

# ACTIVE ADULTS NEWSLETTER-55+



March

2019

## STAFF

Rick Maynard  
Director

Terry Buckley  
Seniors Coordinator

Connor Negri  
Seniors Program  
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

Jennifer Knight

Todd Rake, Custodian

## DRIVERS

Dawn Albert

Larry Bonora

Jerry Fucci

Chuck Hart

Dennis Marron

Dom Mastrony

Jim 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 space.

## ST. PATRICK'S DAY LUNCH WITH KEELY BRAIDEN

On **Friday, March 15, 12:00 noon**, show us your Irish side by putting on your best green outfit and joining us for a corned beef and cabbage lunch. Entertainment will be provided by Keely Braiden, an incredible talent who has a wonderful way of touching her audience. She has been described as a "must-see" performer by other groups that have enjoyed her entertainment. Purchase tickets in advance in the office for \$7.00.

## PARKS AND RECREATION GAME SHOW AFTERNOON

### WHEEL OF FORTUNE

On **Friday, March 22nd, at approximately 12:30 pm**, plan to stay after lunch and join us for a friendly competition of *Wheel of Fortune*. As you know, this is a popular game show that revolves around contestants solving word puzzles to earn points which can be traded in for a prize. Our contestants will be selected from the audience, so sign up on the lunch list to have the opportunity to be selected to participate!

## SLIDERS AND A MOVIE – "GREEN BOOK"

We'll finish up our popular winter movie series with a showing of 2018's "Green Book" on **Tuesday, March 12th at 4:30 p.m.** This movie portrays the real-life account of Jamaican-born pianist Don Shirley's musical tour through the Deep South during the Jim Crow era. Shirley enlists the services of rough-and-tough New York City bouncer, Tony, as his personal chauffeur & bodyguard. While the duo's personalities and lifestyles clash at first, their bond on the road strengthens as they each navigate the culture shock and harsh racism of the 1960's American South in their own ways. For dinner we'll pretend we are back at a drive-in movie being served hamburger & chicken sliders, veggie burgers, tater tots & homemade ice cream sandwiches for dessert. \$5.00 will be collected at the door for dinner. Must sign up in advance in the office.

## GUILFORD POLICE DEPARTMENT INFORMATIVE SESSION

During our lunch at **noon** on **Friday, March 8th** Sergeant Martina Jakober and other representatives from the Guilford Police Department will provide an update on the latest scams targeting seniors. Sign up for lunch that day to meet our local officers and hear important information. Learn how to protect yourself from people who go to great lengths to take advantage of innocent seniors. We will have an opportunity to ask questions.

## HAPPY VALENTINE DAY RECAP

Last month, on **February 15<sup>th</sup>**, a whopping total of 140 seniors enjoyed a delicious Valentine Day celebration lunch here! As an added bonus, each senior received a special hand-made valentine from a child from the Community Nursery School or the St. George Church religious education program. The children also made heart-decorated candleholders which were used as table centerpieces. You could see the joy created by this intergenerational program and we thank these adorable, community-minded children.





## ACTIVE ADULT PROGRAMS (55+)

### BALLROOM DANCE #20200/30220

Day: Wednesday  
**Date: Apr 3-June 26/ Jul 10-Sep 25**  
 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

#### #20212/30214

Day: Friday (no class Apr 19)  
**Date: Apr 5-June 28/ July 12-Sep 27**  
 Time: 9:00 - 10:00 a.m.  
 Instructor: Karen Pfrommer  
 Fee: \$25 / \$35 Non-Res

### INT. BALLROOM LINE DANCE

#### #20212A2 /30214B1

Day: Wednesday  
 Time: 12:05- 1:00 p.m.  
**Date: Apr 3-June 26 / July 10-Sep 25**  
 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 #20223/30217

Day: Tuesday and Friday (no class Apr 19)  
**Date: Apr 2 - July 5/ July 9-Sep 27**  
 Time: 1:30 - 2:30 p.m.  
 Instructor: Barbara Corso  
 Fee: \$50 / \$60 Non-Res

*Excellent program for cardio & stretching exercises.*

### FRENCH CONVERSATION #20220/ No summer class

Day: Monday  
**Date: Apr 1-July 1**  
 No class: **May 27**  
 Time: 10:30 - 11:30 a.m.  
 Instructor: Candace Routh  
 Fee: \$35 / \$45 Non-Res

*Parlez-Vous Francais? 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 #20204/30219

