

**Historical Lecture**  
**"From the Kitchen to the Capitol:**  
**Four Fiesty CT. Women"**

**Sunday, March 22nd \$5**  
**2:00pm. Departing @ 9:30am.**

Diana McCain, author of "It Happened in Connecticut", shares inspiring stories about remarkable women from three centuries of the state's past.

We will be meeting and leaving from the Senior Center at 11:00am. Our first stop will be to the Union Street Tavern for lunch. The restaurant is only a few minutes away from the Wood. **The cost of your lunch is your responsibility.**

After lunch we will continue on to the Wood Memorial for the historical lecture. We should be back at the Senior Center from this trip by about 4:00pm.

**Spring Craft Fair**  
**Saturday, April 4th FREE**  
**Departing @ 10:00am.**

Join us as we travel to the Wood Memorial Library for their annual Spring Craft Fair. Browse and shop through a variety of goods handmade by local artisans and crafters.

We will be meeting and leaving from the Prospect Senior Center at 10:00am. Once at our destination, you will have until 12 noon for browsing and shopping.

At this time we will continue on to the Union Tavern for lunch. **The cost of your lunch is your responsibility.** We should be back at the Senior Center from this trip by about 3:00pm.

**Ann Masi Memorial Garden Lecture**  
**Wednesday, April 8th FREE**

**7:00pm. Departing @ 4:00pm.**

Advanced Master Gardener and Interfaith Minister, Donna Katsuranis, presents a Meditative Garden lecture at the Wood Memorial Library.

We will be meeting and leaving from the Senior Center at 4:00pm. Our first stop will be to the Union Street Tavern for a bite to eat. The restaurant is only a few minutes away from the Wood. **The cost of your meal is your responsibility.**

After our meal we will then continue on to the Wood Memorial for the garden lecture. We should be back at the Senior Center from this trip by about 9:00pm.

March-April 2020 issue

## THEATER

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NO SEATS HELD W/O PAYMENT**



80 East Ridge Road-Ridgefield, CT

**REZA: EDGE OF ILLUSION****Sunday, April 19th \$65****4:30pm. Departing @ 3:00pm.**

Don't expect rabbits out of hats! Reza brings rock concert level lighting and production merged with the most incredible cutting-edge magic in existence today! He has garnered a world-wide buzz and loyal fan base with his passion for creating signature grand-scale illusions.

His unique brand of illusion has landed him on popular reality shows across 31-countries, including recent United States television appearances on A&E's Duck Dynasty and The CW's Penn & Teller: Fool Us.

You can expect to witness such mega illusions as passing through the spinning blades of an industrial fan, a record breaking recreation of Houdini's most famous stunt and many other unbelievable tricks!

This is more than a magic show. Reza infuses state of the art production elements, masterful comedic timing, and numerous interactive and inspirational moments into his show, allowing the audience to experience the magic first hand. Perhaps Reza's greatest secret is his uncanny ability to communicate his performance art on such a personal level.

Young and fresh, "Edge of Illusion" has earned various awards including "Magician of the Year." Reza is intriguing, engaging, and captivating. He isn't just a magician. He is a world-class entertainer!

**Howie Mandell LIVE!****Saturday, May 9th \$95****8:00pm. Departing @ 6:30pm.**

The host of "America's Got Talent" and "Deal or No Deal," Howie Mandel returns to The Ridgefield Playhouse with an all new stand-up set!

Howie Mandel has remained a constant force in show business for more than 30-years. Mandel currently serves as executive producer and host of the game show "Deal or No Deal," which returned with exciting, brand new episodes on CNBC. Howie has served as a judge for a decade on NBC's hit summer talent competition series, "America's Got Talent." He was also a judge on the global winter edition of the series, "America's Got Talent: The Champions."

Howie recently released his first solo special in 20-years "Howie Mandel Presents Howie Mandel at the Howie Mandel Comedy Club" on Showtime. He can also be seen in his Natural Geographic Wild Series "Animals Doing Things" which he co-hosts with his son Alex. His additional work as a host, actor, and/or executive producer include "Take It All" and "Howie Do It" for NBC, "Deal With It" for TBS and "Mobbed" for Fox. Previously, Mandel received an Emmy Award nomination for Outstanding Host for a Reality or Reality-Competition Program for "Deal or No Deal" and a Daytime Emmy nomination for Outstanding Game Show Host for the syndicated version of the show. Mandel's versatile career has encompassed virtually all aspects of the entertainment spectrum, including televi-

sion, film and stage. From his work on the Emmy Award-winning "St. Elsewhere," to the international animated children's series "Bobby's World," Mandel has become a mainstay of the American comedy scene. In 2009, Mandel added author to his resume when he released his frank, funny and no-holds-barred memoir, "Here's the Deal: Don't Touch Me." The memoir revealed his ongoing struggle with OCD and ADHD, and how it has shaped his life and career. It made The New York Times

**My Sinatra****Saturday, May 16th \$55****8:00pm. Departing @ 6:30pm.**

Cary Hoffman turns his celebrated PBS Special into a biographical, often hilarious, and poignant one-man musical play about his love and idolization for this hero Frank Sinatra and the perils of wanting to become somebody else.

Hoffman captivates the audience with his intimate journey of what it was like growing up fatherless with three musician uncles, who played on some of Sinatra's greatest recordings, turning Sinatra into a fantasy father. Hoffman authentically sings Sinatra "Dead On!" (The New York Times), as he weaves in over 20-classic Sinatra songs, creating a mesmerizing musical memoir!

**Fifth Dimension****Sunday, May 17th \$65****7:00pm. Departing @ 5:30pm.**

With more than 20 million records sold worldwide, 22 Top 40 Hits, five #1 hits and 6 Grammy Awards, the legendary 5th Dimension, led by original member and lead vocalist, Florence LaRue, continues to delight sold out audiences with their amazing harmonies, immaculate showmanship, and exciting energy wherever they perform. Their classic songs include: "Up, Up, and Away," "One Less Bell to Answer," "Last Night I Didn't Get to Sleep At All," "Wedding Bell Blues," "Stoned Soul Picnic," and the iconic "Aquarius/Let the Sun Shine In."

**Under The Streetlamp****Friday, May 29th \$60****8:00pm. Departing @ 6:30pm.**

Everyone's favorite retro rock band, Under the Streetlamp, founded by leading cast members of the Tony Award-winning sensation JERSEY BOYS, delivers an electrifying evening of classic hits from the American Radio Songbook, bringing their unique blend of tight harmonies and slick dance moves to your favorite old time Rock 'n' Roll, Doo-Wop and Motown hits.

If you are interested in joining us for any of these events at The Ridgefield Playhouse, please sign up and PAY as soon as possible. We cannot hold your seat without payment.



