

# ACTIVE ADULTS NEWSLETTER-55+



JANUARY

2019

## STAFF

Rick Maynard  
Director

Terry Buckley  
Seniors Coordinator

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Coordinator

Patti Haggerty  
Office Assistant

Larry Santamaria, Chef

Ian Porter  
Assistant Chef

Kitchen Assistants

Gail Velardi

Kathy Dougherty

Bonnie Fucci

## OFFICE

Ellen Clow

Max Robbins

Nancy Matyasovsky

Todd Rake, Custodian

## DRIVERS

Dawn Albert


Larry Bonora

Jerry Fucci

Chuck Hart

Dennis Marron

Dom Mastrony

Cliff McGuire 

Jin Shanley

Howard Vaillancourt

Please sign up in the office for all programs. Programs may be cancelled if enrollment is low. Participants must complete, sign and date a registration form to participate in any program or trip. In addition, the fee or deposit must be with the form to reserve your

## GOODBYE TO A DEAR FRIEND

On Thursday, December 20th the Parks and Recreation Department lost a wonderful friend, co-worker and bus driver. Our beloved bus driver Cliff McGuire passed away leaving an empty hole in the heart of his family and all who knew or met him. He was always so kind and patient to our seniors as he drove them as a part of our transportation program. His big smile and sense of humor always brightened up the office. On December 6th many of our office staff and drivers visited Cliff to celebrate his 76th birthday. The picture above is from that visit. His spirit and bravery were ever present even as his health declined. Goodbye dear friend. Thank you for being a dedicated public servant for the Town of Guilford. You will be missed.



## LEARN BEFORE LUNCH LECTURE - ELLEN LONG, RN - THE MED MINDER SYSTEM:

On Tuesday, January 22 at 11:00, Ellen Long, RN, will be at the Community Center to show you a new medication management tool called the Med-Minder System. This unique tool can help keep clients compliant & reduce medication errors allowing for independent medication management at home. There is no cost for this tool as long as the medications are dispensed through the Med-Minder pharmacy. This is a unique opportunity to learn about a new tool that can help with preserving your quality of life. Ms. Long will be available to answer questions after her presentation. Sign up in the office.



## PARKS AND RECREATION GAME SHOW AFTERNOON "FAMILY FEUD"

On Friday January 18, at approximately 12:30 p.m., plan to stay after lunch for a friendly competition between the Parks and Recreation Department staff, with Rick Maynard as Team Leader, & Town Hall Staff, with First Selectman Matt Hoey as Team Leader, as we play the classic game show "Family Feud". It's sure to be a fun afternoon with lots of laughs. You will have an opportunity to win prizes. Sign up on the lunch list.

## DINNER AND A MOVIE:

We'll begin our popular winter activity "Dinner and A Movie" on Tuesday, January 29 at 5:00 p.m. at the Community Center. This month will feature the very popular 2018 release "Mama Mia! Here We Go Again" a sequel to the long running play & movie "Mama Mia". In 1979, young Donna, Tanya & Rosie graduated from Oxford University leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill & Sam – the latter of whom she falls in love with, but he is also the man who breaks her heart. In the present day, as Donna's daughter, Sophie, prepares for the grand reopening of the Greek Hotel Bella Donna, she learns more about her mother's past. The movie contains some old ABBA classics from the original Mama Mia including "Dancing Queen", "Waterloo" and "Fernando". Before the movie you will enjoy a dinner of salad, ziti, bread & dessert. \$5.00 will be collected at the door for dinner. You must sign up in advance in the office.