Day: Tuesday or Friday  
**Date: Apr 2- July 5/ no class Apr 19**  
**July 9-Sep 27**

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 #20203/30222

Day: Thursday  
**Date: Apr 4-June 27/- July 11-Sep 26**  
 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 #20211/30211

Day: Monday  
**Date: Apr 1-June 10 /July 8-Sep 23**  
 Time: 1:30 - 2:30 p.m.  
 No Class: **Apr 15,22,29,May 27, Sep 3**  
 Instructor: Joanne Wilder  
 Fee: \$15/ \$25 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 #20201/30210

Day: Tuesday and Thursday  
**Date: Apr 2-July2 -July 9- Sep 26**  
 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 #20222/30216

Day: Monday  
**Date: Apr 1-July 1/ July 8 Sep 23**  
 No class: **May 27, Sept 2**  
 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 #20202 (no summer

Day: Monday or Wednesday  
**Date: Apr 1- June 5**  
 No Class: **May 27**  
 Time: 1:30 - 2:30 p.m.  
 Where: YMCA (Branford)  
 Instructor: YMCA Staff  
 Fee: Mon \$45(no non-resident fee)  
 Wed \$50 (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(NO SPRING OR SUMMER)

Day: Friday  
 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 (NO SPRING OR SUMMER)

Day: Friday  
 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 #20210/30213

Instructor: Stephanie Blaha  
 Fee: \$20/ Non-Res \$30  
**Date: Apr:15-July 5/July 8- Sep 27**  
 No class **Apr 19,May 27, Sep 2**  
**Day: MONDAY**

Int : 8:15 - 9:15a.m. A1 CC  
 Beg 8:30- 9:30 a.m. A2 **Adams**  
 Int 9:30 - 10:30 a.m. A3 **Adams**  
 Adv 10:30- 11:30 A4 **Adams**  
 Adv: 1:00-2:00 p.m. A5 **CC**  
 Adv: 6:00-7:00 p.m. A6 **Adams**  
**Day: WEDNESDAY**  
 Beg: 8:30- 9:30 A7 **Adams**  
 Int: 9:30-10:30 A8 **Adams**  
 Adv: 10:30-11:30 A9 **Adams**  
 Int 6:00 - 7:00p.m. **B0 CC**  
 (Int. Wed. 6:00—7:00 no class 5/8)

**Day: FRIDAY**  
 Beg: 8:30-9:30 B1 **Adams**  
 Int: 9:30-10:30 B2 **Adams**  
 Adv: 10:30-11:30 B3 **Adams**  
 Fee \$ 20.00 per session