March-April 2020 issue

THEATER

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# JORGENSEN

CENTER FOR THE PERFORMING ARTS



## Neil Berg's 50-Years of Rock & Roll

Saturday, April 4th \$55

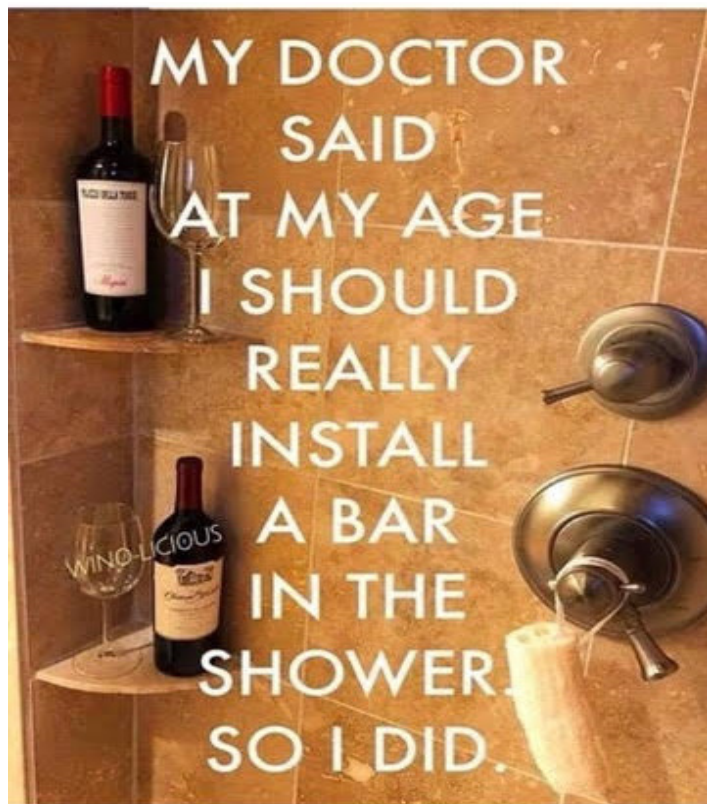
Doors Open @ 7:00pm.

Show @ 8:00pm.-Departing @ 5:30pm.

Take an electrifying journey from the birth of rock 'n roll in the 1940s, through the glory years of the '50s, '60s, and '70s, up until MTV in the early '80s. With a cast of stars from Broadway's greatest rock musicals and incredible rock & roll singers, you'll discover often-unknown stories from this era of music that changed the world forever! There will be tributes aplenty for iconic rock stars/groups such as Chuck Berry, Elvis Presley, The Beatles, Aretha Franklin, Janis Joplin, Led Zeppelin, Stevie Wonder, Bruce Springsteen, Fleetwood Mac, Journey; and so much more!

This is a Cabaret Event. Cabaret fare and a cash bar will be available.

*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 be meeting and leaving from the Senior Center at 10:30am. for all of these shows. Our first stop will be at La Vita Gustosa Restaurant for lunch. The restaurant is located directly across the street from the Goodspeed Opera House. The cost of your lunch is your responsibility. Directly after lunch we will walk across the street to the theater for each of the shows. Most shows are about 2.5 hours in duration. We should be back at the Senior Center between 5:30pm. and 6:00pm.

## Rodgers & Hammerstein's SOUTH PACIFIC

Thursday, May 28th \$65

2:00pm. Departing @ 10:30am.

Music by Richard Rodgers-Lyrics by Oscar Hammerstein II

On a lush tropical island during World War II, battles of the heart are center stage in the Goodspeed's premiere of the soaring Rodgers & Hammerstein classic. Love struck nurse Nellie Forbush falls for a French planter. Lieutenant Joe Cable is drawn to a native girl. In an exotic world of risk and romance, prejudice clouds their potential paradise. Be swept away by twin love stories and a rapturous score that includes "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "Bali Ha'i" and more.

## ANNE OF GREEN GABLES A New Musical

Thursday, August 27th \$65

2:00pm. Departing @ 10:30am.

Book & Lyrics by Matte O'Brien-Music by Matt Vinson

Anne Shirley just arrived on Prince Edward Island and she's creating quite a stir. Adopted by siblings Marilla and Matthew Cuthbert, Anne is feisty, smart and eager to find her own place in the world. But, is the world ready for her? Fall in love with the endearing redhead of the classic novel, now reimagined as a vibrant folk-rock musical for all generations. With bold choreography, witty humor and a revolutionary spirit, this is Green Gables as you've never seen it before!

## Leonard Bernstein's Candide

Thursday, October 22nd \$65

2:00pm. Departing @ 10:30am.

Music by Leonard Bernstein-Lyrics by Richard Wilbur

It's the best of all possible worlds in Leonard Bernstein's madcap musical adventure! Candide's enduring optimism is tested time and again as he bounces from Europe to the New World in search of opportunity, meaning and his elusive true love, Cunegonde. Comic opera meets musical comedy in a glittering tale of temptation and tragedy, joy and discovery, illusion and reality. Tony Award winner Darko Tresnjak directs a sweeping musical theatre masterwork in its intimate Goodspeed premiere.




**NEW Safety Procedures @ the Bushnell...**

To ensure the safety of guests, The Bushnell is enhancing its security efforts at all public events. All bags are subject to search, backpacks and bags larger than 12"x12"x6" are prohibited, and those exiting the building will be subject to search upon re-entry. All guests are strongly encouraged to arrive early for security and bag screening.

**The Bands Visit**

**Saturday, April 25th \$85**  
**2:00pm. Departing @ 12:30pm.**

THE BAND'S VISIT is the winner of 10 Tony Awards, making it one of the most Tony-winning musicals in history. In this delightfully offbeat story, set in a town that's way off the beaten path, a band of musicians arrive lost, out of the blue. Under the spell of the desert sky, and with beautiful music perfuming the air, the band brings the town to life in unexpected and tantalizing ways. Even the briefest visit can stay with you forever.

With a score that seduces your soul and sweeps you off your feet, and featuring Tony-winning performances and thrillingly talented onstage musicians, THE BAND'S VISIT rejoices in the way music makes us laugh, makes us cry, and ultimately, brings us together.

This production is the winner of six 2017 Tony Awards including Best Musical and the 2018 Grammy Award for Best Musical Theater Album.

**Dear Evan Hansen**

**Saturday, May 23rd \$108**  
**2:00pm. Departing @ 12:30pm.**

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. DEAR EVAN HANSEN is the deeply personal and profoundly contemporary musical about life and the way we live it.

"One of the most remarkable shows in musical theater history," says The Washington Post. The New York Times calls DEAR EVAN HANSEN "a gut-punching, breathtaking knockout of a musical" and NBC News says that the musical is "an inspiring anthem resonating on Broadway and beyond." DEAR EVAN HANSEN has struck a remarkable chord with audiences and critics everywhere, including The Washington Post who says DEAR EVAN HANSEN is "one of the most remarkable shows in musical theatre history."

**Escape to Margaritaville**

**Saturday, June 13th \$75**  
**2:00pm. Departing @ 12:30pm.**

ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including "Fins," "Volcano," "Cheeseburger in Paradise" and many more. With a book by Emmy® Award winner Greg Garcia ("My Name is Earl," "Raising Hope") and Emmy® nominee Mike O'Malley ("Survivor's Remorse," "Shameless"), this electrifying production is choreographed by Tony Award® nominee Kelly Devine (COME FROM AWAY, ROCK OF AGES) and directed by Tony Award® winner Christopher Ashley (COME FROM AWAY, MEMPHIS). Welcome to Margaritaville, where people come to get away from it all—and stay to find something they never expected. Get ready for a

hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers. Entertainment Weekly says "It will knock your flip-flops off!"