## ACTIVE ADULT PROGRAMS (55+)

### BALLROOM DANCE #10205

Day: Wednesday  
**Date: Jan 2– Mar 27**  
 Time: 1:00 - 2:00 p.m.  
 Instructor: Karen Pfrommer  
 Fee: \$30 / \$40 Non-Res

*Sign up with a partner or as a single to learn the basics of some great ballroom dances including foxtrot, swing, rumba, cha cha & waltz. You'll be able to show off your moves at your next dance event.*

### BALLROOM LINE DANCE #10202

Day: Friday  
**Date: Jan 4 - Mar 29**  
 Time: 9:00 – 10:00 a.m.  
 Instructor: Karen Pfrommer  
 Fee: \$25 / \$35 Non-Res

### INT. BALLROOM LINE DANCE #10202 A2

Day: Wednesday  
 Time: 12:05– 1:00 p.m.  
**Date: Jan 2-Mar 27**  
 Fee: \$25.00/ \$35 Non-Res

*Remember the songs & dances you love & the wonderful memories they invoke while having fun & getting fit. Come Cha Cha to Tea for Two, Waltz to Moon River & Mambo to Tequila. Done in line format no partner needed.*

### LOW IMPACT AEROBICS/

### WEIGHT TRAINING #10208

Day: Tuesday and Friday  
**Date: Jan 4 - Mar 29**  
 Time: 1:30 – 2:30 p.m.  
 Instructor: Barbara Corso  
 Fee: \$50 / \$60 Non-Res

*Excellent program for cardio & stretching exercises. \*On occasion class will be moved to an alternative room .*

### FRENCH CONVERSATION #10210

Day: Monday  
**Date: Jan 7-Mar 25**  
**No class: Jan 21 & Feb 18**  
 Time: 10:30 - 11:30 a.m.  
 Instructor: Candace Routh  
 Fee: \$35 / \$45 Non-Res

*Parlez-Vous Français? Would you like to? Come join the French class! Some prior exposure to French is desirable. Not a grammar class but an opportunity to learn conversational phrases & French culture. 30 minutes at 10:00 is set aside for conversation.*

### TAI CHI #10206

Day: Tuesday or Friday  
**Date: Jan 4 - Mar 29**  
 Time: **A** Adv 11:00 - 12:00 p.m.  
**B** Adv/Int 12:00 - 1:00 p.m.  
**C** Int I -1:00 - 2:00 p.m.  
**D** Int II 2:00 - 3:00  
**E** Beg– 3:00-4:00  
 Instructor: Martin Reichgut  
 Fee: \$60.00 one class/week  
 \$105.00 two classes week  
 \$120.00 three classes/week  
 Non-Res. Add \$10.00

*Participants will use graceful movements of*

*ancient Chinese martial arts to improve their physical wellbeing, manage stress & defend against the confrontations of everyday life . Open to adults of all ages.*

### OIL PAINTING 101 #10212

Day: Thursday  
**Date: Jan 3 - Mar 28**  
 Time: A1 12:30 - 2:00 p.m.  
 A2 3:00 - 4:30 p.m.  
 Instructor: Emer Gearheart  
 Fee: \$65 / \$75 Non-Res

*Explore the wonderful world of art by starting with a black & white painting & progress to color. Express your creativity & have fun with other budding artists.*

### HULA #10203

Day: Monday  
**Date: Jan 7-Mar 25**  
 Time: 1:30 - 2:30 p.m.

**No Class: Jan 21, Feb 18**  
 Instructor: Joanne Wilder  
 Fee: \$20 / \$30 Non-Res  
*Join this fun exercise class & learn traditional hula moves & learn about island culture. Helps trim the waistline & improve strength, flexibility & balance.*

### BODY WISE #10201

Day: Tuesday and Thursday  
**Date: Jan 3 - Mar 28**  
 Time: 1:00 - 2:00 p.m.  
 Where: Community Center  
 Instructor: Elizabeth Santoro/ Lynn Keyser  
 Fee: \$40 / \$50 Non-Res

*A safe program of gentle exercise and movement designed to increase flexibility, muscle tone, bone density, & improve circulation, balance & coordination.*

### CHAIR YOGA #10217

Day: Monday  
**Date: Jan 7-Mar 25**  
**No class: Jan 21-Feb 18**  
 Time: 10:45 a.m. – 12:00 p.m.  
 Instructor: Lynda Corcoran  
 Fee: \$40 / \$50 Non-Res