### **Beginner Educational classes:**

Session 1: 8:30- 9:30

Day: Mon-Wed

Dates **4/8, 4/10, 4/15, 4/17**

Session 2: 8:30-9:30

Dates: **7/10, 7/12, 7/17, 7/19**

Fee: \$5.00/\$10.00 non-resident

**Pickleball at Guilford Racquet Club See Page 17 in the Guilford Parks And Recreation Spring/Summer Brochure**



**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 TUESDAY MARCH 5TH**


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><u>Wednesday, March 6</u></b>  <b>Lunch Bunch, Puerta Vallarta, Middletown</b></p> <p>Sign up March 5th</p> 	<p>We will head to Puerta Vallarta in Middletown for this month's Lunch Bunch for a truly authentic Mexican dining experience. Feast on delicious, well-prepared foods made from scratch with fresh ingredients. You'll find it difficult to choose from so many authentic dishes on the menu! Meet at St. George rear lot at 11:30 a.m. &amp; return at approximately 3:30 p.m. A \$3.00 administration fee will be collected on the bus.</p>
<p><b><u>Saturday, March 9</u></b>  <b>UConn Women's Quarterfinals Basketball Game, Mohegan Sun</b></p>	<p>Guilford Seniors has obtained a limited number of tickets for the American Athletic Conference Women's Basketball Quarterfinals. Tickets are for both the 12:00 &amp; 2:00 p.m. quarterfinal sessions at the Mohegan Sun arena.. \$45.00 includes bus and tickets to both games. Meet at the Community Center at 10:15 a.m. &amp; return at approximately 6:00 p.m.</p>
<p><b><u>Tuesday, March 12</u></b>  <b>The Kate – Hepburn Movie Series, Long Day's Journey Into Night</b></p> 	<p>Join us for a hot lunch &amp; a movie on a brisk March afternoon. We'll stop for lunch in the cozy Haywire Burger Bar in Westbrook, a family owned &amp; operated business that uses high quality ingredients and local produce when possible. Choose from McDaddy Burger, Reuben, Caprice Chicken or Tomato Soup &amp; Caesar Salad. Sandwiches come with choice of fries, salad greens or spicy chipotle slaw. Indicate your choice on the registration form. All meals also include soda or coffee and ice cream for dessert. After lunch we'll head over to "The Kate," to view the Hepburn movie "Long Day's Journey Into Night". \$38.00 includes bus, lunch and movie. Meet at the rear lot of St. George Church at 11:15 a.m. &amp; return at approximately 5:00 p.m.</p>
<p><b><u>Wednesday, March 20</u></b>  <b>Death In The Ice: The Mystery of the Franklin Expedition, Mystic Seaport Museum with lunch at The Steak Loft, Mystic</b></p> <p>Sign up March 5th</p> 	<p>The mystery surrounding the fate of Sir John Franklin &amp; his crew of 128, who left London in search of a Northwest passage in 1845 &amp; never returned, is explored in a new exhibit at Thompson Building at the Mystic Seaport Museum. "Death In The Ice: The Mystery of the Franklin Expedition," features more than 200 objects from collections around the globe &amp; from the lost ships, just recently discovered on the Arctic floor in 2014. After time to explore the exhibit we'll stop for lunch at The Steak Loft Restaurant where you can choose from their lunch menu which includes their salad bar. \$15.00 includes bus &amp; entry to the exhibit. Lunch is on your own. Meet at the St. George rear lot at 9:15 a.m. &amp; return at approximately 3:30 p.m.</p>
<p><b><u>Thursday, March 28</u></b>  <b>Guilford High School Performance of "Anything Goes" at GHS Theatre</b></p>	<p>Join us in supporting our talented local Guilford High School theatre students as they perform "Anything Goes". You will be amazed by the talent portrayed by our local students as they perform such Porter classics as <i>Get A Kick Out of You</i>, <i>You're The Top</i>, <i>It's De-Lovely</i> and <i>Anything Goes</i>. \$17.00 includes bus, &amp; show. Meet at the Community Center at 6:15 p.m. &amp; return at approximately 9:30 p.m.</p>
<p><b><u>Friday, April 5</u></b>  <b>Moondance – Van Morrison Tribute, Nelson Hall, Cheshire</b></p> 	<p>Moondance captures the Van Morrison concert experience like no other. You'll hear classic tunes like <i>Brown Eyed Girl</i>, <i>Moondance</i>, <i>Domino</i>, and <i>Wild Night</i>. This show is packed with one Van Morrison classic after the next. Lunch before the show at Rossini's where you'll choose from Chicken Cacciatore, Chicken Marsalla, Pasta with Meatballs, Pasta with Broccoli, Garlic &amp; Oil, or Baked Manicotti Florentine. Meal includes salad, rolls, coffee or tea &amp; a cannoli for dessert. \$55.00 residents, \$60.00 non-residents includes bus, show &amp; lunch. Meet at St. George Church rear lot at 10:45 &amp; return at approximately 5:30 p.m.</p>
<p><b><u>Tuesday, April 16</u></b>  <b>Glen Campbell Xperience, Aqua Turf, Plainfield</b></p> 	<p>Join Jimmy Maza as he presents his tribute to one of country's biggest legends, Glen Campbell. With his intriguing musical choices, amusing trivia, candid humor &amp; great charisma, Jimmy's shows are truly memorable. Coffee &amp; donuts, glass of beer or wine &amp; door prizes upon arrival. Lunch includes salad, pasta, Chicken Marsala, sliced ham, potato vegetable &amp; dessert. \$46 residents, \$51 non-residents includes bus, show &amp; lunch. Meet at the St. George rear lot at 10:00 a.m. &amp; return at approximately 5:00 p.m.</p>
<p><b><u>Thursday, April 25</u></b>  <b>Guess Who's Coming to Dinner, Ivoryton Theatre, Ivoryton</b></p> 	<p>A progressive white couple's proud liberal sensibilities are put to the test when their daughter brings her black fiancé home to meet them. Lunch before the show at Scotch Plains Tavern, (formerly Oliver's). Choose from Chicken Cordon Blue, Oven Roasted Scrod, Chicken or Tuna Salad Wrap, or Roasted Vegetable Primavera for your entrée. Make your selection on the registration form. All choices include rolls, salad, dessert, coffee &amp; tea. \$65 residents, \$70 non-residents includes bus, show &amp; lunch. Meet at the St. George rear lot at 11:00 a.m. &amp; return at approximately 5:00 p.m.</p>

