

# BRISTOL SENIOR TIMES

OFFICIAL PUBLICATION OF  
THE BRISTOL SENIOR CENTER



VOLUME 38

JANUARY 2022

ISSUE 1

## BEALS SENIOR COMMUNITY CENTER

240 STAFFORD AVE, BRISTOL, CT. 06010

860-584-7895

Some of our veterans were presented with handmade quilts as a thank you for their service by Dawna Cavagnaro and Jane Flannery at a ceremony in November



## B.S.C. IN THIS ISSUE

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## ANNOUNCEMENTS

THE CENTER IS  
CLOSED ON:

Jan 17th. For MLK Day



**WINTER CLASS REGISTRATION**  
**WEDNESDAY, JANUARY 5, 2022**



**9:00AM-11:00AM**  
**IN THE GYMNASIUM**

See Class list on Pages 12 & 13

## JANUARY ENTERTAINMENT

Friday, January 21, 2022

1:30pm

Prepare yourself to be dazzled!  
Gene the Amazing will defy all  
logic with his magic show designed to entertain  
and amaze. Light refreshments will be served.



Tickets are limited and are  
available in the office starting  
January 3rd.



From the Director:



We will start off the year by holding registration for our winter classes on January 5th from 9:00 to 11:00 a.m. in the gym. A listing of the classes is on pages 12 and 13 for review, or you may pick one up in the office. Registration will continue weekdays in the main office until classes are full.

We are also beginning a new year at the Fitness Center and the Billiards Parlor. The cost to join the Fitness Center is \$25.00 for the year. The cost to be a member of the Billiards Parlor is \$20.00 for the year. Please visit the office for more information.

We will begin to take registration for the 2022 Trips on Monday, January 10<sup>th</sup> from 1:30 – 3:30 p.m. in the dining room. A \$25.00 deposit is required for each trip you sign up for. Trip signups will be continue to be taken weekdays in the office beginning Tuesday, January 11<sup>th</sup>.

We hope you can join us for some fun on Wednesday, January 12<sup>th</sup> as Juniper Homecare hosts free Bingo from 1:00 – 2:00 p.m. You can enjoy some snacks and have a chance to win some prizes too. Please sign up in the main office.

Gene the Amazing will be performing for us on January 21st at 1:30 p.m. in the dining room. Come out and enjoy the entertainment and dessert provided. The event is free, but you must sign up in the office. What a nice way to spend a cold January afternoon!

If you a looking to make a New Year’s resolution, why not make it to do some volunteering? We are in need of volunteers in the following areas: Coffee Shop, Main Office Lunch Hour Coverage, Meals on Wheels, and the Dental Clinic. If you have the time, we would appreciate the help. Stop by the office and see Jason or Patty for more information.

**SNOW POLICY:** When Bristol Schools are closed, all Senior Center programs, classes and lunch are canceled. The staff does report and the building is open. We ask that you call the office first id you plan to come to the center to make sure the sidewalks and parking lot have been cleared and are safe. When Bristol Schools have a delayed opening, all Senior Center programs and classes begin at 9:30 a.m.

Save the date: January 5<sup>th</sup> – Class Registration  
 January 10<sup>th</sup> – Trip Sign Ups  
 January 12<sup>th</sup> – Special Bingo  
 January 21<sup>st</sup> – Gene the Amazing Magician  
 February 11<sup>th</sup> – Valentine’s Day Dinner

Have a great month!

Patty



**AGING DEPARTMENT**

**BRISTOL DEPARTMENT OF AGING SERVICES**  
 Hours: Monday through Friday 8:30 - 5:00p.m.  
**Senior Center Office: (860) 584-7895**  
 Fax: (860)584-7897

**Executive Director: Patty Tomascak, ext 7110**  
 patriciatomascak@bristolct.gov

**Assistant Director: Jason Krueger, ext 7109**  
 jasonkrueger@bristolct.gov

**Staff Assistant: Taylor Maghini, ext 7111**  
 taylormaghini@bristolct.gov

**Senior Benefits Coordinator: Lauren Scappaticci ext 7112**  
 laurensappaticci@bristolct.gov

**Maintenance Supervisor: Jeff Holley, ext 7127**

**Evening Custodian: Tom Adams**

**Evening Custodian: Jeff Bogazis**

**Volunteer Woodshop Supervisor: Dino Bossi**

**Volunteer Boutique Manager: Carol Kallberg**

**Volunteer Coffee Shop Supervisor: Rosalie Beals**

**Volunteer Trips Coordinator: June McCarthy**

COMMISSION ON AGING

(Meets 3rd Thursday @ 11:00 a.m.)