*Protect yourself from stiffness through a program of gentle stretching, proper breathing & relaxation techniques. Improve your posture & balance to help reduce your risk of falling.*

### WATER STRIDES #10211

Day: Monday or Wednesday  
**Date: Jan 7 – Mar 25**  
**Jan 9– Mar 27**  
**No Class: Jan 21, Feb 18**  
 Time: 1:30 - 2:30 p.m.  
 Where: YMCA (Branford)  
 Instructor: YMCA Staff  
 Fee: Mon \$50(no non-resident fee)  
 Wed \$60 (no non-resident fee)

*A great water aerobics class. A variety of moves & equipment make this a versatile & challenging class. The pool is heated & Includes a gentle ramp for pool entry.*

### SPANISH # 10207

Day: Friday  
**Date: Jan 4– Mar 29**  
 Time: 11:30 a.m.—1:00 p.m.  
 Instructor: Elaine Jackson  
 Fee: \$30.00/\$40.00 non-res  
*All levels welcome. Explore the language of millions living in 20 different counties & the U.S. Learn functional vocabulary & expressions through the various & diverse cultures. Learning a new language keeps your mind sharp.*

### ITALIAN 10213

Day: Friday  
**Date: Jan 4 - Mar29**  
 Time: 1:00 - 2:30 p.m.  
 Instructor: Elaine Jackson  
 Fee: \$30 / \$40 Non-Res  
*All levels welcome. A fun opportunity to learn to converse with fellow students. A new language keeps the mind sharp.*

### PICKLEBALL #10204

Instructor: Stephanie Blaha  
 Fee: \$20/ Non-Res \$30  
**Day: MONDAY**  
**Date: Jan 7–Apr 1**  
**No class: Jan 21, Feb 18**  
 Int : 8:15 - 9:15a.m. A1  
 Beg/Int: 9:15 - 10:15a.m. A2  
 Int/Adv: 10:15 - 11:15 a.m. A3  
 Adv 1:00- 2:00p.m. A4  
 Adv: 6:00 - 7:00p.m. A6

### WEDNESDAY

**Dates: Jan 9– Apr 3**  
**No Class: Jan 9, 30 B1,B2**  
 Int/Adv 8:00-9:00 a.m.B1  
 Beg/Int: 9:00-10:00 a.m. B2  
 Int/Adv 6:00 - 7:00p.m. B3

### FRIDAY

**Dates: Jan 11 - Apr 5**  
 Bed/Int 7:55-8:55 a.m. C1  
 Int/Adv: 10:15– 11:15a.m. C2  
 Fee \$ 20.00 per session  
 Location all at the Community Center:

**Pickle Ball at Guilford Racquet Club See Page 12 in the Guilford Parks And Recreation Winter Brochure Available in the office or online.**










**Anything look interesting?  
 You are welcome to try any of these classes one time at no charge. Please see the office for details.**



**NEW****SIGN UP FOR NEW TRIPS WILL BEGIN ON FRIDAY JANUARY 4TH****NEW**

REGISTRATIONS FOR TRIPS LISTED IN PREVIOUS NEWSLETTERS ARE ONGOING CONTINGENT ON AVAILABILITY. IF A TRIP FILLS WE MAKE EVERY EFFORT TO ADD SLOTS OR REPEAT IT TO ACCOMMODATE THE WAIT LIST. THERE IS A \$5.00 ADMINISTRATION FEE CHARGED FOR CANCELLING A TRIP VALUED AT \$60.00 OR LESS. OVER \$60.00 A \$10.00 FEE APPLIES. PLAN CAREFULLY WHEN SIGNING UP FOR TRIPS. **IMPORTANT: ONCE A COMMITMENT HAS BEEN MADE BY THE OFFICE TO THE RESTAURANT / VENUE, REFUNDS CAN ONLY BE GIVEN IF YOUR SLOT IS FILLED.**

