

Prospect Senior Center





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Jan.-Feb. 2022 Highlites



Lucy Smegielski

Director - Editor

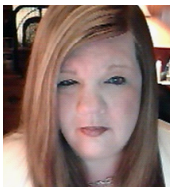
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Susan DaSilva



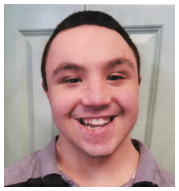
Lirene Lorensen



Dave Texira

Coming soon!

Matt Kalitta



From the Director.....

I hope everyone had a wonderful, joy-filled (and drama-free) Christmas with your family and friends.

Now, we begin a New Year-2022. We have 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes, 31,536,000 seconds. We have a New Year. We are being given a priceless gift from God.

The gift of time is not just ours alone. It is given equally to each person. Rich and poor, educated and ignorant, strong and weak—every man, woman and child has the same twenty-four hours every single day.

You cannot stop time. There is no way to slow it down, turn it off, or adjust it. Time marches on. You cannot bring back time. Once it is gone, it is gone. Yesterday is lost forever. Tomorrow is not guaranteed. We may look ahead at a full year's block of time, but we really have no guarantee that we will experience any of it.

So, as you ring in this New Year, remember that you are getting another chance to perfect the art of living. You are getting a new opportunity to practice what you have learned about life during the past twelve months.

Be thankful that you are getting this chance to achieve the things you dreamed about but didn't do. Another chance to do the good that you wanted to do but never did. You are being given the opportunity to enjoy, to love, to laugh, to grow and to learn. You are being given the chance to envision new dreams and to conquer your fears and to rise above your limitations.

What this New Year brings to you will depend greatly on what you bring to the New Year. What you do with the time that is given you, is your choice. Our time is one of our most precious possessions. We can waste it. We can worry over it. We can spend it on ourselves. Or, we can invest it in living a good, full life.

Enter this New Year with the understanding that you are being given a fresh start. Discard thoughts, attitudes, and habits that are not compatible with the life you want to lead. Let go of whatever caused you past disappointments or disagreements. Be open and receptive to new ideas, activities and relationships.

This New Year is full of time for us. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?

Wishing you a happy and healthy New Year...

Lucy

Day-by-Day Schedule January-February 2022

January 3rd. (MONDAY)
9:15am. Senior Exercise Class
9:30am. "Songbirds" choir practice
9:30am. Texas Holdem' w John Salerno & Carmine Midolo-$5 (pool room)
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
11:00am. Qi Gong Class w George Hughes-$5
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
12noon Drawing Class (Beginning) #1 w Kathy Greggis ($25/6-week session)
1:00pm.Cribbage with Don Ensero
12:15pm. Matt Yoga Class #5 w Shari Galvin
1:30pm. Chair Yoga Class #5 w Shari Galvin
2:00pm. Drawing Class #1 w Kathy Greggis ($25/6-week session)

January 4th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
11:00am. Red Hatters to Massimino's Restaurant
12:00pm. Massages w Tony-$25/30-minutes
12:30pm. Setback (downstairs)
1:00pm. Setback (upstairs)
1:00pm.Quilting Group

January 5th. (Wednesday)
10:00am. Art Class #4 w Dory
10:00am.Wii Bowling League w Mary Henao
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
1:30pm. Line Dancing Class

January 6th. (THURSDAY)
9:15am. Senior Exercise Class
NO Book Club
10:00am. Water Coloring Class #5 w Carla Koch
10:30am. Italian Class #5 w Lucy Minichino
NO Zumba w Cookie
11:00am. Ballroom Dancing Class-$2 (@ Community Center)
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #3 w Carole Greco

January 7th. (FRIDAY)
NO Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am.Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
NO Center Lunch
1:00pm. Bingo-$2
1:30pm. NO Chair Yoga w Shari Galvin

January 9th. (SUNDAY)
10:30pm. UCONN Women's Basketball vs. Creighton @ Gampel Pavillion

January 10th. (MONDAY)
9:15am. Senior Exercise Class
9:30am. Texas Holdem' w John Salerno & Carmine Midolo-$5 (pool room)
9:30am. Bridge with Linda Favale @ Chapel Hall
9:30am. Qi Gong Class w George Hughes-$5
10:00am. Photo Club w Allen Thibodeau
10:00am. Senior Balance Class w Brenda Martin-$2
10:00am. Wii Bowling League w Mary Henao
10:30am. "Songbirds" performing @ Cheshire House
NO Drawing Class (Beginning) w Kathy Greggis
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
12:15pm. Mat Yoga Class #6 w Shari Galvin
1:00pm.Cribbage with Don Ensero
1:00pm. Dance Social w Vinnie Carr-$10
1:30pm. Chair Yoga Class #6 w Shari Galvin
NO Drawing Class w Kathy Greggis

January 11th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
10:00am. Make Your Own Seasonings w Therapy Gardens-$5
10:00am. FREE Reiki Therapy sessions w Kim Larkin-FULL
12:00pm. Massages w Tony-$25/30-minutes
12:30pm. Setback (downstairs)
1:00pm. Setback (upstairs)
1:00pm.Quilting Group

January 12th. (Wednesday)
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #1 w Joe Guarino ($25/8 week session)
10:00am. Art Class #5 w Dory
10:00am. Wii Bowling League w Mary Henao
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
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

January 13th. (THURSDAY)
9:15am. Senior Exercise Class
10:00am. Water Coloring Class #6 w Carla Koch
10:30am. Italian Class #6 w Lucy Minichino
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Intermediate Piano Class #1 w Joe Guarino ($25/8 week session)
12:30pm. Origami w Ah Moi Yip-$5
1:00pm. CRL with Leslie Kingston-$1
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #4 w Carole Greco
2:00pm. Advanced Piano Class #1 w Joe Guarino ($25/8 week session)

January 14th. (FRIDAY)
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am. Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Stuffed Shells & Meatballs-$7 (SCL)
1:00pm. Happy Birthday BINGO-$2
1:30pm. Chair Yoga #3 w Shari Galvin

January 16th. (SUNDAY)
3:00pm. Reeza: Edge of Illusion @ Ridgefield Playhouse-SOLD OUT

January 17th. (MONDAY)
Senior Center CLOSED
Martin Luther King Day

January 18th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. Bowling @ Lessard Lanes-$10
9:30am. to 12:30pm. Poker Club w Allen Thibodeau
10:30am. Design Your Own Painted Glass Bowl w Libby-FULL
12noon Massages w Tony-$25
12:30pm. Setback (downstairs)
1:00pm. Card Bingo w Shirley Beale & Barb Derouin-$2
1:00pm. Setback (upstairs)
1:00pm. Quilting Group
4:00pm. Computer Class #1 w Lori-No Charge

January 19th. (Wednesday)
9:30am. Knights of Columbus-Nativity Story-$5
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #2 w Joe Guarino
10:00am. In-house Pool Tournament
10:00am. Art Class #6 w Dory
10:00am. Wii Bowling League w Mary Henao
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
1:00pm. Corn Hole Games w Gene Bowman
1:00pm. Canasta w Wendy & Bonnie
1:00pm. Knitting & Crocheting group @ Community Center

Day-by-Day Schedule January-February 2022

1:30pm. Line Dancing Class
2:00pm. Meditation w Tia Class #1 ($25/8-week session)
4:45 pm Revisit Howland-Hughes Tour

January 20th. (THURSDAY)
8:15am. Van Gogh: The Immersive Experience Exhibit (Boston)-$118
9:15am. Senior Exercise Class
9:30am. Christmas Tree Store/Cracker Barrel-No Charge
10:00am. Stained Glass Workshop w Sarah Segovia-$10 (Project: Bird)
10:00am. Water Coloring Class #1 w Carla Koch ($25/6 week session)
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Dime Bingo w Judy Hinde-$1
12:30pm. Stained Glass Workshop w Sarah Segovia-$10 (Bird)
12:30pm. Intermediate Piano Class #2 w Joe Guarino
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #5 w Carole Greco
2:00pm. Advanced Piano Class #2 w Joe Guarino

January 21st. (FRIDAY)
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am. Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Meatloaf/Mashed Potatoes-$7 (SCL)
1:00pm. Pizza BINGO-$2
1:30pm. Chair Yoga #4 w Shari Galvin
3:00pm. UCONN Women's Basketball @ Gampel Pavillion vs Seton Hall (stop before game to eat)

January 24th. (MONDAY)
9:00am. Reflexology w Kim Stewart-apts. necessary ($30/30 min./$15/15min.)
9:15am. Senior Exercise Class
9:30am. Songbirds choir practice
9:30am. Texas Holdem' w Carmine Midolo & John Salerno-$5 (pool room)
9:30am. Bridge with Linda Favale @ Chapel Hall
9:30am. Qi Gong Class w George Hughes-$5
10:00am. Senior Balance Class w Brenda Martin-$2
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
10:00am. Wii Bowling League w Mary Henao
12noon Drawing Class (Beginning) #2 w Kathy Greggis
1:00pm.Cribbage with Don Ensero
1:00pm. Watch Your Step-Balance Screening w Physical Therapy & Sports Medicine-No Charge
1:15pm. POUND Class w Cookie-$3
1:30pm. Tour of Tuttle House in Naugatuck-$5
2:00pm. Drawing Class #2 w Kathy Greggis

January 25th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
10:30am. Lori's Cooking Class-$5
12:00pm. Massages w Tony-$25/30-minutes
12:30pm. Setback (downstairs)
1:00pm. Setback (upstairs)
1:00pm.Quilting Group
2:00pm. Impact of Astrology on You w Dee Randis-No Charge

January 26th. (Wednesday)
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #3 w Joe Guarino
10:00am. Art Class #1 w Dory ($25/6 week session)
10:00am. Wii Bowling League w Mary Henao
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
12noon Hartford Flavor Company Tour-$12
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 w Tia Class #2
6:15pm. Lawyers in Libraries @ Danbury Library-No Charge

January 27th. (THURSDAY)
8:30am. Mohegan Sun Casino Day Trip-No Charge
9:15am. Senior Exercise Class
10:00am. Stained Glass Workshop w Sarah Segovia-$10 (Project: Bird)
10:00am. Gold & Silver Exchange w Don Bernier (apts. necessary)
10:00am. Water Coloring Class #2 w Carla Koch
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Origami w Ah Moi Yip-$5
12:30pm. Stained Glass Workshop w Sarah Segovia-$10 (Bird)
12:30pm. Intermediate Piano Class #3 w Joe Guarino
12:30pm. WHIST w Gloria Guerrera-$2
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #6 w Carole Greco
2:00pm. Advanced Piano Class #3 w Joe Guarino
3:00pm. American Lantern Festival @ Lyman Orchards-$18

January 28th. (FRIDAY)
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am. Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Sausage & Peppers Frittata-$7 (SCL)
1:00pm. BINGO-$2
1:30pm. Chair Yoga #5 w Shari Galvin

January 29th. (SATURDAY)
1:00pm. An American in Paris @ Palace Theater-$70

January 30th. (SUNDAY)
1:15pm. Beehive @ Seven Angels Theater-$25

January 31st. (MONDAY)
9:15am. Senior Exercise Class
9:30am. Songbirds choir practice
9:30am. Texas Holdem' w Carmine Midolo & John Salerno-$5 (pool room)
9:30am. Bridge with Linda Favale @ Chapel Hall
9:30am. Qi Gong Class w George Hughes-$5
9:45am. Art Party Studio-Valentine's Day Mesh Wreath, Pizza & Sip Party-$18
10:00am. Senior Balance Class w Brenda Martin-$2
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
10:00am. Wii Bowling League w Mary Henao
12noon Drawing Class (Beginning) #3 w Kathy Greggis
1:00pm.Cribbage with Don Ensero
1:15pm. POUND Class w Cookie-$3
2:00pm. Drawing Class #3w Kathy Greggis

February 1st. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
12:00pm. Massages w Tony-$25/30-minutes
12:30pm. Setback (downstairs)
1:00pm. Setback (upstairs)
1:00pm.Quilting Group
4:00pm. Computer Class #3 w Lori

February 2nd. (Wednesday)
9:30am. Beginner's Piano Class #4 w Joe Guarino
9:30am. Grocery shopping @ LaBonne's, Stop & Shop, Big Y
10:00am. Art Class #2 w Dory
10:00am.Wii Bowling League w Mary Henao
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
1:30pm. Line Dancing Class
2:00pm. Meditation w Tia Class #3

PLEASE NOTE:
SCL applies to lunches made at the Senior Center by the staff

Day-by-Day Schedule January-February 2022

February 3rd. (THURSDAY)
9:15am. Senior Exercise Class
10:00am. Book Club w Marie Delage
10:00am. Water Coloring Class #3 w Carla Koch
10:30am. Italian Class #1 w Lucy Minichino ($10/6 week session)
11:00am.Zumba w Cookie
11:00am. Ballroom Dancing Class-$2 (@ Community Center)
12:30pm. Origami w Ah Moi Yip-$5
12:30pm. Intermediate Piano Class #4 w Joe Guarino
1:00pm. CRL with Leslie Kingston-$1
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #1 w Carole Greco ($6/6 week session)
2:00pm. Advanced Piano Class #4 w Joe Guarino

February 4th. (FRIDAY)
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am.Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Sheppard's Pie & Soup-$7
1:00pm. Bingo-$2
1:30pm. Chair Yoga #6 w Shari Galvin
4:30pm. UCONN Women's Basketball @ Gampel vs. Butler

February 5th. (SATURDAY)
Abba @ Palace Theater-SOLD OUT

February 6th. (SUNDAY)
UCONN Women's Basketball vs. Tennessee @ XL Center Time: TBA

February 7th. (MONDAY)
9:15am. Senior Exercise Class
9:30am. Texas Holdem' w John Salerno & Carmine Midolo-$5 (pool room)
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
10:00am. Qi Gong Class w George Hughes-$5
10:30am. "Songbirds" choir practice
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
12:00pm. Solutions For Better Heart Health w Jill Patterson-$3
12noon Drawing Class (Beginning) #4 w Kathy Greggis
12:15pm. Mat Yoga Class #6 w Shari Galvin
1:00pm.Cribbage with Don Ensero
1:00pm. Valentine's Day Juke Box Bingo-$3
1:15pm. POUND Class w Cookie-$3
NO Chair Yoga Class w Shari Galvin
2:00pm. Drawing Class (Continuing) #4 w Kathy Greggis

February 8th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. Holiday Train Show @ Ct. River Museum-$10
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
10:00am. Stained Glass Workshop w Sarah Segovia-$10 (Project: Valentine's Heart
12:00pm. Massages w Tony ($25/30-minutes)
12:30pm. Stained Glass Workshop w Sarah Segovia-$10 (Project: Valentine's Heart)
12:30pm. Setback (downstairs)
1:00pm. Setback (upstairs)
1:00pm.Quilting Group
4:00pm. Computer Class #4 w Lori

February 9th. (Wednesday)
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #5 w Joe Guarino 10:00am. Art Class #3 w Dory
10:00am. Wii Bowling League w Mary Henao
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
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 w Tia Class #4
5:00pm. UCONN Women's Basketball @ XL Center vs. Villa Nova
5:15pm. Russian Ballet @ Palace Theater-$60

February 10th. (THURSDAY)
9:15am. Senior Exercise Class
9:30am. Christmas Tree Store/Cracker Barrel-No Charge
10:00am. Stained Glass Workshop w Sarah Segovia-$10 (Project: Valentine's Heart)
10:00am. Water Coloring Class #4 w Carla Koch
10:30am. Italian Class #2 w Lucy Minichino
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Dime Bingo w Judy Hinde-$1
12:30pm. Stained Glass Workshop w Sarah Segovia-$10 (Project: Valentine's Heart)
12:30pm. Intermediate Piano Class #5 w Joe Guarino
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #2w Carole Greco
2:00pm. Advanced Piano Class #5 w Joe Guarino

February 11th. (FRIDAY)
Center CLOSED
Lincoln's Birthday
9:30am. Livingston Ripley Waterfowl Conservancy-$10
4:30pm. UCONN Women's Basketball @ Gampel vs. DePaul

February 12th. (SATURDAY)
1:00pm. The Donna Summer Musical @ Palace-$73
6:30pm. Swan Lake @ Bushnell-$74

February 13th. (SUNDAY)
9:30am. Red Hatters Valentine's Day celebration @ Griswold Inn
1:00pm. Love, Sex and the IRS @ Thomaston Opera House-$20

February 14th. (MONDAY)
9:15am. Senior Exercise Class
9:30am. Texas Holdem' w John Salerno & Carmine Midolo-$5 (pool room)
9:30am. Bridge with Linda Favale @ Chapel Hall
NO Senior Balance Class w Brenda Martin
10:00am. Photo Club w Allen Thibodeau
10:00am. Wii Bowling League w Mary Henao
10:00am. Qi Gong Class w George Hughes-$5
NO "Songbirds" choir practice
NO Gentle Stretching Exercise Class w Jill Patterson-$3
11:30am. Valentine's Day Party-$25
12noon Drawing Class (Beginning) #5 w Kathy Greggis
12:15pm. Mat Yoga Class #1 w Shari Galvin ($15/6 week session)
NO Cribbage with Don Ensero
NO POUND Class w Cookie-$3
1:30pm. Chair Yoga Class #1 w Shari Galvin ($15/6 week session)
2:00pm. Drawing Class (Continuing) #5 w Kathy Greggis

February 15th. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. Bowling @ Lessard Lanes-$10
9:30am. to 12:30pm. Poker Club w Allen Thibodeau
12noon Massages w Tony-$25
12:30pm. Setback (downstairs)
1:00pm. Card Bingo w Shirley Beale & Barb Derouin-$2
1:00pm. Setback (upstairs)
1:00pm. Quilting Group
4:00pm. Computer Class #5 w Lori-No Charge

February 16th. (Wednesday)
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #6 w Joe Guarino
10:00am. Art Class #4 w Dory
10:00am. Wii Bowling League w Mary Henao
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
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 w Tia Class #5

Day-by-Day Schedule January-February 2022

February 17th. (THURSDAY)
8:30am. Mohegan Sun Casino Day Trip-No Charge
9:15am. Senior Exercise Class
10:00am. Water Coloring Class #5 w Carla Koch 11:00am.
10:30am. Italian Class #3 w Lucy Minichino
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Origami w Ah Moi Yip-$5
12:30pm. Intermediate Piano Class #6 w Joe Guarino
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #3 w Carole Greco
2:00pm. Advanced Piano Class #6 w Joe Guarino

February 18th. (FRIDAY)
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am. Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Beef Stew & Salad-$7 (SCL)
1:00pm. Pizza BINGO-$2
1:30pm. Chair Yoga #1 w Shari Galvin ($15/6 week session)

February 19th. (SATURDAY)
4:45pm. BINGOMANIA-$25

February 20th. (SUNDAY)
6:00pm. The 5th. Dimension @ Ridgefield Playhouse-$65
UCONN Women's Basketball vs. Georgetown @ XL Center Time: TBA

February 21st. (MONDAY)
Senior Center CLOSED
President's Day

February 22nd. (TUESDAY)
9:00am. Senior Fitness Program w Susie-$3
9:30am. to 12:30pm. Poker Club with Allen Thibodeau
10:00am. Anita Gregorski Art Exhibit @ Burnham Library-No Charge
10:00am. How to Make Half-Sour Pickles-$5
10:30am. Design Your Own Glass Pendants-$15
12:00pm. Massages w Tony-$25/30-minutes
12:30pm. Setback (downstairs)
1:00pm. Private 20-minute astrological readings w Dee Randis-$25
1:00pm. Setback (upstairs)
1:00pm.Quilting Group
4:00pm. Computer Class #6 w Lori-No Charge

February 23rd. (Wednesday)
9:30am. Grocery Shopping @ Labonne's, Stop & Shop & Big Y
9:30am. Beginner's Piano Class #7 w Joe Guarino
10:00am. Art Class #5 w Dory
10:00am. Wii Bowling League w Mary Henao
10:30am. Sick Plant Clinic w John Cookson-No Charge
11:30am. to 1:30pm. Blood pressure screening with VNA nurse
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 w Tia Class #6
6:15pm. Lawyers in Libraries @ Danbury Library-No Charge

February 24th. (THURSDAY)
9:15am. Senior Exercise Class
9:30am. Ct. Flower & Garden Show-SOLD OUT
10:00am. Water Coloring Class #6 w Carla Koch
10:00am. FREE Reiki Therapy sessions w Kim Larkin-FULL
NO Italian Class with Lucy Minichino
11:00am. Ballroom Dancing Lessons w George Maderski-$2 (@ Community Center)
11:00am. Zumba w Cookie-$3
12:30pm. Intermediate Piano Class #7 w Joe Guarino
12:30pm. WHIST w Gloria Guerrera-$2
1:00pm. Mahjong with Barb Duigan
1:00pm. Learn to Knit Class #4 w Carole Greco
2:00pm. Advanced Piano Class #7 w Joe Guarino

February 25th. (FRIDAY)
9:30am. Ct. Flower & Garden Show
9:30am. Bible Study with Georgia Smolkis @ Community Center
9:30am. Weight Strengthening with the Ensero's
9:30am. Pinochle with Mike & Bonnie Jones
10:00am. Scrapbooking & Card making w Edwina & Cindy-$2
11:30am. Center Lunch-Sausage & Broccoli /Olive Oil over Pasta-$7 (SCL)
1:00pm. BINGO-$2
1:30pm. Chair Yoga #2 w Shari Galvin
5:00pm. UCONN Women's Basketball vs. St. John's @ XL Center

February 26th. (SATURDAY)
6:30pm. Ballet Folklorico de Mexico @ Fairfield University-$33
7:00pm. British Invasion @ Palace Theater-$57

February 27th. (SUNDAY)
10:00am. Red Hatters to Hogan's Cider Mill
11:30am. UCONN Women's Basketball vs. Providence @ Gampel

February 28th. (MONDAY)
9:00am. Reflexology w Kim Stewart-apts. necessary ($30/30 min./$15/15min.)
9:15am. Senior Exercise Class
9:30am. Songbirds choir practice
9:30am. Texas Holdem' w Carmine Midolo & John Salerno-$5 (pool room)
9:30am. Bridge with Linda Favale @ Chapel Hall
9:30am. Qi Gong Class w George Hughes-$5
9:45am. Art Party Studio-Paint, Pizza & Sip Party-$18 (Project: Snowy Cardinal)
10:00am. Senior Balance Class w Brenda Martin-$2
11:00am. Gentle Stretching Exercise Class w Jill Patterson-$3
10:00am. Wii Bowling League w Mary Henao
12noon Drawing Class (Beginning) #6 w Kathy Greggis 12:15pm. Matt Yoga Class #2 w Shari Galvin

PLEASE NOTE:
SCL applies to lunches made at the Senior Center by the staff



GETTING OLD IS EASY -
HAVING FUN AT IT IS THE REAL TRICK

MY FRIEND CELEBRATED HIS BIRTHDAY THIS YEAR BY BUYING AN ALL-TERRAIN 4 WHEELER. THIS IS A PICTURE OF HIM PLAYING WITH IT IN HIS BACK YARD.

I'M THINKING ABOUT GETTING ME ONE.