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Meal taxes and gratuities are included in the cost of this package.



FOR THE PERFORMING ARTS  
 SACRED HEART UNIVERSITY

5151 Park Avenue, Fairfield, Ct.

**The Claddagh Dancers Present...  
 Irish Dance Showcase**

**Thursday, March 26th \$20**  
**8:00pm. Departing @ 6:30pm.**

Sacred Heart University's award winning Irish Dance Ensemble will present their annual showcase celebrating Irish dance and culture!

**Lend Me a Tenor**

**Sunday, July 19th \$20**  
**3:00pm. Departing @ 1:30pm.**

Winner of three Tony Awards and four Drama Desk Awards, Lend Me A Tenor is set in September 1934. The Cleveland Grand Opera Company is excited to host the world-renowned tenor, Tito Mirrelli, in a one-night-only showing of Otello. It is sure to be a night to remember and, as it turns out, it is – but for all the wrong reasons. After Tito is mistakenly tranquilized before the show, the cast and crew are thrown into a frantic and hilarious whirlwind, because, as we all know... the show must go on.

**Forever Plaid**

**Sunday, July 26th \$20**  
**3:00pm. Departing @ 1:30pm.**

This heavenly hit musical ran off-Broadway for 20-years! Forever Plaid is a stroll down memory lane with the beautiful harmonies of the 1950s and '60s with classic hits like 'Love is a Many Splendored Thing,' 'Three Coins in the Fountain,' 'Sixteen Tons,' and many more.

On a stormy night in the 1960's, four eager singers known as 'The Plaids' — Sparky, Jinx, Frankie, and Smudge — are killed in a car crash on the way to their first big gig.

In July of 2020, they get one chance to return from the afterlife and fulfill their dreams by performing the show that never was.

**Nunsense**

**Sunday, August 2nd \$20**  
**3:00pm. Departing @ 1:30pm.**

Join the Little Sisters of Hoboken for a hysterically haphazard variety show to raise emergency funds for the convent. After a bad batch of Sister Julia's vichyssoise killed off fifty-two of the nuns, the survivors emptied the coffers to bury the deceased but ran out of cash before the last few bodies could be laid to rest (don't worry – they're in the kitchen freezer). Hilarious!


**Rat Pack**

**Friday, March 6th** **\$50**  
**8:00pm. Departing @ 7:00pm.**

There is only one real Rat Pack Experience! Produced by Hackett Miller, Inc. and currently in its 10th season, «Sandy Hackett's Rat Pack Show» is a critically acclaimed musical, theatrical production which has performed to rave reviews by critics and audience members throughout the U.S. Having their own personal connection to the iconic legends they portray, producers Sandy Hackett and Lisa Dawn Miller can tell this story like no one else.

Hackett and Miller have created a truly authentic, avant-garde theatrical production based on the musical and comedic legacy of the Rat Pack which captures the relationship, respect, love and laughter of a once-in-a-lifetime moment in history. This unique and original show makes you laugh, cry and wanting for more! The Las Vegas Review Journal writes, "People will remember 'Sandy Hackett's Rat Pack Show' and want to see it again and again!"

Now audiences can experience this critically acclaimed, hugely entertaining theatrical production which includes exciting new arrangements of classic songs and original, never-before-heard songs written by the legendary, best-selling and multi-platinum award winning songwriter, Ron Miller, along with recorded voiceovers made exclusively for this show by the legendary comedic genius, Buddy Hackett.

With an incomparable cast, "Sandy Hackett's Rat Pack Show" stars Sandy Hackett as "Joey Bishop," Lisa Dawn Miller as "Frank's One Love," Kenny Jones as "Sammy Davis, Jr." and Tom Wallek as "Dean Martin." The extraordinary musical/creative team includes Music Director, Ryan Rose; Art Director, Jeanne Quinn; Lighting Design by Bill Karl and Music Arrangements by Christopher Hardin.

**Jersey Boys**

**Tuesday, March 17th** **\$55**  
**7:30pm. Departing @ 6:30pm.**

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard...and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story — a story that has made them an international sensation all over again.

Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony and Grammy Award-winning true-life musical phenomenon, JERSEY BOYS. From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's just too good to be true.

Featuring the legendary top ten hits "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off You," "December, 1963 (Oh What A Night)."

JERSEY BOYS contains authentic, "profane Jersey language" and is recommended for ages 12+

**Finding Neverland**

**Saturday, March 21st** **\$65**  
**8:00pm. Departing @ 7:00pm.**

The winner of Broadway.com's Audience Choice Award for Best Musical, this breathtaking smash "captures the kid-at-heart," says TIME Magazine. Vogue cheers, "It's a must-see you'll remember for years to come!" Originally directed by visionary Tony-winner Diane Paulus and based on the critically-acclaimed Academy Award-winning film, FINDING NEVERLAND tells the incredible story behind one of the world's most beloved characters: Peter Pan.

Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap, leaving his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie's classic tale springs spectacularly to life in this heartwarming theatrical event.

FINDING NEVERLAND is "far and away the best musical of the year!" (NPR).

**An American in Paris**

**Saturday, April 11th** **\$70**  
**8:00pm. Departing @ 7:00pm.**

Romance! Adventure! Gershwin! Who could ask for anything more!

In post war Paris, romance is in the air and youthful optimism reigns in AN AMERICAN IN PARIS. Gershwin's soaring melodies are matched by gravity-defying dance as the world rediscovers the power of love in this breathtaking production.

Hoping to start a new life, World War II veteran Jerry Mulligan chooses newly-liberated Paris as the place to make a name for himself as a painter. But Jerry's life becomes complicated when he meets Lise, a young Parisian shop girl with her own secret — and realizes he is not her only suitor.

Winner of four Tony Awards and inspired by the Academy Award-winning film, this exquisite production features your favorite Gershwin songs including "I Got Rhythm," "Liza," "S Wonderful," "But Not for Me," and "Stairway to Paradise."

"Pure Joy...An American in Paris is a Triumph!" (New York Times)


**Always a Bridesmaid**

**Sunday, April 5** **\$37**  
**2:00pm. Departing @ 1:15pm.**

By Jones Hope Wooten If you've ever elbowed a stranger out of the way to catch a bride's bouquet, seriously questioned the mental stability of the duo saying "I do" or been forced to wear the world's ugliest bridesmaid dress, this delightfully funny comedy is definitely for you ... and your dearly beloved!

ALWAYS A BRIDESMAID is the rollicking tale of four loyal women determined to keep a promise they made the night of their Senior Prom: to be in each other's weddings. Hop on this marriage-go-round as they navigate the choppy waters of love and matrimony. Just how far are you willing to go to keep a promise to a friend?