DATE	TRIP INFORMATION
<p><b>Wednesday, January 16</b>  <b>Lunch Bunch, Little Pub, Old Saybrook</b></p>  	<p>Our destination for the January lunch bunch is the newly opened Little Pub restaurant in Old Saybrook. The menu offers a wide variety of classic pub food including “Little Plates” (appetizers), salads, specialty sandwiches and burgers. Before we head for home, we will stop at the well-known Pasta Vita - the place to go for “Gourmet To Go”. They have a selection of complete gourmet meals – from appetizers to desserts to go. Pick-up a meal or treat yourself to a desert to take home. Lunch is on your own. Meet at St. George rear parking lot at 10:15 a.m. &amp; return at approximately 3:30 p.m. \$3.00 administrative fee will be collected on the bus.</p>
<p><b>Wednesday, January 23</b>  <b>Stony Creek Museum with Lunch at Chowder Pot, Branford</b></p>  	<p>Given the questionable weather in January, we thought we’d plan a trip close to home. First we’ll enjoy lunch, on your own off the menu, at the U.S. Chowder Pot III in Branford. This local restaurant has won numerous awards from Connecticut Magazine &amp; for 17 years in a row been voted Best Seafood by the New Haven Advocate. There are options if you are not in the mood for seafood. After lunch we’ll head to Stony Creek for a guided tour of the Stony Creek Museum which celebrates the rich history of the Connecticut shoreline village which grew out of the pink granite underneath its soil. It was this granite which attracted European immigrants to settle to work in the quarry &amp; develop this small seaside village. On the way home we’ll make a quick stop at JCakes in North Branford to grab a cupcake, on your own. \$10.00 includes bus and donation for museum. Lunch &amp; cupcakes on your own. Meet at the St. George rear lot at 11:30 a.m. &amp; return at approximately 4:00 p.m.</p>
<p><b>Wednesday, February 6</b>  <b>Connecticut Historical Society Museum including “Hamilton: His World, His Words, His Hair” tour, Hartford, with lunch at Dakota Steakhouse, Rocky Hill</b></p>  	<p>This morning we will journey to The Connecticut Historical Society Museum for a stimulating, thought-provoking morning. Our tour guide will take us on an Overview Tour which will provide us with background about the CHS, the collection, the building &amp; an overview of their permanent exhibitions. This tour will end at their special temporary exhibit “<i>Hamilton: His World, His Words, His Hair.</i>” Inspired by the hit Broadway musical <i>Hamilton</i>, this exhibit features artifacts from the life &amp; times of Alexander Hamilton, including a pair of dueling pistols, letters written by Hamilton, &amp; even a lock of Hamilton’s hair. You will also see a rare Loyalist red coat from the American Revolution, a 1776 copy of <i>Common Sense</i> by Thomas Paine, &amp; a fragment of the first United States flag made by Betsy Ross. You will then have some time to explore the museum on your own before we load up the bus &amp; head to lunch at the Dakota Steakhouse. You can choose from either Beef Burger, Top Sirloin, Teriyaki Sirloin, Wood-Grilled Chicken, Teriyaki Chicken, Wood-Grilled Trout or vegetarian option from their special lunch menu. Before lunch you will get a basket of fresh-baked Bison Bread &amp; take a trip to their extensive farm-fresh salad bar. Your meal includes coffee or tea &amp; their famous Mud Bomb for dessert. \$40.00 residents, \$45.00 non-residents includes bus, entry to museum &amp; lunch. Meet at the St. George rear lot at 8:45 a.m. &amp; return at approximately 4:00 p.m.</p>
<p><b>Thursday, February 21</b>  <b>Connecticut Flower Show</b></p> 	<p>Spring in February arrives annually at the Connecticut Convention Center. Join us to attend the 38th Annual CT flower &amp; Garden Show, one of the premier flower &amp; garden shows on the East Coast. The Convention Center in Hartford will be transformed into a breathtaking event for the floral &amp; garden enthusiast where you can explore over 300 booths of landscaped gardens, fresh flowers, plants, herbs, bulbs, seeds, gardening books &amp; garden equipment. The flower show is sure to brighten your day &amp; lift those winter doldrums! \$18.00 includes entry to the Garden Show &amp; bus. Lunch on your own can be purchased at one of the food vendors at the Center. Meet at the St. George rear lot at 9:30 a.m. &amp; return at approximately 3:30 p.m.</p>