LIFE IS FLEETING BY. ENJOY IT WHILE YOU CAN

BIRTHDAYS January-February 2022

January Birthdays

Geri Mauriello	1
Joan Pescetelli	1
MaryAnn Bellino	1
Duarte Alves	1
Gaylene Johnston	2
Peggy Guerrera	2
Margaret Gibbons	3
Carol Barbieri	3
Robert T. Finn	3
Cathy Gorham	4
Marie Maher	4
Patricia D'Amelia	5
Bart Ensero	5
Virginia Paolino	5
Evelyn Herren	5
Carol Deleo	5
Anita Stabler-Hussey	5
Tom Zemaitis	6
Priscilla Sheldon	6
Tom Doyle	6
Debra G. Hoxie	6
Sharon Sirois	6
Barbara Cronini	7
Kathy Unger	8
Sandra LaBonte	8
Janet Bruno	8
Eugene Legge	8
Fay Gomes	9
Susan McKeown	9
Ruth Plumb	10
Brenda Gugliotti	10
Angela Deimantas	11
Mary Moriarty	11
Don Telesca	11
Dom Jannetty	11
William Tullo	11
Pauline Rollo	11
Diane Celozzi	11
Joao daSilva	11
Linda Boccialetti	11
Geraldine McCabe	12
Sandra Allen	13
Joan Gervasoni	13
Natalie Crick	13
Joanne Chenkus	13
Donna Cameron	13
Anita Divivier	13
Frances Peznowski	14
Barbara Olender	14
Carol Marchand	14
Teri Dolan	14
Joan Stauffer	14
Ruth James	15
Brian McGeever	15
Paula Rouleau	15
Charlotte Cyr	15
Sally Calabro	16
Joyce K. Alegi	16
Joseph Guarino	16
Sally Mackenzie	16
Jack Costello	17
Helen Chalue	17
Anthony Ungaro	17
Emma Barone	17
Roseann Nobitz	17
Bruno Carabetta	18
Amelia Guerrera	18
James Schnell	18
Martha Payne	19
Marie Fratea	19
Grace Lisowski	19
Sandra Robinson	19
Constance Butler	19
Lorraine Paulo	19
Mary Giglio	19
Claude Traver	20
Barbara J Duigan	20
Cathleen McInerney	20
Kathy Doyle	20
Joyce Andrews	20
Tina Cianciolo	20
Michael Angelino Sr.	20
Debby Morrell	20
Florence Bourque	21
Sheron Shepard	21
Marlene Lindquist	21
Maureen Sperrazza	21
Chuck Bradley	21
Richard Porter	21
Pamela Verrastro	22
Donald A. Ensero	23
Roseanna Cellupica	23
Judy LaRose	23
Marjorie Obst	23
Carol Lavoie	24
Sue Armbruster	24
Gary Arndt	24
Timothy Meehan Sr.	24
Peggy Goddard	24
Laura Lebel	24
Elsa Colina	24
Edna Sobireski	24
Thomas Adams	24
Lorraine Gamble	24
Camele Wanat	24
Don Ensero	25
Karen Stango	25
Bob Rudaitis	25
Terry Parsons	25
Elisabeth Lohnau	26
Lynn Chesinas	26
Carmine Romano	26
Dory St. John	26
Nancy Smith	26
Jan Gallant	26
Jackie Perugini	26
Steve Hinesley	27
Betty Bajek	27
Herrick Massie	27
Marianne Fonti	27
Joyce Young	27
Ida Azevedo	27
Karen Short	27
Linda Wendling	28
Henrietta Kilborn	29
Paul Grant	29
Carmel Perillo	29
Ed Daponte	29
John Santa Maria	29
Barbara Murray	29
Jean Conrad	30
Justine Franck	30
Rae Colasanto	30
Doreen Calabrese	30
Carole Moschella	31
Barbara Rompre	31
Ed Sheehan	31

February Birthdays

Claire Decker	1
Lucylle Slokus	1
Ann Marie Swindon	1
Barbara DeMaida	1
Michael Foster	1
Mary Ellen Pearce	2
Michael Titta Jr	2
Ah Moi Yip	2
Julie Hultgren	2
Ellen Landry	2
Adrienne Stosuy	3
Pete Calandro	3
William Margiotta	3
Arlene Prast	3
Colette Leblanc	3
Ron Mellette	5
Kathy Darmody	5
Cindy Zotter	5
Barbara Johnson	5
Carol Womelsdorf	5
Cindy Garvin	6
Diana Angelino	6
Cookie Pelletier	6
Ellen Shapiro	6
Lucylle Young Ladden	7
Lucille Decarolis	7
Rachelle Doyon	8
Bonnie Jones	8
James Menturweck	8
Rita Fried	9
Maddie Orsillo	9
George Chateauneuf	9
Dolores Hensel	9
Linda Blinstrubas	9
Ken Priestley	9
Valerie Dombroski	10
Angela Curtin	10
Lucia DiBenedetto	10
Mike Pleines	10
Joann Reilly	11
Barbara Genovese	11
Allen Gerard	11
Marianne Martins	11
Rosemarie Sciarretto	11
Charlene Strumpf	11
Nancy Vander Eyk	11
Al Fermeglia	11
Nanette Commendatore	11
Shirley A. Tooth	11
Joan Gambino	11
Laurene Hebert	11
Patricia Houle	11
Barbara Kane	12
Gene Sabados	12
Elaine DiFronzo	12
Jean Beard	13
Anne Kinder	13
Barbara Delucia	13
Robert Gregorski	13
Robert Covillion	13
Ron Harris	13
Michael Lohne	13
Raymond Carrier	14
Angela Brunetti	14
Rita DiMaria	14
Sheri Budnik	14
Dottie Hewes	14
Neil Colucci	14
Rita Saucier	14
Michael O'Connell	14
Leonard Cyr	14
Lynn Lawson	14
Walter Magnavice	14
Betty Lukeski	15
Carol Miller	15
Barbara Koshier	15
Betty Goggin	15
John L. Rossi	15
Joanne Carosella	15
Blanche Ranaudo	15
Trudy Higgins	15
Jerry Jerome	15
Liz Conrad	15
Claudia Massie	16
Mary Tullo	16
Dick Moisan	16
Cynthia Cipriano	17
Sandy Banik	17
Catherine Jordan	17
Nancy Via	17
Shirley Sabo	17
Connie Luciano	17
Janet Lynn DePinto	17
Larry Winkler	17
Joyce Ludecke	17
Carol Muzzey	17
Rinaldo Mattei	17
Eileen Cunningham	17
Sharon Hurlbut	17
John Bozzuto	18
Alice Regan	18
Katherine Murphy	18
Maruta Jancis	18
Alice Gearey	18
Nean Cofrancesco	18
Beth Frank	19
Elda Garafola	19
Elaine Carrier	19
Cecile Fortier	19
Beverly Fortin	19
Cindy Blanchard	19
Betty Ensero	20
Karen Gerard	20
Joann Slavin	20
Lil Persico	20
Carl Gliford Sr.	20
Shirley Falco	21
Judy Orsini	21
Kenneth Fredyna	21
Martha Rossi	22
America Abrantes	22
Mike Trusiewicz	22
Roberta Raczka	22
Alberta Galvin	23
Joseph M. Kowalski	23
Victoria Corti	23
Marie Ursini	23
Lois Ryan	23
Linda Traver	24
Lynn Dayton	24
Cheryl Cocchiola Ploski	24
Karen Dunn	24
John Wasbes	24
Donald Brisson	24
Lucille Tagney	24
Mary Donahue	25
Darlene Novakowski	25
Norman Bourque	26
Ann Graveline	26
JoEllen Monahan	26
Adelino Francisco	26
Deborah Carozza	26
Buddy Mancinelli	26
Lori Imbimbo	27
David Pettinicchi	27
Michelle Guillet	27
Janice Tryniszewski	27
Wendy Thornley	28
Peter Smegielski	28



SUNSHINE LIST — January-February 2022

Cathy Roldan
1013 Weid Drive Apt. #11F
Naugatuck, Ct. 06770

Anne Mazzamauro
75 Courtland Avenue
Waterbury, Ct. 06705

Alice Juraska
Kimberly Hall South Rm #245
One Emerson Drive
Windsor, Ct. 06095

Dolly Amadeo
19 Amadeo Drive
Bethany, Ct. 06524

Irv Boyle
79 Melrose Avenue
Waterbury, Ct. 06705

Lou Ruby
985 B Heritage Village
Southbury, Ct. 06488

Anna Deller
16 Phyllis Drive
Naugatuck, Ct. 06770

John DaSilva
6 Lilac Lane
Prospect, Ct. 06712

Dolores Harris
90 Knoll Street
Waterbury, Ct. 06705

Liz Falzone
195 Lasky Road
Beacon Falls, Ct. 06403

Elaine Broderick
19 Birch Lane
Naugatuck, Ct. 06770

Jim Wooding
333 Evening Star Drive
Naugatuck, Ct. 06770

Diane Mordino
132 Grilleytown Road
Waterbury, Ct. 06704

Martha Turiano
Apple Rehab Center
35 Bunker Hill Road
Watertown, Ct. 06795

Geri McDonald
24 Pleasant Avenue
Naugatuck, Ct. 06770

Maryann Lussier
75 Clark Hill Road
Prospect, Ct. 06712

Charlie Burns
Village @ East Farms
180 Scott Road
Waterbury, Ct. 06705
203-575-1355

Fran Dupre
187 East Johnson Ave
Cheshire, Ct. 06410

Bob Salerno
34 Terrell Road
Waterbury, Ct. 06708

Dolly Martin
188 East Mountain Rd
Waterbury, Ct. 06706

Eve Smith
18 Rozum Circle
Prospect, Ct. 6712

Lucylle Delage
26 Gianni Drive
Wolcott, Ct. 06716

Eleanor Kearney
150 Cook Hill Rd #1201
Cheshire, Ct. 06410

Joan Bowyer
500 Woodside Avenue
Middlebury, Ct. 06762

Dee & Art Hensel
61 North Hoadley St
Naugatuck, Ct. 06770

Edna Sobireski
55 Bronson Road
Prospect, Ct. 06712

Linda Soto
172 Newbury Street
Waterbury, Ct. 06705

Maruta Jancis
89 Spruce Drive
Naugatuck, Ct. 06770

NEW MEMBERS

JUDY OPPENHEIM
GERALD OPPENHEIM
DEBBIE LEPORE
GILDA SLOMKA
MICHELE LEACH
ROBERT JEGELA
DORIS JEGELA
JENNIE GIORDANO
BILL BASSETT
BERTHA RHODES
SANDRA BARRETT
RICHARD VAN ALLEN
PAMELA VAN ALLEN
MARK SGRILLO
SUSAN SALVIETTI
CAROL WOMELSDORF
MEG NARDOZZI
NANIBOURASSA
PAULA GUARINO
PAULA ROULEAU
JOHN SIWINSKI
LORI PELLETIER
KAREN SIWINSKI
JOYCE MACAUDA
LISA ELWELL
DAVID ELWELL
BRUCE DAY
NANCY PERRY
JUDITH ROCHON
DONALD GOUDREAU
JOANNE HILDRETH
ROCKY NORMANDIN
LEE NORMANDIN
ROBERT SANDORE
ANGELA SANDORE
ANNE JODKO
JOHN EASTWOOD
CHARLIE HOWARTH
MARIE MAHER
SUSAN WIEDL
JUDY-JO BARBASH
SALLY MACKENZIE
BARBARA BELVAL
JANET BELVAL
GERALDINE MCCABE
DENISE BORUS
DOREEN CALABRESE
DIANE PARRILLO
LINDA BOCCIALETTI
ROSEANNE OLSEN
JAMES RYAN
DEBORAH SABETTA
ROBERT NOBITZ
ROSEANN NOBITZ
FERN SUNDERMEYER
NONA ROCHETTI
RICHARD PORTER
DEBBIE PORTER
ADOLPHO NUNES
CHARLOTTE TOTTENHAM
JEANNETTE SINCLAIR
FLORENCE FAMIGLIETTI

Welcome to the Prospect Senior Center

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

January 18th. Design Your Own Painted
January 16th. Reeza: Edge of Illusion @ Ridgfield Playhouse-SOLD OUT
January 18th. Design Your Own Painted Glass Bowl-Sold Out
February 24th. Ct. Flower & Garden Show-Sold Out-another date added 2/25/22
March 6th. Old Deerfield Spring Sampler Craft Fair-Sold Out



GERRI'S RECIPES

Lemon Tiramisu

8 oz. mascarpone cheese
8 oz. cream cheese, softened
1 pkg instant lemon pudding mix
1 cup 2% milk
1 tsp lemon extract
2/3 cup lemon juice
3 Tbsp. sugar
24 crisp ladyfinger cookies
2 tsp. grated lemon zest

Beat first 5 ingredients on medium speed until blended, 2-3 mins. (Do not overbeat)
Whisk lemon juice and sugar in a shallow bowl until sugar is dissolved. Quickly dip 8 ladyfingers into lemon juice, allowing excess to drip off; place in a single layer in an 8-inch square dish. Spread a third of the mascarpone mixture over top. Repeat layers twice.
Sprinkle with lemon zest. Refrigerate 2 hrs.

Easy Pigs in a Blanket

1 12 oz. pkg cocktail franks
2 tubes refrigerated crescent roll dough
2 Tbsp. dijon mustard
1 large egg
1 tsp. caraway seeds
Mustard for serving

Heat oven to 375 degrees. Line baking sheet with parchment. Unroll dough and brush with mustard. Cut each triangle in half lengthwise to create 2 skinnier triangles. Place 1 frank on each wide end of dough, then roll up and arrange on prepared sheet in two concentric circles, making sure dough on both circles touches. Beat egg with 1 Tbsp. water, brush over dough and sprinkle with caraway seeds. Bake 18 to 22 mins. Serve with mustard

Chicken Noodle Casserole

3 lbs. cooken chicken, shredded
6 oz. spaghetti
1 can condensed cream of mushroom soup
1 can condensed cream of chicken soup
1/4 cup water
salt & pepper to taste
1 cup shredded mozzarella cheese

Cook spaghetti in a large pot of salted boiling water 8 to 10 mins. until al dente. Drain and set aside. Preheat oven to 350 degrees.
In a 9x13 baking dish combine the shredded chicken, cooked spaghetti, soups, water, salt & pepper. Mix well all together. Sprinkle cheese on top and bake for 20-25 mins or until cheese is melted and turning brown. Cool 10 minutes and serve.

Makes 6 servings

Potatoes and Corn Soup

6 medium potatoes
6 stalks celery, leaves reserved for later
1 medium onion, chopped
2 cubes chicken bullion
2 (15 oz.) cans whole kernel corn, drained
1/4 cup chopped fresh chives

In a large pot, place the potatoes, celery and leaves, and onion. Pour in enough water to cover. Bring to a boil. Remove the celery leaves, and stir in the bullion cubes, until dissolved. Mix in the corn. Reduce heat to med-low, and cook 20 mins, or until the potatoes are tender. Mix the chives into the pot and continue cooking 5 minutes before serving.

Makes 8 servings

Nonstick cooking spray
1 lb. fresh green beans
6 pretite red potatoes
2 Tbsp. olive oil, divided
1/2 tsp. garlic salt, divided
1/4 tsp. dried parsley
1/4 tsp. black pepper, divided

Preheat oven to 400 degrees. Spray baking sheet with cooking spray. In a medium bowl mix together potatoes, 1 Tbsp. olive oil, 1/4 tsp. garlic salt, 1/8 tsp. pepper and 1/4 tsp. parsley. Place potatoes on half of baking sheet and bake 15 minutes. In medium bowl mix together green beans, remaining olive oil, garlic salt, and pepper. After potatoes have baked for 15 minutes, add green beans to the other half of the baking sheet and continue baking another 20 minutes. Makes 6 servings

Egg, Ham and Spinach Sandwich

Nonstick cooking spray
1 Tbsp. olive oil
1/4 tsp. garlic powder
4 eggs
4 whole wheat sandwich thins
4 slices deli-style smoked ham
4 cups baby spinach
fresh ground black pepper
4 tsp. Parmesan cheese freshly grated

Spray a nonstick oven-proof skillet with cooking spray and heat over medium heat
Add ham slices and cook for 1 minute per side. Remove from pan and set aside. Add olive oil to pan and add spinach, sprinkle with garlic powder and pepper. Saute until spinach is wilted. Remove from pan and set aside. Crack the eggs into the pan; break yolks with a spatula and allow to run. Cook until eggs start to firm about 30-60 seconds and flip eggs. Sprinkle with Parmesan cheese Cook until done and top each egg with 1 ham slice and a spoonful of spinach. Place on sandwich thin.

Hearty Cabbage Soup

nonstick cooking spray
2 celery stalks, diced
1/2 head cabbage (roughly chopped)
40 oz. chicken broth
1 (15 oz.)can Great Northern beans rinsed and drained
2 diced carrots
1 onion, diced
1 14.5 oz. can diced tomatoes
1/2 lb. lean turkey breakfast sausage
1/2 tsp. dried oregano
1/4 tsp. black pepper
Spray a large soup pot with cooking spray. Add celery, onion and carrots and saute over medium-high heat for 3 minutes or until onions are clear. Remove from pan and set aside. Add turkey sausage and cook until brown, about 6-7 mins. Add celery, onions and carrots back to the pan and mix. Add remaining ingredients and bring to a boil. Reduce heat and simmer 30 minutes. Makes 8 1-cup servings

Broccoli Onion Latkes

3 cups fresh or frozen chopped broccoli florets, diced
2 eggs
2 Tbsp. olive oil
1/2 cup diced onion
2 Tbsp. all-purpose flour

Boil the diced broccoli in a small amount of water for 5 minutes, Then drain thoroughly. Break eggs into a medium bowl and beat. Add flour and mix well. Add broccoli and onion and stir into the flour/egg mixture until well mixed. Heat olive oil in a frying pan over medium-high heat. Drop the mixture by spoonfuls into the hot oil, making 4 equal portions. Flatten with a spatula, and cook until golden brown on both sides (about 3-4 minutes per side). Remove from the pan and drain on paper towel to soak up oil.

REGULAR ACTIVITIES

January-February 2022

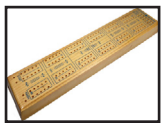


"Pizza Party" BINGO

Fridays *1pm*
Jan 21st
Feb 18th

Cost $1

Cribbage Card Game



Mondays *1pm*

Call
Don Ensero
203-575-1511

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



Texas Hold'em Poker Tournament
Hosted by
Carmine Midolo

Every Monday *9:30am*
IN THE POOL ROOM

None on 1/17 & 2/21
(center is closed)

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

CARD BINGO



Tuesdays *1pm*

Jan 18th
Feb 15th

Cost $2

"DIME BINGO"
with
Judy Hinde

Thursdays *12:30pm*

Jan 20th
Feb 10th

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.

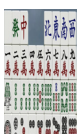
Cost $1



Canasta

With
Wendy Powell
&
Bonnie Veilette

Wednesdays *1pm*



Chinese & American Mah Jong

Every skill level welcome!
Thursdays *1pm*

PINOCHLE GROUP
Fridays
9:30am - 11:30am

Call Bonnie Jones
for details
203-758-0886





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

1pm

Jan 13th
Feb 3rd

Cost $1
Please bring dimes...

REGULAR January-February 2022 ACTIVITIES



Senior Balance Class
with
Brenda Martin
10am - 11am

Every Monday
No Class 1/17; 2/14; 2/21

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



Senior Weight Strengthening Class

Fridays 9:30am

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



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



Qi Gong
Energy Moving Class
With George Hughes

Mondays *9:30am*

Cost: $5 per class
no registration necessary



Senior Exercise Class

Mondays & Thursdays
9:15am



CHAIR YOGA
6 Week Sessions

Mondays *1:30pm*
Feb. 14th - Mar. 28th

Fridays *1:30pm*
Feb. 18th - Mar. 25th
Cost $15





Gold

taught by Cookie

Thursdays *11:00am*

Cost $3 per class



Gentle Stretching & Exercises Class

With Jill Patterson

Mondays
11:00am. to 12noon

Cost $3 per class



Senior Fitness Program
Tuesdays *9am*

No Sign-up Necessary
Just drop in
Bring weights, small ball & exercise band

Cost $3 per class



MAT YOGA
6 Week Sessions

Mondays *12:15pm*
Feb. 14 - Mar. 28th
Cost $15



Wii Bowling

Mondays & Wednesdays
@10am

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



Origami Class
Thursdays *12:30pm*

Jan 13th, 27th
Feb 3rd, 17th



Billiards
Monday thru Friday
9am - 4pm

Ladies are welcome and encouraged to join in the fun!



Card Making 101

WITH
Cindy, Edwina & Debbie

FRIDAYS 10am-3pm

COST $2

Art Classes with Dory



Wednesdays 10am
Next 6 week session

Jan 26th - Mar 2nd

Cost $25

Water Color Art Class



with
Carla Koch

Thursdays 10am
6 week sessions

Jan 20th - Feb 24th
Mar. 3rd - Mar. 7th

Cost $25



Art Class

with
Judy Jaworski
6 Week Session

March 8th
(Next Session starts)

Cost: $25

Learn to Play the Piano
Beginner's Class



Taught by Joe Guarino
Wednesdays
9:30am to 10:30am

Jan 12th - Mar. 2nd
Mar 9th - Apr 27th

Cost $25

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

Piano Lessons
Intermediate Class



Taught by Joe Guarino
Thursdays
12:30pm-1:30pm

Jan 13th - Mar. 3rd
Mar 10th - May 5th

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
Thursdays
2:00pm-3:00pm

Jan 13th - Mar. 3rd
Mar 10th - May 5th

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.

Bible Study



with
Georgia Smolkis
Fridays 9:30am

At the Community Center

No sign ups necessary
Just drop in



Photo Club

With Allen Thibodeau
Second Monday
of the month at 9:30

Jan 10th
Feb 14th

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



Learn to Speak Italian

with
Lucy Minichino
Thursdays

Next 6 week Sessions

Feb 3rd - Mar 17th
(no class 2/24)

Cost $10

Private Reflexology Sessions
with
Kim Stewart, NSCR
Mondays Start at 9am

Jan 24th
Feb 28th

$15 .... 15 minute session
$30.....30 minute session

(Appointments are necessary)
Kim Stewart will be at the Senior Center to give private reflexoogy therapy sessions to our seniors. **RE-FLEXOLOGY**



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.

FREE Private Reiki Sessions



with
Kim Larkin, URMT

10:00am-12:30pm

Tuesday, Jan 11th
Thursday, Feb 24th

20 minute sessions
(Appointments are necessary)

Please call the senior Center to schedule an appointment.

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. Reiki can calm and relax the recipient. In this relaxed state the body's natural healing takes place, improving memory and relationships.
Kim Larkin has recently finished her Usui Reiki Master Training. She wants to share her Reiki training in some way with our Seniors.

MASSAGES WITH ANTHONY MARINI

Tuesdays

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

CALL THE PSC FOR APPOINTMENT



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11:30 -1:30



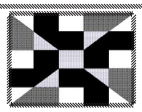


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Beginner Drawing Classes

with Kathy Greggis

Mondays 12:00pm. to 1:30pm

Jan 3rd - Feb 28th
(no class 1/10 & 1/17)
Mar 7th - Apr 11th

Cost $25



Continuing Drawing Classes

with Kathy Greggis

Mondays 2:00pm. to 3:30pm

Jan 3rd - Feb 28th
(no class 1/10 & 1/17)
Mar 7th - Apr 11th

Cost $25

Computer class with Lori

Tues. @ 4:00 pm.

Jan. 18 through Feb. 22

Orange, CT

Leave 9:30am
Arrive Prospect 3:30pm

Shop approximately 2 hours

Lunch @Cracker Barrell to follow shopping. The cost of your lunch is your responsibility.

Jan 20th
Feb 10th

Sign up required
persons limited



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

10:30am

Jan 25th
(none in Feb)

Dish: TBA Cost $5

Senior Dance Social at the Prospect Senior Center

Monday
1pm - 3pm

Next dance will be January 10, 2022 with Vinnie Car

No Dance in February

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 $10

Day Trip to Mohegan Sun



Thursdays

Jan 27th
Feb 17th



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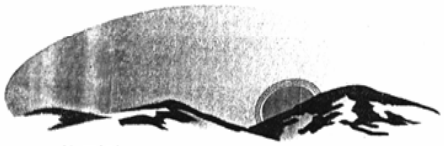
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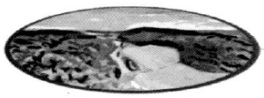


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Prospect Lions Club Collecting Eyeglasses & Hearing Aides

The Prospect Lions Club has set up a purple and yellow mailbox outside the Senior Center where you may drop off all unwanted eyeglasses and hearing 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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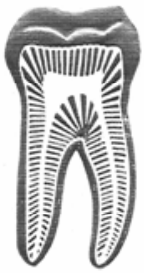
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LADIES  IN RED

We, Ladies, have been getting around! As the State and the Senior Center re-opened this summer, we gathered at Massimino's Ristorante for a belated version of or annual Pizza Party. In August, we learned how to paint a beautiful seascape at Lina's Touch Art Studio in Seymour.

As autumn approached, we enjoyed a sunset cruise aboard the Sea Mist followed by a delicious seafood supper at Lenny's Indianhead Restaurant. In early October, we travelled to the seaport town of Mystic for a day of exploring the shops and eateries. Later the same month, our red –hatted ladies could be found savoring sauerbraten, schnitzel and strudel at the Eastside Restaurant in New Britain.

In November, we spent a beautiful autumn morning at Clyde's Cider Mill in North Stonington and then enjoyed a delicious home-style meal at the Brick Oven Restaurant. Finally, we ended the year with a night of fine dining at Verdi's Restaurant and a tour, led by Queen Emerita, Jeannette Elsea, of the spectacular Christmas light displays in Wolcott and Hubbard Park.

In the year 2022, the" Ladies in Red" anticipate a full year of camaraderie and an expanded roster of fun-filled activities. On Tuesday, January 4th, we'll once again convene at Massimino's in Ansonia for our annual Pizza Party. The menu will consist of an array of their delicious gourmet pizzas including "The Works, Margherita, Shrimp Casino and one other. Pitchers of soft drinks are included and wine is available for purchase. The cost is just $10.00 per person. The bus will depart the Senior Center at 11:00AM.

That day, a Stonewall Kitchen, Italian Specialty Basket that I will donate, will be raffled off to one lucky lady who has paid her 2022 membership dues.

Please bring your ideas for trips and activities with you that day. While we do enjoy re-visiting our favorite places, it is fun and exciting to discover new destinations, some of which may become our new favorites.

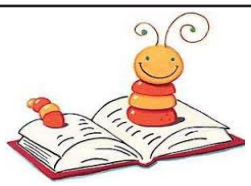
On Sunday, February 13th, the "Ladies in Red" will be celebrating the day before Valentine's Day at the historic Griswold Inn in Essex with their Sunday Hunt Brunch. The New York Times has proclaimed this brunch "The most famous brunch in Connecticut".

After brunch, we'll stroll across the street to Chocolate Geeks. Noted for their sumptuous Truffle Shots, Chocolate Geeks offers decadent chocolate treats, which are perfect for Valentine's Day. The bus will depart from the Senior Center at 9:30am.

On Thursday, March 17th, the "Ladies in Red" will celebrate the wearing of the green at O'Neill's Pub in South Norwalk. Although Irish Pubs proliferate in our state, O'Neill's is the establishment I've found that serves authentic Irish cuisine year-round instead of just serving Corned Beef and Cabbage on St. Paddy's Day. Their diverse menu offers Irish staples like Sheppard's Pie, Bangers and Mash and, yes, Corned Beef and Cabbage as well as a variety of American entrees. Look for more details in the March-April newsletter.

If you are a lady wishing to become a member of the "Ladies in Red," now is the time to join. At present, we are still welcoming all fun-loving, female members from the Prospect Senior Center to our rank. But, I do anticipate having to close membership for the year when interest in our activities begins to exceed bus capacity. Annual membership dues are still only $10.00. You can join by contacting me, Lynn Chesinas, at 203-503-7427 or lchesinas2013@yahoo.com.

Wishing everyone a Happy and Healthy New Year,
Queen Lynn



The "Bookwormers" Prospect Senior Center Book Club

Book Club Coordinator
Marie Delage

NO Meeting in January
Thursday, February 3, 2022 10:00am.
Thursday, March 3, 2022 10:00am.

February Book Review - Georgia: A Novel of Georgia O'Keeffe by Dawn Tripp

In a dazzling work of historical fiction, Dawn Tripp brings to life Georgia O'Keeffe, her love affair with photographer Alfred Stieglitz, and her quest to become an independent artist.

In 1916, Georgia O'Keeffe is a young, unknown art teacher when she travels to New York to meet Stieglitz, the famed photographer and art dealer, who has discovered O'Keeffe's work and exhibits it in his gallery. Their connection is instantaneous. O'Keeffe is quickly drawn into Stieglitz's sophisticated world, becoming his mistress, protégé, and muse, as their attraction deepens into an intense and tempestuous relationship and his photographs of her, both clothed and nude, create a sensation.