**The Wedding Singer**

**Sunday, May 17** **\$45**  
**2:00pm. Departing @ 1:15pm.**

It's 1985 and love is sure to find a way in this hysterical smash hit musical! Based on the hit Adam Sandler movie. Get ready for big laughs, big dancing, and a rockin' good time! Follow the down and out Robbie as he struggles to overcome being left at the altar. Luckily, the real girl of his dreams is out there and he is ready to fight for her like no other. Another awesome Seven Angels musical produced just for you!

# Amarante's

## SEA CLIFF

62 Cove Street-New Haven, Ct.

Amarante's Sea Cliff is a family-owned and operated event venue on the waterfront in picturesque New Haven, Connecticut. The building is newly-renovated. The vintage Grand Ballroom offers breathtaking views, a spacious open deck and a large dance floor.

You will be blown away by the exquisite dining service and staff of international chefs who work to cater to your tastes and needs. The friendly service, beautiful facility and scenic location have made Amarante's Sea Cliff an ideal setting for any occasion. It has become the premier, waterfront catering facility in Connecticut.

Upon your arrival you will be greeted with a welcome station of assorted cheeses, sliced pepperoni, vegetable crudite and dip.

### **Jeff Barnhart & The Sounds of Summer**

**Thursday, June 4**

**\$49**

**12noon to 3:00pm**

**Departing @ 11:15am.**

After a scrumptious summertime meal prepared by Amarante's Sea Cliff culinary staff, sit back and enjoy a delightful afternoon with Jeff Barnhart.

He'll bring back great memories of summer sounds through the ages. From "In the Good Old Summertime" to "Margaritaville," from "This Lazy, Crazy, Hazy Days of Summer" to "Brown-Eyed Girl," from "Beyond the Sea" to "Under the Boardwalk" and everything in-between, Jeff will have you clapping your hands, stomping your feet and singing at the top of your voice with joy and laughter! A summer highlight not to be missed!

### **A Musical Road Trip of America with Ivory & Gold**

**Featuring Jeff & Ann Barnhart**

**Wednesday, July 15**

**\$49**

**12noon to 3:00pm.**

**Departing @ 11:15am.**

Enjoy a delicious meal prepared by Amarante's Sea Cliff culinary staff and then enjoy a musical afternoon with Ivory & Gold as they take you on a coast to coast road tour of America's most musical places.

They will start on Rte. 66 and head west to California. They will make their way back through hot spots like Las Vegas, New Orleans, Chicago, and into the south for some Delta Blues. They continue on to Memphis for some early rock-and-roll. Moving on to the east coast to the Big Apple and a wild ride in Boston on the MTA finishes up their musical journey!

### **Jeff Barnhart & The Riverside Ramblers!**

**Thursday, August 6**

**\$51**

**12noon to 3:00pm.**

**Departing @ 11:15am.**

Get ready for a delicious meal prepared by Amarante's Sea Cliff culinary staff followed by some fun Dixieland, Big Band, Golden Standards music performed by Jeff Barnhart and the Riverside Ramblers.

The Riverside Ramblers are all world renowned musicians who have played at all of America's top Jazz Festivals throughout the United States and Europe.

### **A Musical Journey Featuring Michael D'Amore**

**Thursday, September 3**

**\$70**

**12noon to 3:00pm.**

**Departing @ 11:15am.**

Enjoy a delicious meal prepared by Amarante's Sea Cliff culinary staff. After your meal enjoy a musical afternoon with Michael D'Amore, a New York born singer and songwriter.

He has been entertaining audiences for over 28-years. He was drawn to the harmony of classic R&B and the Doo Wop sound. In this new show, he highlights the very best of the 50's, 60's and 70's. Michael recently became a member of the famed singing group, the Capris.

If you are interested in attending any of these luncheon shows with us, please sign up and PAY as soon as possible. We cannot hold your place without payment. We should be back at the Senior Center from these events by about 3:45pm.



Fairfield University-1073 North Benson Road, Fairfield, Ct.

### **The Sleeping Beauty Russian National Ballet Theatre...**

**Friday, March 27th**

**\$58**

**8:00pm.**

**Departing @ 6:30pm.**

"From the opening scene the control and elegance of the corps de ballet is a wonder to behold, each scene carefully choreographed and beautifully realized by the talented company".—The Reviews Hub

The esteemed Russian National Ballet Theater will perform The Sleeping Beauty, often considered the finest achievement of the classical ballet.

Choreographed by Marius Petipa, Tchaikovsky's beloved classic is a captivating fantasy story filled with magic and splendor for the entire family.

The story follows a baby princess condemned by an evil fairy to die on her 16th birthday. Saved by the gift of the good Lilac Fairy who declares the princess will only sleep until awakened by the kiss of a prince, the fairy tale is replete with a king and queen, fairies both good and evil, a beautiful princess and dream prince, magical stage effects, and courtly splendor.

The Russian National Ballet has been bringing timeless ballet classics to the stages of North America since 1999. Founded in Moscow during the transitional period of Perestroika in the late 1980s, the company used their new-found creative freedom, influenced by the political movement, to invigorate the tradition of Russian Ballet with new developments in dance from around the world.

We should be back at the Senior Center @10:30

If you are interested in joining us, please sign up and PAY as soon as possible.

We cannot hold your seat without payment.

Meal taxes and gratuities are included in the cost of this package.



**Nelson Hall at Elim Park Place****Benny Meets Artie**

**Saturday, March 7 \$27**  
**2:00pm. Departing @ 1:00pm.**

Identical twins and Julliard graduates Peter and Will Anderson present a tribute to two swing-era bandleaders, Benny Goodman and Artie Shaw.

**Celtic Celebration With Charlie Zahn**

**Saturday, March 14th \$27**  
**7:30pm. Departing @ 6:30pm.**

Charlie Zahn's luscious baritone voice is back, this time accompanied by fiddle, guitar and percussion for an exciting blend of Celtic music!

**Running on Empty**

**Friday, March 27 \$27**  
**7:30pm. Departing @ 6:30pm.**

This show celebrates the music of Jackson Browne and the Laurel Canyon Sound. A blend of accomplished, talented musicians, playing the classic folk-rock songs of Jackson Browne and other Laurel Canyon artists, including Linda Ronstadt, Joni Mitchell, Bonnie Raitt and the Eagles.

**Tapestry-The Carole King Songbook**

**Friday, April 3rd \$27**  
**7:30pm. Departing @ 6:30pm.**

North America's premier tribute to Carole King, starring Suzanne O Davis. The closest you will come to seeing Carole herself. An impeccable musical retrospective and narrative into the songbook of Carole King.

**Jersey Tenors**

**Friday, April 17th \$27**  
**7:30pm. Departing @ 6:30pm.**

The Jersey Tenors is the newest Opera/Rock Mash-up sensation that creates an explosive blend of the most iconic Opera classics alongside such Rock 'N Roll industry greats as Queen, Journey, Elton John and Billy Joel just to name a few.

But they are also "Jersey Proud" and they do not forget where they came from as they highlight some of Jersey's finest like Frankie Valli, The Four Seasons, Sinatra, Bon Jovi, Bruce Springsteen, Kool and the Gang and even Whitney Houston (Jersey Girl).