## 2019 OVERNIGHT TRIP INFORMATION

### Overnight Trips



**Victorian Cape May** – A trip to Victorian Cape May, New Jersey is set for June 3-6 2019. This Victorian village is listed on the National Register of Historic Places. Highlights will include a visit to Historic Smithville with its unique shops, a visit to Physick Estate - Cape May's only Victorian House Museum, a trolley ride through the historic district, a visit to Cape May Point State Park and the Cape May Point Lighthouse, a boat ride aboard the Cape May Spirit to view dolphins, birds and other wildlife and a visit to the Cape May winery for a tour and tasting. A number of meals will be included. \$951 per person double occupancy, \$1336 single and \$845 per person for triple occupancy includes motorcoach transportation, three nights lodging at Marquis de Lafayette, 6 meals, entry to sightseeing activities, taxes and gratuities, tour escort, and trip protection plan. \$150 deposit is due with reservation & final payment is due April 20, 2019. A detailed flyer and registration form is available in the office.



**Inspiring Iceland** – Our second trip for 2019 is to Iceland, the land of Geysers, Volcanos and Hot Springs, from October 16– 22, 2019, a week in which we should have a good chance of seeing the Northern Lights. This will be a fly tour from Boston to Reykjavic. Highlights will include a Reykjavik City tour which includes a visit to the National Museum of Iceland, an excursion along the south shore to see numerous intriguing natural features of the landscape, a visit to the Golden Circle where you will see many wonderful examples of Iceland's phenomenal geology including waterfalls and hot springs, & a soak in the Blue Lagoon geothermal spa. \$3395 per person double occupancy, \$4035 single & \$3365 per person for triple occupancy includes transportation to airport, round trip airfare to & from Reykjavik, first class accommodations, 12 meals, tour director, entry to sightseeing activities, taxes & gratuities, tour escort, & trip protection plan. \$300 deposit is due with reservation & final payment due August 1st. A detailed flyer a registration form is available in the office.

**PASSPORT REQUIRED!**

**Trip Presentation:** On **Friday, March 8th, 10:30 a.m.** Bob Marx, Landmark Tours, will give a presentation on the Iceland Trip. He will guide you through the day to day activities included on the trip and answer any questions regarding the flight, accommodations, weather, & sites that will be included on this unique opportunity to visit this magical world. If you are considering going on this trip, you should plan to attend to obtain important information & get any questions answered. Sign up in the office.

## Miscellaneous Information

**ICE CREAM CAKE FOR JANUARY BIRTHDAY:** By **Friday January 25th**, we will have had enough of winter to need a fun pick-me up. To give us a splash of summer we will be serving Ian & Terry's Famous Homemade Ice Cream Cake, which always draws rave reviews, for the January birthday. Local Musician, Jim Sheehan will be present to entertain us. His fun, Lively music will help us shed those winter blues. Sign up on the lunch list in the office and include your name on the Birthday List if your birthday falls in January so you will receive a flower & a coupon for a free \$3.25 lunch to use at a future date.



**VALENTINE DAY LUNCHEON:** **Friday, February 15th**, join us for a celebration of Valentine's Day at **noon** with a special luncheon of manicotti, salad, Italian bread & a special dessert. We'll also plan to dig out the chocolate fountain and have plenty of fruit, pretzels, marshmallows & other goodies to smother in chocolate. Tentatively entertainment will be provided by Jerome Riley, who was a lead vocalist with Herb Reed & The Platters in the 1980's. Jerome will perform a number of love songs in honor of this holiday of love. \$6.00. Tickets on sale in the office.