Yet as her own creative force develops, Georgia begins to push back against what critics and others are saying about her and her art. And soon she must make difficult choices to live a life she believes in.

A breathtaking work of the imagination, 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.

March Book Review - A God in Ruins by Kate Atkinson

A God in Ruins is the stunning companion to Kate Atkinson's #1 bestseller, Life After Life where she explored the possibility of infinite chances and the power of choices. The novel follows Ursula Todd as she lived through the turbulent events of the last century over and over again.

A God in Ruins tells the dramatic story of the 20th Century through Ursula's beloved younger brother Teddy--would-be poet, heroic pilot, husband, father, and grandfather-as he navigates the perils and progress of a rapidly changing world. After all that Teddy endures in battle, his greatest challenge is living in a future he never expected to have.

An ingenious and moving exploration of one ordinary man's path through extraordinary times, A God in Ruins proves once again that Kate Atkinson is one of the finest novelists of our age.

The novel has been declared one of the Best Books of 2015 by TIME, NPR, Washington Post, The Chicago Tribune, The Christian Science Monitor, The Seattle Times, The Kansas City Star, Kirkus, Bookpage, Hudson Booksellers and AARP.

Facilitator for our March meeting will be Maruta Jancis.

Anyone who is a member of the Prospect Senior Center is encouraged to give our Book Club a try. This is a wholesome, diverse group of readers who love to read. We read, review and share our thoughts on the books we have read at our meetings.

The meetings are held on the first Thursday of each month at 10:00am. at the Senior Center. This group is a fun way to enjoy books and to 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

"Books give a soul to the universe, wings to the mind, flight to the imagination and life to everything."---Plato---

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Senior Nutrition Services Meals on Wheels

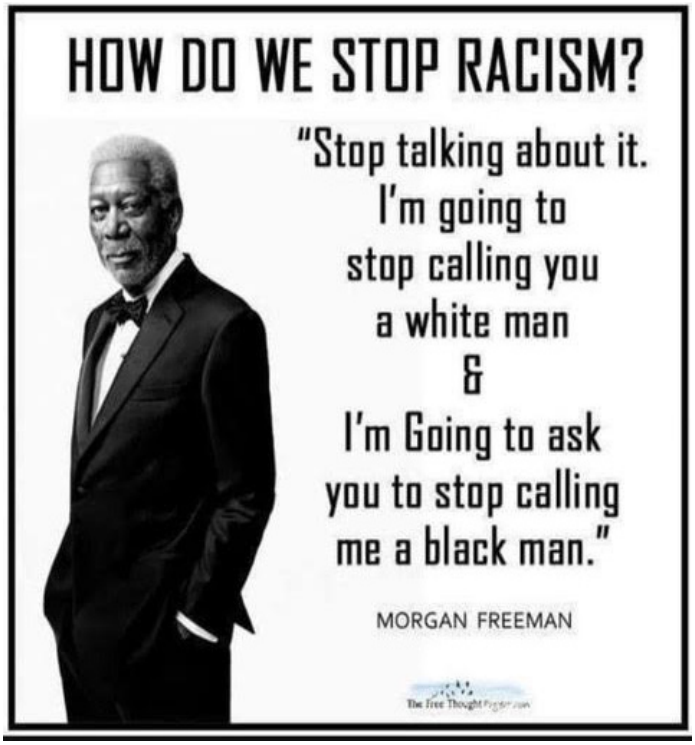
The Western CT Area Agency on Aging Senior Nutrition Program currently does not have a waitlist. This program can provide meals to eligible homebound seniors, over the age of 60, up to 5 days per week, Monday - Friday based on need.

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

Photography Club Photos on Display...

Our Photography Club members led by Allen Thibodeau, regularly display their photography throughout the 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 Joe Guarino. Under Joe'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.

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 Joe at 203-546-0705

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.

January-February 2022

PSC "HIGHLITES" NOW AVAILABLE ON-LINE

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

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

Once you are there: click on **"Departments";** then click on **"Senior Center Programs"**; and finally, click on **"CLICK HERE for activities that are scheduled for ..."**

The newsletter is readable using any Adobe Acrabat 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.

40th. Annual Connecticut Flower & Garden Show

Friday, February 25, 2022 $18
Departing @ 9:30am.-

Over the past 40-years the Connecticut Flower & Garden Show has grown into one of the premier flower and garden shows on the East Coast. This flower show boasts over 250 booths and 12,000 square feet of competitive design and horticulture exhibits. Other exhibits occupy from 300 to 2,000 square feet of pure, natural beauty. The flower show is sure to brighten your day and lift those winter doldrums.

We will be departing from the Senior Center at 9:30am. Our first stop will be at the Grace's Diner in Southington for breakfast. The cost of your meal is your responsibility. After breakfast we will continue on to the Connecticut Convention Center for the flower show. We should be there by about 12noon. You will have until 3:00pm. to browse through the many exhibits at your leisure. At 3:00pm. we will meet in a designated area to board our mini bus for home. We should be back in Prospect by about 4:00pm.

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

Juke Box BINGO "Valentine's Day Love Songs From Days Gone By" Hosted by DJ Aaron Demarest

Monday, February 7, 2022 $3.00
1:00pm. to 3:00pm.

DJ, Aaron Demarest will be at the Prospect Senior Center to host "Juke Box BINGO-"Valentines Day Love Songs From Days Gone By". The games will run from 1:00pm. to 3:00pm. We will have a short break in between for coffee and dessert. Cost for this event is $3.00.

The concept is easy. Aaron will be playing music (Love Songs) which is geared to the age of our Seniors. You listen to the music, find the song on your Bingo cards that are provided for you and, if the song is on your card, mark it off. Hopefully, you will get enough songs marked off on your card to call BINGO! With the $3 cover charge you will get two Bingo cards to play with. Additional cards may be purchased, if you would like. Coffee, dessert and BINGO prizes will be provided by the Senior Center.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Aaron was here in November and the response was very positive. Everyone wanted him back. Don't miss out on all the fun!

Annual Valentine's Day Party @ Prospect Senior Center

Monday, February 14, 2022 11:30am -$25

Join in on all the fun as we celebrate Valentine's Day here at the Prospect Senior Center. We will be feasting on delicious, finger-licking spare ribs and all the fixings. Entertaining us at 1:00pm. will be one of our favorite groups-Rockin' Heartbeats.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. If you are interested, do not hesitate to sign up for this event since it usually fills up quickly.

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.

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!

RESCHEDULED... How To Make Half-Sour Pickles Presented by Therapy Garden, Inc. Tuesday, February 22, 2022 $5 10:00am.

Learn how to make your own, old-fashioned fermented pickles using water, salt, and spices. A variety of pickling techniques will be demonstrated. Participants will receive their own pickling spice packet, pickling cucumbers, pickling recipes, and a mason jar.

If you are interested in attending, please sign up and PAY in advance. We cannot hold your seat without payment.

This presentation had to be rescheduled from November. The presenter had a death in his family.

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.

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.

WHIST Card Game Coming Back to the Senior Center... Thursday, January 27, 2022-12:30pm.-$2 Thursday, February 24, 2022-12:30pm.-$2

Senior member, Gloria Guerrera has offered to coordinate a monthly WHIST card game here at the Prospect Senior Center. The game will be played at 12:30pm. on the last Thursday of each month. Some months this may change due to holidays or Senior Center closures. Every month prizes will be awarded to the winning team and the losing team. A door prize will also be awarded every month. Cost to play is $2 per person.

We had offered WHIST here before but due to the death of it's' coordinator, Tom Petrillo and the illness of Dolly Martin who took the game over after Tom's death, we had to stop hosting the game.

Since Gloria has graciously offered to take the group over, we are happy to start the game up again here at the Senior Center. Gloria is looking to get new players involved in order to expand the group. She would gladly 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 Gloria at 203-758-6707. Learn something new, have some fun and make new friends every month here at the Senior Center. Call Gloria today! You must call the Senior Center to register each month to play.

January-February 2022

IL VOLO SINGS MORRICONE
@ Mohegan Sun Arena-CT - Uncasville, CT
Sunday March 13, 2022-$50
7:00pm Departing @ 2:00pm.

IL VOLO SINGS MORRICONE is IL VOLO's new much-awaited album dedicated to the Maestro. It was released worldwide on November 5th.

It is an exciting journey through the art and music of one of the greatest composers of the 20th century, on which Piero Barone, Ignazio Boschetto and Gianluca Ginoble have worked for months.

For the first time ever, Maestro Ennio Morricone's track will be accompanied by lyrics written by ANDREA MORRICONE specifically for Il Volo!

We will be meeting and leaving from the Prospect Senior Center at 2:00pm. We should be at the casino by 3:30pm. This will give you enough time to gamble, shop or eat before the concert starts at 7:00pm. We should be back in Prospect from this trip by about 10:30pm.

Because these tickets have to be bought well in advance of the performance date, we ask that you sign up and PAY as soon as possible. We cannot hold your place without payment.

Please be advised that all concert goers must have received and show proof of a negative COVID-19 test within 72-hours of the event, or show proof of being fully vaccinated (14 days past final vaccination shot) against COVID-19.

Also, for the health and safety of all, the following bags are not permitted in the Arena: backpacks, string bags, diaper bags, shopping bags, messenger bags, briefcases and rolling style bags.

Stormville Airport Flea Market & Antique Show

Saturday, May 28, 2022	**7:30am.**	**$5**
Saturday, June 18, 2022	**7:30am.**	**$5**
Saturday, September 3, 2022	**7:30am.**	**$5**
Saturday, November 5, 2022	**7:30am.**	**$5**

The Stormville Airport Antique Show & Flea Market is located in the historical and scenic Hudson Valley, on a private airport. The flea market was started in 1970 with two dozen vendors. Today it is known as one of the Northeast's largest antique shows and flea markets. The success of the flea market is due to the quality merchandise, reliability and trust built between the buyers and vendors.

The flea market attracts over 600-vendors from more than eight states. Because of its great success, shoppers travel well over 100-miles, often by busload, to pursue the hunt for bargains. With an extraordinary variety of antiques and collectables, as well as a large selection of new merchandise and arts and crafts, there is sure to be something for everyone. One trip to this event and you will agree that it's worth the trip from anywhere!

We will be meeting and leaving from the Senior Center at 7:30am. We should be in Stormville by 9:00am. Once there you will be on your own to hunt for bargains until 1:00pm. There are also many food vendors there where you can eat to your heart's content. At 1:00pm. we will head for home. We should be back in Prospect by 2:30pm. Since this is an out of state destination, we will be collecting $5 per person to help defray the cost of gas.

One piece of advice, wear comfortable shoes! There is a great deal of walking involved going from one vendor to another. Also, bring something to put all your purchases and treasures in such as a fold-up cart. A water bottle is a good idea also. We are limited to the number of people that we can bring with us. If you are interested in attending, sign up and PAY as soon as possible.

American Lantern Festival at Lyman Orchards
32 Reeds Gap Road, Middlefield, CT
Thursday, January 27, 2022 $18
Departing @ 3:00pm.

Experience the magic of illumination! This is an all new attraction to Lyman Orchards. The American Lantern Festival Inc invites audiences from all walks of life to take part in a one-of-a-kind fantasy of light that brings together concepts of fantasy, illumination and ancient tradition to produce unforgettable experiences – and even a few surprises!

The American Lantern Festivals Inc. is an international, world-class producer of spectacular, large-scale light show installations. American Lantern Festivals specializes in developing unique, broadly appealing and locally specific shows that have delighted guests across four continents and entertained millions of people of all ages and from all walks of life.

The Lantern Festival is a hand-crafted life-like masterpiece that delivers an awe-inspiring experience for all ages. This magical experience tells a captivating, family-friendly story along a half-mile Lantern Pathway that you walk at the Orchards.

ALF is thrilled to bring the magic of illumination and fantasy to incredible locations around the world. The larger-than-life lantern festivals bring together ancient craftsmanship, creative storytelling and relevant local references in unique locations that dazzle the senses and bring the night to life!

Lyman Orchards is not only visually stunning, but is steeped in local history, making it the perfect location for this fascinating, celebratory light sculpture display that brings together skilled artisanship and powerful presentation with regional references that the local community will appreciate.

We will be meeting and leaving from the Prospect Senior Center at 3:00pm. Once at the Orchards, you will have about an hour to browse and shop in their store, The Apple Barrel. You can leave your purchases on the bus before the Lantern Festival walk. Our time slot to go through the Lantern display is scheduled for 5:00pm.

We should be back at the Senior Center from this trip by about 6:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. **Remember to dress warm!**

2022 Stars on Ice Tour
@ XL Center, Hartford, Ct.
Saturday, April 23, 2022-$80
7:30pm. Departing @ 6:30pm.

There's nothing like seeing Stars on Ice in the Olympic season! Stars on Ice wants to put you front and center to see the best of the U.S. Figure Skating team straight from the 2022 Winter Games in Beijing,

The 2022 Stars on Ice tour will showcase the top medal contenders including reigning World and U.S. National Champion Nathan Chen, U.S. Champions Alysa Liu, Jason Brown, Madison Hubbell and Zachary Donohue and Madison Chock and Evan Bates, World Medalist Vincent Zhou, plus Olympic Medalist Mirai Nagasu and more!

We will be meeting and leaving from the Prospect Senior Center at 6:30pm. The show starts at 7:30pm. We should be back in Prospect 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.

We will have excellent lower level, center, floor seats in section 103. Deadline to sign up and PAY for these tickets is March 18, 2022.

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. or call (866) 625-4563.

Sacred Heart University-Irish Dance Showcase
Performed by the SHU Claddagh Dancers Irish Dance Ensemble
@ Edgerton Center for the Performing Arts
5151 Park Avenue, Fairfield, Ct.
Thursday, April 21, 2022 $23
7:00pm. Departing @ 6:00pm.

The Sacred Heart University Irish Dance Ensemble is a high skill level, competitive Irish dance group. The Ensemble has been a part of Sacred Heart's Dance Program for seven years and has been under the direction of Allison Wetterauw. Students participate in choreography sessions weekly to learn modern and traditional Irish choreography in both hard and soft shoe. They dance in many shows for the University and compete in intercollegiate competitions. Many of the Claddagh dancers also compete on the national and international level.

The award winning nationally and internationally ranked dancers of the Sacred Heart University Claddagh Dancers Irish Dance Ensemble will be performing both traditional and modern pieces at this showcase in April.

We will be meeting and leaving from the Senior Center at 6:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back at the Senior Center from this event by about 9:30pm.

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

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

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

Qi Gong-Energy Moving Demonstration Presented by George Hughes Every Monday @ 9:30am.

Qi Gong is the oldest, Chinese recorded form on the subject of health, healing and longevity. It's well kept secrets have been opened to the West by the Shoaling Monks.

The forms practiced in Qi Gong include breathing, meditation, and coordinated body posture and movement. Qi Gong is a process of moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. The practice is said to rejuvenate the mind, body and soul of the practitioner as well as relieve stress and some physical ailments. It also helps to improve your outlook on life.

With roots in Chinese medicine, philosophy and martial arts, Qi Gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi (pronounced as "chi"), and translated as "life energy".

People practice Qi Gong throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation and training for martial arts.

Senior member, George Hughes, has practiced Tai Chi for over 23-years. He was introduced to Qi Gong about 7-years ago. He is a certified Tang So Do instructor of this ancient but new to many, simple exercise that can be done sitting or standing.

George will be at the Prospect Senior Center every Monday at 9:30am. where he will be holding weekly classes in Qi Gong. The cost of each class with George is $5, payable that day.

This is a fraction of the cost of what these classes usually cost. We are very appreciative to George for keeping the cost of these classes low so that more people can enjoy its' benefits. Sign up at the Senior Center and join in on the class and see what Qi Gong is all about.

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.

"VAN GOGH - THE IMMERSIVE EXPERIENCE" EXHIBIT Boston, Massachusetts Thursday, January 20, 2022 $118 Departing @ 8:15am.

Explore the life of Van Gogh, his work, and his secrets as never before through cutting-edge 360 degree digital projections, a one-of-a-kind virtual reality experience, and a uniquely atmospheric light and sound show.

This immersive experience features more than 300 of Vincent Van Gogh's iconic artworks, and takes the art lover into a three-dimensional world that exhilarates the senses.

After tremendous successes in Europe, cinematic Van Gogh exhibitions have crossed the ocean to great North American acclaim in recent years. In a rich and unique multimedia experience using cutting-edge projection technology developed by some of the world's greatest AV designers, "Van Gogh-The Immersive Experience" takes on the challenge of breathing new life into Van Gogh's vast body of work. Using the artist's own dreams, thoughts, and words to drive the experience as a narrative, guests move along projection-swathed walls wrapped in light and color that swirls, dances, and refocuses into flowers, cafes, and landscapes.

Van Gogh's art comes to life by appearing and disappearing, flowing across multiple surfaces, and heightening the senses with their immense detail. Through his own words set to a symphonic score, guests come to a new appreciation of this tortured artist's stunning work. It's no surprise that millions of people all over the world credit Van Gogh with enhancing their relationship with art. This exhibit will only deepen it further.

This trip includes free time at Quincy Market, deluxe motor coach transportation from the Prospect Senior Center to Boston, timed admission to "Van Gogh-The Immersive Experience" and a tour director. The trip is rain or shine.

We should be back at the Senior Center from this trip by about 7:00pm. If you are interested in joining us on this fabulous trip, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Celtic Chocolate Presentation Presented by Kim of Klasic Kreations Tuesday, March 10, 2022 $5 1:00 pm

Kim Larkin of Klasic Kreations has been teaching fun, creative programs for over 20 years. She has a commerical chocolate business and is a licensed chocolatier who teaches chocolate programs for all ages. She holds programs at libraries, schools, 55+ communities, Women's groups retirement communities, private functions and fundraising events in Connecticut and Massachusetts.

Kim will be at the Prospect Senion Center on Thursday, March 10, 2022 at 1:00 pm. She will be hosting a Celtic Chocolate Presentation for us.

This fun, educational workshop highlights the history of chololate and the Irish pioneers who came along the way, helped in the chocolate journey.

The history of famous Celtic foods along with Irish lore and poetry will be discussed. Of couurse samples of beautiful and delicious Celtic chocolates, Dublin tea,Irish bread, Blarney cheese will be enjoyed by all. This will be a fun and interesting afternoon for everyone.

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

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

HOPE MINISTRY
at St. Anthony Church



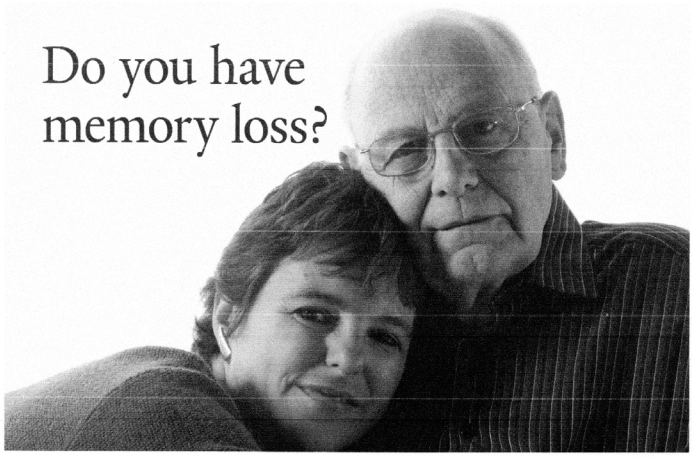
A hand up is not a hand out!

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 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.





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

If you are **at least 55 years old** and **have early stage dementia,** and you **have a child that is at least 18 years old**, you and your child 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 child completing tasks together now and one year later. Interview and interaction sessions can be completed over the phone, by mail, or on the computer. ***Compensation up to $600 for completing all sessions.***

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



WCAAA Western Connecticut Area Agency on Aging

ADRC

AGING AND DISABILITIES RESOURCE CENTER

Known as "Community CHOICES," a powerful information hub linking older adults, persons living with disabilities, and caregivers in Connecticut to the services and supports they seek. **INFORMATION IS FREE & UNBIASED!**

SERVICES INCLUDE

Benefits Screening
Information /Assistance & Referral
Follow-up
Application Assistance
Decision Support
Options Counseling
Care Transitions
Long Term Care Planning

WE CAN ALSO CONNECT WITH SERVICES SUCH AS:

Adult Day Care
Disability Services
Elder Abuse Prevention
Employment Info and Resources
Financial,
Housing and Equipment assistance
In-home Services
Legal Services
Interpreting Services
Mental Health / Substance Abuse Services
Transportation
Nutrition and more

Contact your Community CHOICES by calling 1-800-994-9422 or 203-757-5449

Community Choices

Your Aging and Disability Information Source

January-February 2022

Hartford Flavor Company Tour
Hartford, Ct.
Wednesday, January 26, 2022 $12
Departing @ 12noon

When she was making batches of cranberry liqueur for friends at Christmastime, landscape designer Lelaneia Dubay never dreamed she'd be the co-owner of an emerging city distillery. But a few years later, she began experiencing dietary sensitivity to gluten and certain alcohols and chemicals, which made it difficult for her to enjoy cocktails at restaurants.

Unhappy with what was out on the market, she went back to her kitchen and crafted a lavender version of her cranberry liqueur, using fresh trimmings from her garden. In 2013, she brought a bottle of the lavender flavor to a party as a hostess gift-a gathering where many guests were restaurateurs and mixologists. Everyone encouraged her to get her liqueur on the market.

Less than two-years after that "light-bulb" moment, the Dubays, Lelaneia and her husband Tom, had the running the Hartford Flavor Company up and running. They craft artisanal botanical liqueurs in an urban production facility on Arbor Street in Hartford, Ct. Their Wild Moon line of 40-proof liqueurs currently features cucumber, lavender, rose, chai spice and birch flavors, with a 15-proof seasonal cranberry version that comes out in the fall.

The base alcohol is gluten-free, GMO free, sugar cane-based neutral spirit that the Dubays buy in bulk, and then filter extensively. Once it is filtered, it's ready for the infusion process, with large quantities of fresh cucumbers, rose petals, birch bark, spices and herbs.

With distribution to 190-establishments, Hartford Flavor Company is bottling 400 to 600 units per order, up to twice a week. Each bottle is still hand-filled, hand-labeled and individually numbered…an all-hands-on-deck assembly line production.

We will be meeting and leaving from the Senior Center at 12noon. Our guided tour is scheduled for 1:00pm. You will get a chance to sample some of their spirits products (Wild Moon Liqueurs and Hartford Flavor Company vodkas) flavors and try one of their distinctive cocktails. The tour and tasting should last about one hour. We will give you some additional time after the tour in case you want to make any purchases at the Flavor Company. We should be back in Prospect 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.

Affordable Fabrics Store
2119 Silas Deane Highway, Rocky Hill, Ct.
Tuesday, March 8, 2022
Departing @ 9:30am.

On Tuesday, March 8, 2022, we will be visiting the Affordable Fabrics Store in Rocky Hill, Ct. This store has everything you could possibly need or want for your sewing needs. Their fabrics are all very reasonably priced. They have a huge inventory of beautiful fabrics.

We will be meeting and leaving from the Senior Center at 9:30am. We should be at the store by about 10:00am. Once there you will be free to wander and shop on your own until 12noon. At this time we will once again board our bus and head to lunch at Joey Garlic's Restaurant. It is only about 10-minutes away from the fabric store. **The cost of your lunch is your responsibility.** We should be back in Prospect by about 3:00pm.

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

AHEPA Dinner of the Month for March
Featured Item This Month: TBA
Sponsored by…
AHEPA Chapter 48
@ Holy Trinity Banquet Hall
Greek Orthodox Church
937 Chase Parkway, Waterbury, Ct.
Monday, March 7, 2022 $35
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.

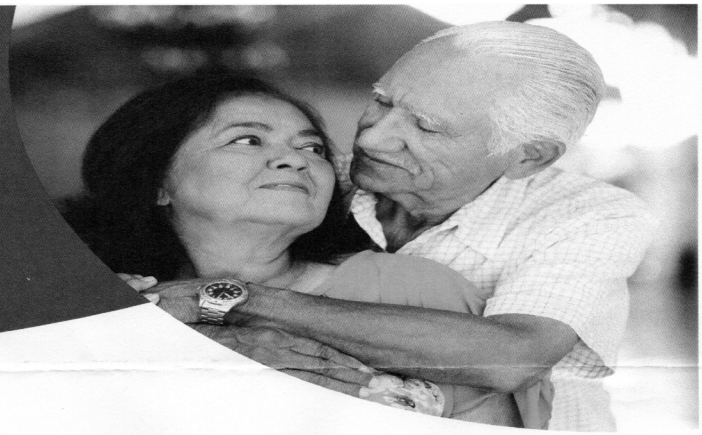
Make Your Own Seasonings
Presented by Therapy Garden, Inc.
Tuesday, January 11, 2022-$5-10:00am.

Looking to spice up your life? From savory to spicy, come join us for this class and make your own mixed seasoning packets using fresh spices. Participants will sample and create their own custom seasoning mixes to take home. Everyone will get one bottle of spices and several packets.

If you are interested in attending, please sign up and PAY in advance. We cannot hold your seat without payment.

Focus on Veterans, Inc.
Provides…
FREE Rides to veterans and their spouses to VA hospitals and clinics in…
West Haven, New London, Newington, Willimantic, Waterbury, Providence
Serving veterans and their spouses in Eastern Connecticut and those west of Route 8.
Two mobility vans and five cars available for transportation.
Call 860-317-1025
Mailing Address: P.O. Box 206
Central Village, Ct. 06332

Caregiver Support Group



First Wednesday of Each Month

The complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join us for educational discussions and have the opportunity to learn and share with others who understand.

Complimentary care and programs are provided for your loved one during every session.

1st Wednesday of each month at 11:00 AM

RSVP to Randi Bellemare by emailing rbellemare@benchmarkquality.com or call 203.841.8607.

Parkinson's Support Group



First Saturday of Every Month
10 a.m.

Support group for those living with Parkinson's Disease and their loved ones

The complexity of Parkinson's disease and Parkinsonism can severely impact families and caregivers. This support group provides an opportunity to find and engage support throughout the Parkinson's journey.

apda
AMERICAN PARKINSON DISEASE ASSOCIATION

Parkinson's Disease Awareness

This open forum group will share ideas, experiences and emotions, while offering support through the Parkinson's journey. Our goal is to help improve one's quality of life through social support, information sharing and education.