DATE	TRIP INFORMATION
<p><b>Friday, May 3</b>  <b>The King and I, Shubert Theatre, New Haven</b></p> <p>Sign up March 5th </p>	<p>Two worlds collide in this “breathtaking and exquisite” musical. One of Rodgers &amp; Hammerstein’s finest works, this show boasts a score that features such beloved classics as <i>Getting To Know You, Hello Young Lovers, &amp; Shall We Dance</i>. Sign up for lunch at the Community Center if interested. Meet at St. George’s rear lot at 12:45 p.m. &amp; return approximately 5:00 p.m The charge of \$65 residents, \$70 non-residents includes bus &amp; show.</p>
<p><b>Wednesday, May 15</b>  <b>The Music Man, Goodspeed Opera House</b></p> <p>Sign up March 5th  </p>	<p>Professor Harold Hill promises to save an Iowa Town by selling the dream of a boy’s band. Marian, the Librarian, is the only skeptic- until she starts to buy his pitch. The Music Man is one of the most well-known musicals &amp; has all of the elements of a great show- a beloved &amp; humorous story, wonderful songs &amp; a big brass band! Fall in love again with <i>76 Trombones, The Wells Fargo Wagon, Trouble &amp; Till There Was You</i>. The cost of \$65 residents, \$70 non-residents includes bus &amp; show. Meet at St George rear lot at 12:30 &amp; return approx. 5:30 p.m</p>
<p><b>Thursday, May 23</b>  <b>Motown Review, Nelson Hall, with Lunch at Laskara’s, Cheshire</b></p> <p> Sign up March 5th </p>	<p>Center State will bring you back to the Motown era with the music of The Temptations, The Four Tops, Marvin Gaye, The Spinners, Smokey Robinson &amp; others. This performance features a magical vocal blend &amp; original choreographed dance routines, combined with a live funky band. The three lead singers with their nine-piece Motown show band will have you grooving in your seats &amp; singing along. Lunch before the show at Laskara’s Restaurant in Wallingford. At the restaurant, you will feast from their buffet which includes spanakopita, cheese pie, ziti, Greek salad, vegetable, baked stuffed filet of sole, chicken parmigiana, coffee, &amp; cupcakes for dessert. The \$55 resident, \$60 non-resident charge includes bus, lunch &amp; show. Meet at the St. George Church rear lot at 10:30 a.m. &amp; return at approximately 5:30 p.m.</p>
<p><b>Wednesday, June 12</b>  <b>Exploring Our Past, River Rose Boat Ride down the Hudson River with lunch at The River Grill, Upstate New York</b></p> <p> Sign up March 5th </p>	<p>We’ll start our upstate New York adventure with a coach bus ride to the National Purple Heart Hall of Honor, which commemorates the extraordinary sacrifices of America’s servicemen &amp; women who were killed or wounded by enemy action. We’ll have lunch at The River Grill nestled on Newburg’s Historic Waterfront with picturesque views of the Hudson River. Choose from chicken marsala, penne al la vodka, stuffed sole, or flank steak, all served with salad, starch, vegetable, coffee, tea &amp; dessert. We’ll then spend the afternoon sailing on the Hudson River on a narrated sightseeing cruise aboard the River Rose, an authentic 100-foot Mississippi River paddle-wheeler. We’ll hear about points of historical significance from the Revolutionary War, Civil War &amp; more. The cost of \$114 residents, \$119 non-residents, includes coach bus, tour director, admission to Purple Heart Hall of Honor, lunch &amp; River Rose Cruise &amp; gratuities. Meet at the St. George Church rear lot at 7:00 a.m. &amp; return at approximately 6:45 p.m.</p>

 **2019 OVERNIGHT TRIP INFORMATION**

 	<p><b>Victorian Cape May</b> – A trip to Victorian Cape May, New Jersey is set for June 3-6 2019. 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 &amp; other wildlife &amp; a visit to the Cape May winery for a tour &amp; tasting. A number of meals will be included. \$951 per person double occupancy, \$1336 single &amp; \$845 per person for triple occupancy. \$150 deposit is due with reservation &amp; final payment is due April 20, 2019. A detailed flyer &amp; registration form is available in the office.</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