These four charming wise guys will raise the roof with their powerful voices. They will have you singing along before you know it.

**Rob Surette-Hero Art**

**Thursday, April 30th \$27**  
**7:30pm. Departing @ 6:30pm.**

Rob Surette, of Andover, Massachusetts, performs his Amazing Hero Art show all over the country and now he will be at Nelson Hall. Rob is an artist known for creating pieces at lightning speed. Blink and you might just miss seeing him create a six-foot painting of one of the world's heroes in minutes.

Surette has been featured on Jay Leno, "Good Morning America," and Oprah and his name was inscribed in the Rosa Parks National Monument, among many other accomplishments.

**Elvis Tribute With Travis L**

**Friday, May 15th \$27**  
**7:30pm. Departing @ 6:30pm.**

Travis Allen is the most sought after Elvis impersonator. He is known as "the world's best" at portraying young Elvis Presley in his prime in the 50's and 60's. His uncanny resemblance to the "King of Rock and Roll" has audiences gasping when he takes the stage. Once he begins to sing and dance, fans are truly captivated by the authenticity of LeDoyt's performance, even garnering high praise from those who knew Elvis personally.

For three years he has been voted the Best Las Vegas Impersonator by the Las Vegas Journal and Best likeness/amazing vocals of Elvis! Sold out shows and repeat engagements around the world further attest to LeDoyt's impeccable ability to capture the very essence of Elvis.

**Moondance**

**Friday, June 12th \$27**  
**7:30pm. Departing @ 6:30pm.**

Rock and roll doesn't get any better than Van Morrison. Moondance captures the Van Morrison concert experience like no other. You'll hear classic tunes—"Brown Eyed Girl," "Moondance," "Domino," "It Stoned Me," "Tupelo Honey," "Wild Night," "Into The Mystic," "Caravan," and more. This show is packed with one Van Morrison classic after the next.

**Easter Passion Play**

**St. Thomas Church**  
**99 Bristol Street, Southington, CT.**  
**Tuesday, April 7th \$6**  
**7:30pm. Departing at 4:30pm.**

The Passion Play is a dramatic presentation depicting the Passion of Christ: the trial, suffering and death of Jesus Christ. It is a traditional part of Lent in Christian denominations, particularly in Catholic tradition.

We will be attending the Easter Passion Play put on by St. Thomas Church in Plantsville, CT.

We will be meeting and leaving from the Senior Center at 4:30pm. There is no charge for the production. However, they do ask for donations. Therefore, we will collect \$6.00 from everyone to give as our group donation.

Our first stop will be at Bella Gio Restaurant in Cheshire for a quick bite to eat. The cost of your meal is your responsibility. After dinner we will continue on to St. Thomas Church for the Easter Passion Play performance. Seating for the play is on a first come, first serve basis.

We are limited to the number of people we can bring with us. If you are interested in attending with us, please sign up and PAY your \$6.00 donation as soon as possible. We cannot hold your seat without payment.



**Forbidden Broadway**  
**Wednesday, April 1** \$39  
**Departing @ 10:30am.**

In this special production of off Broadway's hit musical revue created for the Ivoryton Playhouse, Broadway's greatest musical legends meet Broadway's greatest satirist in this hilarious, loving, and endlessly entertaining tribute to some of the theatre's greatest stars and songwriters. Featuring outrageous costumes, hilarious rewrites of the songs you know, and dead-on impressions by a stellar cast!

**F. Scott Fitzgerald's THE GREAT GATSBY**  
**Wednesday, May 6** \$39  
**Departing @ 10:30am.**

Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger. A beautifully crafted interpretation of the 1925 novel which defined the Jazz Age, Simon Levy's play captures the breathtaking glamour and decadent excess of the 1920s.

**Native Gardens**  
**Wednesday, June 10** \$39  
**Departing @ 10:30am.**

A fence divides two backyards. An older white couple has lived for a long time on one side of the fence. On the other side, a young Latino couple has just moved in. Both couples are avid gardeners. One garden has lush grass and very symmetrical garden beds. The other is unkempt, natural and organic. Gardens and cultures clash, turning friendly neighbors into feuding enemies in this hilarious new comedy of good intentions and bad manners.

**Flashdance: The Musical**  
**Wednesday, July 8** \$39  
**Departing @ 10:30am.**

Dance like you've never danced before! Flashdance: The Musical tells the inspiring and unforgettable story of 18-year-old Alex, a welder by day and 'flashdancer' by night, who dreams of becoming a professional dancer.

When a romance complicates her ambitions, she harnesses it to drive her dreams. Based on the Paramount Pictures film, Flashdance boasts an iconic score and pop hits including "Maniac," "Gloria," "I Love Rock 'n Roll", and the sensational title track "Flashdance...What a Feeling."

**Ring of Fire - The Music of Johnny Cash**  
**Wednesday, August 26** \$39  
**Departing @ 10:30am.**

The Man in Black is Back! From the songbook of Johnny Cash comes this unique musical about love and faith, struggle and success, rowdiness and redemption, and the healing power of home and family. More than two dozen classic hits—including "I Walk The Line," "A Boy Named Sue," "Folsom Prison Blues," and the title tune—performed by a multi-talented cast, paint a musical portrait that is a foot-stompin', crowd-pleasin' salute to a unique musical legend!

**Ghost the Musical**  
**Wednesday, September 30** \$39  
**Departing @ 10:30am.**

A romantic stage adaptation of a modern classic film, Ghost the Musical follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to a storefront psychic, Oda Mae Brown, who helps him protect Molly and avenge his death. A moving heartfelt love story with a beautiful score, including "Unchained Melody", that makes you want to hold on to your loved ones a little more tightly.

**The Mousetrap**  
**Wednesday, November 4** \$39  
**Departing @ 10:30am.**

Agatha Christie, the Mistress of Mystery, brings you her most popular creation, The Mousetrap. When a group of strangers are trapped together at a manor house during a snowstorm, they soon discover one of them is a murderer! Is it the newlyweds whose rampant suspicions nearly wreck their marriage? Maybe it's the spinster with the curious background. It could be the architect, the retired Army Major or maybe the odd man who claims his car overturned in a snow drift! We'll never tell... You would think audiences would know "whodunit" by now, but after more than half a century they are still guessing! Currently celebrating its 60th year in London, The Mousetrap will have you gripping the edge of your seat!

**For all of these shows we will be meeting and leaving from the Prospect Senior Center at 10:30am. Our first stop will be for lunch at the Blue Hound Restaurant. It is located right next door to the Playhouse. The cost of your lunch is your responsibility.**

**After lunch we will continue on to the Playhouse for the shows. All of the shows start at 2:00pm. We should be back in Prospect by about 5:30pm.**

**If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. This theater puts on some amazing productions. Don't miss out on some great theater at some very reasonable prices.**



500 Easthampton Rd, Holyoke, MA

Enjoy the beautiful views overlooking Mt. Tom at the elegant Log Cabin Banquet Facility.