RSVP to Randi Bellemare at rbellemare@benchmarkquality.com or call 203.841.8607.

January-February 2022

FREE Private Reiki Therapy Sessions
with Kim Larkin
Monday, January 11, 2022
Thursday, February 24, 2022
20-minute appointments start at 10:00am.

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. Reiki can calm and relax the recipient. In this relaxed state the body's natural healing takes place, improving memory and relationships.

Kim Larkin has recently finished her Usui Reiki Master Training. She wants to share her Reiki training in some way with our Seniors. She will be here on Tuesday, January 11th. and Thursday, February 24th. to give free 20-minute Reiki sessions to those interested. Appointments start at 10:00am.and are limited in number. The last appointment is at 12:30pm. Please call the Senior Center to reserve a time slot.

WEBS-America's Yarn Store
& the Northampton Wools Store
75 Service Center Road, Northhampton, MA.
(Annual Anniversary Sale)
Wednesday, May 11, 2022 8:30am. $6

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 $6 we are collecting goes towards the cost of gas for this trip since our destination is quite 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.

THE NATIVITY STORY: ART OF THE CRECHE
@ Knights of Columbus Museum
One State Street, New Haven, Ct.
Wednesday, January 19, 2022 $5
Departing @ 9:30am.

The Blessed Michael McGivney Pilgrimage Center resumes its tradition of showcasing Christmas in art and culture with its 2021 exhibition, The Nativity Story: Art of the Crèche. The show opened on November 6, 2021 and continues through February 6, 2022.

The story of the Jesus' birth has been told around the world through word and art. The biblical writings of Isaiah, Matthew and Luke offer the central accounts and inspire many interpretations in art. These expressions may be folk art or fine art, and may include modifications to setting, time period, and landscape as well as the addition of nontraditional characters and animals, while emphasizing the importance of Christ's birth.

The 2021 exhibition is derived fully from the Center's extensive collection and shares many examples of how the Nativity has been depicted in art across the globe as well as the popularity and significance of this annual Christian observance worldwide.

There is no cost for the tour but we are collecting $5 from everyone as a donation to the museum. We have traveled to the museum several times in the past and have always enjoyed the many informative and diversified displays and tours that they offer. Your donation will help the museum continue to offer these programs to the public.

We will be meeting and leaving from the Senior Center at 9:30am. Our guided tour of The Nativity Story exhibit is scheduled for 10:00am. The tour should last until about 11:00am. After the tour we will board our bus and continue on to Katz's Diner for lunch. The cost of your lunch is your responsibility. We should be back in Prospect by about 2:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. Masks must be worn on the bus and in the Museum at ALL times.

Oktoberfest @ Krucker's
In Pomona, New York-
Wednesday, October 12, 2022-$130
12noon to 4:30pm. Departing @ 8:30am.

Enjoy a full day of entertainment, food, fun, music and dancing at Krucker's in Pomona, New York. This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest.

We will be traveling on a deluxe motor coach to our destination. Once you arrive at the resort you will enjoy a welcome reception featuring coffee, tea, buttermilk scones, pancakes and apple cider.

Lunch will feature barley soup, applesauce, choice of Sauerbraten with red cabbage or sliced pork loin with Sauerkraut, mashed potatoes, Brussel sprouts, carrots, apple strudel and vanilla ice cream, beer, wine and soft drinks.

There will be entertainment throughout the day with music, dancing and games to play. At the conclusion of the day (4:00pm.) and before your departure for home, Bratwurst sandwiches and cucumber salad will be served. We will be departing from the Prospect Senior Center at 8:30am. 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 place without payment.

The cost of this trip includes your deluxe motor coach transportation, everything mentioned beforehand at the resort, a tour director on the bus and all gratuities.

January-February 2022

Knit & Pearls
395 West Avon Road, Avon, Ct.
Wednesday, June 15, 2022
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 Connecticut Gay Men's Chorus Presents...
"Bingomania"
Saturday, February 19, 2022
Saturday, March 19, 2022
Saturday, May 21, 2022
Saturday, June 18, 2022
Departing @ 4:45pm. $25

The Connecticut Gay Men's 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 $25 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. Per Connecticut State Law, no beverages of any kind are to be brought into the Annex Club for Bingomania! You can bring whatever food with you that you would like but you cannot bring in any beverage of any kind. So bring whatever "munchies" you would like to enjoy during the games and plan on buying your beverages there.

For each of these Bingomania events we will be meeting and leaving from the Senior Center at 4:45pm. Upon arriving at the venue, our Bingo packages will be waiting for us. We have made arrangements so that we do not have to wait in line for them. At 6:00pm. the doors open and our group can go right in.

This event is a hilariously unique evening of entertainment and fun. Please come with an open mind and attitude. If you are interested in joining us for any of these events, please sign up and PAY your $25 as soon as possible. We are limited to the number of people we can bring with us. Sign up and PAY early to ensure your spot on the bus.

The Yarn Barn
1666 Litchfield Turnpike, Woodbridge, Ct.
Wednesday, April 13, 2022-No Charge
Departing @ 9:45am.

The Yarn Barn located in Woodbridge, Ct. has the most space, the biggest selection and the best quality yarns in Connecticut! They stock a wide variety of unique yarns, needlepoint, cross stitch, spinning supplies, knitting machines and accessories.

When you walk into The Yarn Barn you immediately feel a childhood giddiness inside. This shop is filled to the brim with all the things you might need or want for your next project. The colorful yarn will beckon to you. So many choices in hues and textures that will guarantee the right product for your next creation.

Not only will you find oodles of yarn choices, you will also discover all the other supplies and tools you may need for crocheting, knitting, spinning and other fiber projects. Find patterns and kits galore to make your vision come to life. If you are looking for more ideas, check out the large selection of books or take a look at the completed projects on display around the store.

We will be meeting and leaving from the Prospect Senior Center at 9:45am. Once at the Yarn Barn you will be free to browse and shop until 11:30am. At this time we will continue on for a lunch stop at Carmines Di Vega Restaurant. It is right by the Yarn Barn. **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 trip by about 1:30pm.

The Jersey Tenors Tenors @ The Aqua Turf
Wednesday, August 10, 2022 $86
11:30am. to 3:30pm. Departing @ 10:30am.

What can be better than having the music of Frankie Valli and the Four Seasons live? Experience the music of four guys from New Jersey recording the finest music of its generation. The show consists of four young, hot, Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony will create a memorable afternoon for you. 'Sherry, Big Girls Don't Cry, Candy Girl, Walk Like a Man' are some of the songs that we love and will hear this afternoon. Join us as we go back to a wonderful time!

FAMILY STYLE MENU: Garden Salad, Pasta, Chicken Parmesan and Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage. Enjoy coffee & donuts upon your arrival.

We will be meeting and leaving from the Senior Center at 10:30am. 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.

January-February 2022

RESCHEDULED
& BACK BY POPULAR DEMAND…
The "Sick" Plant Clinic
@ Prospect Senior Center
Wednesday, February 23, 2022
No Charge 10:30am.

This Sick Plant Clinic that we held back in July was such a success, we are bringing it back again for those who were not able to attend and wanted to.

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, February 23, 2022 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 call the Senior Center to register in advance.

Twin Lobster Lunch
& "The Best of Paul Anka" Show
@ The Log Cabin
Holyoke, MA.
Wednesday, July 20, 2022 $88
Departing @ 9:45am.

Great Menu…

Cheese & Vegetable Platter
Clam Chowder
Twin Lobsters OR Prime Rib
Sweet Corn & Baked Potato
Yummy Dessert & Coffee

Entertainment:

Lou Villano Presents… "The Best of Paul Anka"

Talented Lou Villano will amaze you with his resemblance and his vocal renditions as Paul Anka in this memorable show. Enjoy "Diana, "Lonely Boy, "Times of Your Life", "My Way" and many more!

Lou is a first rate entertainer!

Price Includes:

Motor coach transportation on our mini bus from the Senior Center, Luncheon and Entertainment

We will be meeting and leaving from the Prospect Senior Center at 9:45am. We should be back at the Senior Center from this event by about 4:30pm. If you are interested in attending, please sign up and PAY as soon as possible.

POUND "Get Fit" Class
With Instructor Nadia "Cookie" Rosado
Beginning Monday, January 24, 2022 $3
1:15pm. to 2:15pm.

POUND was created in 2011 by two women who were both recreational drummers and former college athletes. They relied heavily on stability-based exercises like pilates to keep their bodies aligned, symmetrical and lean, but were bored with routine and longed to reignite the fun in exercise.

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

The POUND Class will be held most Monday afternoons at 1:15pm. The cost of the class will be $3 per session. You can pay at the front desk before each class. Join in on all the fun and get fit at the same time! Come for a class and see what POUND is all about. The class will be led by Cookie and Sue who teaches our Zumba class.

Lake George Luncheon Cruise
(Aboard the Lac Du Saint Sacrement)
Wednesday, August 3, 2022 $130
Departure time 7:30am.

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.

MENU: Extensive Salad Bar, Three Hot Entrees, Carving Station, Soup, and More!

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 7:30am. 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 at the Senior Center from this trip by about 8:00pm.

January-February 2022 21

Nature Walk @ Fort Hill Farms
260 Quaddick Rd, Thompson, Ct.
Tuesday, May 10, 2022 $10
Departing @ 9:15am.

Fort Hill Farms is a diversified farm located in the quiet northeastern corner of Connecticut. Much of the land that the farm owns today has been in continuous agricultural production for more than 300-years.

Visitors can stroll through the extensive gardens, enjoy The Farmer's Cow ice cream at the stand, get lost in The Corn Maze Adventure in the fall and enjoy other annual events such as the Ice Cream & Bluegrass Bash, various other festivals, on-farm meals, hikes, educational projects and entertainment. All this is set within the working dairy farm operation. National periodicals, such as Yankee Magazine, and various news outlets, have featured Fort Hill Farms in their publications and newscasts.

Today, Kristin Orr operates many agricultural pursuits on this scenic and historic site. Three states can be seen from the peak of Fort Hill, making a spectacular setting for breathtaking views.

A fourth-generation dairy farmer, Kristin owns and operates Fort Hill Farms, the dairy farm she grew up on. With a focus on dairy production, Kristin studied Agricultural Business and Management at SUNY Cobleskill in New York.

Having a passion for farmland preservation, she has become the voice of the next generation of farmers. She loves teaching children about farming at local schools as well as working with Connecticut State Representatives and the Department of Agriculture to ensure the longevity of dairy farming in her home state.

Kristin will be taking us on a Nature Walk of the farm. The walk is not strenuous and it goes at a slow pace. It is perfect for all ages. You will see butterflies, as well as many flowers during this walk in the natural beauty and wide open spaces of Fort Hill Farms.

The Nature Walks at Fort Hill Farms are invigorating! Springtime, especially, brings a sense of hope and freedom and awakens the spirit to the newness of another year. You can hear the chirping of the birds and smell the fragrant flowers and flowering trees. On the walk you will hear as Kristin proudly tells of how some of the paths on the farm were designed by Frederick Law Olmsted who was considered to be the father of American landscape architecture.

Olmsted was famous for co-designing many well-known urban parks with his partner Calvert Vaux. Olmsted and Vaux's first project was Central Park. Other joint projects that you may be familiar with are The Institute of Living in Hartford, Connecticut, Waterbury Hospital in Waterbury, Connecticut and the Biltmore Estate in North Carolina.

In the mid 1990's, Fort Hill Farms Gardens and Ice Creamery was established and opened to the public. With over 200-milking cows, the family is very proud that the milk and cream from their farm is used in the production of Cabot Cheese and the Farmer's Cow milk and ice cream.

With the beauty of nature and sense of tranquility the farm provides, visitors can relax and absorb themselves in the peace and tranquility the colorful gardens exude and view all the breath-taking views. The farm's focus is promoting peace and energy and sharing the beauty of their farm with you.

We will be meeting and leaving from the Prospect Senior Center at 9:15am. The ride to the farm is about 1.5 hours. Once there you will go on the guided Nature Walk with Kristin Orr. After the tour you will be able to enjoy a bagged lunch, which we recommend you bring with you. You can also enjoy some of their Farmer's Cow ice cream. The cost of your ice cream is your responsibility.

We will be leaving the farm at 2:00pm. We should be back at the Senior Center by about 3:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Anita Gregorski Art Exhibit @ Burnham Library
62 Main Street South, Bridgewater, Ct. 0675
Tuesday, February 22, 2022
No Charge Departing @ 10:00am.

An art exhibit with paintings by Middlebury artist, Anita Gregorski, "Observing Surroundings", opens January 4, 2022 and continues through February 26, 2022 at the Burnham Library in Bridgewater, Ct. Anita is a very talented and long time member of our Senior Center.

Working in watercolors, oils and acrylic, Anita Gregorski's paintings capture the light and feeling of her subjects. Her work in acrylic, oils and watercolors draws from the natural world and she says she finds inspiration in the simplicity of light on snow, afternoon sunsets, dew on a blossom and the coastal shoreline.

"Watercolor and oil give me the freedom to experiment and my paintings are extensions of my views, feelings and thoughts. The satisfaction and joy I receive from creating a painting is a gift I will always appreciate. I like to find that bit of nostalgia, record that weathered look, catch the light on fresh fallen snow and the new bloom on the flower from my garden. A paint brush and a few props and a painting gets created."

Local barn and fences, quaint neighborhood homes, flowers from her gardens, New England landscapes, area store fronts and street scenes are among her artworks on display. Anita has lived all her life in Connecticut, and her paintings successfully reflect the colors and atmosphere that are so much a part of this landscape. Many of the barns that she has captured in paintings have disappeared, streets have changed and storefronts have been modernized.

Anita is a member of Northeast Watercolor Society, Connecticut Watercolor Society and Academic Artists. These professional affiliations have afforded her opportunities to serve in the capacity of judge as well as juror and chairperson of many shows. Anita's award-winning work has been exhibited throughout the area.

We will be meeting and leaving from the Prospect Senior Center at 10:00am. After going through Anita's art exhibit at the library, we will continue on for a lunch stop at Cool Hand Dukes restaurant. It is only about 10-minutes from the library. It has been recommended to us by the staff of the library. The cost of your meal is your responsibility.

We should be back in Prospect from this trip by about 3:00pm. If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

St. Patrick's Day Celebration @ The PSC
Thursday, March 17, 2022 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!

Every year 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 Jack Lynn. He will entertain you with music from the "Swingin' Rat Pack Years" of the late 40's, 50's and 60's.

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 ear, if you are interested in attending. We will not hold seats without payment.

28th. Annual Holiday Train Show
@ Connecticut River Museum
67 Main Street, Essex, CT.
Tuesday, February 8, 2022 $10
Departing @ 9:30am

The Connecticut River Museum is located in an 1878 Steamboat Warehouse building. It is a private, non-profit, education institution that is fully accredited by the American Association of Museums.

The museum is dedicated to telling and preserving the history of the Connecticut River and its people. It currently plays an important role in collecting and protecting manuscripts, books, art and artifacts of regional significance. It delivers high-quality exhibitions and educational programming to visitors.

The magic returns to the Connecticut River Museum with the 28th. Annual Holiday Train Show. This family-friendly exhibit, created by train artist Steve Cryan, features more trains, new scenery, and lots of surprises to be found in the fully operational 26-foot model train layout.

Visitors are challenged to find a scavenger list of various objects hidden within the settings. The exhibit is a true locomotive extravaganza and a perfect outing for train fans and all who are young at heart.

We will be meeting and leaving from the Senior Center at 9:30am. Once we reach the Museum we will enjoy a guided tour of the facility. After the tour, we will give you time to enjoy the Holiday Train exhibit.

At 12noon we will continue on for a lunch stop at the Black Seal Restaurant. It is just up the street from the Museum. **The cost of your lunch is your responsibility.**

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back from this trip at about 3:00pm.

5 Financial Resolutions You Can Keep
by Czepiga Daly Pope & Perri LLC

We'll only be hours into the New Year, and most of us will already be steeling ourselves for the annual guilt trip about abandoned resolutions. It never fails. We start out with the best intentions, but as the world cranks back into gear after the holidays, we find ourselves slipping back into old habits and making old excuses.

Don't feel too bad. You're definitely not alone. The trouble with most New Year resolutions is that keeping them requires consistent effort over the long term. It can be exhausting just thinking about it. But what if you chose resolutions you could keep by just doing one thing?

To help inspire you, we've put together a list of 5 financial resolutions that don't require a year's worth of commitment and labor. These are resolutions you can cross off your list early in the year and be done until next December 31st.

Check and Update Your Beneficiaries

Did you experience any life-changing events last year? Did you get married or divorced? Did you add any children or grandchildren to your family? These and other milestones can trigger changes in how you assign beneficiaries for your retirement, life insurance, and other accounts. The start of a new year is a great time to make sure all your beneficiary designations are up to date, and brush up on how to choose beneficiaries wisely.

Get Your Passwords Under Control and Protect Your Identity

We've all heard identity theft horror stories. Even a minor incident can expose you to major financial risk and hours of time lost to rectifying the issue. One of the most commonly exploited vulnerabilities is online passwords. All a hacker needs is one chink in the armor, and they can access everything from your bank accounts and social media to credit cards and government documents.

There are many free and low-cost password manager apps that can help you wrangle all your logins while also protecting your identity and your assets. Some of the most popular are LastPass, 1password, Bitwarden and Keeper. Each of these offers features that make it easy to manage all your passwords in one place more securely and easily than the pile of sticky notes most of us use. As a bonus, many also make it easier to fill out online forms, monitor for suspicious activity around your personal data, and even provide an additional level of security by doubling as a VPN (virtual private network) to ensure your anonymity while browsing on the internet.

Consolidate Your Retirement Accounts

It's easier to manage your savings when they're all in one place. Instead of juggling multiple 401(k)s from various jobs, make your life simpler by rolling them all into a single 401(k) or IRA. Pulling everything together makes it easier for you and for your heirs. You won't have to do so much legwork to keep track of your required minimum distributions (RMDs); and—when you are gone—your heirs won't have to chase down multiple accounts. You may also be able to save some money in the short term by reducing your administrative and other fees. And, if you choose to roll everything into an IRA, you may have access to different investing options that can save you additional money.

Set Up an Online Social Security Account

It's never too early to take advantage of the handy tools available at www.ssa.gov/myaccount. You can audit for gaps in your earnings history that could reduce your benefits, get personalized retirement benefit estimates, opt out of mailed notices, and manage many administrative tasks quickly and easily. Claiming your unique online Social Security account also helps protect against thieves trying to set one up in your name to gain access to your benefits.

Inventory Your Belongings for Insurance Purposes

No one wants to contemplate the unthinkable, but it's better to be prepared for disaster. Creating an inventory list of your personal belongings can help a great deal if you suffer catastrophic property loss. Many insurance companies actually offer apps that make it easy—dare we say almost fun?—to inventory your belongings and store the information safely in the cloud.

Even if your insurer doesn't offer an app, it's pretty easy to use your smart phone to video or photograph your belongings. Your videos and images should then be categorized in a way that makes sense to you (by room, type of item, value, etc.) and annotated with key information including descriptions, value, date of purchase or acquisition, etc. It's also helpful to include digital images of receipts, certificates of authenticity, and other relevant documentation.

Some of these resolutions will take you mere minutes to complete. Others might take a little longer, but they still fall into the "once-and-done" category rather than the "hanging-over-your-head-all-year" category. Check a few of these off your list, and you can start the year off with your head high knowing that you knocked at least a few resolutions out of the park.

Good luck!

January-February 2022

Livingston Ripley Waterfowl Conservancy
55 Duck Pond Road, Litchfield, Ct.
Friday, February 11, 2022 $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 Friday, February 11, 2022 for a guided tour of the facility at 10:30am. The tour will be about 1hour 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.

Tour of the Tuttle House
380 Church Street, Naugatuck, Ct.
Monday, January 24, 2022 $5
Departing @ 1:30pm.

In 1858, John Howard Whittemore formed a company with Bronson B. Tuttle to produce malleable iron hardware, a company that was eventually known as Naugatuck Malleable Iron.

Tuttle's brick house, unlike that of his partner, Whittemore, survives today in Naugatuck Center, at the north end of Church Street.

Built in 1879 to 1881, the brick and brownstone residence, designed by Robert Wakeman Hill of Waterbury, is Queen Anne in style. It is elaborated with elements of other styles. The gable ends and tower dormers are decorated with a quarter sunburst design. There is quatre-foil-pierced terra-cotta cresting along the roof line. The original wraparound porch has since been removed. The house remained in the Tuttle family until 1935, when it was given to the Borough of Naugatuck.

This majestic Queen Anne-style structure now known as the Tuttle House is an important symbol of Naugatuck's Victorian-era prosperity. When built it was the quintessence of Gilded Age excess—complete with 30 rooms, eight fireplaces, extravagant finishes (mahogany, gold leaf, Japanese-inspired hardware) and exotic furnishings and curios from around the world.

We will be visiting and touring the house on Monday, February 24, 2022. Our guided tour is scheduled for 2:00pm.

We will be leaving from the Prospect Senior Center at 1:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back in Prospect from this tour by about 3:30pm.

Rhinebeck Crafts Festival
6650 Spring Brook Ave., Rhinebeck, New York
Sunday, June 26, 2022 $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.

UNIVERSITY OF BRIDGEPORT
FONES SCHOOL OF DENTAL HYGIENE

SENIOR SMILES PROGRAM



PROGRAM DETAILS

Senior Smiles is a new program offered by Fones School of Dental Hygiene providing basic dental care for seniors age 65 and older.

SERVICES COVERED

Basic services like fillings, simple extractions, dentures and partials will be provided at Fones Clinic at NO CHARGE during the grant period. Services provided at the discretion of the dentist.

ELIGIBILITY

Patients age 65 and older must have completed hygiene care at Fones School of Dental Hygiene from September 2020 to present and must have had a complete series of x-rays within the last 24 months. Hygiene services are not covered under this program.

SERVICE DATES

Services will begin November 2021 tentatively extending through June 2022, depending on availability of funding.

FOR MORE INFORMATION

Fones School of Dental Hygiene Clinic: (203) 576-4137 or email seniorsmilesub@bridgeport.edu

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Nutrition & Wellness Programs
with Jill Patterson...
"Solutions For Better Heart Health"
Monday, February 7, 2022
12noon to 1:00pm. $3

Heart disease is the number one leading cause of death in Americans. This fun, informative and interactive workshop will teach you how to promote well-being and heart health into your life. Join us and learn a total approach to improve your heart health.

There are many benefits for adopting a heart healthy lifestyle including increased energy, decreased stress, improved cholesterol and blood pressure levels, and decreased risk of heart disease. Learning the science-based strategies and implementing a few simple tweaks to our lifestyle can lead to big, positive results.

"Intuitive Eating"
Monday, March 7, 2022
12noon to 1:00pm. $3

With all of the diets on the market, it can seem hard to determine what plan is best for you. Learn the principles of intuitive eating, where we let our body be our guide in knowing what types of foods to eat and how much to eat for optimal health and well-being.

Stress Management: A Proactive Approach
Monday, April 4, 2022
12noon to 1:00pm $3

Stress is very common today and can wreak havoc on our immune system, health, and well-being. Attend this informative, engaging and interactive program and learn the strategies that will provide solutions for optimal stress management.

Join us for this engaging workshop where we will learn what stress is, how the body responds to stress, and how we can manage stress. You will learn about a variety of tools including nutrition for stress management, movement, and other modalities.

All of these presentations will be given by Jill Patterson. She is an award-winning, registered dietitian, nutritionist, certified fitness instructor and personal trainer. She has been quoted in the Huffington Post, Parents Magazine, and local news outlets. 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.



PHYSICAL THERAPY & SPORTS MEDICINE CENTERS
SPEAKERS SERIES

Physical Therapy & Sports Medicine Centers (PTSMC) are a 5-star, world-class physical therapy provider in Connecticut. They have many locations throughout Connecticut including offices in Naugatuck and Waterbury. They accept most insurance and no doctor referrals are needed.

At PTSMC, their main priority is helping people feel good and move pain-free. Their work in their clinics across Connecticut is focused on treating individuals and dealing with their pain and/or injury. They are always looking for opportunities to bring their unique expertise into the communities that they serve so they can help people prevent injury and address pain before it becomes a bigger issue.

Meghan Banusa, PT, DPT from the PTSMC will be giving a variety of presentations at the Senior Center in the next several months. These presentations may be of interest to our members. If you would like to attend any of these presentations, please call the Senior Center to register. **There is no charge.**

WATCH YOUR STEP
Balance education and fall prevention
& BALANCE SCREENING
Monday, January 24, 2022
1:00pm. to 3:00pm.

This presentation will provide education, advice, exercises and the best practices in identifying and correcting balance issues. The program is geared towards individuals interested in the causes of balance problems and dizziness, and how physical therapy can help. The Balance Screening will help you to assess the risk of falls and teach you ways to prevent them.

MOVE RIGHT
Strategies to move pain-free for longevity
Monday, February 28, 2022
1:00pm. to 2:00pm.

Learn what overlooked body areas can contribute to pain and poor mobility as we age. This presentation is geared for individuals interested in restoring mobility, improving function, maximizing workout benefits and reducing risk of injury.

OH MY ACHING JOINTS!
Coping with arthritis and joint pain
Monday, March 28, 2022
1:00pm. to 2:00pm.

Learn strategies to deal with osteoarthritis and other joint pain issues. This presentation is geared for individuals dealing with osteoarthritis, joint pain, hip pain, knee pain and more.

BACK OUT OF WHACK
Strategies to cope with back pain
Monday, April 25, 2022
1:00pm. to 2:00pm.

This presentation will provide strategies to deal with back, neck and other related body and joint pain.

The Impact of Astrology on You
Hosted by Astrologer, Dee Randis
Tuesday, January 25, 2022-No Charge-2:00pm.

Private Astrological Readings
Tuesday, February 22, 2022-$25-Appointments Begin @ 1:00pm.