## Miscellaneous Information

**“VOLUNTEERS LIGHT UP OUR LIVES” APPRECIATION LUNCHEON:** On **Wednesday, February 20th at 12:00 noon**, all volunteers who were involved with the holiday bazaar are invited to attend a luncheon. Our volunteers light up our lives and we want to honor and thank you and show our appreciation for your hard work and dedication. Meal choice of salmon or chicken cordon bleu. An invitation will be sent to all known volunteers but if you helped & are accidentally missed, please let the office know. Please RSVP to Connor in the office with your meal choice to office by Friday, February 12th.

**PEPPERMINT PARADISE WINTER DINNER DANCE:** On **Friday, February 22, 5:00 – 7:30 p.m.** join us at the Community Center for a fun night of dinner and dancing as we celebrate the beauty of winter. Larry’s crew will provide us with a delicious buffet dinner with salad, chicken, beef, eggplant, pasta, potato, vegetables. Followed by dessert keeping with our “peppermint” theme. After dinner, we’ll take a walk down memory lane with “Bob Gionetti”, who will entertain us with his full band sound with songs from the 1950’s, 60’s and 70’s. Although he is a solo performer, you will insist there is a full band in the room and be enticed to get out of your chair and onto the dance floor. Students from Guilford High School’s C.A.R.E. club will again help with decorating, serving and will join in for some dancing. Tickets are \$6.00 and can be purchased in the office. Snow Date is March 8.



**SSILL RECEPTION AND COAST GUARD BAND CONCERT:** On **Tuesday, March 5th, 10:00 – 11:30 a.m.**, SSILL Life Long Learning, will have the Coast Guard Band Flute & Harp Duo at the Community Center. They have invited us to attend to enjoy this concert with them. Come early at 9:30 a.m. to learn more about upcoming SSILL programs and to enjoy pre-show refreshments. Sign up in the office.

**GET FREE HELP WITH YOUR TAX RETURN:** Certified counselors working through AARP Tax-Aide will be available to provide free income tax preparation assistance for low & moderate income taxpayers, especially those 60 and older. Taxes will be prepared by **APPOINTMENT ONLY on Wednesdays from 10:00 a.m. – 3:15 p.m. February 6 through April 10** at the Guilford Community Center, 32 Church Street. Appointments can be scheduled by calling the Guilford Community Center at 203-453-8086 **beginning January 22**. For your appointment you must bring all documents you have received that apply to your 2018 income taxes. It is also essential that you bring your 2017 income tax return. ***Taxpayers holding accounts with brokerage firms & other investment companies should schedule their appointments beginning March 15th as these statements are frequently corrected & re-issued.***

**SNOW BIRDS:** Please remember to notify the office if you receive our newsletter by mail and will be away for the winter. ***We get charged for each returned newsletter***, so if you will not be at home this winter, please let us know.

**INCLEMENT WEATHER:** As we get closer to the winter months and possible inclement weather, please remember that when Guilford Public Schools are closed, the Parks and Recreation programs, including lunch, are cancelled and our buses do not run. If there is a school delay, our programs and bus service go on as scheduled.

**AARP DRIVER SAFETY COURSE:** Class will be offered at the Guilford Community Center on Wednesdays, January 16 (snow date January 23), February 20 (snow date February 27), and March 20 from 12:30 – 4:30 p.m. Cost is \$15.00 for AARP members & \$20.00 for non-members. Sign up in the office.

**FREE HEALTH COACHING SESSIONS:** Starting again on **Friday, January 25th, 11:30 – 12:30** the VNA will be offering Free Health Coaching sessions on the fourth Friday of each month. A registered nurse (RN) can check your blood pressure, heart rate & weight, assess your health & work with you to set goals. The nurse can also review your medications, help you create a medication list & discuss how you can prepare for a medical appointment. She will be sitting at a private table near the windows in the lunch room so stop by and say hello & see if she can help you with any health issues.