### **Leprechauns & Linguini**

**Wednesday, March 18th \$74**

**11:30am. to 3:30pm. Departing at 9:30am.**

Join us as we celebrate the best of the Irish & the Italian at The Log Cabin in Holyoke, Massachusetts for a wonderful lunch and show! Enjoy a delicious corned beef and cabbage dinner plus some family style chicken parmesan and ziti.

After lunch you will enjoy Graziana Lazarro who was born in the Puglia region of Italy. Graziana brings Italy to her audience through her style of the Italian, Neapolitan and American standards filled with soul and passion. Laugh along with the comedy of Jimmy Walsh and be entertained as he plays some great Irish music!

Highlights

- Everyone's favorite Irish dish-Corned Beef & Cabbage and family style Chicken Parmesan
- Complimentary Glass of Wine or Beer
- Performances by Italian singer Graziana Lazarro & comedian Jimmy Walsh

We will be meeting and leaving from the Prospect Senior Center at 9:30am. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. We should be back from this trip by about 5:30pm.

### **Englebert Humperdinck & Tom Jones Tribute Show**

**Monday, May 11th \$80**

**9:30am. Departing @ 7:30am.**

Upon arrival you will be served a delicious Signature Brunch Menu of assorted juices and Mimosas, Belgian waffle wedges, maple cinnamon buns, chef made to order omelets, scrambled eggs, sausage, bacon, French toast with maple syrup, buttermilk pancakes with toppings, eggs benedict, home fried potatoes, pasta bar, salad bar, pasta salad, shrimp cocktail, fruit salad, beef, chicken, fish entrees, assorted pastries and desserts, coffee and tea. After your lunch you will enjoy a delightful Englebert Humperdinck & Tom Jones Tribute Show with entertainer, Joe Sampieri.

This event starts at 9:30am. and ends at 12:30pm. We will be meeting and leaving from the Prospect Senior Center at 7:30am. We will be traveling on our min buses to this event. We should be back by about 2:30pm.

The event starts at 11:00am. and ends at 3:30pm. We will be meeting and leaving from the Prospect Senior Center at 9:00am. We will be traveling on our min buses to this event. We should be back by about 6:00pm. The cost of this package includes all meal taxes and gratuities

### **Billy Joel Tribute Show**

**Tuesday, August 4th \$65**

**11am. Departing @ 9:00am.**

Upon arrival you will be served delicious Hors D'Ouevre's, Bread, Clam Chowder, followed by your choice of Twin Lobsters or Prime Rib, Baked Potato, Corn, Dessert, Coffee and Tea.

After your lunch you will enjoy a delightful tribute show performed by the River of Dreams Band. The Band comes straight out of Long Island, New York. Lead singer, Jonny Most, will absolutely amaze you with how much he looks like Billy Joel. The Band will play all of your Billy Joel favorites..."Uptown Girl", "She's Always a Woman to Me", "Just the Way You Are", and of course "Piano Man". The event starts at 11:00am. and ends at 3:30pm. We will be meeting and leaving from the Prospect Senior Center at 9:00am. We will be traveling on our min buses to this event. We should be back by about 6:00pm. The cost of this package includes all meal taxes and gratuities.

### **American Bandstand Tribute Show with Dave Colucci & Friends**

**Wednesday, August 12 \$89**

**11am. Departing @ 9:00am.**

Upon your arrival you will be served a delicious luncheon of hors d'oeuvre's, Signature bread, clam chowder, twin lobsters or prime rib, baked potato, corn, dessert, coffee and tea.

After your lunch you will enjoy a delightful show featuring Dave Colucci and his friends as they pay tribute to Dick Clark's legendary television show, American Bandstand. The show will feature a variety of songs from artists who performed on the Bandstand in the 50's & 60's. Get ready to twist, stroll and rockn' roll!

The event starts at 11:00am. and ends at 3:00pm. We will be meeting and leaving from the Prospect Senior Center at 9:00am. We will be traveling on our min buses to this event. We should be back by about 5:00pm.

### **Beach Boys & Frankie Valli Tribute Show**

**Tuesday, July 21st \$65**

**11am. Departing @ 9:00am.**

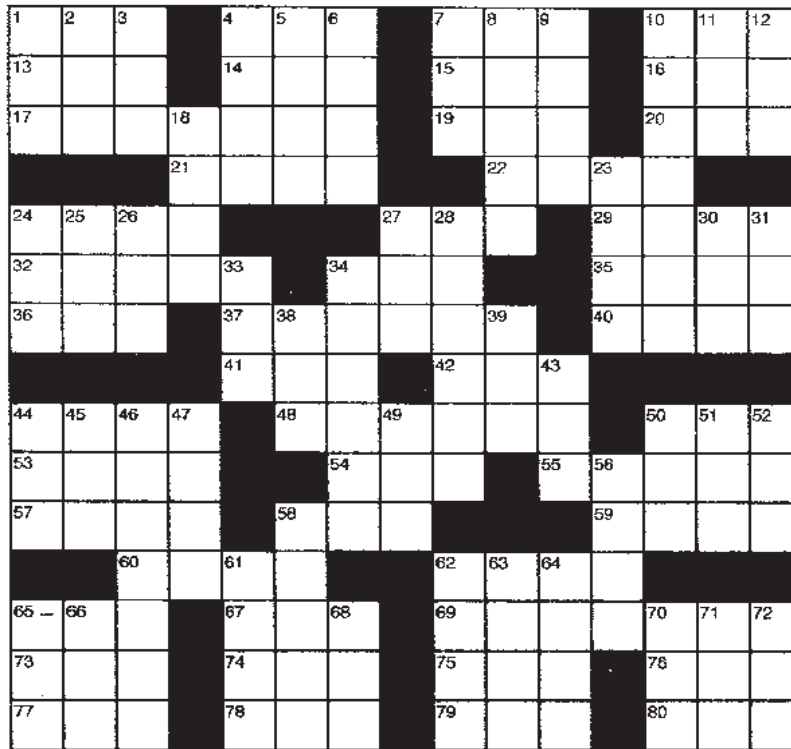
Upon arrival you will be served delicious Hors D'Ouevre's, Bread, Clam Chowder, followed by your choice of Twin Lobsters or Prime Rib, Baked Potato, Corn, Dessert, Coffee and Tea.

After your lunch you will enjoy a delightful tribute show performed by the band-Rag Doll. This is one of the most talented bands in the U.S.A. The band will be performing the music of the Beach Boys and Frankie Valli.