Reading your weekly horoscope is all fun and games, but can your star sign, place and time of birth actually give you insight into what makes you who you are?

An astrologer is a person who uses astrology to try to tell you things about your character and your future. They study the positions and relationships of the sun, moon, stars, and planets at the time of your birth to judge their influence on you.

Dee Randis is a Certified Astrologer and psychic medium with over 50-years of experience in her field. Her expertise is Natal Astrology, which is the study of her client's personality and their potential ability.

She is presently teaching Astrology and presenting lectures on various topics in Metaphysics. She has traveled abroad offering Astrological readings, lectures and classes.

Dee was the television hostess on Cable 5's "Mindscapes" show for over 10-years. She opened The Metaphysical/Holistic Center in Watertown in 1989. She teaches Astrology through the Center.

Dee will be at the Prospect Senior Center on Tuesday, January 25, 2022 at 2:00pm. She will be speaking on the practice of Astrology. During her presentation she will be randomly picking a few participants to do readings on, based on their date, time and place of birth.

There is no charge for this presentation. If you are interested in attending please call the Senior Center to register.

Dee will be back on Tuesday, February 22, 2022 to do private astrological readings. The private readings will begin at 1:00pm. They will be $25 for a half hour session. These readings usually cost $45. If you are also interested in these private sessions, you must make an appointment at the Senior Center and PAY in advance.

Extreme Maple Syrup Demonstration
@ Stamford Museum & Nature Center
Tuesday, March 2, 2022 $12
Departing @ 9:15am.

Join us for a behind-the-scenes look at the Stamford Museum & Nature Center's maple syrup operation. Help to collect the sap run of the day, see how much syrup has been made so far for the season and how it goes from sap to syrup. There will also be a maple syrup taste test challenge and you will get to try a variety of infused maple syrups to see what your favorite flavor is. You will get rewarded for your hard work with a wonderful treat-ice cream with maple syrup!

We will be meeting and leaving from the Prospect Senior Center at 9:15am. Our demonstration is scheduled to begin at 10:30am. It should last until about 12noon.

At this time we will board our bus for a lunch stop at Mish Mosh Restaurant. It has been recommended to us by the staff at the Nature Center. **The cost of your lunch is your responsibility.**

If you are interested in joining us on 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 3:00pm.

Little Poland Festival
Broad Street, New Britain
Sunday, June 5, 2022-No Charge
Departing @ 10:00am.

Little Poland Festival was organized for the first time in 2012 in New Britain, Ct. as a way to promote and celebrate the local Polish neighborhood, culture, heritage and to highlight over 100-Polish owned businesses located on Broad Street. They include NY Times reviewed Polish restaurants, award winning bakeries, world class delis, gift shops, day spas, art galleries, banks, law firms, newspapers and a host of other services.

From its humble beginnings the Festival, held right in the heart of New Britain's historic Little Poland neighborhood, has grown into one of the largest cultural events in Connecticut and one of the larger Polish American festivals in the country.

New Britain, Connecticut has one of the largest and most vibrant Polish communities on the East Coast. Featured in the Hartford Courant, the New York Times, the Boston Globe, Harvard Magazine, Retirement Magazine and on the Travel Channel, New Britain's Little Poland has been named one of the most thriving ethnic neighborhoods in New England. Polish Americans make up nearly 10% of Connecticut's population.

After a two year hiatus, the Polonia Business Association is bringing the Little Poland Festival back. The festival will take place on Sunday, June 5, 2022 from 11:00am. until 7:00pm. The street festival will occupy four blocks of Broad Street from Washington Street to Gold Street in the commercial and cultural heart of the city's Little Poland Polish neighborhood.

The festival will feature vendors serving authentic Polish cuisine, which is one of the festival's biggest draws. Two beer gardens pouring Polish and Eastern European beers are also popular. There will also be leaping folk dancers, live rock and polka bands, talent shows and a paczki (Polish donut) eating contest. There is something at the Festival for everyone and admission is just a smile!

We will be meeting and leaving from the Prospect Senior Center at 10:00am. Our mini bus will drop you off at the Badolato downtown public parking garage at 25 Washington Street. From there, complimentary shuttles will be available to take you directly to the Festival.

Once there you will be on your own to experience the Festival at your leisure and pleasure. It will be your responsibility, however, to take the shuttle back to the Badolato parking garage by 3:00pm. The shuttles run continuously, back and forth, throughout the duration of the Festival. Our bus driver will be waiting for you at the parking garage to bring you back to Prospect. We should be back at the Senior Center by 5:00pm.

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.



January-February 2022

Fireplace Feast @ Salem Cross Inn
& Brookfield Orchards Stop
West Brookfield, Massachusetts
Saturday, April 16, 2022 $85
Departing @ 2:00pm.

The Salem Cross Inn is a restored 18th. century farmhouse nestled on 600-acres of New England country side. Though it is rich in history, the house, turned restaurant and tavern, offers seasonal menus with traditional American fare alongside what today's dining public is looking for.

The Salem family is proud to say that everything is prepared fresh each day while incorporating heirloom vegetables and herbs grown in their gardens.

Whether you are a foodie, or someone who appreciates delicious food straight from the garden, a Fireplace Feast at Salem Cross Inn is a dining event!

Join us for this dining event as the Innkeepers at the Salem Cross Inn prepare a Fireplace Feast for us on the open hearth of a great fieldstone fireplace.

Relax by the fire or lend a hand as dinner is prepared for you in colonial style. Stir the chowder as it bubbles in their cast iron cauldron. See your prime rib, roasted 'to a turn,' as the only known authentic Roasting Jack still operating in America rotates slowly over a crackling fire of wild cherry logs. Beware the brimming bowl of freshly whipped cream - the perfect complement to New England's best apple pie.

While your dinner is cooking to perfection, enjoy a horse drawn wagon or sleigh ride through the valley on the Inn's pristine 600 acres. Shake off the chill with warm mulled wine or cider upon your return. Browse their extensive collection of colonial and federal period American antiques.

The Fireplace Feast provides an authentic colonial experience at Salem Cross Inn. It captures the history and culture of 1700's America. Salem Cross Inn's dining events, excellent cuisine, and atmosphere have been featured on Food Network's "The Best Of," WCVB TV5 Boston's "Chronicle" and chosen as the "Hidden Jewel" by Boston's Phantom Gourmet and WGBY.

Your Early American Fare Includes:
SAVORIES | Salem Cross Inn's famous cheese spread and a glass of mulled wine or cider to help take the chill off after your horse drawn wagon or sleigh ride (weather permitting).
CHOWDER OF THE SEA | Help prepare our traditional New England chowder in a cast iron cauldron over a crackling fire.
1700 FIREPLACE PRIME RIB | Cooked to perfection using our c.1700's Roasting Jack
FRESH FROM THE OVEN | Homemade rolls and muffins
FROM THE KEEPING CELLAR | Herbed roasted potatoes, homemade spinach pie, and fresh butternut squash
NEW ENGLAND'S BEST APPLE PIE | With a dollop of fresh whipped cream

Fireplace Feast Activities Include:
-Delicious Early American Fare for your consumption... you can even enjoy seconds!
-Pie making, mulling and chowder demonstrations
-Horse drawn wagon or sleigh ride, weather permitting
-Casual dress is a must for this event!

We will be meeting and leaving from the Senior Center at 2:00pm. Our first stop will be at Brookfield Orchards. The Orchards are not too far from the Inn. Their retail store offers some interesting and tasty items. We will give you about an hour there to browse and shop. We will then board our bus for the 15-minute ride to Salem Cross Inn.

Once we arrive at the Inn, you can relax and unwind with savories, cool refreshing drinks, a horse drawn sleigh/wagon ride, participate in the pie making, mulling and chowder demonstrations and watch as your fireplace feast is prepared.

Your meal will be served at one long table, reminiscent of old time family style dinners. The meal will be set up and served in the barn. There, you will enjoy your delicious Fireplace Feast that has been inspired by the farm and the gardens that are just steps from the kitchen.

The cost of this trip is $85. This includes all taxes and gratuities. We will be using our Senior Center bus for transportation. Otherwise, if we hired a coach bus, the cost would be much higher.

If you are interested in participating, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We should be back from this trip at approximately 9:30pm.

Stained Glass Classes with Sarah Segovia
@ the Prospect Senior Center

January Project: Bird
Thursday, January 20, 2022 $10
(2 Classes) 10:00am. & 12:30pm.
Thursday, January 27, 2022 $10
(2 Classes) 10:00am. & 12:30pm.

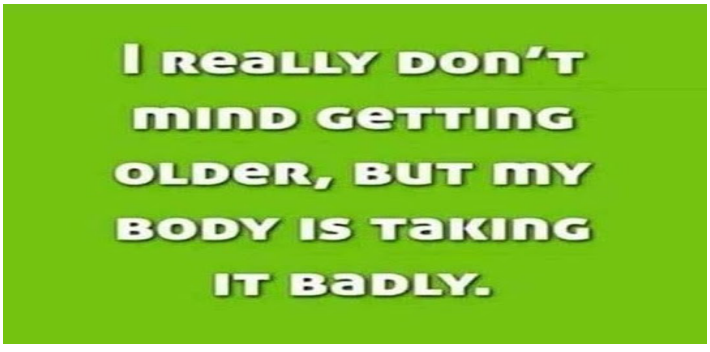
February Project: Valentine's Heart
Tuesday, February 8, 2022 $10
(2 Classes) 10:00am. & 12:30pm.
Thursday, February 10, 2022 $10
(2 Classes) 10:00am. & 12:30pm.

March Project: St. Patty's Shamrock
Thursday, March 3, 2022 $10
(2 Classes) 10:00am. & 12:30pm.
Thursday, March 10, 2022 $10
(2 Classes) 10:00am. & 12:30pm.

Join us for these stained glass workshops taught by Sarah Segovia. The cost for the class is inclusive of all the materials that you will need and your lesson with Sarah. Class size is limited. Call to sign up and PAY as soon as possible. Please let us know which of the two time slots you would prefer. We cannot hold your place in the class without payment.

Please note that if you cancel the class later than the morning prior to the day of the class, you will not be eligible for a refund. Materials have to be bought by the instructor beforehand. It is unfair to her to be left paying for material for someone who cancels.

These classes with Sarah have been extremely popular in the past and fill up very fast. Sign up quickly if you are interested.



January-February 2022

Welcome to Spring! Luncheon Show
Featuring Rich Wilson
@ Chowder Pot-Hartford, Ct.
Tuesday, April 26, 2022 $68
11:30am. to 3:30pm. Departing @ 10:30am.

Rich Wilson's natural charisma and stage presence take over as soon as he steps onto a stage. He pulls the audience into his laughter-filled moments of home spun humor and thrilling renditions of many of your favorite songs. His powerful singing voice makes for a delightful performance.

Before the show, you will enjoy a delicious full course luncheon. The menu consists of: New England Clam Chowder, warm rolls, choice of Chicken Piccata OR Baked Scrod with Crumb Topping, vegetable, potato, cheesecake with caramel topping, coffee and tea. You must make an entrée selection when signing up.

We will be meeting and leaving from the Senior Center at 10:30am. If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Remember to make an entrée selection when signing up.

"Abbamania" @ the Aqua Turf
556 Mulberry Street, Plantsville, Ct.
Wednesday, May 18, 2022 $86
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, Rolls, Dessert. And Beverage Everything will be served family style.

The performance by Dancing Dream-The Abba Tribute Band will follow the luncheon.

We will be meeting and leaving from the Prospect Senior Center at 10:30am. The event at the Aqua Turf runs from 11:30am. to 3:30pm. You can either come with us on our mini bus or, if it is more convenient for you, you can drive up on your own. Either way you must sign up and PAY for this event as soon as possible since it is anticipated to be a sell-out. We cannot hold you place without payment.

When registering, please let us know whether you plan on driving yourself or going on the bus.

Learn to Knit Continued With Carol Greco
Beginning Thursday, February 3, 2022-$6 (six week session)-1:00pm. to 3:00pm.

This class is a continuation of the Learn to Knit Classes that were previously taught by Carol Greco. All supplies will be provided. This class will run for 6-weeks ending on March 3, 2022. Limit of 6-per class.

If you are interested in joining in on this class with Carole, please sign up and PAY as soon as possible. Carole is limiting the class to 6-people so that she may give everyone the attention they need

"I Write the Songs"
The Music of Barry Manilow Luncheon Show
@ Saint Clement's Castle - Portland, Ct.
Tuesday, June 14, 2022 $79
11:30am. to 3:30pm.-Departing @ 10:30am.

EXPERIENCE THE ELEGANCE OF SAINT CLEMENTS CASTLE! Wait until you see where we will be spending your day! The 'Castle' is set amidst 82-scenic acres alongside a beautiful one mile stretch of the meandering Connecticut River in Portland, CT. Saint Clements Castle is designed like a French chateau with two Norman Towers and French Tudor ambience.

Join us on Tuesday, June 14, 2022 for a Luncheon Show at the elegant Castle. Dave Colucci's smooth, easy singing style will delight you as he showcases the songs that have enchanted fans throughout the decades including, "I Write the Songs, Can't Smile Without You, Copacabana, Mandy, Weekend in New England" and many more. The show will also feature an outstanding female vocalist and her show girl experience of Lola.

You'll enjoy a beautifully prepared and presented lunch in the Prince Edward Ballroom. Dine on Salad, Choice of: Chicken Breast with Cremini Mushroom Demi Glaze OR Broiled Scrod with Crumb Topping, both served with Vegetable, Potato, Delicious Dessert and Coffee. You must make an entrée choice when signing up.

We will be meeting and leaving from the Senior Center at 10:30am. If you are interested in attending, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Remember to make an entrée selection when signing up.

Beautiful Things-
Gold & Silver Exchange
January 27, 2022 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.

Calling All Wine Connoisseurs…
We are looking to collect wine bottles for some glass workshops that we will be doing here, in the near future. The light blue and dark blue bottles are especially sought after. But, we will gladly take any and all colors of bottles. Just drop off any empty bottles at the front desk.

Thank you!

NEW INCOME GUIDELINES FOR 2021…
Medicare Savings Program
Puts Money in Your Pocket!

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

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

Each of these three savings plans has their own income guidelines. **The income guidelines have gone up for all three of these programs.** Generally, if your monthly income is at or below $2,265 for a single person or $3,064 for a couple, you may qualify for the QMB Savings Program. If your monthly income is at or below $2,480 for a single person or $3,354 for a couple, you may be eligible for the SLMB Program. If your monthly income is at or below $2,641 for a single person or $3,572 for a couple, you may be eligible for the ALMB Savings Program.

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

Add up your monthly income. If you are within any of these before mentioned income guidelines, stop in at the Senior Center and pick up the application form. Once again, the application form is very easy to fill out and self explanatory. Apply today if you feel there is a chance that you may be eligible. The application process takes about 6 to 8 weeks after sending in your application.

BACK BY POPULAR DEMAND…
The "Sick" Plant Clinic
@ Prospect Senior Center
Tuesday, January 25, 2022
No Charge 10:30am.

This Sick Plant Clinic that we held back in July was such a success, we are bringing it back again for those who were not able to attend and wanted to.

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.

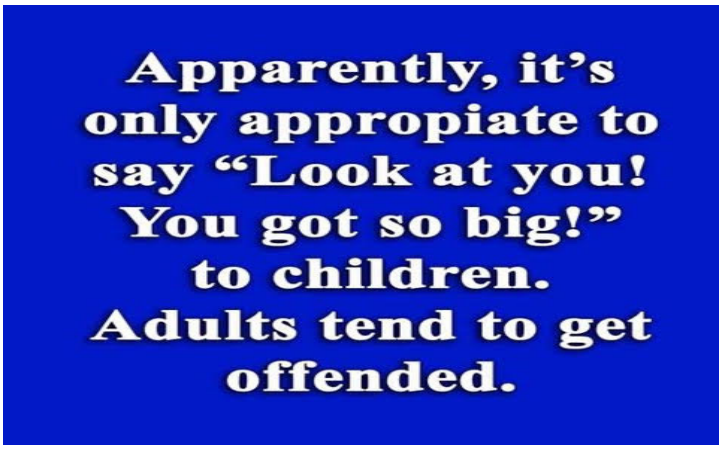
This is where our "Sick" Plant Clinic will be of help to you. This event will be hosted by Senior member, John Cookson. John has been in the landscaping, nursery and florist industry for many years.

The clinic will be held on Tuesday, January 25, 2022 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 call the Senior Center to register in advance.



January-February 2022

Mummies of the World: The Exhibition
@ Connecticut Science Center
250 Columbus Boulevard, Hartford, Ct.
Wednesday, March 23, 2022 $20
Departing @ 9:30am.

The Connecticut Science Center is a nine-story museum located on the Connecticut River in Hartford, Ct. It opened on June 12, 2009. The building has a total 154,000 square feet including 40,000 square feet of interactive exhibits consisting of videos, audios, visuals, tactile components, programs, and live demonstrations.

Planning for the Connecticut Science Center began in 2001. The Science Center's goals are to promote the study of science by the state's youth and to encourage urban revitalization in Hartford. The state of Connecticut provided more than $100 million of support for the $165 million museum, and the balance was donated by businesses, foundations and individuals.

There are more than 160-interactive exhibits involving everything from building dams, to testing the speed of self-created square-wheeled cars, to experiencing a recording studio. The Exploring Space section on the 5th. floor is always a favorite with everyone. You can get up close to a NASA spacesuit, make a moon crater, sit back in a space pod, tour outer space, or take charge of a Lunar Lander.

In addition to the permanent exhibits, rotating exhibits make a visit here exciting. Mummies of the World: The Exhibition will be at the Science Center at the time of our visit. It is the most extensive collection of real mummies and artifacts ever assembled. This stunning exhibition features 40-actual human and animal mummies and 85-artifacts from across the globe. This compelling collection, presented with reverence and dignity, includes ancient mummies from South America, Europe, and ancient Egypt, dating as far back as 4,500 years.

The exhibit will take you on a journey into the extraordinary world of mummies and mummification. Through modern science and engaging multimedia exhibits, this exhibition reveals how the scientific studies of mummies provide a window into the lives of ancient people from every region of the world, offering unprecedented insights into past cultures and civilizations.

Our visit today also includes admission into the Butterfly Encounter. You will be able to dive into a fully living, tropical experience at the all new Butterfly Encounter. Experience an immersive exhibit like no other at the Science Center. With new species and a variety of tropical plants, this exhibit is not only fully living but constantly growing. Experience life science at its best with colorful butterflies in their tropical greenhouse.

We will be meeting and leaving from the Prospect Senior Center at 9:30am. Once at the Museum you will enjoy a guided overall tour of the Museum and the Mummies Exhibition. After the tour you will be free to wander and explore the Museum and the Butterfly Encounter on your own until 2:00pm. There is plenty of bench seating throughout the Museum. At 2:00pm. we will start on our trip back to Prospect. We should be back at the Senior Center by about 3:30pm.

You may bring a lunch with you to have in their cafeteria. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Colchester Mill Fabrics
120 Lebanon Ave.-Colchester, Ct.
Tuesday, June 7, 2022
Departing @ 9:30am.

Colchester Mill Fabrics in Colchester, Ct. is the largest full line independent fabric store in southern New England. They stock a huge selection of quilting fabrics, books, patterns, notions and batting. Their home decorating department features solids and prints for all your home décor needs. They carry fashion fabrics as well as all those hard to find items. Wools, fleeces, flannels, rubber sheeting, vinyls and bridal satins are only a few of the different fabrics that they have on hand. They stock craft supplies as well as beads and beading supplies. They also carry yarns, patterns, books and needles for all your knitting/crocheting projects.

We will be meeting and leaving from the Senior Center at 9:30am. We should be at our destination by about 10:30am. Once there you will be free to browse and shop on your own until 12:30pm.

At this time we will board our bus once more for a lunch stop at Family Pizza. It is just a few minutes away from the Mill. The restaurant has been recommended to us by the staff at the Mill. I was told that the food there is very good, the prices are reasonable and they have a nice variety of food on their menu.

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.

Cotton Candy Fabrics
457 Federal Road-Brookfield, Ct.
Tuesday, July 12, 2022
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, July 12, 2022. We will be meeting and leaving from the Prospect Senior Center at 9:30am. Once at the shop 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.

"Sew Inspired" Quilt Shop
8 Wilcox Street, Simsbury, Ct.
Tuesday, May 24, 2022
Departing @ 9:30am.

"Sew Inspired" Quilt Shop in Simsbury, Ct. is a full service quilt shop offering the industry's latest fabrics, books, patterns and quilting notions, along with classes for all skill levels.

Their talented staff members consist of a varied group of traditionalists, contemporary (art) quilters, appliqué artists and machine quilters who contribute a wealth of knowledge and skills to the "Sew Inspired" team. No matter your skill level, they are committed to providing you with the products and services that will inspire your creativity and enhance your quilting experience.

We will be meeting and leaving from the Senior Center at 9:30am. We should be at our destination by about 10:30am. We will give you until 12:30pm. to shop and browse through the shop. At this time we will continue on for a lunch stop at Joe's Pizza. **The cost of your lunch is your responsibility.**

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

Quilted Ewe Day Trip
37 Greenwoods Road, New Hartford, Ct.
Wednesday, September 14, 2022
Departing @ 9:30am.

Welcome to the Quilted Ewe "Where Fabric and Fiber Flock" Northwest Connecticut's premium quilt shop!

If you are looking for one place for all of your sewing needs – the Quilted Ewe is your place. They stock a huge variety of sewing supplies. They are your one stop quilt shop!

Your source for: fabrics, fibers, yarns, soaps, sewing & felting supplies, hand crafted items from needle felted ornaments to quilts & more! Classes are available on quilting, needle felting, basket making and more.

We will be meeting and leaving from the Senior Center at 9:30am. Once at the shop, you will have until 12noon to wander, browse and make any purchases. At this time we will be leave the shop for a lunch stop at the New Hartford Diner. **The cost of your lunch is your responsibility.**

We should be back in Prospect from this trip by about 3:00pm. If you are interested in joining us, please call the Senior Center to register. We are limited to the number of people we can bring with us.

Goat Walk @ Bradley Mountain Farm
537 Shuttle Meadow Road, Southington, Ct.
Thursday, May 19, 2022 $20
3:30pm. Departing @ 2:30pm.

Enjoy a fun and relaxing 1-hour goat walk through the pastures and around Bradley Mountain Farm in Southington, Ct. Feel the breeze from Crescent Lake and take time to stop for great pictures! You will receive a complimentary bag of goat food to feed your walking "buddy". Walking sticks are available if you would like.

We will be meeting and leaving from the Prospect Senior Center at 2:30pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment. We are limited to the number of people we can bring with us. We should be back at the Senior Center from this outing by about 5:30pm.

Bowling, Mini Golf, Pizza & Lots of Fun!
@ Lessard Lanes
136 New Britain Avenue, Plainville, Ct.
Tuesday, January 18, 2022 $10
Departing @ 9:30am.
Tuesday, February 15, 2022 $10
Departing @ 9:30am.

Join us for some fun as we visit Lessard Bowling Lanes in Plainville for some bowling and pizza!

We will be meeting and leaving from the Senior Center at 9:30am. Once at the lanes you can bowl from 10:00am. until 11:30am. At this time you can enjoy a slice of pizza and a beverage. After your pizza you can enjoy a game of indoor mini golf. At 1:00pm. our mini bus will pick you up to return back to the Senior Center. We should be back in Prospect by about 1:30pm.

Included in this package is your bowling, mini golf, pizza and beverage, lane bumpers if requested and shoe rental. If you are interested in joining in on the fun, please call the Senior Center to register and PAY. We cannot hold your place without payment.

'OLD' IS WHEN...
Your sweetie says, 'Let's go upstairs
and make love,' and you answer,
'Pick one; I can't do both!'

'OLD' IS WHEN..
Your friends compliment you
on your new alligator shoes
and you're barefoot.

'OLD' IS WHEN...
A sexy babe catches your fancy
and your pacemaker opens the garage door,

'OLD' IS WHEN...
You don't care where your spouse goes,
just as long as you don't have to go along.

'OLD' IS WHEN...
You are cautioned to slow down,
by the doctor instead of by the police

'OLD' IS WHEN. ..
'Getting a little action'
means you don't need to take any fiber today.

'OLD' IS WHEN...
'Getting lucky' means you find your car
in the parking lot.

'OLD' IS WHEN...
An 'all nighter' means not getting up
to use the bathroom.

AND

'OLD' IS WHEN...
You are not sure these are jokes

ConnecticutWater

Now Offering an Additional Financial Assistance Program for Income-Eligible Customers

Water Rate Assistance Program (WRAP)

Connecticut Water now offers a **Water Rate Assistance Program (WRAP)** for income-eligible customers. It is the first program of its kind offered by a water utility in Connecticut. Through WRAP, income-eligible customers can get a **15% reduction** on their entire water bill, excluding Linebacker service.

WRAP complements our existing **H2O** and **Operation Fuel** assistance programs. For more information on our financial assistance programs, please visit **ctwater.com/H2O** or call us at **800-286-5700**.

Guidelines for WRAP

1. Approval from Town Social Service Office or Operation Fuel is required
2. Customer will need to apply every 2 years
3. When customer moves they will need to apply again for the account
4. Customer can have WRAP, H20 and Operation Fuel
5. Only Residential customers are eligible for WRAP
6. Both Tenants and Owners are eligible
7. Once accepted the new rate will be effective on the next bill cycle
8. Company can remove customer at any point from the program
9. All requirements related to timely payment, interest charges, payment schedules and terminations continue to apply to customers in the WRAP program

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Customers may also qualify for our H2O customer assistance program and the Operation Fuel offerings. If your agency has questions, please call us for more information or visit our webpage.

The attached Connecticut Water **WRAP Customer Eligibility Authorization Checklist** form is designed to help social service agencies collect the necessary information to qualify customers for the program. Please keep it for your files, there is no need to send a copy to us.

ConnecticutWater

WRAP CUSTOMERS PROGRAM - ELIGIBILITY AUTHORIZATION

CWC AC # _____ Customer Name: _____

Customer Phone #_____ Customer Email: _____

Customers wishing to apply for the Connecticut Water **WRAP** (Water Rate Assistance Program) need to be qualified utilizing an eligibility checklist from their local community social service office or Operation Fuel. These agencies are identified as providing assistance for customers having a past due balance or are in need of some type of assistance to maintain water service.

