



Hilltop Farm Senior Center Newsletter

April - May 2012, Issue 20

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.

Save the day
Saturday, June 9th, 9:00am to 3:00pm for our
ANNUAL TAG AND BAKE SALE



If you have any items you would like to donate you can drop them off at the senior center during our regular business hours or we can arrange for pick-up at your home, just make sure that your items are clean and in good condition. We accept furniture, clothing, small kitchen appliances, (in good working order), art work and anything else that may be clogging up your attic. We do not accept TVs or electronic equipment.

We will be looking for volunteers to work the day of, in two shifts, 8:30 to 12:00 and noon to 3:30.

And of course bakers for the bake part of the sale. We will have sign -up sheets here at the center.

INTRODUCING SHARON CARLSON

Sharon Carlson has joined us as an assistant here at the center. Sharon owned her own business, Geppetto's Toys in Woodbury, which gave her the skills of ordering supplies, budgeting and of course dealing with the public. She also has a BS degree from Southern Connecticut State College in recreation specializing in Therapeutic Recreation. She loves to organize and implement activities especially those that benefit others. Sharon is married to Rick Carlson whose Bridgewater roots go back to his great-grandfather. They have 3 children, Nicole 28, Ben 21 and Matthew 17. And there are many of you who know her mother-in-law, Marion Carlson Smith. Welcome, Sharon.

TAXES

Tax deadline this year is **April 17th** so you still have time to come in to have your taxes done free by Jerry Ronan through Turbo Tax Service. **Appointments are scheduled for Mondays at 10:00am and you must call in advance to Jerry Ronan at 860-350-3018 to schedule your appointment.** Your tax records will be put on a CD and a paper printout will be provided. The Federal and Connecticut tax returns can be filed electronically.

UPCOMING TRIPS:

There are still seats available for the trip to **Nantucket Daffodil festival, April 27 – 29th, 2012** and for the trip to **Boothbay Harbor, Maine, June 22nd – 24th.** For further information call Jean Hopkins, 860-354-9532. The Goodspeed Opera House day trip to see "Mame" has been filled to capacity.



SENIOR DRIVERS IN CONNECTICUT

In addition to being a convenience and an enjoyable activity for many people, driving is also a symbol of one's independence. As we age there are numerous factors that can affect our driving skills, and hinder our ability to safely operate a motor vehicle. The Connecticut Department of Motor Vehicles wants older drivers to maintain their driving independence as long as they continue to drive safely and confidently.

LICENSE RENEWAL FOR SENIOR DRIVERS

Connecticut drivers who are 65 years of age or older at the time their current driver license expires are generally required to renew their license in person at a local DMV office. Your license can also be renewed at the DMV satellite office, DMV photo license center, DMV photo license bus, or AAA. You can only renew it at AAA if you have your current license. Senior drivers also have the option of renewing their license by mail if they meet certain requirements and are unable to go in person. In some cases, if you are over 65 years of age you may be required to take a vision test and in certain situations be asked to take a written knowledge test as well. In preparation for this you can review the Ct. Drivers handbook and take practice tests before going for your license renewal.

Mother's Day

MOTHER'S DAY LUNCH

This year our Mother's Day Lunch will be held on **Wednesday, May 9th**. This is due in part because we are going to have a fashion show, clothes provided by the Dress Barn in Danbury, and we are working around their schedule. Models will be from our own center seniors. The festivities will begin at 11:30a.m. This is our gift to the WOMEN from our center. No men allowed.

Our monthly lunches will be held on **Thursday, April 19th and Thursday, May 17th**.

BIRTHDAY SOCIALS:

Our birthday socials are proving to be very popular. Remember, it does not have to be your birthday to attend these socials.

Everyone is welcome to come and celebrate with the "special" birthday babies, so join us for cake, ice cream, coffee and some fun entertainment. We are looking for people who can play a musical instrument, sing or have any other talent and who would like to help entertain at our birthday socials. We know you are out there so give us a call



NEWS FROM THE COMPUTER CLUB

The Senior Center Blog

<http://www.bwsccomputergroup.blogspot.com/>

Information you will find there.

Preparing for emergencies, the town web site, the newsletter, calendar, what's going on this week and coming soon. The Computer group session outlines schedules, manuals and activities. The Silver Needles history with photographs. The Travelers group planned trips and photos from their last trip. If you would like to post something of interest to all, let us know!