Dino Bossi: Chairperson      Larry Zbikowski: Vice Chair  
 George Irving: Commissioner      Christine Leigh: Commissioner  
 Dolores Ricker: Commissioner      Sheila Herens: Commissioner  
 Cathy Duck: Commissioner      Mayor Caggiano: Council Liaison

FRIENDS OF THE BRISTOL SENIOR CENTER

Office: (860) 584-7895 ext. 7117 (Meet 3rd Wednesday @10:00 a.m.) Mon - Friday 9:00-12:00 President: Ron Zaniewski

ADVOCATES FOR BRISTOL SENIORS

Office: (860)584-7895 ext. 7122 President: Beth Kanachovski  
 lizzy57k@yahoo.com ((Meet 2nd Monday @ 1:00 p.m.)

BRISTOL SENIOR WELLNESS CLINIC

Foot Clinic - (860)584-7895 ext. 7111  
 Blood Pressure Clinic -(860)584-7895  
 Dental Clinic - (860)584-7895 ext. 7119  
 Hearing Clinic - (860)584-7895

SENIOR LUNCH PROGRAM / MEALS ON WHEELS

860)584-7895 ext. 7114 or 7116 10:00AM - 1:00PM  
 Site Managers: Michele Rochette & Renald Chasse  
 (1 weeks notice required for lunch)

DIAL-A-RIDE TRANSPORTATION

(860)589-6968

(Human Resources Association -  
 24 hours notice required for a ride)  
 Director-Nancy Shannon

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**JANUARY LECTURES**

Wednesday, January 12, 2022: "Respiratory Therapy" 10:30am  
 Wednesday, January 19, 2022: "Food & Mood" 10:30am  
 Wednesday, January 26, 2022: "Streaming" 10:30am  
 Thursday, January 27, 2022: "Mediterranean Diet" 10:30am

**Please sign up in the office, or  
 call 860-584-7895 for all lectures  
 and seminars!**



**"The Mediterranean Diet"  
 By: Miles Everett RD RN**

The Mediterranean Diet: no, you don't have to move to Sardinia to eat it. But research continues to point to it as one of the best diets to address high blood pressure, high cholesterol, pre-diabetes, weight loss, etc. Join Miles Everett RD RN to learn how and don't forget your passport.

**Thursday, January 27, 2022  
 10:30am in Room #109**

**"Streaming"**



If you are curious about other sources of entertainment besides cable, join Jason as he will explain the ins and outs of streaming. Multiple devices will be discussed as well as viewing options. There will be a question and answer session following the lecture.

**Wednesday, January 26, 2022  
 10:30am in Room #109**

**"FOOD & MOOD"**

*By: Jessica Dorner*



Does what you eat affect your mood? Join ShopRite Registered Dietitian Jessica in this informative lecture to ring in the New Year on a bright note! Learn how food can play a role in our mood and overall outlook and well-being. A goodie bag will be available to all participants and registration is required.

**Wednesday, January 19, 2022  
 10:30am in Room #109**



**BINGO**

*Sponsored by: Juniper Home Care*

Join the staff of Juniper Home Care as they sponsor a fun Bingo with prizes. Each person will have Bingo cards to play from. Registration is required as space is limited by calling the office at 860-584-7895.

**Wednesday, January 12, 2022  
 1:00pm in the Dining Room**

**"Respiratory Therapy"**

*Sponsored By Village Green*



Join the Village Green Respiratory Director as she discusses breathing exercises, proper use of inhalers, and how to manage the effects of Covid 19. There will be a question and answer session to follow.