Connecticut Water does not require a copy of the eligibility checklist but requests the agency confirm the customer's identity and income. This ensures agency guidelines are followed and funds reach those customers who are in most need of assistance.

The following items are acceptable forms of verification in order to qualify for CWC **WRAP** assistance program

***NOTE*: Owners of multi-family, seasonal, commercial or industrial property are not eligible for program.**

Please initial that these items have been verified.

Identity: _____

Income: _____

Tenants: Copy of fully completed Billing Authorization Form

Agency submitting request: _____

Signature of authorized representative: _____ Printed name: _____ Date: _____

For Connecticut Water Company Use Only:

Has customer previously applied for H20 or Operation Fuel assistance? ❑Yes ❑No

Was assistance through H20 or Operation Fuel provided? ❑Yes ❑No When: _____ Amount: $_____

Copy of Shut off Notice provided? ❑Yes ❑No Shut Date: _____ Amount Due: $_____

Has the customer contacted CWC to set up a Deferred Payment Arrangement (DPA)? ❑Yes ❑No

Approved by:

The Yankee Quilter
Westwood Plaza Shopping Center
5 Klarides Village Drive, Seymour, Ct.
Tuesday, April 19, 2022 No Charge
Departing @ 9:30am.

The Yankee Quilter is located in Seymour, Ct. It is run by sisters, Barbara Geraldi and Cheryl Ogrisek. The ladies are lovely and take the time to talk to their customers and offer help.

The store hosts a variety of quilting classes for all levels of quilters and sewers. Their classroom is very spacious. They are Connecticut's only dealer/retailer of Husqvarna Viking sewing machines and accessories. Ogrisek's husband, Brian, is the store's sewing machine technician and does all repairs on site.

This is a lovely shop with lots of options across all types of fabric – traditional, seasonal, novelty, batiks and anything else you may need.

The store offers all sorts of supplies for quilting and embroidery projects. They also have a nice selection of patterns. When you visit the store you will leave with more than you needed – but it will all be beautiful.

We will be meeting and leaving from the Prospect Senior Center at 9:30am. Once at the store we will give you until 12 noon to browse and shop. At this time we will board our bus and continue on for a lunch stop at 67 Diner. It is only a few minutes from the store. **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 take with us. We should be back at the Senior Center from this trip by about 3:00pm.



News From The Pool Room



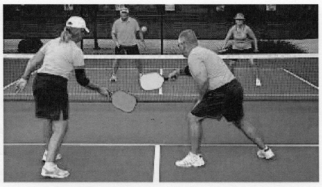
Pool Tournament Results
Prospect In-House Tournaments
November
(Three tournaments were played)
(First Tournament)
1st. Place: Rinaldo Mattei
("Rennie" accomplished a first in the history of our tournaments. He went undefeated in every single match of this tournament...CONGRATULATIONS!)
2nd. Place: Jack Sopko
(Jack and Paul Lussier had a playoff match to determine 2nd. Place)

(Second Tournament)
1st. Place: Don Telesca
(There was an exciting 3-way playoff for First Place between
Don Telesca, Art Lagasse and Rinaldo Mattei!)

(Third Tournament)
1st. Place: Art Lagasse

2021 End-of-the-Year Tournament
Winner: Rich Martel

PICKLEBALL



Monday-Friday

10:00a-12:00p Drop In

12:00p-2:00p Open Play

2:00p-4:00p Advanced Play

SIGN UP EVERYDAY AT THE FRONT OFFICE (UPSTAIRS) IN COMMUNITY CENTER

FRIENDS of the PROSPECT PUBLIC LIBRARY, INC.

January Bookstore Hours

12 Center St (lower Community Center level)

Thursday: 1:30 PM – 5:30 PM
January 6, 13, 20, 27

Saturday: 9:00 AM – 12:00 PM
January 8, 15, 22, 29

Closed – January 1, 2022
Happy New Year!

Membership Dues for 2022 Due...
Just a reminder that membership dues for 2022 are due in January. We will begin collecting them at the Senior Center from November through the end of January. If by the end of January we do not receive your dues, we will then drop you from our active membership list.
If you are interested in continuing your participation here, please stop in to the Senior Center to pay for them. You can also send a check made out to the Prospect Senior Center (PSC) to:

Prospect Senior Center
6 Center Street
Prospect, Ct. 06712

Dues remain the same - $6 for Prospect residents and $20 for out-of-town residents.
Thank you.

January-February 2022

WINTER WEATHER POLICY

In case of inclement weather this winter season, please be advised that the Senior Center will remain open unless the weather is so bad that the Mayor closes us or the Governor shuts the state down. Please call the Senior Center to see if this may be the case.

Although the physical building may remain open, this does not mean all our programs for that day will be taking place. We will leave that decision up to the instructors. If they feel that they cannot safely come in to have a class, they will call us first thing in the morning and let us know. You can then call us and we will relay that information to you. Some instructors may also chose to call or email the participants in their program directly.

If any trips are planned for that day or if you are a Prospect resident and have scheduled a ride on our mini bus that day, I will confer with the Mayor to see whether or not he feels it is safe for us to have the bus out on the roads. You can call the Senior Center in the morning to check on whether or not the bus will be running that day.

Hopefully, we will have a mild winter this year!

January & February Holiday Closings

Monday, January 17th.
Martin Luther King Day

Friday, February 11th.
Lincoln's Birthday

Monday, February 21st.
President's Day

Creative Ways to Tie a Scarf
Presented by Lucy Minichino @ the PSC
Thursday, April 21, 2022
No Charge 12noon

Senior Center member, Lucy Minichino will be at the Senior Center on Thursday, April 21, 2022 at 12noon. She will be teaching us some creative ways to tie and wear scarves.

Scarves have become a wardrobe essential. Best of all, they are easy on the pocketbook. Yes, you can splurge on a very expensive Hermes scarf or a real Pashmina, but the bulk of scarves can be found for a relatively modest price.

They come in a variety of shapes, sizes and materials. They can have embellishments or fringe and there are different ways to wear each type of scarf, depending on size and your personal style.

Even though they are more popular in the fall and winter, you can incorporate them into your summer and spring outfits. If you go with lightweight materials and pastels or summer bright colors, they will help to pull your outfit together in a very fashionable way. A light summer or spring scarf is perfect for adding an extra bit of color to your outfit without adding any bulk. They are perfect for the early morning chill and can be shed later in the day if it gets warm.

If you love scarves or just want to learn how to tie them and incorporate them into your wardrobe, this presentation is for you! Please call the Senior Center to register.

Lucy asks that you bring a rectangular or long oblong scarf with you to practice with. You can bring both, if you want. She asks that you bring light scarvess for this time of the year.

Paint & Craft Parties @ Art Party Studio
158 Waterbury Road-Unit C-Prospect, Ct.

Valentine's Day Mesh Wreath Pizza & Sip Party
Monday, January 31, 2022 $18
10:00am. Departing @ 9:45am.

Paint, Pizza & Sip Party
Monday, February 28, 2022 $15
10:00am. Departing @ 9:45am.

Art Party Studio is a new business venture in Prospect. It's the town's new paint party place! The business holds paint parties, arts & crafts, tutorials, and so much more.

We will be visiting there on Monday, January 31, 2022 at 10:00am. for a Valentine's Day Mesh Wreath Pizza & Sip Party. With the help of the owner, Jen, we will be making a mesh wreath for Valentine's Day.

We will again visit there on Monday, February 28, 2022 at 10:00am. for a Paint, Pizza & Sip Party. Jen will be helping us paint a "Snowy Cardinal" masterpiece.

Pizza will be provided at the end of our sessions. Please bring your own "sip" beverage.

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

Revisit Howland-Hughes Tour
Sponsored by Mattatuck Museum
Wednesday, January 19, 2022 No Charge
Departing @ 4:45pm.

It seems unimaginable to old-timers, but there is a whole generation of people in Waterbury who know nothing of the storied Howland-Hughes department store.

The older folks can recall eating in the luncheonette, visiting the toy department and Santa in the basement and buying Bermuda bags on the first floor.

Now occupied by Post University, which has made a dramatic transformation and great use of the historic Bank Street building, Howland-Hughes can be revisited courtesy of a Mattatuck Museum-sponsored special event on Wednesday, January 19, 2022 at 5:30pm.

On this tour you will learn about the store's history and how it became the newest branch of Post University. You must show proof of being fully vaccinated to participate in the tour.

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.

The Woodbury-Bethlehem Community Music Foundation Concert Series
@ First Congregational Church
214 Main St. South, Woodbury Ct.

Pianist-Matthew DeChamplain
Sunday, April 3, 2022 $30
3:00pm. to 4:30pm.

The Woodbury-Bethlehem Community Music Foundation is beginning a new concert series, featuring gifted pianists from the northeast. Join us and enjoy the beautiful music on the Foundation's incredible grand piano. The concert that we will be attending will take place in bucolic downtown Woodbury in one of the most historic churches in the area.

Pianist Matthew DeChamplain grew up in Wethersfield, Connecticut. During high school, Matt attended The Greater Hartford Academy of the Arts. He earned his Bachelor's degree from The Jackie McLean Institute of Jazz at The Hartt School in 2010 and graduated with his Master degree from The University of Toledo in Ohio in 2012.

At 16 years old, Matt was a featured guest in two concerts with jazz legend Dave Brubeck at the same piano. Matt has performed at venues across the United States such as the Monterey Jazz Festival, Greater Hartford Festival of Jazz, Birks Jazz Festival, New York's JVC Jazz Festival, the Berklee Jazz Festival, the Kennedy Center, and Jazz at Lincoln Center.

In 2008, Matt was selected for the Betty Carter Jazz Ahead Program at The Kennedy Center. In 2010, he competed in the Martial Solal Jazz Piano Competition in Paris, France and in 2018, he was selected as a runner up in the Great American Jazz Piano Competition in Jacksonville, Florida.

In 2015, Matt and his wife vocalist Atla DeChamplain released their first collaboration titled Pause. The couple is in the process of completing their second album due to be released in 2022.

Currently, Matt holds a faculty position at The Hartt School at The University of Hartford teaching a wide variety of courses for the Jazz Department. He has also taught at Western Connecticut State University, The Artist's Collective, The Litchfield Jazz Camp, The Greater Hartford Academy of the Arts and both the New Hampshire and Maine Jazz All-State Music Festivals. While maintaining a very active performance and teaching schedule, Matt continues to arrange, compose, and listen to all kinds of music.

We will be meeting and leaving from the Prospect Senior Center at 2:00pm. We should be back in Prospect from this concert at about 4:00pm. If you would like to join us for a delightful afternoon of beautiful music at Woodbury's historic First Congregational Church, please sign up and PAY as soon as possible. This groups concerts sell out and tickets must be purchased well in advance. Sign up early.

Glass Workshops With Libby Hitchcock...

ON HOLD-SEE MARCH/APRIL ISSUE

Design Your Own Glass Jewelry Pendants
Tuesday, February 22, 2022-10:30am.-$15

Create one-of-a-kind pendants from an assortment of colored glass, beads, and paints. Choose from an assortment of organically shaped fused glass, beads, findings, and paints. All materials will be provided and you can make as many as you want all for $15!

A selection of specialty beads and findings will be available for an additional cost the day of the workshop (priced per item).

Design Your Own Glass Sun Catchers
Tuesday, March 22, 2022-10:30am.-$20

Create colorful sun catchers from an assortment of colored glass and beads. Choose from an assortment of organically shaped fused glass and beads to create as many sun catchers as you wish, all for $20. Ideas and techniques will be reviewed at the beginning of the workshop. All materials will be provided.

Design Your Own Glass Wind Chime
Tuesday, April 19, 2022-10:30am.-$25

If you have ever admired the way sunlight streams through colored glass placed on a windowsill, this class is for you.

You will be provided with a variety of colored glass circles and be shown how to assemble them into a wind chime. It will grace your yard with color and sound.

The instructor for all of these classes will be Libby Hitchcock. Join her for one or all of these fun and easy morning workshops. You will have a beautiful product that you'll be proud to say that you made yourself.

The cost for these classes include all materials needed. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Class size is limited. Sign up early!

Meditation Class With Tia Mandrozos
(8-Week Session)
Wednesday, January 19, 2022-March 9, 2022
$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, January 19, 2022 and continue until March 9, 2022. There will be no class on February 16th. 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.

WOMEN'S BASKETBALL CHAMPIONSHIP-
"THE FINAL FOUR" ROAD TRIP
In Minneapolis, MN.
March 31, 2022 - April 4, 2022
Trip Sponsor: Creative Tours-Bloomfield, Ct.

ITINERARY:

Thursday, March 31, 2022
- Arrival at the Minneapolis Airport
- Transportation to the Embassy Suites
- Welcome Reception at Hell's Kitchen

Friday, April 1, 2022
- Breakfast at the hotel
- Area guided tour
- Early dinner before the games
- SEMI-FINAL GAMES
- Seating in a private suite

Saturday, April 2, 2022
- Breakfast at the hotel
- Visit Mall of America via train (roundtrip train ticket included)

Sunday, April 3, 2022
- Breakfast at the hotel
- Early dinner before the game at Murray's
- THE CHAMPIONSHIP GAME Seating in a private suite

Monday, April 4, 2022
- Breakfast at the hotel
- Transportation from hotel to airport for your re turn flight home.

COST PER PERSON:
*** DOUBLE - $ 2392.00**
• SINGLE - $ 3123.00
• TRIP / QUAD - $ 2232.00
***INCLUDES NON-STOP AIRFARE**

DEPARTING BRADLEY AIRPORT AT 12:20PM.- MARCH 31, 2021
ARRIVING IN MINNEAPOLIs AT 2:20PM.
DEPARTING MINNEAPOLIs AT 8:20PM.-APRIL 4, 2021
ARRIVING AT BRADLEY AIRPORT AT 11:57PM.
(Earlier return flights are available, if desired)
All FLIGHTS ARE NONSTOP

A DEPOSIT OF $ 500.00 (ASAP) PER PERSON WILL RESERVE YOUR SPACE.

TOUR PRICE INCLUDES: Airfare, hotel accommodations, sightseeing, transportation and meals specified in the itinerary, baggage handling fees and gratuities, gratuities for included meals.

NOT INCLUDED are personal items, room service, valet/laundry service, optional activities, meals not listed as included, customary gratuity to escorts, guides, drivers, etc. and any other items not specifically mentioned as being included.

CITY TOURS-The city tour takes in all of Minneapolis including St. Anthony Falls along the mighty river and the Stone Arch Bridge. Then you are off to Indian Mound Park for a great view of the city, Cathedral of St. Paul with an unparalleled view of the city, Minnesota State Capitol and Guthrie Theatre a world class theatre offering classic and contemporary works. You will also be visiting the various neighborhoods which make Minneapolis a gathering place for many cultures. Whatever you do, don't forget to say goodbye to the Mary Tyler Moore statue.

HELL'S KITCHEN- Not your ordinary place! This is a one of a kind restaurant. This is not Gordon Ramsey's place

MURRAY'S- In a fast food, chain-driven, cookie cutter world, Murray's is a one-of –a-kind restaurant. Folks have been drawn to this landmark restaurant for over 70-years.

ABOUT MINNEAPOLIS: It's not just another city! Minneapolis isn't a city to be overlooked nor is its sister city St. Paul - or the massive Mall of America. The area is acclaimed for more than you'd think, like its award-winning restaurants and historic establishments. It has been voted as the most underrated city in the United States. Uptown Minneapolis has something everyone will like between dining, shopping and the beautiful Chain of Lakes. Downtown Minneapolis bursts with variety. Theater lovers will especially enjoy the Hennepin Theater District's five permanent venues. Throughout other neighborhoods there are brewery and art hotspots. All of the area is interconnected by the skyway. From the hotel you will be staying at to the Target Center where the games will be held, there is no need to go outside!

Prince was Minnesota's brightest star residing and recording in Chanhassen. Some of the places he loved and touched are: Paisley Park, First Avenue, Dakota Jazz Club.

CANCELLATION POLICIES: There are cancellation fees associated with this trip. These fees vary in amount depending on when Creative Tours receives notice of your cancellation. If you need to cancel your reservation, please contact Creative Tours (860-243-2389) immediately. Any refunds or credits, less applicable cancellation fees, will be refunded.

Lawyers in Libraries: Free Legal Help
@ Danbury Library
Wednesday, January 26, 2022 No Charge
Departing @ 5:15pm.

Are you looking for legal advice concerning your case, but don't know where to start? Does your case involve landlord/tenant, immigration law, family law, employment, consumer rights, personal injury, or other areas of law?

Danbury Library is pleased to partner with the Connecticut Bar Association to offer patrons the opportunity to meet one-on-one with an attorney for a private 20-minute session at the library. There is no charge to you.

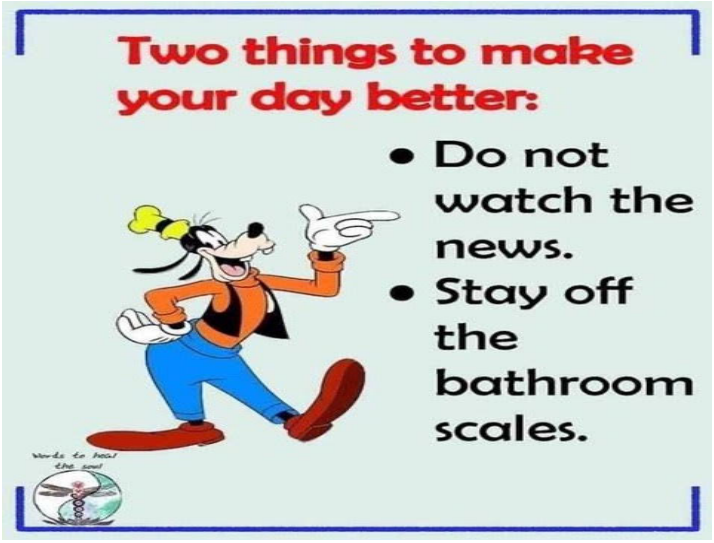
Please bring any informational materials pertaining to your case so that the attorney can provide their best assistance.

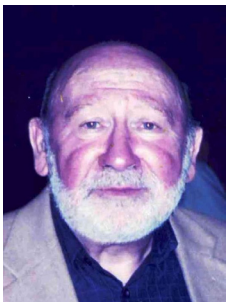
You can only be registered for one 20-minute session. If you are interested in setting up a session with an attorney, please sign up as soon as possible with the Senior Center.

In order for us to book your appointment for you, you must let us know what area of the law you need to speak to the attorney about. Example: Consumer Rights, Personal Injury, etc.

We will book your appointment for you and we will then travel to the Library together on our mini bus. We will stay at the Library until everyone who came with us has seen the attorney at their scheduled time.

Register with us as soon as possible since there are only a limited number of appointments available.





Neil C. Colucci
Avid Red Sox fan

WATERBURY – Neil C. Colucci, age 86, passed away unexpectedly on Monday, Nov. 15, 2021, at Waterbury Hospital. He was the husband of Helen (Hill) (Gransky) Colucci.

A memorial service was on Saturday, Nov. 20, 2021, at 1 p.m. at United Methodist Church of Waterbury, 250 Country Club Road, Waterbury. Family and friends visited with the family between noon and 1 p.m. All those attending who are not vaccinated were required to wear face masks.

Maiorano Funeral Home has been entrusted with all arrangements. For his full obituary, to sign the online guest book, or to leave online condolences for the family, please visit maioranofuneralhome.com.



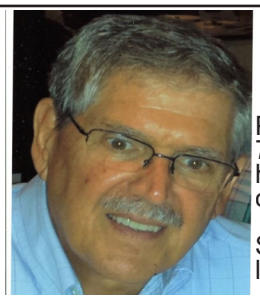
Carmine Romano

Carmine "Tom" Romano, age 98, entered into rest on Monday, December 20, 2021 at Hamden Rehabilitation Care Center. He was the devoted husband of Eleanor (Renda) Romano for over 73 years. He was born on January 26, 1923 in New Haven, son of the late Catello and Adelaide (Ianniello) Romano.

Tom served his country with honor and pride as a Gunners Mate with the US Navy during WWII. After the war, he met the love of his life, Eleanor and they were married on August 7, 1948. Tom continued to serve his community with the New Haven Police Department from 1950 until his retirement in 1970. Following his retirement, he worked for Union Trust Bank and the State of CT Department of Transportation. Tom's love of horses led him to become a member of the CT Governor's Horse Guard. A talented musician, Tom played the mandolin for several local nursing homes and restaurants. He enjoyed fishing and was an avid billiard player at the Cheshire and Prospect Senior Centers. He was a voracious reader and a great historian who would share his knowledge with everyone. He was a generous person, whose generosity was not only confined to family and friends but to perfect strangers.

He is the beloved father of Marilyn Modzelewski and her husband, Eugene of North Branford, CT and Carolyn Buffinton and her husband, George of Prospect, CT. Tom also leaves his loving grandchildren, Rebecca (Brian) Roy, Jennifer (Kevin) Yokley, Christopher (Yomaira) Modzelewski, Sarah Modzelewski and Gregory (Enkela) Modzelewski; and his cherished great-grandchildren, Griffin and Eleanor Roy, Madelyn and Samantha Yokley, Carmine and Isabella Modzelewski, and Mia and Lucas Modzelewski; and several nieces and nephews. He was predeceased by his son, Damian Romano; and his siblings, Thomas Romano, Annette Tommaselli, Joseph Romano, Edward Romano and Anne Lye.

Friends greeted his family at the Alderson-Ford Funeral Home of Cheshire, 615 So. Main Street, Cheshire, CT 06410 on Sunday, December 26, 2021 from 3 p.m. until 5 p.m. On Monday, December 27, 2021 his funeral procession left the funeral home at 9:15 a.m. for a Mass of Christian Burialthat was celebrated at 10 a.m. in St. Bridget of Sweden Parish/St. Thomas Becket Church, 435 N. Brooksvale Road, Cheshire. Burial with Full Military Honors followed in St. Bridget Cemetery, Higgins Road, Cheshire. In lieu of flowers, memorial contributions may be made to the Damian T. Romano Memorial Scholarship Fund, c/o Webster Bank, 145 Highland Avenue, Cheshire, CT 06410. To leave online condolences for Tom's family, please visit www.fordfh.com



Joseph R. Cavanaugh
Retired manufacturing engineer, engineering manager

PROSPECT – Joseph R. Cavanaugh, 77, died on Friday, Dec. 31, 2021, at home. He was the beloved husband of Lynn (Jankowski) Cavanaugh.

Joe was born in Waterbury on Sept. 3, 1944, son of the late Angeline (DiMaria) Cavanaugh and Joseph Cavanaugh. He was raised in Naugatuck, Conn., and after graduating Naugatuck High School in 1962, he attended Waterbury State Technical College (now part of Naugatuck Valley Community College) and was a member of the first graduation class of that school earning an associate's degree in manufacturing engineering. He continued his education at the University of New Haven earning a bachelor of science degree in engineering. He began his engineering career at Waterbury Farrell in Cheshire as a methods engineer.

Joe was a proud member of the U.S. Navy, serving as yeoman at the Bureau of Naval Personnel in Arlington, Va., and was honorably discharge in 1972. His proximity to Washington, D.C., gave him ample time to visit all the important sights the city had to offer. He became proficient in providing casual tours of the city to visiting friends and family and on occasion his future wife, Lynn.

After his discharge from the Navy, he continued his engineering career at Winchester Electronics in Watertown, Conn., where he held a variety of jobs as manufacturing engineer and engineering manager. He traveled extensively in support of the company at their manufacturing facilities in Nogales, Mexico, Panyu, China, Suzhou, China and Penang, Malaysia.

After a career spanning 35 years at Winchester, he retired in 2007 and became an active volunteer in the community. He served as an instructor and board member with Thresholds of Cheshire working with prison inmates. He was a patient advocate at Waterbury Hospital for over 10 years and enjoyed meeting new people and working with fellow volunteers. He joined Literacy Volunteers of Waterbury as a tutor in English as a second language. He served on multiple committees and was a board member for two years. During the 10 years with this organization gave Joe the opportunity to meet and work with people from all over the world. He was an active member of his retirement community in Prospect as a member of various committees and chaired the landscaping committee for four years.

Joe and Lynn loved to travel and visited the British Isles and most of the European and Scandinavian countries and especially enjoyed river cruises on the Rhine and Danube Rivers. They were Florida snowbirds and for many years spent the winter months in Naples, Fla.

Joe was an avid fan of UConn basketball especially the women's team and the Boston Red Sox. He and Lynn attended many UConn games at both Gampel and the Civic Center with occasional trips to Fenway Park.

He is survived by Lynn, his wife of 52 years, his loving and cherished children, daughter Sara Cavanaugh of West Hartford; his son, Joseph Cavanaugh and his partner, Russ Neill, of Irving, Texas; his sister, Mary Barron (Mark) of Alamo, Calif.; his sister-in-law, Barbara (Jankowski) Bryant of Southington; and his brother-in-law, Matthew Jankowski (Ann) of Adamsville, R.I. He is survived by his four nieces of Southington, Patrice Clynes (Frank), Kelly Musshorn (Scott), Lee Cunningham (Tom) and Courtney Dreschler (Brian), each of whom provided love and support over the years. Additional survivors include niece Rebecca Barron of Oakland, Calif., a niece, Ann Rumble (Peter) of Santa Rosa, Calif., and a nephew, Christopher Barron (Guin) Oakland, Calif.

Joe Cavanaugh obituary (Cont'd)

A funeral Mass for Joe was 1:30 p.m. Friday, Jan. 7, 2022, at the Basilicia of the Immaculate Conception, 74 W. Main St., Waterbury. Please meet directly at the church. Friends and family visited with the Cavanaugh family on Thursday, Jan. 6, 2022, from 4 to 6 p.m. at Prospect Memorial/ The Palmerie Family Funeral Home, 72 Waterbury Road, Prospect. Burial will be at the convenience of the family.

In lieu of flowers, the Cavanaugh family requests donations be made to Literacy Volunteers of Greater Waterbury, Silas Bronson Library, 267 Grand Street, Waterbury, CT 06702.



