



Hilltop Farm Senior Center Newsletter

February - March 2010, Issue 9

The Mission of Bridgewater's Hilltop Farm Senior Center is to identify the total needs of our senior population, promote and encourage new and existing activities, provide services and education to enhance the quality of life for all our seniors to enable them to age with dignity and independence.

BWSC COMPUTER GROUP ACTIVITY FEB & MAR 2010

The Computer Group has been unable to attract new students to our formal teaching sessions and has changed the program for February and March.

Anyone interested in learning our "Basics", "E-Mail" and "Internet" or "Word 2007" teaching programs are welcomed to come to our regular meeting on Tuesdays at 10:00 am for one on one tutoring on the programs. No fees will be charged for this except the \$5.00 fee to keep a Manual.

On January 26th a demonstration was presented on the use of Turbo Tax for the preparation of the 2009 Tax return of Thomas and Alma Johnson of Bridgewater (fictitious).

The Turbo Tax software has been set up in the computer room. Seniors can prepare, print and E-file Tax Returns starting in February. This will save seniors the cost of buying the software (\$50.00). All private tax data would be saved on a CD and nothing will appear on the Senior Center computers. Any questions can be directed to: Jerry Ronan, 860-350-3018.

BWSC 2009 COMPUTER GROUP REPORT

HISTORY

The Computer Group grew out of the original Senior Net instruction classes held at the New Milford Senior Center for nine weeks that started in January 2009. There were 7 students from Bridgewater, 3 students from New Milford with an instructor and 5 coaches from Bridgewater. A small part of this group who had their own laptop met on Fridays during this time to review the lesson from the previous class and prepare for the following week. There was only 1 Desktop computer in the Computer Room.

COMPUTER DONATION AND ADOPTION PROGRAM

The generosity of the residents of Bridgewater led to the donation of 13 computers and other equipment with an estimated value of \$5,200 to the Senior Center. Of these 4 computers were placed in the Computer Room, 5 have been adopted into Senior homes and 4 are still available for adoption. We also have some printers and scanners available.



REMINDER

During inclement weather, if the schools in Region 12 are closed the Senior Center is closed. But spring is around the corner and so you will not see this reminder until next winter!! Stay safe..



BRIDGEWATER FOOD PANTRY

As many of you know and some of you may not, a small food pantry has been operating out of the Senior Center since spring. Through the generosity of the residents of Bridgewater, William Ravis Realty and Shepaug School system, including our Burnham School, we have outgrown the space at the Senior Center.

The food pantry is moving to the Bridgewater Congregational Church as of January. Thru the kindness of Rev. Peter Hammond and the hard work and organization of Sharon Carlson, we now have a substantial space for our pantry. Please feel free to stop in and see the new and improved pantry and to continue with your generous donations to help those in need in our own town. For those in need, feel free to frequent the pantry for food and non perishables. The pantry is open to all. You do not have to be a senior.

Thank you to all who have helped with the pantry thru donations or deliveries. We would be lost without you.

MOVIE

The movie this month will be shown on **Wednesday, February 24th at 1:00pm.** The movie is "Julie and Julia", the Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powells's 2002 challenge to cook all the recipes in Child's first book. Pop-corn on the house.



LUNCHES



Our February lunch will be our **Valentine's Day lunch on Wednesday the 10th at noon.**

We will be having chicken divan with rice and salad. Suggested donation is \$6.00. We will also be entertained by Carl Dill on the harmonica.

Our March lunch is on **St. Patrick's Day, Wednesday the 17th.**



Julie Ledbetter will be doing a traditional Irish lunch of corn beef, cabbage and potatoes with Irish soda bread. Suggested donation is \$10.00

Please call us at 860-355-3090 if you plan to attend either of these lunches.

BRIDGEWATER TRAVELLERS

Our first day trip this year is **on Saturday, February 20th.**

We are going to the **Rhode Island Spring Flower Show**

at the Rhode Island Convention Center. This year's theme, "Timeless Gardens", takes you through decades that will remind you of forgotten sights, times, friends and family. From the Roaring Twenties to the over-the-top appearance of a 1960's garden. Attached to the Convention Center is the Providence Place Mall where you can find everything from fine dining to fast food and you can enjoy lunch on your own. The cost for the bus and admission is \$65.00.