**Wednesday, January 12, 2022  
 10:30am in Room #109**

**TRIPS**

**The Bristol Senior Center announces its  
2022 Trip Schedule.**

**All trips are open to Senior Center Members  
as well as the general public.**

**(Sign ups start on January 10, 2022 1:30 p.m. Dining Room)**



April 24 – May 3:	British Landscapes	\$2,399 pp
April 26:	Welcome to Spring/Chowder Pot	\$94 pp
April 27-30:	Florida Resort-Manatee Adventure	\$1,475 pp
May 18:	Dancing Dream-Aqua Turf	\$86 pp
May: 25:	Newport Playhouse	\$132 pp
May 4-6:	Sight and Sound, PA	\$591 pp
June: 1:	Springtime in the Poconos	\$130 pp
June 6-8:	Bar Harbor, Maine	\$705 pp
June 14:	Saint Clements Castle	\$104 pp
June 21-27:	Canadian Rockies	\$2,499 pp
July 19:	Log Cabin Twin Lobsters	\$120 pp
July: TBD	Essex Steam Train & Riverboat	TBD
August 10:	Jersey Tenors-Aqua Turf	\$86 pp
August: TBD	Connecticut Lighthouse Cruise	TBD
August 23-30:	Mackinac Island	\$1,999 pp
September 8:	Sounds of Summer	\$99 pp
September 11-19:	Painted Canyons	\$3,499 pp
September 12-14:	White Mountains, NH	\$579 pp
September 19-23:	Biltmore & Ashville, NC	\$2,425 pp
October 12:	Octoberfest Krucker's	\$119 pp
November: TBD	911 Memorial & World Trade Center	TBD
November 15-17:	Atlantic City	\$289 pp
December 4-9:	Punta Cana Winter Escape	\$2,199 pp
December 7:	In the Christmas Mood-Aqua Turf	\$86 pp

**A \$25.00 non-refundable deposit per person is required at the time the trip is booked.**

**Final Payments are due 6 weeks prior to trip.**

**Trips fees are non-refundable.**

**Registration will begin on January 10th  
from 1:30—3:30 p.m. in the Dining Room.**

**Trip sign ups will then be taken in the main office -**

**Weekdays between 8:30 a.m. and 5:00 p.m.**

**Make sure you are on the bus! Sign up today!**





# January Movies at the Bristol Senior Center



## Free Wednesday Movies!

**Films are Shown every Wednesday at 12:45 pm in Room #109**  
**Sponsored by Friends of the Bristol Senior Center**

Movies are selected by Anita Nyberg and run by the Senior Center  
 (All movies are subject to change without notice.)



**January 5, 2022 - "On The Rocks" - 96 min. R 2020**

**Starring: Bill Murray, Rashida Jones, & Marlon Wayans.**

Doubting the fidelity of her hubby, Dean, as he takes more business trips, stay-at-home mom Laura turns to her playboy dad for advice. When he suggests that they tail Dean all over town, it leads to a comic adventure and growing father-daughter bond.

**January 12, 2022- "Awakenings" - 120 min. PG-13 1990**

**Starring: Robin Williams, Robert DeNiro, & Julie Kavner.**

In this stirring fact-based drama set in 1969, a reclusive neurologist is given authorization to test an experimental drug on a catatonic patient -- who awakens from his 30-year stupor and must come to grips with life as an adult.



**January 19, 2022 - "Shazam!" - 132 min. PG-13 2019**

**Starring: Zachary Levi, Mark Strong, & Asher Angel.**

We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word—SHAZAM!—this streetwise 14-year-old foster kid can turn into the adult Super Hero Shazam, courtesy of an ancient wizard. Still a kid at heart—inside a ripped, godlike body—Shazam revels in this adult version of himself by doing what any teen would do with superpowers: have fun with them! Can he fly? Does he have X-ray vision? Can he shoot lightning out of his hands? Can he skip his social studies test? Shazam sets out to test the limits of his abilities with the joyful recklessness of a child. But he'll need to master these powers quickly in order to fight the deadly forces of evil controlled by Dr. Thaddeus Sivana.