***If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. The cost of this package includes all meal taxes and gratuities.***

***When signing up, please specify whether you want the prime rib or twin lobsters.***



**ACROSS**

- 1 Monkey  
4 Bolus  
7 Swamp  
10 Solicit  
13 Beer container  
14 Ghost's greeting  
15 Lyric poem  
16 East northeast  
17 Misery  
19 Bone  
20 Central daylight time  
21 Look at  
22 Descended ungracefully  
24 Grainery  
27 Slippery frigid  
29 Egg part  
32 Didn't smell good  
34 Also  
35 Tactic  
36 Teaspoon (abbr.)  
37 Fake  
40 Whirl  
41 Shade  
42 The other half of Jima  
44 Apex

- 48 Upset  
50 Those who make the food laws (abbr.)  
53 Shout  
54 Negative  
57 Decorative needle case  
58 Freudian term  
59 \_\_\_-a-sketch (child's toy)  
60 Financial obligation  
62 Snaky fish  
65 Dekaliter (abbr.)  
67 Extremely high frequency (abbr.)  
69 Dapple  
73 Roman three  
74 Point  
75 Legume  
76 Kimono sash  
77 Staff  
78 Microgram  
79 Shekel  
80 North by east

**DOWN**

- 1 Also known as (abbr.)  
2 Write  
3 Chicken creation  
4 Off-Broadway award  
5 Love flower  
6 Danish physicist  
7 Pro  
8 Teach  
9 Northeast by east  
10 Confuse  
11 Omega  
12 Fetch  
18 On top  
23 Greek stringed instrument  
24 Fast plane  
25 \_\_\_ A Small World...  
26 Swish  
27 Note of debt  
28 Arrange systematically  
30 Lysergic acid diethylamide  
31 Legend  
33 Kilometers per hour  
34 Setting the ball on the peg  
38 Add  
39 To be in debt  
43 Unmatched  
44 Be  
45 Camp bed  
46 Foolishly sentimental  
47 Canal  
49 Food and Agriculture Organization (abbr.)  
50 Accommodate  
51 Last month of year  
52 Fire remains  
56 Perch  
58 Moral principles  
61 Building support  
62 See  
63 Fencing sword  
64 Borrowed money  
65 Darken  
66 Killed in action  
68 Madagascar franc (abbr.)  
70 Large weight unit  
71 Recede  
72 Mold

## OPERA DELIGHTS

Jacopo Peri's "Euridice" is generally considered the first opera. It dates back to 1600. The first public opera house in the world opened in Venice in 1637.

*You are looking for a 9-letter word.*

Alto

Aria

Barber

Bass

Bellini

Bing

Bizet

Carmen

Caruso

Corelli

Domingo

Figaro

Gounod

Horne

La Scala

P D R P D B I Z E T I W M O

E O E E N R O H A Z A O N T

T N B E I P A R Z G F I O T

E U R R L S I O N F L N L O

R O A C I A T E O S I I O C

S G B E C I R P S G N C S S

S O P R A N O O N V I C A N

L I R N A Z N I P L L U C O

A F O E I S B N L M L P S P

S I S R K D S E E T E N O R

C G U R A C R E A M B L T S

A A R A R O U E N L R O B S

L R A W C T T T V A T A I A

A O C O G N I M O D V O C B

Lind

Melba

Moffo

Nilsson

Peerce

Peters

Pinza

Pons

Price

Puccini

Scotto

Siepi

Solo

Soprano

Tenor

Tosca

Tozzi

Tucker

Vanessa

Verdi

Wagner

Warren

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| 4 | 6 |   |   | 5 |   | 1 |     |
|   |   | 1 | 8 |   | 6 | 2 |     |
|   |   | 5 |   | 4 |   |   | 9 3 |
|   | 3 |   |   | 8 | 1 |   | 6   |
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| 7 |   | 4 |   |   | 9 | 3 |     |

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|   |   | R |   | O | E | F |   |
| O |   | F | E |   |   |   |   |
|   |   | O |   | Y |   | D | A |
|   |   |   |   |   |   |   |   |
| Y | A |   | N |   |   | F |   |
|   |   |   |   | D | A |   | N |
|   |   | E | W | O |   | Y |   |
|   |   |   |   | F |   |   |   |

Letters Used: A,E,Y,W,R,D,F,O,N

### Name That Car

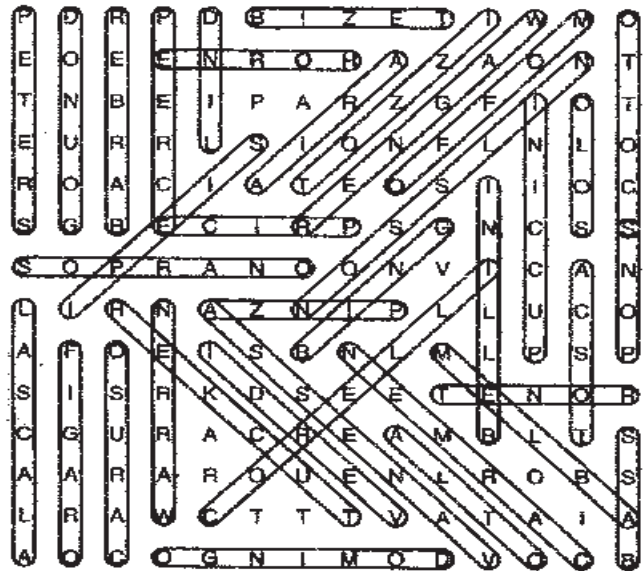
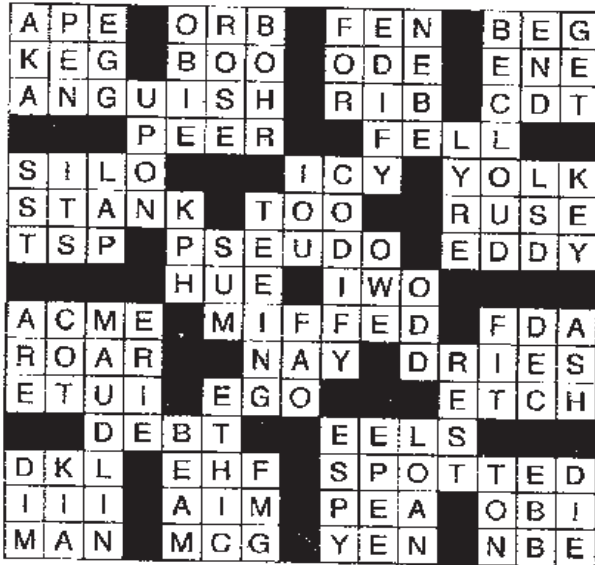


**CLUES;** A department store chain owner helped the carmaker to get started in 1909. The automaker offered two subsidiary brands, the Essex and the Terraplane, between 1918 and 1938. All three lines were known for their performance, with the flagship brand dominating the stock-car circuit in the early 1950's. This model is named for a former naval rank, between captain and rear admiral. The year this car was built, Saab completed its first production model in Trollhatten, Sweden.



**ANSWERS TO GERRI'S PUZZLES**

**March-April 2020 Issue**



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Name That Car Solution:

**1949 Hudson Commodore**



## Tips For Winter Safety

We encourage everyone to “Walk like a Penguin” in slippery conditions. Keep your center of gravity over your front leg. With your arms free and out to the side (just like a penguin). Walk slowly and deliberately, taking short steps, not large ones. Keep your feet about shoulder width apart, so you can react quickly to a change in traction when walking on an icy or snow covered walkway.

### **Additional tips:**

Start by keeping your own property safe. Be sure to have your driveway plowed and your walkways shoveled.

Wear boots or other slip-resistant footwear with good rubber treads.

Watch the pathway, and if unsure, explore the area with your toe to see how slippery it is before you put your full weight on the area.