Jean Hopkins is the Director of the club. Our next meeting, **ALL INTERESTED PERSONS ARE INVITED, will be Friday, March 12th at 10:30am.**



BASKETS OF CHEER

Hilltop Farm Senior Center says a very big 'THANK YOU'. The 2009 "Baskets of Cheer" for the Bridgewater seniors were distributed on December 13th. The baskets were overflowing with all kinds of "goodies". Poinsettias, scarves, mittens, hats, calendars, day planners, flashlights, journals, tote bags, popcorn, cookies, candies, fleece throws, washcloths, sponges, books on Bridgewater, indoor/outdoor thermometers, and more.

All of this was made possible through donations from the following business:

Bridgewater Village Store...Bridgewater Plaza Convenience Store...Maywood Estates...Union Savings Bank...Newbury Inn of Brookfield...Shoprite of Brookfield...H.H. Taylor...Home Depot of New Milford...Walmart of New Milford...Homestead Inn of New Milford...Hydro Technologies Inc.

And the following individuals:

Jim & Nancy Stuart...Bob & Sonja Grey...John & Marilyn Curtin...Greg & Joy Bollard...Peter & Leni May...Tom & Julie Segar...Curtis Reed...Jean Hopkins...George Allingham...Lisa McMahon...Don & Sally Shail...Burton & Jane Bernstein...Andy & Ann Bazos...Mr & Mrs. Osang Kwan...Alice Kang...Hal Myerson...Louis & Celeste Sproviero...Neil Cable...Dorothy Fitch and an anonymous donor.

Thank you also to all the people who helped assemble the baskets:

Maureen Terry...Marian Spodnick...Susan Branagan...Sonja Grey...Ann Tymon...Joanne Stuart...Wanda Heaney...Charlie & Barbara MacMillan...Bob & Elvira Giusti...Debi Kuchinski...Laura Shail...Marilyn Curtin.

Baskets were delivered by:

John & Pat Barlow, Charlie & Barbara MacMillan, Marilyn Curtin, Susan Branagan, Wanda Heaney, Sonja Grey, Sally Shail, Bob & Elvira Giusti and Maureen Terry.

Thank you to everyone for putting a smile on the faces of the seniors and making it another successful year of spreading Holiday Cheer.

And a special thank you to Sally Shail for all her time and work in heading up this project.



THANK YOU'S

Thank you to the Cub Scouts and their families for our outdoor Christmas tree and the carol sing. To the Roxbury-Bridgewater Garden Club's Ann Tymon for showing us how to make very special centerpieces for the holidays, and to Joe Caruso for decorating the wreaths. To Sally Shail for all of the time and effort she put into organizing the baskets of cheer. To Carl Dill for his reading at our Christmas lunch and last, but not least, to all our wonderful bakers for their great desserts.

CPR CLASS

We will be having a class on CPR in the spring. CPR is a lifesaving action. When an adult has a sudden cardiac arrest, his or her, survival depends greatly on getting SPR from someone nearby. Come learn with us . Date to be announced.

There are many Bridgewater seniors living alone and we would ask all of our residents to be aware of your neighbor's needs and let us know of anyone who may need help of any kind.

FREE BLOOD PRESSURE AND BLOOD SUGAR SCREENING

The VNA will be here on the second Tuesday of every month for free blood pressure and blood screening 1:00pm to 2:00pm. No appointment is necessary for this. This month, on Tuesday, February 9th the VNA will also be offering the H1N1 vaccine. If you are interested, do call us so that the VNA can bring the correct amount of vaccines.



Box 216
Bridgewater, CT
06752

Bulk Rate
U.S. Postage
PAID
Bridgewater, CT 06752
Permit No. 8
Carrier Route Presorted

Hilltop Farm Senior Center
132 Hut Hill Road • Bridgewater, CT 06752
(860) 355-3090

CANASTA AND MAHJONG

Both these groups welcome new members and are willing to teach those who are interested.



WEB SITES OF INTEREST:

Consumer Law Project for Elders:
www.connlegalservices.org or call

1-800-296-1467

Online Living Will Forms:

www.ctelderlaw.org

Ct. Dept of Veterans' Affairs:

www.state.ct.us.ctva/

SENIOR CENTER E-MAIL

We now have our own Email. It is bwscseniorcenter@gmail.com . Please e-mail us YOUR e-mail address so that we can send you reminders and notice of events that may not have made the calendar. We will send out our e-mail under BCC so that your e-mail is kept private, should that be your choice.

SENIOR CENTER HOURS:

Monday – Closed

Tuesday – 10:00 – 4:00

Wednesday – 10:00 – 4:00

Thursday – 10:00 – 2:00

Friday – 10:00 – 4:00