  <p><b>PASSPORT REQUIRED!</b></p>	<p><b>Inspiring Iceland</b> – Our second trip for 2019 is to Iceland, the land of Geysers, Volcanos &amp; 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 NY. to Reykjavic. Highlights will include a Reykjavik City tour, an excursion along the south shore to see numerous intriguing natural features of the landscape, visit the Golden Circle with Iceland’s phenomenal geology including waterfalls &amp; hot springs, soak in the Blue Lagoon geothermal spa. \$3395 PP double occupancy, \$4035 single &amp; \$3365 PP for triple occupancy includes transportation to airport, round trip airfare to &amp; from Reykjavik, first class accommodations, 12 meals, tour director, entry to sightseeing activities, taxes, gratuities, tour escort, &amp; trip protection plan. \$300 deposit is due with reservation. Final payment due August 1st. A detailed flyer is available in the office. <b>Trip Presentation: On Friday, March 8th, 10:30 a.m. Bob Marx, Landmark Tours, will give a presentation on the Iceland Trip. If you are considering going on this trip, you should plan to attend to obtain important information &amp; get any questions answered. Sign up in the office.</b></p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Miscellaneous Information

**LEARN BEFORE LUNCH LECTURE – MEDICARE FRAUD** On **Friday, March 15th, 10:30 a.m.**, at the Community Center, representatives from the Agency on Aging will educate you about the *Senior Medicare Patrol* program. Sixty billion dollars each year is estimated to be lost due to Medicare fraud, errors & abuse. The *Senior Medicare Patrol* program uses outreach, counseling & education to combat Medicare fraud. Sign up for this important presentation in the office.

**LEARN BEFORE LUNCH LECTURE – INSOMNIA:** On **Tuesday, March 19th, 10:30 a.m.**, at the Community Center, Phyllis Quinn from PT services of Guilford will educate you about insomnia. Sleep is essential to good health, but one out of three people report mild insomnia. Phyllis will discuss the causes of insomnia & offer suggestions on how to sleep better. Sign up for this important presentation 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 & older. Taxes will be prepared by **APPOINTMENT ONLY on Wednesdays from 10:00 a.m.- 3:00 p.m. February 6-April 10** at the Guilford Community Center, 32 Church Street. Call the office at 203-453-8086. For your appointment you must bring all documents that apply to your 2018 income taxes. Also, you must 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.***

**SPRING INTO BOCCE:** Registrations are now being taken for the Senior Bocce League's 2019 season which will be on **Tuesdays, April 16th- June 25th, 10:00 a.m.** at Chittenden Park. A mini-session will run through the summer, if there is adequate interest. The fall season will then pick up again on **September 10th & continue to October 29th**, when the Annual Banquet will be held in the evening. The registration fee is \$15.00 it covers both the spring & fall seasons, as well as the end-of-the-year banquet. New players are always welcome & there is also a need for people to be available as subs. Playing bocce is a great way to have some fun, laugh, meet new friends & get some exercise. Register in the office. (Program #40230-A4). If you have any questions, contact us at 203-453-8086.

**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 enjoy pre-show refreshments. Sign up in the office.

**VOLUNTEERS/DONATIONS NEEDED FOR CRAFT GROUP:** Come join our Craft/Sewing Senior volunteer group. This is not a class. It is a crafting/sewing get-together of beginners & skilled folks who love to create, laugh & share ideas. The items we make from the donated materials/supplies are sold to help keep the cost of the senior trips & activities down. We meet every Tuesday, February- October from 10:00-12:00 at the Community Center. No fee. Also, check out the constantly changing showcase for items that may spark your purchasing fancy.  
**Craft/Sewing wish list:** Material including black, walnuts in their shells, cinnamon sticks, fleece, poly-fill, mini holiday items (figurines, etc.). Drop off these ***in-good-shape*** items at the office. Thank you!

**KNITTERS NEEDED:** The Guilford Knitting Club will resume meeting February 4th at 1:00 p.m. at the Community Center. We are looking forward to sharing patterns, knitting tips & small talk. New members are welcome. Our knitted items are sold during the Annual Holiday Fair & from the Community Center showcase & proceeds are donated to the 55+ program to support activities. If you need more information or have questions, please call Shirley at 860-575-1498.

**AARP DRIVER SAFETY COURSE:** Class will be offered at the Guilford Community Center on Wednesdays, March 20, April 17, from 12:30 - 4:30 p.m. May 15, from 5:30-9:30 p.m. Cost is \$15.00 for AARP members & \$20.00 for non-members. Sign up in the office.