Computer Group Activity – April and May.

The small groups (two to four students per instructor) used through January to March has been highly successful for the computer learning program. We have 6 instructors teaching different subjects each week on **Tuesdays from 10:00 – 12:00**. To view what is being taught, click on the "This week" line-"Tues 10:00am Computer Gp" on the blog.

Starting **April 3rd** any new computer member will be mentored by a current member to give the personal help needed in learning basic mouse skills, email and internet instruction. Email Jerry Ronan at gronan0137@gmail.com or call him at 860-350-3018 for more information or to join a weekly session.

Please consider donating your old laptop when upgrading to a new one and get a tax deduction.

VAN SERVICE

The town van is available to our seniors for transportation on any day of the week. Call Bob Brown, 860-354-4190 or the senior center.

We are looking to have the van take 6 to 8 of us to the Danbury Mall or the Christmas Tree Shop or the movies or Costco.

If you are interested, please let us know by signing up here, calling us or e-mailing us at bwscseniorcenter@gmail.com. We will then set a day and place to go. We are fortunate to have a grant from the Connecticut Community Foundation to provide these services.

THE BRIDGEWATER FOOD PANTRY

The food pantry at the Congregational Church is in need of food and household staples. There is a list of needed items for the pantry at the senior center. Please remember that if you do contribute any food it must not be past the expiration date. This is a health regulation, so please check the dates on any food items. Donations may be dropped off at the church parish house, outside the office door, any day of the week. The food pantry is for all resident of Bridgewater, who need the assistance of this service. There are no papers to fill out and all visits are confidential. The pantry is available anytime during the day or call to arrange for evening visits. For more information call the Congregational Church (860)354-8283 or the senior center.

TAI CHI

Discover the many possible health benefits of Tai Chi. The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. It is sometimes described as "meditation in motion" because it promotes serenity through gentle movements – connecting the mind and body. Originally developed in ancient China for self-defense, Tai Chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. The Bridgewater Senior Center through a generous grant from the CONNECTICUT COMMUNITY FOUNDATION, provides **Tai Chi classes every Wednesday morning 10:30 – 11:30** for a small fee of \$24.00 for a session of 8 classes. You may come take one class for free in the month of April to see if you would like to join the new 8 week session which begins Wednesday, May 2. Due to the Mother's Day lunch, there will be no class on May 9th, but will resume again on May 16th. Call us to enroll or just stop by.



BENEFITS OF VOLUNTEER WORK

Everybody can benefit from volunteer work, but volunteering can be even more beneficial for seniors. Senior volunteer work is becoming even more popular lately, because many seniors have realized how beneficial volunteering can be for everyone involved. If you have been considering volunteering here are three great reasons why it might be the perfect choice for you.

A GREAT WAY TO SPEND FREE TIME:

Volunteering is a productive way to spend your day. It gives you a reason to get out of the house.

MAKE NEW FRIENDS:

You can make many new friends while volunteering. When you meet new people and make new friends it has a positive effect on every part of your life.

MAKING A DIFFERENCE IN SOMEONE'S LIFE:

After a day of volunteering you will go home feeling you made a difference in someone's life and that is a very special feeling!

A BIG THANK YOU TO ALL OUR VOLUNTEERS. WITHOUT THEM WE WOULD NOT BE ABLE TO PROVIDE SOME OF THE PROGRAMS AND SERVICES THAT WE CURRENTLY HAVE AVAILABLE.



Box 216
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Bulk Rate
U.S. Postage
PAID
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Carrier Route Presorted

Hilltop Farm Senior Center

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(860) 355-3090

SENIOR CENTER EMAIL

bwscseniorcenter@gmail.com

If you would like to be on our email list please e-mail us YOUR email so we can send you reminders and notices of events.



BINGO

As of May, bingo will be scheduled for the afternoons (a Wednesday or Thursday) at 1:00p.m. Same great prizes, same price of \$1.00 for the first card and 50 cents for each additional card. And of course refreshments are served!! Come join us for a fun afternoon (but in April it is scheduled for the morning).

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 HOURS:

Monday - Closed

Tuesday - 10:00 - 4:00

Wednesday - 10:00 - 4:00

Thursday - 10:00 - 2:00

Friday - 10:00 - 4:00