Edward A. Daponte Sr. 'Loving husband, father and grandfather'

WATERTOWN – Edward A. Daponte Sr., age 85 of Watertown, and formerly of Waterbury, passed away peacefully on Dec. 1, 2021, at Waterbury Hospital. He was the beloved husband of Joanne (Wells) Daponte for 59 years.

Ed was born on Jan. 29, 1936 in Waterbury, a son of the late Pasquale "Patsy" and Mary (Cristofano) Daponte. He was a graduate of Watertown High School and was a proud veteran of the United States Army Reserve, serving stateside during the Korean conflict.



Before his retirement, Ed was a sales representative for F&M Schaffer Brewing Co. for 20 years. He was also the past owner of Ed's Variety Store, Yankee Coffee Service and Buckingham Spirit Shop.

He was a former member of the Waterbury Lodge of Elks No. 265 and the Naugatuck Lodge of Elks No. 967. He was an avid New York Yankees baseball fan and he loved watching western movies, the History Channel, scratch tickets and trips to the casino.

Most of all, Ed loved his family and cherished his grandchildren, who were the most important part of his life. He will be deeply missed by his family, friends and all who knew him.

Besides his wife Joanne, Ed leaves his sons, Edward A. Daponte Jr. and his wife Deana, of Prospect, and Thomas E. Daponte and his wife Kelly, of Watertown. He also leaves his grandchildren, Anthony, Nicholas, Alex, Nina and Zachary Daponte; and several nieces and nephews.

He was predeceased by his brother, Eugene Daponte.

Ed's family would like to thank the Waterbury Hospital ER Staff, especially Sherri, and the Waterbury Hospital ICU Staff, especially Farrellin, Samantha and Beth, for the compassionate care given to Ed.

His funeral was on Saturday, Dec. 11, 2021, at 10 a.m. from Chase Parkway Memorial/The Albini Family Funeral Home, 430 Chase Parkway, Waterbury, to Our Lady of Loreto Church for a Mass of Christian Burial at 11 a.m. Military honors followed the Mass outside of the church. Burial will be at the convenience of the family.

In lieu of flowers, memorial donations in Edward's name may be made to: Wounded Warrior Project, P.O. Box 758516, Topeka, KS 66675 or woundedwarriorproject.org; or Tunnel to Towers Foundation, 2361 Hylan Blvd., Staten Island, NY 10306 or t2t.org.

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

GOODSPEED MUSICALS

Cabaret
Thursday, June 16, 2022 $65
2:00pm. Departing @ 10:30am.

Willkommen, bienvenue, welcome… to Cabaret, Kander and Ebb's legendary musical about British nightclub singer Sally Bowles, American writer Cliff Bradshaw, and the decadence of 1929 Berlin. With mounting fear and uncertainty outside, the bawdy Emcee lures you into the world of the Kit Kat Club where your troubles are left at the door. Featuring the treasured songs "Maybe This Time," "Don't Tell Mama" and "Cabaret," this Tony Award-winning masterpiece dazzles onto the Goodspeed stage for the very first time!

Anne of Green Gables
Thursday, August 18, 2022 $65
2:00pm. Departing @ 10:30am.

Anne Shirley just arrived on Prince Edward Island and she's already making waves. 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 spirited redhead of the classic novel, now re-imagined 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!

42nd. Street
Thursday, October 20, 2022 $65
2:00pm. Departing @ 10:30am.

42nd Street – the big, bright tap dancing extravaganza – is coming to Goodspeed in a fresh, newly imagined production. This love letter to Broadway is the ultimate show biz fairy tale of the chorus kid who becomes an overnight star. A 1930's backstage musical packed with plenty of pizazz, it will set your heart pounding with its rhythmically tapping feet and a hit parade of songs, including "Lullaby of Broadway," "We're In The Money," "Shuffle Off To Buffalo," and of course, "42nd Street." It's tap dance heaven!

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 these shows. Most shows are about 2.5 hours in duration. We should be back at the Senior Center between 5:30pm. and 6:00pm.

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

AQUA TURF CLUB

556 Mulberry Street-Plantsville, Ct.

2022 Senior Entertainment Events

St. Patrick's Day Celebration
Featuring: The Maclean Avenue Band
Tuesday, March 15, 2022 $47
11:00am.-3:30pm. Departing @ 10:00am.

Padraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic folklore and rock pop Celtic music of today. Menu: Corned Beef & Cabbage/ Baked Scrod.

Comedian, Singer & Entertainer Mark Verselli
Tuesday, April 12, 2022 $47
11:00am.-3:30pm. Departing @ 10:00am.

Mark is a phenomenal, critically acclaimed impressionist. Mark's comedy and extraordinary singing voice brings audiences of all ages, from Las Vegas to Atlantic City, to their feet. Menu: Chicken Kathryn/Baked Ham. **There is no dancing at this event.**

Celebrate Italia!!
Tuesday, July 12, 2022 $47
11:00am.-3:30pm. Departing @ 10:00am.

The Sam Vinci Band has been an Italian-American staple at numerous Italian festivals throughout Connecticut. Sam and his band know how and what to play to please a crowd. Special Appearance by: Aaron Caruso. Aaron's operatic voice brings his Italian songs to life. Menu: Meatballs & Sausage/ Chicken Parmesan.

The Jersey Tenors Tenor
Wednesday, August 10, 2022 $86
11:30am. to 3:30pm. Departing @ 10:30am.

What can be better than having the music of Frankie Valli and the Four Seasons live? Experience the music of four guys from New Jersey recording the finest music of its generation. The show consists of four young, hot, Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony will create a memorable afternoon for you. 'Sherry, Big Girls Don't Cry, Candy Girl, Walk Like a Man' are some of the songs that we love and will hear this afternoon. Join us as we go back to a wonderful time!
Menu: Garden Salad, Pasta, Chicken Parmesan and Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage. Enjoy coffee & donuts upon your arrival.

Richie Mitnick Presents
Tom Jones & Englebert-The Way it Used to Be
Starring: Joe Saimeri
Tuesday, August 16, 2022 $47
11:30am.-3:30pm. Departing @ 10:00am.

Sit back, close your eyes and be transported to great moments in musical history. From "Delilah" to "Release Me", you'll enjoy every second of this powerful tribute to these unforgettable entertainers. Accompanying Joe will be musical director Richie Mitnick along with some surprise guest artists as well. Menu: Marinated Flank Steak/ Chicken Marsala

Jimmy Mazz Pays Tribute to
Bobby Darin and Connie Francis!
Tuesday, September 13, 2022 $47
11:00am.-3:30pm. Departing @ 10:00am.

Jimmy Mazz pays tribute to Bobby Darin as only he can. Combined with the stunning voice of Connie Francis, they make a dynamic duo. Come relive their magic with us. Menu: Roast Beef/ Chicken Francais. **There is no dancing at this event.**

Polka! Polka! with The Polka Family Band!
Tuesday, October 11, 2022 $47
11:00am-3:30pm. Departing @ 10:00am.

Back by Popular Demand! This Band will keep everyone smiling and dancing the entire day! Menu: Lemon Chicken/ Pork Schnitzel.

Bob Hope USO Show
Tuesday, November 15, 2022 $47
11:00am.-3:30pm. Departing @ 10:00am.

Bill Johnson's performance brings Bob Hope's humor and entertainment alive. He may have a few surprise guests as well!. Menu: Roast Beef/ Pan Seared Salmon. **There is no dancing at this event.**

Family style, complimentary coffee and donuts served upon arrival. Complimentary glass of beer or wine and complimentary door prizes are included in all of these Senior Events at the Aqua Turf Club

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

JORGENSEN
CENTER FOR THE PERFORMING ARTS



CINDERELLA - Russian National Ballet
Thursday, March 3, 2022 $35
7:30pm. Departing@ $4:00pm

Experience classical Russian ballet, one of Russia's great cultural heritage, from none other than the great Russian National Ballet. This performance is complete with a profound musical score by Sergei Prokofiev. "Cinderella" is notable for its jubilant music, lush scenery, and for the hilarious double-roles of the stepsisters who are more mad than bad in this treatment.

"These artists can almost make you weep at its beauty." - DC Metro Theatre Arts

Colin Mochrie (of Whose Line Is It Anyway?)
Presents
HYPROV: Improv Under Hypnosis
Featuring Master Hypnotist Asad Mecci
Friday, April 8, 2022-$45
8:00pm. Departing @ 4:30pm.

From the brilliant minds of Improv and Comedy Legend, Colin Mochrie and Master Hypnotist, Asad Mecci comes a brand new, mind-blowing, jaw-dropping, side-splitting show! Hypnosis and Improv - two art forms that have mystified and entertained fans, skeptics and everyone in between for decades worldwide - come together as two masters of their crafts unite for a totally unique comedy experience - HYPROV: Improv Under Hypnosis.

Twenty random volunteers from the audience will be put under hypnosis (the process of which is a show in its own right), their inhibitions evaporated and their minds no longer their own. The four or five best are left on stage when one of the world's leading improvisers enters. Colin Mochrie (co-creator) will initiate and manipulate those under hypnosis himself and turn the show into an improv extravaganza!

In the hands of two masters, and solely crafted from the audience's uninhibited subconscious, this will be an entirely original and completely unforgettable show, for who knows where the unconscious mind will go. What can possibly go wrong? Come and see for yourself!

To attend any of these shows, proof of vaccination or a negative Covid-19 test result is required. Masks and social distancing is required.

For each of these shows we will be meeting and leaving from the Senior Center at the times specified. We will be stopping for a bite to eat at Willington's Pizza before each show. It is just down the road from Jorgensen. The cost of your meal at the restaurant is your responsibility.

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

PALACE THEATER

An American in Paris
Saturday, January 29th $70
2:00pm. Departing @ 1:00pm.

Abba
Saturday, February 5th $45
8:00pm. Departing @ 7:00pm.

Russian Ballet Presents Swan Lake
Wednesday, February 9th $60
7:00pm. Departing @ 6:00pm.

Summer:
The Donna Summer Musical
Saturday, February 12th $73
2:00pm. Departing @ 1:00pm.

The British Invasion
Saturday, February 26th $57
8:00pm. Departing @ 7:00pm.

Waitress
Saturday, April 23rd $73
2:00pm. Departing @ 1:00pm.

David Foster-Hitman Tour
(Rescheduled)
Thursday, May 12, 2022 $65
8:00pm.-Departing @ 7:00pm.

The Jersey Boys
Saturday, June 4th $70
8:00pm. Departing @ 7:00pm

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

THE RIDGEFIELD PLAYHOUSE
for movies and the performing arts

Non-profit 501 (c) (3)

Ridgefield Playhouse
80 East Ridge Road
Ridgefield, CT

REZA: EDGE OF ILLUSION
Sunday, January 16, 2022 $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!

The 5th. Dimension
Sunday, February 20, 2022 $65
7:30pm. Departing @ 6:00pm.

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."

Acrobats of China: The New Shanghai Circus
Sunday, March 6, 2022 $45
4:00pm. Departing @ 2:30pm.

An annual tradition, this youthful and graceful company enthralls audiences with a range of acrobatic performances, most of them typifying Chinese circus and offering a refreshing alternative to the Western tradition with acts that often trace their origin to the harvest festivals of more than 2,000 years ago. Under the direction of Zhao Lizhi, the artistry, individually and collectively, attains levels that make it seem almost unfair to single out any act, from jugglers to the comic knife throwers and the bicyclist who finishes by piling about 10 of his colleagues aboard his vehicle. This show will sell out.

Glen Miller Orchestra
Sunday, April 24, 2022 $50
7:00pm. Departing @ 5:30pm.

Back by popular demand! This 18-member ensemble will play many of the original Glenn Miller arrangements both from the civilian band and the Glenn Miller Army Air Force Band (AAFB) libraries, plus male and female vocalists will perform some of the greatest generation's greatest music: "Moonlight Serenade", " Little Brown Jug", "A String of Pearls", "Chattanooga Choo-Choo", "Pennsylvania 6-5000" and many more.

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.

Mohegan Sun

Mohegan Sun Arena
Uncasville, CT

IL VOLO SINGS MORRICONE
Sunday March 13, 2022 $50
7:00pm. Departing @ 2:00pm.

IL VOLO SINGS MORRICONE is IL VOLO's new much-awaited album dedicated to the Maestro. It was released worldwide on November 5th.

It is an exciting journey through the art and music of one of the greatest composers of the 20th century, on which Piero Barone, Ignazio Boschetto and Gianluca Ginoble have worked for months.

For the first time ever, Maestro Ennio Morricone's track will be accompanied by lyrics written by ANDREA MORRICONE specifically for Il Volo!

We will be meeting and leaving from the Prospect Senior Center at 2:00pm. We should be at the casino by 3:30pm. This will give you enough time to gamble, shop or eat before the concert starts at 7:00pm. We should be back in Prospect from this trip by about 10:30pm.

Because these tickets have to be bought well in advance of the performance date, we ask that you sign up and PAY as soon as possible. We cannot hold your place without payment.

Please be advised that all concert goers must have received and show proof of a negative COVID-19 test within 72-hours of the event, or show proof of being fully vaccinated (14 days past final vaccination shot) against COVID-19.

Also, for the health and safety of all, the following bags are not permitted in the Arena: backpacks, string bags, diaper bags, shopping bags, messenger bags, briefcases and rolling style bags.

THE BUSHNELL

NEW Safety & Covid Procedures @ the Bushnell...

Patrons will need to be Fully Vaccinated in order to be permitted to attend events at The Bushnell. Proof of vaccination, along with an acceptable form of ID, and a valid ticket for the performance will be required at the time of entry. Entry will be denied to patrons who do not provide the documentation as required.

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.

RUSSIAN BALLET THEATRE PRESENTS: SWAN LAKE

Saturday, February 12, 2022 $73
7:30pm. Departing @ 6:30pm.

Russian Ballet Theatre’s must see new production of Pyotr Ilyich Tchaikovsky’s timeless classic, Swan Lake comes to the Bushnell Theater.

Choreographer Nadezhda Kalinin lovingly retouches the oldest St. Petersburg version of the ballet, adding her vision - and something more - that will undoubtedly leave audiences flushed with emotion.

RBT’s dancers bring her choreography to life along with new exquisite hand-painted sets and 150 new hand-sewn costumes, all designed by the young, accomplished Sergei Novikov in the century-old tradition of the great theatrical masters.

MY FAIR LADY

Saturday, March 12, 2022 Price:85
2:00pm. Departing @ 1:00pm.

From Lincoln Center Theater comes a “sumptuous new production of the most perfect musical of all time” (Entertainment Weekly), Lerner & Loewe’s MY FAIR LADY! Boasting such classic songs as “I Could Have Danced All Night,” “The Rain in Spain,” and “Wouldn’t It Be Loverly,” director Bartlett Sher’s glowing production is “thrilling, glorious and better than it ever was” (New York Times)!

This beautiful tour is sure to stun audiences.

RAIN - A TRIBUTE TO THE BEATLES

Tuesday, March 15, 2022 $73
7:30pm. Departing @ 6:30pm.

RAIN - A TRIBUTE TO THE BEATLES presents Abbey Road. In celebration of the anniversary of the release of Abbey Road, RAIN will bring the greatest hits to life in addition to all your early favorites.

Together longer than The Beatles, RAIN has mastered every song, gesture and nuance of the legendary foursome, delivering a totally live, note-for-note performance that’s as infectious as it is transporting. Let RAIN take you back with all of the greatest hits along with all of your other Beatles favorites! This adoring tribute will take you back to a time when all you needed was love, and a little help from your friends!

This mind-blowing performance takes you back in time with the legendary foursome that is “the next best thing to seeing The Beatles!” (Associated Press). Experience the worlds’ most iconic band and come celebrate The Best of Abbey Road Live with RAIN – A TRIBUTE TO THE BEATLES. The show features updated sets that include state of the art LED, high-definition screens and multimedia content.

THE BLUE MAN GROUP

Sunday, March 20, 2022 $75
1:00pm Departing @ 11:30pm.

The avant-garde Blue Man Group combines theatrics, art, music and science to create an interactive, wild and percussion-driven experience full of humor and energy. Blue Man Group will rock your world. Blow your mind. And unleash your spirit. As three bald and blue men explore our world, together we’ll discover music, laughter and surprises at every turn. By the end of this spectacular journey, you’ll be saying “I DON’T EVEN KNOW WHAT JUST HAPPENED BUT I LOOOVED IT.”

35 million people of all ages, languages and cultures have experienced the unexpected with Blue Man Group. Now it’s your turn to see what all the hype is about

DEAR EVAN HANSEN

Sunday, April 3, 2022 $150
1:00pm.(show time) Departing @ 11:30pm.

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.” The production is the winner of six 2017 Tony® Awards including Best Musical and the 2018 Grammy® Award for Best Musical Theater Album.

THE BUSHNELL

PRETTY WOMAN: THE MUSICAL
Saturday, April 30, 2022 Price:TBA
Time:TBA

PRETTY WOMAN: THE MUSICAL, based on one of Hollywood's most beloved romantic stories of all time, is now on tour. Starring Broadway superstar and Tony Award®-nominee Adam Pascal as Edward Lewis and rising star Olivia Valli as the charming and charismatic Vivian Ward, PRETTY WOMAN: THE MUSICAL springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell (Hairspray, Kinky Boots, Legally Blonde).

Brought to the stage by lead producer Paula Wagner, PRETTY WOMAN: THE MUSICAL features an original score by Grammy® winner Bryan Adams and Jim Vallance ("Summer of '69", "Heaven"), and a book by the movie's legendary director Garry Marshall and screenwriter J. F. Lawton. PRETTY WOMAN: THE MUSICAL will lift your spirits and light up your heart.

Featured in the musical is Roy Orbison and Bill Dee's international smash hit song "Oh, Pretty Woman," which inspired one of the most beloved romantic comedy films of all time. Pretty Woman the film was an international smash hit when it was released in 1990.

PRETTY WOMAN: THE MUSICAL delivers on all the iconic moments you remember. Get ready to experience this dazzling theatrical take on a love story for the ages. "If you love the movie, you'll love the musical!" (BuzzFeed NewsNews)

HAMILTON
Saturday, June 25, 2022 Price:TBA
Time:TBA

The story of America then, told by America now. Winner of 11 Tony Awards, including Best Musical.

Featuring a score that blends hip-hop, jazz, R&B and Broadway, HAMILTON has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre - a musical that has had a profound impact on culture, politics, and education.

With book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire, HAMILTON is based on Ron Chernow's acclaimed biography. It has won Tony®, Grammy®, and Olivier Awards, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center honors.

WARNER THEATRE

Clue
Sunday, November 6, 2022 $30
2:00pm. Departing @ 1:00pm.

The Warner Theatre will present the production of CLUE on Sunday, November 6, 2022 at 2:00pm. If you loved the movie, are an aficionado of the board game, or if you just enjoy the unfurling of a great whodunit - you'll kill to be among the first to see the official stage adaptation of this pop culture favorite!

Based on the iconic 1985 Paramount movie which was inspired by the classic Hasbro board game, CLUE is a hilarious farce-meets-murder mystery. This live staging tells the shocking tale of six mysterious guests who attend an unusual dinner party hosted by Mr. Boddy, where murder and blackmail are both on the menu. When their host turns up dead, they all become suspects and together they must solve the mystery before the police arrive. Led by Wadsworth – the butler, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock and Colonel Mustard race to find the killer as the body count stacks up. A zany evening of slapstick slamming doors and some of the funniest one-liners in movie history. CLUE will leave both cult-fans and newcomers in stitches as they try to figure out…WHO did it, WHERE, and with WHAT!

"CLUE is an athletic, uproarious 90-minute sprint." - The Philadelphia Inquirer. "This new incarnation on the stage is smart, funny and a visual treat to behold…Go. Laugh. Enjoy the privilege of seeing the first round of a new play that's sure to become a staple in American theater." - Bucks Local News

We will be meeting and leaving from the Senior Center at 1:00pm. for this show. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. You must show proper ID and your vaccination card to enter the theater.

Fairfield University Quick Center for the Arts

where creativity and culture come to life

1073 North Benson Road,
Fairfield, CT

Ballet Folkorico de Mexico
Saturday, February 26, 2022 $33
8:00pm. Departing @ 6:30pm.

One of the most popular and requested dance companies in the world returns to the Quick Center to celebrate its milestone 70th. anniversary season. Don't miss this opportunity to experience Mexican culture through the artistic vision and beauty of the Ballet Folkórico de México.

This 60-member, one-of-a-kind Ballet company brings to life the vibrant dance, electrifying music, and elaborate costumes of Mexican folklore from pre-Columbian civilizations through the modern era. In Hernández's earliest ballets, the audience sees the present time fade before their eyes, as they enter into a journey through the past: the lords of heaven and earth come back to life, the jaguars, the gods born of human flesh; and 30-different cultures that blossomed in centuries past leave behind a trail of color.

Since 1959, the company has given over 5,000 performances, has been distinguished with more than 300-awards recognizing their artistic merits, and has been permanently housed at the Palace of Fine Arts in Mexico City.

Founded in 1952 by dancer and choreographer Amalia Hernández as part of her quest to preserve the dancing traditions of México, Ballet Folkórico de México is one of México's national treasures, dazzling audiences around the globe to wide acclaim with its 40-ballet repertoire of highly choreographed traditional dances and dramatic movements.

If you are interested in joining us for this very festive, colorful and dynamic performance, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

Everyone must show proof of a Covid-19 vaccination and a valid ID. A face mask is required for all guests.

Amarante's SEA CLIFF

62 Cove Street-New Haven, CT

"Sounds of Summer"
Luncheon Show With Jimmy Russo

Wednesday, September 7, 2022 $80
11:30am Departing @ 10:45am.

Amarante's Sea Cliff is a family owned venue that has been in business for 60-years. The beautiful waterfront property has a private deck and a ballroom overlooking the cove and is known for outstanding hospitality.

Menu:
Welcome station of assorted cheese, sliced pepperoni, vegetable crudite & dip.
Mixed garden salad & pasta course
Entrée:
(Choice has to be made in advance)
Chicken Mediterranean or Sole Florentine
Vegetable, potato, dessert, soda, coffee & tea

Entertainment:

Jimmy Russo is a dynamic entertainer blessed with a beautiful voice and a love of music from the 60's & 70's. Jimmy will perform many of your favorites from an era you know so well. Don't miss this trip down memory lane!

We will be meeting and leaving from the Prospect Senior Center at 10:45am. The event begins at 11:30am. It is over at 3:00pm. We should be back in Prospect by about 4:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your place without payment.
When signing up, please make your choice of the entrée you would like that day.

PHOENIX STAGE COMPANY

@ Clockwork Repertory Theater
133 Main Street, Oakville, Ct.

ALIBIS
Sunday, March 13, 2022 $18
3:00pm. Departing @ 2:00pm.

Whodunit? Howdunit? When famous actress Primavera Donna throws a party and winds up dead, it's up to the guests to figure out who and how, and why the hired help is so annoying. Shades of Sherlock Holmes, Agatha Christie, and Ten Little Indians. As the storm outside rages and the body count mounts, the guests must contend with interruptions, shocking revelations and the arrival of a mysterious visitor.

THE REVOLUTIONISTS
Sunday, May 1, 2022 $18
3:00pm. Departing @ 2:00pm.

Four beautiful, badass women lose their heads in this irreverent, girl-powered comedy set during the French Revolution's Reign of Terror. Playwright Olympe de Gouges, assassin Charlotte Corday, former queen (and fan of ribbons) Marie Antoinette, and Haitian rebel Marianne Angelle hang out, murder Marat, and try to beat back the extremist insanity in 1793 Paris. This grand and dream-tweaked comedy is about violence and legacy, art and activism, feminism and terrorism, compatriots and chosen sisters, and how we actually go about changing the world. It's a true story or total fiction or a play about a play? Or a raucous resurrection…

ALABAMA STORY
Sunday, June 5, 2022 $18
3:00pm. Departing @ 2:00pm.

As the Civil Rights movement is flowering, a controversial children's book about a black rabbit marrying a white rabbit stirs the passions of a segregationist State Senator and a no-nonsense State Librarian in 1959 Montgomery, Alabama. A contrasting story of childhood friends--an African-American man and a woman of white privilege, reunited in adulthood--provides private counterpoint to the public events swirling in the state capital. Political foes, star-crossed lovers, and one feisty children's author inhabit the same page in a Deep South of the imagination that brims with humor, heartbreak and hope. Inspired by true events.

ROMEO & JULIET
Sunday, July 17, 2022 $18
3:00pm. Departing @ 2:00pm.

An age-old vendetta between two powerful families erupts into bloodshed. A group of masked Montagues risk further conflict by gate crashing a Capulet party. A young lovesick Romeo Montague falls instantly in love with Juliet Capulet, who is due to marry her father's choice, the County Paris. With the help of Juliet's nurse, the women arrange for the couple to marry the next day. But, Romeo's attempt to halt a street fight leads to the death of Juliet's own cousin, Tybalt, for which Romeo is banished.

In a desperate attempt to be reunited with Romeo, Juliet follows the Friar's plot and fakes her own death. The message fails to reach Romeo, and believing Juliet dead, he takes his life in her tomb. Juliet wakes to find Romeo's corpse beside her and kills herself. The grieving families agree to end their feud.

HEAD OVER HEELS
Sunday, August 21, 2022 $18
3:00pm. Departing @ 2:00pm.

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.

VARNEY THE VAMPIRE
Sunday, October 23, 2022 $18
3:00pm. Departing @ 2:00pm.

This wild and clever spoof is based on a melodramatic novel attributed to Thomas Prest, the creator of Sweeney Todd. In 1900 weary vampire Sir Francis Varney shows up at an inn in Italy. He plans to visit a haunted grotto and ask forgiveness from a lost love whose ghost is doomed to roam the landscape wearing a thin veil over her face. Varney forgets his mission and proceeds to snarl and snap at everyone in sight, especially an English damsel. Varney is shot, stabbed with a wooden stake and hanged. Still he survives!

EVERY CHRISTMAS STORY EVER TOLD
Sunday, December 11, 2022 $18
3:00pm. Departing @ 2:00pm.

Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, three actors decide to perform every Christmas story ever told -- plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop-culture, and every carol ever sung. A madcap romp through the holiday season!

IVORYTON PLAYHOUSE

103 Main Street
Ivoryton, CT

Star of Freedom
Wednesday, April 20, 2022 $45
2:00pm Departing @ 11:00am.

Join us for this world premiere of a new musical! Combining the lilting melodies of Irish folk and the soulful music of the African American community in the 1800s, Jeff Blaney, a Connecticut native, has conjured up a new vision of America from two very different immigrant experiences. Travel with Sean and Chloe as they cross this great, new land in search of a home.

Native Gardens
Wednesday, May 25, 2022 $45
2:00pm Departing @ 11:00am.

What divides us and what do we share? A love of gardening, maybe? It is said that fences make for good neighbors but in this case, it just makes things worse. Frank Butley's symmetrical rows of pruned shrubs or Tania Del Valle's unruly, organic native garden? Which will win when gardens and cultures clash, turning friendly neighbors into feuding enemies in this hilarious new comedy of good intentions and bad manners.

Smokey Joe's Cafe
Wednesday, July 6, 2022 $45
2:00pm Departing @ 11:00am.

This Grammy Award-winning and Tony Award-nominated smash, made history as Broadway's longest-running musical revue. Featuring forty of the greatest songs of the past century, including show-stopping classics like "On Broadway," "Stand by Me," "Jailhouse Rock," "Hound Dog," "Love Potion No. 9," "Spanish Harlem," "Yakety Yak" and "Charlie Brown," it celebrates the music of the legendary songwriting duo, Jerry Leiber and Mike Stoller. Their generation-defining songs provided hit after hit for icons like Elvis Presley, Ben E. King, The Coasters, and The Drifters.

Ring of Fire-
The Music of Johnny Cash
Wednesday, August 17, 2022 $45
2:00pm Departing @ 11:00am.

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!

The Great Gatsby
Wednesday, October 5, 2022 $45
2:00pm Departing @ 11:00am.

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.

Winter Wonderettes
Wednesday, November 30, 2022 $45
2:00pm Departing @ 11:00am.

The Wonderettes are back! This seasonal celebration finds the girls entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their talent and ingenuity to save the holiday party. Featuring '60s versions of holiday classics such as "Santa Claus Is Comin' to Town," "Jingle Bell Rock," and "Winter Wonderland," the result is, of course, marvelous! This energetic and glittering holiday package is guaranteed to delight audiences of all ages.

For all of these shows, we will be meeting and leaving from the Prospect Senior Center at 11:00am. Before the shows we will be stopping at the Blue Hound Restaurant for a bite to eat. The restaurant is across the street from the theater. The cost of your meal is your responsibility. We will continue on to the shows after our meals.

These shows begin at 2:00pm. and end about 4:00pm. We should be back at the Senior Center by about 5:00pm. If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.

This theater puts on some amazing productions. Don't miss out on some great theater at very reasonable prices.

Landmark Community Theatre



LOVE, SEX, AND THE IRS
Sunday, February 13, 2022 $20
2:00pm. Departing @ 1:00pm.

Jon Trachtman and Leslie Arthur, two men, are out of work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as married. The day of reckoning comes when the Internal Revenue Service informs the "couple" they're going to be investigated. Leslie masquerades as a housewife, aided by Jon's fiancée, Kate. Complicating matters further, Leslie and Kate are having an affair behind Jon's back, Jon's mother drops in unexpectedly to meet her son's fiancée, and Leslie's ex-girlfriend shows up demanding to know why Leslie has changed and won't see her anymore. Like a cross between I Love Lucy and Some Like it Hot.

LET IT BE
Sunday, May 8, 2022 $20
2:00pm. Departing @ 1:00pm.

A celebration of the music of The Beatles, Let It Be is a story set during the civil unrest of the 1960's. It follows the journey of two families, long-time next door neighbors, the Martins and the Joneses. Bill Martin is at odds with his three daughters as they grieve the passing of their wife/mother and learn how to be a new family unit: Loretta rebels, Rita begins a romance with the Jones' son Jude, and Lucy has completely stopped speaking. When Jude is drafted, the Jones family is torn apart and struggles in the wake of his loss. As the two fractured families lean on each other more and more, in the end, they begin to find peace and rediscover love.

JESUS CHRIST SUPERSTAR
Sunday, July 24, 2022 $20
2:00pm. Departing @ 1:00pm.

This rock opera is set against the backdrop of an extraordinary and universally-known series of events but seen, unusually, through the eyes of Judas Iscariot. Loosely based on the Gospels of Matthew, Mark, Luke and John, Superstar follows the last week of Jesus Christ's life. The story, told entirely through song, explores the personal relationships and struggles between Jesus, Judas, Mary Magdalene, his disciples, his followers and the Roman Empire.

THE ADDAMS FAMILY
Sunday, October 9, 2022 $20
2:00pm Departing @ 1:00pm.

Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family– a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before– keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

WHITE CHRISTMAS
Sunday, December 4, 2022 $20
2:00pm. Departing @ 1:00pm.

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting musical worthy of year-round productions.

Charlie discovers that when you change your mind about someone, you can change your whole world.

If you are interested in attending any of these shows, please sign up and PAY as soon as possible. We cannot hold your seats without payment.

For the safety of all persons in attendance at the Thomaston Opera House, proof of vaccination or a negative COVID test for all eligible persons will be required upon entering the facilities. People with a documented medical or religious exception will be required to provide proof their exemption. Accepted forms of COVID test include a negative antigen test taken within 12 hours of the performance start time or a negative PCR test taken within 72 hours of the performance. Photo images of vaccination cards, COVID tests, or exemption letters will be accepted at the door. Masks are required for all patrons to be worn as they enter and move about the facility. Adults may remove their masks once they have reached their seats.

Seven Angels THEATRE

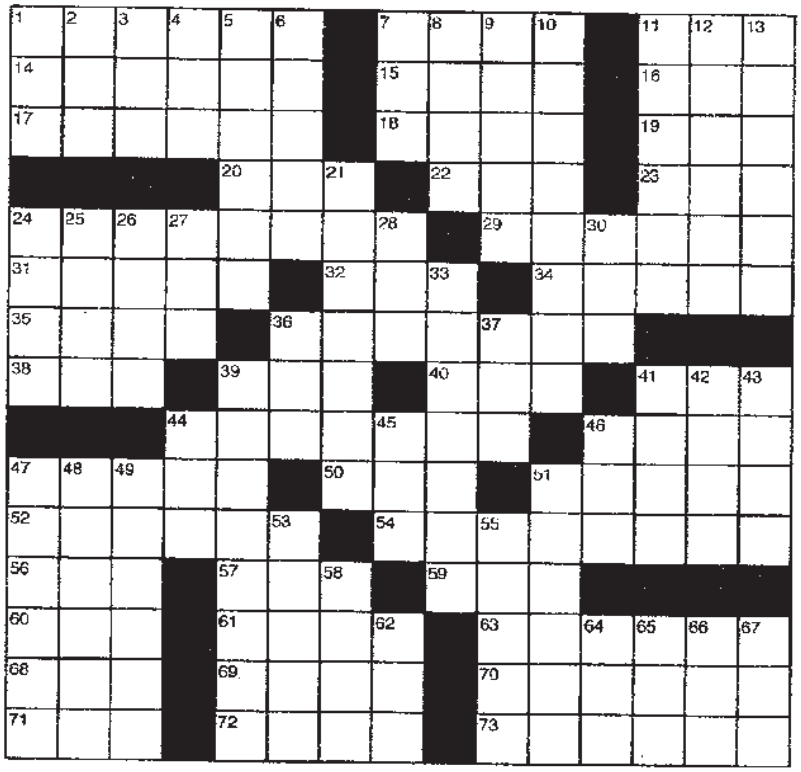
BEEHIVE The '60s Musical
Sunday, January 30, 2022 $25
2:00pm. Departing @ 1:15pm.

Beehive is back! The popular 60's musical makes a return to Seven Angels Theater in Waterbury. The musical is a wild toe-tapping, head shakin' musical tribute to the rockin' women who made the music of the era so special – everyone from Lesley Gore to Janis Joplin, from the Shirelles to the Supremes, Aretha Franklin to Tina Turner, and every woman in between!

With two dozen beloved hits, the show takes you on a journey through song, documenting the dramatic changes that America underwent during the '60s. BEEHIVE The '60s Musical will have you dancing in your seats and coming back for more!

SONGS INCLUDE: THE NAME GAME • RIVER DEEP • NATURAL WOMAN • MY BOYFRIEND'S BACK • ONE FINE DAY • TO SIR WITH LOVE • IT'S MY PARTY • PROUDMARY • WHERE THE BOYS ARE • MAKE YOUR OWN KIND OF MUSIC.

If you are interested in attending any of these shows with us, please sign up and PAY as soon as possible. We cannot hold your seat without payment.



ACROSS

1 Tennis' Graf
7 Alack's partner
11 Ship initials
14 Diners
15 Musical repeat
16 Poet Edgar Allen
17 Saudi __
18 Eight
19 Twitching
20 Morse code "T"
22 Not (prefix)
23 Miner's goal
24 Hail (3 wds.)
29 Cooked
31 Wholeness
32 __ A Small World...
34 Recipient
35 Cheeky
36 Plasters
38 Picnic visitor
39 Roman three
40 Liquor
41 Computer part
44 Medicine type
46 Courts
47 Winter neckwear
50 Catch
51 Cut of beef
52 Fat cartoon character
54 Carafe
56 Bad (prefix)
57 Tax agency
59 __ Lanka
60 North American country
61 Hour
63 Narcotic
68 Eastern Time
69 Fluent
70 Illegalize
71 Caustic substance
72 Women's magazine
73 Soccer player

DOWN

1 Body of water
2 Sticky black substance
3 Airport (abbr.)
4 February (abbr.)
5 Casual dress day
6 Jacob's father
7 Air Cushion Vehicle (abbr.)
8 Cut of beef
9 Sayonara
10 Being a saint
11 North of downtown
12 Evening gathering
13 Splinter
21 Inhabitant of Haiti
24 Island nation
25 After awhile
26 Swing
27 Type of partnership
28 Heat unit
30 Aurora
33 Writers
36 Be seated
37 Cow's chow
39 Trespass
41 Dark-colored bird
42 Cornmeal cake
43 Drug doer
44 Be
45 Scoundrel
46 West by north
47 Old Testament prophet
48 High-class
49 Remove by surgery
51 National capital
53 Mythical monster
55 Earthenware jar
58 Sully
62 North by east
64 Business title ending
65 Inquire
66 Foot extension
67 Make a mistake

WAY TO GO

"Go," a simple two-letter word, forms the basis of many expressions.

You are looking for a 13-letter phrase.

G	O	A	R	O	U	N	D	A	E	H	A	O	G
G	E	G	D	O	O	G	S	I	G	N	I	O	G
O	K	G	N	O	O	O	N	G	O	I	N	G	G
I	O	G	O	I	N	G	O	V	E	R	G	G	E
N	R	I	L	O	O	T	S	G	N	E	G	O	T
G	B	P	O	E	E	G	O	S	T	G	O	B	U
P	R	G	E	A	T	T	Y	S	A	G	I	A	P
L	O	E	M	E	O	S	G	S	O	P	N	N	A
A	F	G	T	W	L	O	G	U	A	G	G	A	N
C	O	T	O	F	I	S	N	O	O	E	M	N	D
E	G	R	O	N	A	D	O	I	T	S	Y	A	G
S	K	T	G	I	E	O	N	T	V	E	W	S	O
G	O	C	A	R	T	T	G	N	O	L	A	O	G
G	O	T	H	R	O	U	G	H	E	G	Y	M	S

Easygoing

Gets going

Get up and go

Go after

Go ahead

Go along

Go around

Go bananas

Go-cart

Go for broke

Going is good

"Going My Way"

Going over

Going places

Go into

Go on

"Go, team, go!"

Go through

Go to sleep

Go to work

Go under

"Let's go, team!"

Ongoing

Pass go

			R			M		
			H		G			O
F	D						G	
	I	B				O		F
G		H				R	M	
	F						H	B
H			D		I			
		I			B			

Letters Used: B,I,F,D,M,O,H,G,R

		9		3	2	1	5	
6		2		5		7		9
	8		4					
2					9	4	7	3
5								1
8	9	7	3					2
					5		3	
3		6		1		8		7
	2	4	8	7		6		

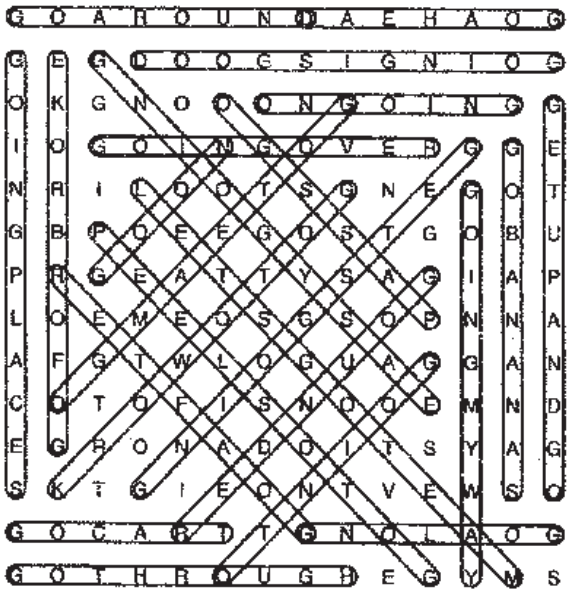
Name That Car



Clues: The brand founder set up a museum with the Wright Brothers' bicycle shop as one of the exhibits. The brand's cars often vied with GM's Chevrolet line as the most popular cars in America. This model was a middle of the brand's three accessory levels. Safety features including a deep-dish steering wheel and optional seat belts were marketed in this model year. In this model year, the maker issued its first public stock offering after 50 years of private ownership.

ANSWERS TO GERRI'S PUZZLES January-February 2022

S	T	E	F	F	I	■	A	L	A	S	■	U	S	S
E	A	T	E	R	S	■	C	O	D	A	■	P	O	E
A	R	A	B	I	A	■	V	I	I	I	■	T	I	C
■	■	■	■	D	A	H	■	N	O	N	■	O	R	E
C	A	L	L	A	C	A	B	■	S	T	E	W	E	D
U	N	I	T	Y	■	I	T	S	■	D	O	N	E	E
B	O	L	D	■	S	T	U	C	C	O	S	■	■	■
A	N	T	■	I	I	I	■	R	U	M	■	C	P	U
■	■	■	A	N	T	A	C	I	D	■	W	O	O	S
S	C	A	R	F	■	N	A	B	■	T	B	O	N	E
A	L	B	E	R	T	■	D	E	C	A	N	T	E	R
M	A	L	■	I	R	S	■	S	R	I	■	■	■	■
U	S	A	■	N	O	O	N	■	O	P	I	A	T	E
E	S	T	■	G	L	I	B	■	C	E	N	S	O	R
L	Y	E	■	E	L	L	E	■	K	I	C	K	E	R

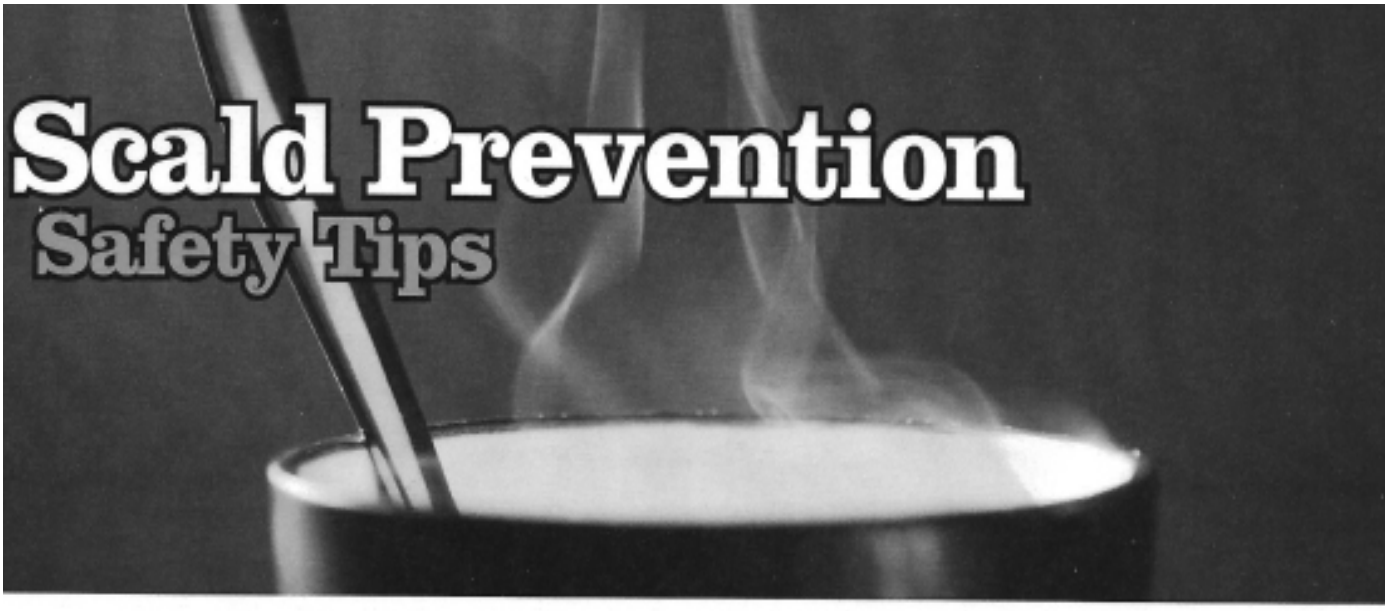


B	H	G	R	O	F	M	I	D
I	R	M	H	D	G	B	F	O
F	D	O	I	B	M	H	G	R
R	I	B	M	G	H	O	D	F
D	M	F	O	I	R	G	B	H
G	O	H	B	F	D	R	M	I
M	F	D	G	R	O	I	H	B
H	B	R	D	M	I	F	O	G
O	G	I	F	H	B	D	R	M

4	7	9	6	3	2	1	5	8
6	3	2	1	5	8	7	4	9
1	8	5	4	9	7	3	2	6
2	6	1	5	8	9	4	7	3
5	4	3	7	2	6	9	8	1
8	9	7	3	4	1	5	6	2
7	1	8	9	6	5	2	3	4
3	5	6	2	1	4	8	9	7
9	2	4	8	7	3	6	1	5

NAME THAT CAR SOLUTION

1956 Customline Ford



Scald Prevention
Safety Tips

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

Scald Safety

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

Burn Rx

Treat a burn right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

FACT!

Prepackaged **microwavable soups** are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.



Greenhalgh DG, Bridges P, Coombs E, et al. Instant cup of soup: design flaws increase risk of burns. Journal of Burn Care and Research. July–August 2006; 27(4):476–81

www.nfpa.org/education

How to Keep Your Brain Strong
Great Ways to Build Your Mental Muscles

Just keeping physically fit is important as we age, so is keeping mentally fit. More research is being done on how adults can work out their "mental muscles" to keep their minds sharp and possibly put off or avoid the onset Alzheimer's and dementia.

1. Engage in physical exercise

Surprised that physical exercise tops the list? You shouldn't be. Exerecise is arguably the single most effective way to keep the mind sharp and the memory strong. Any type of physical exercise that gets the heart rate up is good for the brain as well as the body.

Among the many benefits to the brain, exercise leads to increases in the size of the hippocampus, which is crucial for memory consolidation and navigation. Interestingly, the hippocampus is one of the first brain structures to be affected by Alzheimer's disease. Brisk walking, swimming, cycling, and weight lifting are all good choices for physical exercise in seniors. The CDC recommends that adults over 65 engage in 150 minutes of moderate intensity activity each week, the equivalent of a 20-minute walk every day.

2. Learn something new

The brain loves to learn, and active learning of new skills forces the brain to make new connections. The key here is "new". It's a challenge to learn new things, and that challenge is what brings the most benefit to the brain. This might include learning how to play an instrument, play a new card game, quilt or crochet, make jewelry, use a digital camera, or speak a new language, to name just a few.

3. Maintaln social connections

Maintaining social connections is not just good for our emotional health, but for our physical and mental health, too. Lack of contact with other people can lead to excess stress hormones, which can impair memory by affecting sleep cycles and the hippocampus. It can also cause depression and anxiety, both of which impair cognition and memory. This is a particular problem for seniors. Their social circle may shrink after they retire from work or stop going out much due to health reasons. Seniors should make a point to actively maintain social connections by attending events like classes, clubs, and religious services. Homebound seniors should take advantage of technology and keep in touch with friends and family via mail, video chat, and the phone. One great way to get social interaction is to take up dance lessons. Not only do you spend time with other people, you also get the brain benefits of physical exercise and of learning a new skill.

Go ahead - make some plans for the new year to start building your mental muscles!

A clearly inebriated woman, sta*rk na*ked, jumped into a taxi in New York City and lay on the back seat.

The cab driver, an old Jewish gentleman, opened his eyes wide and stared at the woman. He made no attempt to start the cab. The woman glared back at him and said,

"What's wrong with you, honey? Haven't you ever seen a na*ked woman before?"

The old Jewish driver answered, "Let me tell you sumsing, lady. I vasn't staring at you like you tink; det vould not be proper."

The drunk woman giggled and responded, "Well, if you're not staring at my b**bs or my b*utt, sweetie, what are you doing then"

He paused a moment, then told her..."Vell, M'am, I am looking and I am looking, and I am tinking to myself, vair in da hell is dis lady keeping de money to pay for dis ride?"

Now, that's a businessman!



One day, a man came home and was greeted by his wife dressed in a very Sexy nightie.

'Tie me up,' she purred, 'and you can do anything you want.'

So he tied her up, and went golfing.

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, 'Honey, pack your bags. I won the lottery!'

The husband said, 'Oh my God! What should I pack, beach stuff or mountain stuff?'

'Doesn't matter,' she said. 'Just get out.'

Marriage is a relationship in which one person is always right, and the other is a husband.

A Polish immigrant went to the DMV to apply for a driver's license.

First, of course, he had to take an eye sight test. The optician showed him a card with the letters 'C Z W I X N O S T A C Z.'

'Can you read this?' the optician asked.

'Read it?' the Polish guy replied, 'I know the guy.'

Mother Superior called all the nuns together and said to them, 'I must tell you all something. We have a case of gonorrhea in the convent.'

'Thank God,' said an elderly nun at the back. 'I'm so tired of chardonay'.

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh!

You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW!

We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful.

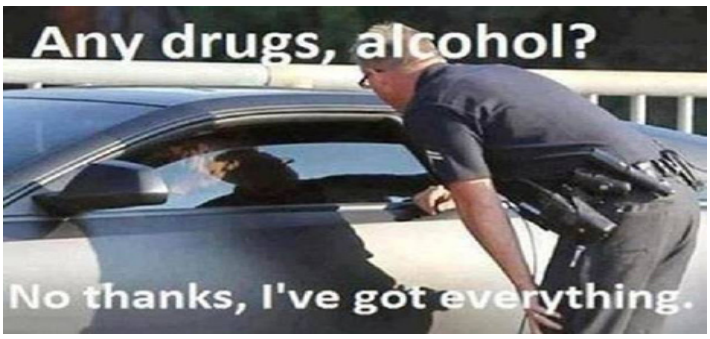
CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind?

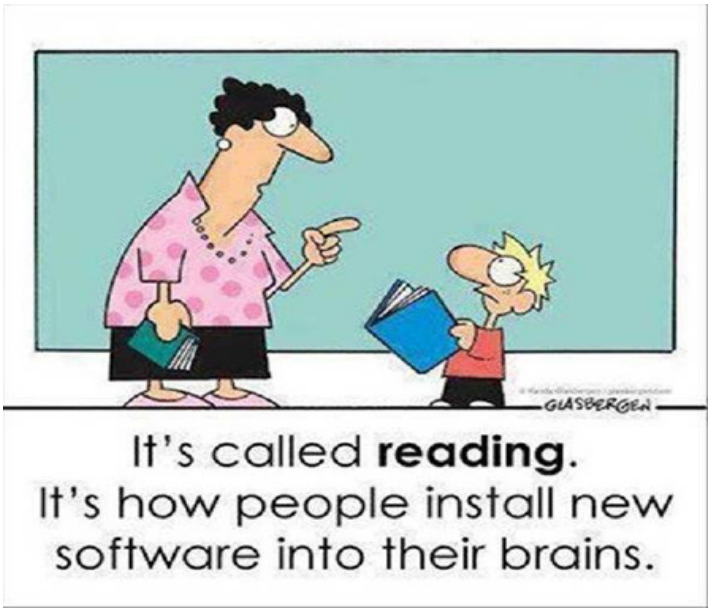
Don't forget to salt them.. You know you always forget to salt them. Use the! Salt. USE THE SALT! THE SALT!'

The wife stared at him.

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'





What's next!

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army. On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair.

On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth.

On the third day, the Army issued him a jock strap.

The Army has been looking for Herman for 51 years.



«Don't let aging get you down. It's too hard to get back up.» - John Wagner

«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

«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

«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

«People say that age is just a state of mind. I say it's more about the state of your body.» - Geoffrey Parfitt

«There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.»

«The best part about being my age is in knowing how my life worked out.»
-- Scott Adams

«The great secret that all old people share is that you really haven't changed in 70 or 80 years. Your body changes, but you don't change at all.»
-- Doris Lessing

«Age is an issue of mind over matter. If you don't mind, it doesn't matter.»
-- Mark Twain

Beautiful young people are accidents of nature, but beautiful old people are works of art.»
--Eleanor Roosevelt

«Old age is no place for sissies.»
-- Bette Davis

«If I'd known I was going to live this long, I'd have taken better care of myself.»
--Eubie Blake, age 100

«I advise you to go on living solely to enrage those who are paying your annuities. It is the only pleasure I have left.»
--Voltaire

«Growing old is mandatory; growing up is optional.»
--Chili Davis

«We don't stop playing because we grow old. We grow old because we stop playing.»
--George Bernard Shaw