**SHORELINE MEN OVER 60 GROUP:** The *Shoreline Men Over Sixty* group will hold their monthly meeting on **Friday, January 11th, 11:30 a.m. to 1:30 p.m.** at the Hubley Hall of the First Congregational Church of Madison, 26 Meeting House Lane. A lunch menu of lasagna, tossed garden salad, garlic bread, with Italian Cannoli for dessert will be served for \$12.00. This month’s presenter will be Richard Kos, who will speak on the topic “Thoughts on the Global Investment Market”. Reservations can be made by calling Hank Petroskey at 203-484-9002 or e-mailing Pete Hughes at [ct.smos.ph@gmail.com](mailto:ct.smos.ph@gmail.com).



**January 2019** SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE

Call 203-453-8009 for an appointment with Tammy DeFrancesco, 263 Church Street, Guilford.

**CT HEATING ASSISTANCE**



Guilford Social Services will schedule LIHEAP applications now through April 2019. All household income and assets must be documented. Grants towards your heat expenses for the 18/19 season are available from CT State Programs if your income is below: \$35,116 for a single person/ \$45,920 for two. Some assets are considered. Guilford residents call 203-453-8009 with questions or to schedule an appointment.



**OPERATION FUEL UTILITY PROGRAM**

Applicants may qualify for up to a one time energy grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 for more info or an appointment after Dec. 3, 2018. Must first apply for LIHEAP if potential eligibility.



**Eversource Matching Payment , Below Budget & New Start Assistance**

Guilford Eversource residents who qualify for the LIHEAP energy program and are having difficulty paying their electric bills may apply for additional assistance in keeping up with their payments to Eversource. Call 203-453-8009 for more information.



**CONSUMER LAW PROJECT for ELDERS 1-800-296-1467**

Free program designed to help seniors solve consumer law problems. It will provide advice and representation to seniors 60 and older with consumer problems in the areas of: overwhelming credit card debt \* medical debt \* credit repair issues

\* credit discrimination \* abusive and harassing debt collection practices \* identity theft



**MEDICARE SAVINGS PROGRAM (MSP)**

**Save the cost of your Medicare B premiums.**

**QMB** provides medical coverage equivalent to Medi-gap and pays your Medicare A&B co-pays and deductibles, and pays your Medicare Part B premium. Monthly income cannot exceed Individual's \$2135.32; Couple's \$2894.92

**SLMB** pays your Medicare Part B premium .Monthly income may not exceed Individual's \$2337.72; Couple's \$3169.32

**ALMB** pays your Medicare Part B premium, but is subject to available program funding . Monthly income limit may not exceed Individual's \$2489.52; Couple's \$3375.12

**Eligibility for any MSP automatically qualifies you for Extra Help on your Med D (RX) program. No asset limits on any MSP levels.**

**MEALS ON WHEELS , CHARLIE'S CLOSET , FRIENDLY VISITORS — 203-453-8359**









**VNA HELPLINE 1-866-474-5230**



# January 2019 Lunch Menu

**Meals \$3.25 unless otherwise noted**

You must call the office by 11:00 am to sign up for lunch. Please call to cancel if you will not be at lunch. Breakfast served Mon-Fri 7:30-10:45 am. *(Breakfast meal time is subject to change at discretion of kitchen staff.* Lunch is served at 12:00pm. **NO LUNCH ON WEDNESDAY** \*Menu is subject to change at discretion of the kitchen staff. 453-8086.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 CLOSED</b> 	<b>2 No Lunch Served on Wednesday</b>	<b>3 Beef Tips over Noodles, Beets Cauliflower</b>	<b>4 Roast Turkey Mashed Potatoes Mixed Vegetables \$4.25</b>
<b>7 Salisbury Steak Mashed Potatoes String Beans</b>	<b>8 Baked Chicken Thigh Mashed Potatoes Mixed Vegetables</b>	<b>9</b> 	<b>10 Chicken Enchiladas Rice, roasted Corn</b>	<b>11 Glazed Pork Roast, Broccoli Sweet Potatoes \$4.25</b>
<b>14 Eggplant Parmesan Pasta, Spinach</b>	<b>15 Hungarian Goulash Cauliflower Biscuit</b>	<b>16 Breakfast Only</b> 	<b>17 Pulled Pork Mac &amp; Cheese Corn</b>	<b>18 Stuffed Chicken Breast, Potatoes, Mixed Vegetables \$4.25</b>
<b>21 Closed</b> 	<b>22 Meatloaf Mashed Potatoes Green Beans</b>	<b>23</b>  <b>Breakfast Only</b>	<b>24 Greek Salad with Chicken</b>	<b>25 Chicken Cordon Bleu, Scalloped Potatoes, String Beans \$4.25 Birthday Lunch</b>
<b>28 Chicken Parmesan Pasta, Zucchini</b>	<b>29 Baked Cod Rice, Carrots</b>	<b>30</b>  <b>Breakfast Only</b>	<b>31 Stuffed Peppers Mashed Cauliflower</b>	

## Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a.m. Pickleball 10:30a.m. French (no summer French class) 10:45a.m. Chair Yoga 11:00a.m. Chorus 12:30p.m. Bridge 1:00p.m. Knitting 1:00p.m. Conversation 1:30p.m. Water Strides 1:30p.m. Hula	9:30a.m. Pinochle 10:00a.m. Bocce (seasonal) 10:00 a.m. Crafts/Sewing 11:00a.m. 2nd Tuesday Budget Committee 11:00a.m. Tai Chi 12:30p.m. Mah Jongg 1:00p.m. Body Wise 1:30p.m. Aerobics	9:15a.m. Pickleball 12:30p.m. Ballroom dance 1:00p.m. Bridge 1st Wed. 1:30p.m. Water Strides	9:00a.m. Bridge 9:30a.m. Pinochle 10:00 a.m. Mah Jongg 12:30p.m. Oil Paint 12:30p.m. Set Back 1:00 p.m. Poker 1:00p.m. Body Wise 3:00p.m. Oil Painting	9:00a.m. Line Dance 8:30a.m. Pickleball 9:00a.m. Pinochle 1:00p.m. Tai Chi 1:00p.m. Bingo 1:00p.m. Italian (no spring/summer Italian class) 1:30p.m. Aerobics

### MONTHLY ASSISTANCE PROGRAMS

**Call the Office at 203-453-8086 to schedule an Appointment**

Medicare Assistance— by appointment  
 Financial Assistance— by appointment

Hearing Clinic- Fourth Monday each month  
 Legal Assistance- Fourth Tuesday each month



32 CHURCH STREET  
 GUILFORD, CT 06437  
 RETURN SERVICE REQUESTED

PRESORTED  
 STANDARD  
 US POSTAGE PAID  
 PERMIT NO. 247  
 GUILFORD, CT  
 06437




**TRANSPORTATION SERVICES-203-453-8086**

Curb to Curb transportation services are provided to Guilford residents who are 55+ or disabled to medical appointments, errands, shopping & the Community Center. **ALL RESIDENTS MUST BE RETURNED TO HOME BY 3:30 ON M,TU,TH,FR**

**TO SCHEDULE RIDES:** Call 3– 4 days in advance. Provide the following information:

Your Name, Address & Phone Number \* Date, Time, Estimated Appointment Length, \*Name, Address, phone number of Appointment.

**\*YOU MUST CALL UPON COMPLETION OF APPOINTMENT FOR PICK UP.**

MONDAY (8:30AM-3:30PM)	TUESDAY (8:30AM-3:30PM)	WEDNESDAY (8:30AM-1:30PM)	THURSDAY (8:30AM-3:30PM)	FRIDAY (8:30AM-3:30PM)
*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>	*Shop @ Big Y 9-10 * <u>VERY Limited Rides</u> within Guilford <u>ONLY</u> (Medical or CC)	*Shop @ Big Y 9-10 *Rides within Guilford <u>11:30-2:30 only</u> (Medical, errands, CC) *Medical Appts to: Branford, N. Branford and Madison	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>
*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital			*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital

All efforts are made to pick you up close to your appointment time, but sometimes, an early pick up is necessary. **Wheelchair clients who need assistance must be accompanied by a family member or aide who is able to transport to & from bus!**

New 2017 Transportation Policy available to pick up in the office.