**FREE HEALTH COACHING SESSIONS:** on **Friday, March 22nd 11:30 – 12:30** the VNA will be offering their Free Health Coaching sessions. A registered nurse (RN) can check your blood pressure, heart rate & weight, assess your health & work with you to set goals. She will be sitting at a private table near the windows in the lunch room so stop by & say hello & see if she can help you with any health issues.

**CHESS ANYONE?** Interest has been expressed for starting a chess group to meet on a regular basis to play & challenge anyone interested in this mind-sharpening game. If adequate interest is expressed, we will work to find an agreeable day & time. Please indicate your interest on the sign-up sheet in the office.





**March 2019** SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE  
 Call 203-453-8009 for an appointment with Tammy DeFrancesco, 263 Church Street, Guilford.



**The GUILFORD HOUSING AUTHORITY is currently accepting applications for its efficiency and one bedroom apartments at Guilford Court and Boston Terrace in Guilford, CT.**

Applicants must be age 62 and over or on 100% social security or federal disability and over the age of 18. Applications may be obtained by calling the application line at 203-453-6262, ext. 107. An information packet will also be provided with the application. Applications will be accepted until May 30, 2019 at 3:00 p.m. Credit, police, and landlord checks are procured by this Authority.

**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.

**NEED FREE HELP with YOUR TAXES?**



Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes prepared by a volunteer at the Guilford Community Center.

**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

**MEALS ON WHEELS , CHARLIE'S CLOSET , FRIENDLY VISITORS — 203-453-8359**  
**VNA HELPLINE 1-866-474-5230**

# March 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 \$4.25</b> Stuffed Chicken Breast Roasted Potatoes Mixed Vegetables
<b>4</b> Ham, Scalloped Potatoes Peas & Carrots	<b>5</b> Stuffed Sole Rice, Squash	<b>6</b> <i>Breakfast Only</i> 	<b>7</b> Quiche Lorraine Stewed Tomatoes Muffin	<b>8 \$4.25</b> Roast Pork Sweet Potatoes Green Beans 
<b>11</b> Chicken Thigh Roasted Potatoes Brussels Sprouts	<b>12</b> Cheese Ravioli Sausage & Peppers, Zucchini	<b>13</b>  <i>Breakfast Only</i>	<b>14</b> Baked Cod Broccoli, Rice	<b>15 \$7.00</b> Corned Beef and Cabbage Potato, Carrots
<b>18</b> Salisbury Steak Mashed Potatoes Mixed Vegetables	<b>19</b> Chicken Cacciatore Pasta, Zucchini	<b>20</b> 	<b>21</b> Baked Chicken Mac & Cheese Carrots	<b>22 \$4.25</b> Roast Turkey Mashed Potatoes Broccoli Birthday Lunch
<b>25</b> Meatloaf Mashed Potatoes Green Beans	<b>26</b> Chicken Florentine Roasted Potatoes Carrots	<b>27</b>  <i>Breakfast Only</i>	<b>28</b> Ziti with Meatballs Spinach	<b>29 \$4.25</b> Pot Roast Mashed Potatoes Mixed Vegetables

## Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
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	9:30a.m. Seniors Spiritual (1st & 3rd Wednesdays) 10:00a.m. Beg Mah Jongg 12:00p.m. Beg Ballroom 1:00p.m. Ballroom Dance 1:00p.m. Bridge 1st Wed. 1:30p.m. Water Strides	9:00a.m. Bridge 9:00a.m. Pinochle 10:00 a.m. Mah Jongg 12:30p.m. Oil Paint 1:00p.m. Body Wise 3:00p.m. Oil Painting	9:00a.m. Line Dance 9:00a.m. Pinochle 11:00a.m. Tai Chi 11:30a.m. Spanish 1:00p.m. Bingo 1:00p.m. Italian (no spring/summer Italian & Spanish class) 1:00p.m. Mah Jongg 1:30p.m. Aerobics 1:30p.m. Bridge

### MONTHLY ASSISTANCE PROGRAMS

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

Medicare Assistance— by appointment    Hearing Clinic- Fourth Monday each month  
 Financial Assistance— by appointment    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: YOU MUST 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> *Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*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	*Shop @ Big Y 9-10 * <u>VERY Limited Rides</u> within Guilford <u>ONLY</u> (Medical or CC) No rides after 1:00 	*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

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.