Use caution getting in and out of your vehicle.

Although your hands may be cold, don't put them in your pockets when you are walking. If you slip you need your arms to help restore balance, and catch yourself as you fall.

Keep your hands empty and avoid carrying several things while walking on ice or snow as much as possible.

Do not talk on the phone or text while walking, pay attention to where you are going.

When possible, use handrails when walking up any stairs that may be wet or slippery. Slow down and never run.

# HOW TO BEAT WINTER'S HEALTH HAZARDS

When the weather outside gets frightful, it can become harder to keep your health delightful. However, simply familiarizing yourself with some of the more common seasonal health hazards is the best step toward beating them.

## Dry, Itchy Skin

When the temperature drops, the cold winter air can dry out your skin's natural barrier, creating dry, itchy and irritated skin. To beat it:

- Use creams and lotions
- Protect your face when outside to reduce risks of windburn and frostbite
- Avoid long, hot showers and apply lotion immediately afterward to seal in moisture
- Seek medical help for persistent itching

## Arthritis Pain

Cold and wet weather, along with changes in barometric pressure, tend to bring on more arthritis pain. To beat or minimize it:

- Dress warmly and in layers
- Stay active with activities like walking indoors, swimming and aerobics
- Take vitamin D supplements\*

\*Check with your doctor before taking any new medications or supplement

## Depression

Winter's cold, gray days can take their mental toll. To beat or minimize it:

- Try purchasing a light that emits 10,000 lux. Thirty minutes of light therapy per day has been shown to be effective for about 70% of those who use it
- Find activities to keep yourself socially connected with friends
- Exercise for 10 continuous minutes a day, with resistance training at least two days a week

Contact your doctor if your depression worsens or lingers for more than a few days.

## Frostbite

Frostbite occurs when water in the skin's soft tissues starts to freeze. The colder it is, the quicker it can develop. To beat it:

- Stay indoors during very cold weather, and if you venture out, dress warmly, covering your feet, hands, ears and face
- Keep your clothing dry

"When the weather outside gets frightful, it can become harder to keep your health delightful."



## JOKES

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## JOKES

**Man in bed  
with his wife...  
Slides his hand  
slowly across her  
shoulders.... across her  
waist... under her neck...  
below her neck... under her  
back... & suddenly stops....  
Wife: (In a romantic voice)  
Why did u stop???**  
**Man: Got the remote... u go  
back to sleep....**

«Old age is the most unexpected of all the things that happen to a man.» - Leon Trotsky

«Few people know how to be old.» - François de la Rochefoucauld

«Don't let aging get you down. It's too hard to get back up.» - John Wagner

«I guess I don't mind so much being old, as I mind being fat and old.» - Peter Gabriel

«Age mellows some people; others it makes rotten.» - Anonymous

«The spiritual eyesight improves as the physical eyesight declines.» - Plato

«Old age is like a plane flying through a storm. Once you're abroad, there's nothing you can do.» - Golda Meir

«Old age takes away what we've inherited and gives us what we've earned.» - Gerald Brenan

«Middle age ends and senescence begins, the day your descendant's outnumber your friends.» - Ogden Nash

«At middle age the soul should be opening up like a rose, not closing up like a cabbage.» - Anonymous

«A diplomat is a man who always remembers a woman's birthday, but never remembers her age.» - Anonymous

«The secret of staying young is to live honestly, eat slowly and lie about your age.» - Lucille Ball

«The great thing about getting older is that you don't lose all the other ages you've been.» - Madeleine L'Engle

«I'm 59 and people call me middle aged. How many 118 year old men do you know?» - Barry Cryer

«As you get older three things happen. The first is your memory goes, and I can't remember the other two...» - Sir Norman Wisdom

«Middle Age is when your age starts to show around your middle.» - Bob Hope

Today, a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.

I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

When wearing a bikini, women reveal 90% of their body... men are so polite they only look at the covered parts.

A recent study has found that woman who carry a little extra weight, live longer than the men who mention it.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.

You know that tingly little feeling you get when you like someone? That's your common sense leaving your body.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

My therapist says I have a preoccupation with vengeance. We'll see about that.

I think my neighbor is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.

Crabby Road

6-4-07



**I don't always  
go the extra  
mile, but when  
I do it's because  
I missed my  
exit.**

**!** We had to have the garage door repaired.

The repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener.

I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower.

He shook his head and said, 'You need a 1/4 horsepower.'

I responded that 1/2 was larger than 1/4 and he said, 'NOOO, it's not. Four is larger than two.' We haven't used that repairman since...

The pedestrian light on the corner beeps when it's safe to cross the street.

I was crossing with an 'intellectually challenged' co-worker of mine. She asked if I knew what the beeper was for.

I explained that it signals blind people when the light is red.

Appalled! She responded. "what on earth are blind people doing driving?!" She is a government employee!

When my wife and I arrived at a car dealership to pick up our car after a service, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door.

As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. "Hey," I announced to the technician, "its open!" His reply, "I know. I already did that side."

**STAY ALERT!**

They walk among us, they breed. and they vote!

I live in a semi-rural area. We recently had a new neighbor call the local city council office to request the removal of the DEER CROSSING sign on our road.

The reason: Too many deers are being hit by cars out here! I don't think this is a good place for them to be crossing anymore..

The IRS has returned my tax return to me this year after I apparently answered one of the questions incorrectly..... In response to the question, "Do you have anyone dependent on you?" I wrote, "9.5 million illegal immigrants, 1.1 million crack heads, 3.4 million unemployable scroungers, 80,000 criminals in over 85 prisons plus 650 idiots in Washington." The IRS stated the answer I gave was "unacceptable!" I then wrote back "Who did I leave out???"

The IRS decides to audit Grandpa, and summons him to the IRS office. The IRS auditor was not surprised when Grandpa showed up with his attorney. The auditor said, "Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable."

"I'm a great gambler, and I can prove it," says Grandpa. "How about a demonstration?"

The auditor thinks for a moment and says, "OK. Go ahead."

Grandpa says, "I'll bet you a thousand dollars that I can bite my own eye."

The auditor thinks a moment and says, "It's a bet."

Grandpa removes his glass eye and bites it. The auditor's jaw drops.

Grandpa says, "Now, I'll bet you two thousand dollars that I can bite my other eye."

The auditor can tell Grandpa isn't blind, so he takes the bet.

Grandpa removes his dentures and bites his good eye. The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous.

"Want to go double or nothing?" Grandpa asks. "I'll bet you six thousand dollars that I can stand on one side of your desk, and pee into that wastebasket on the other side and never get a drop anywhere in between."

The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk.

The auditor leaps with joy. Realizing that he has just turned a major loss into a huge win. But Grandpa's attorney moans and puts his head in his hands.

"Are you OK?" the auditor asks.

"Not really," says the attorney. "This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and pee all over your desk and that you'd be happy about it."

**Don't mess with old people!**

John is having a bad day.

He tried to button his shirt, and his shirt fell off.

He tried to pick up his briefcase and the handle fell off.

He tried to open the door, and the door knob fell off.

Now, he's afraid to pee !!!