**January 26, 2022 - "Richard Jewell" - 131 min. R 2019**

**Starring: Sam Rockwell, Kathy Bates, & Jon Hamm.**

"There is a bomb in Centennial Park. You have thirty minutes." The world is first introduced to Richard Jewell as the security guard who reports finding the device at the 1996 Atlanta bombing—his report making him a hero whose swift actions save countless lives. But within days, the law enforcement wannabe becomes the FBI's number one suspect, vilified by press and public alike, his life ripped apart. Reaching out to independent, anti-establishment attorney Watson Bryant, Jewell staunchly professes his innocence. But Bryant finds he is out of his depth as he fights the combined powers of the FBI, GBI and APD to clear his client's name, while keeping Richard from trusting the very people trying to destroy him.



### RATINGS:

**G = General**

**PG = Parental Guidance**

**PG13 = Must be 13**

**R = Restricted**



**The Bristol Senior Center Presents:  
 The Newport Playhouse & Cabaret  
 Restaurant's Production of  
 "Murder at the Howard Johnson's"  
 Wednesday, May 25, 2022**

Is all fair in love? Even Murder? That's the question posed by this light and funny suspense comedy about a love triangle in a Howard Johnson Motor Inn. The play presents a love triangle involving a woman, her lover, and her husband in three scenes.

An afternoon of Great Fun!

Traditional Buffet: 16 Hot Entrees, Salads, Veggies, Dessert, Fruit and Beverages!  
 \$132.00 per person



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**The Bristol Senior Center Presents:**

**Welcome To Spring!**

**Chowder Pot, Hartford, CT.**

**Tuesday, April 26, 2022**

**CHOWDER POT  
 OF HARTFORD**



Featuring Rich Wilson! 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 your favorite songs.

Lunch includes New England Clam Chowder, Warm rolls, Choice of Chicken Piccata or Baked Scrod with Crumb Topping, Vegetable and Potato, Cheesecake, Beverages.  
 \$94.00 per person



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# SPORT'S PAGE



## 9 Ball Tournaments

If any Billiards Room member is interested in participating in 9 ball tournaments on Wednesday nights at 6:00pm, please sign up in the billiards room. You must be a member of the billiards room to play.



## Wii Bowling Results: In House League:

- Week 7 11/12/21: Micheline Gaboury - 986.6 series
- Week 8 12/3/21: Sandra Sims - 991.6 series
- Week 9 12/10/21: Tami Chapman - 994.1
- Week 10 12/17/21: Vito Montelli - 983.3

**Come and join the fun!**



## Join The Bristol Senior Center Fitness Center!

2022 Membership fees: \$25.00

The Fitness Center is open from 8:00am-5:00pm Monday through Friday.

Interested people must fill out an application packet. For new members there is a one time trainer orientation session which is \$20.00 per person.  
**Don't Delay! Join Today!**



## Pickleball

Monday, Wednesday & Friday:  
Open game play for all 1:00 -4:30 p.m.

Wednesday Evenings:  
6:00 – 9:00 p.m.

Beginners may show up at 12:30pm on Monday, Wednesday, or Friday to get a feel for the game.  
Bring a partner to hit around with.

Everyone that plays pickleball must be a member of the Bristol Senior Center!



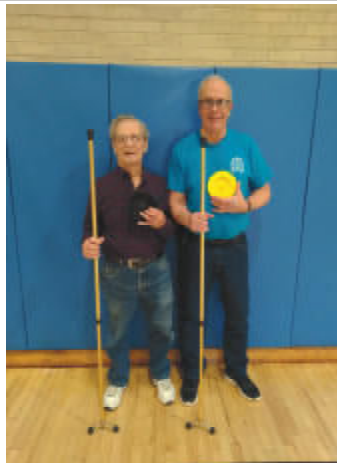
Next Competition: Bristol Lucky Strikes  
Vs. Waterbury via Zoom, Wednesday,  
January 12, 2022, 9:30am



## Cornhole League Standings:

Tony Pires & Kathy McNamara	21	7
Vito Montelli & Karen Ginter	20	8
Claudette Blais & Paul LaRue	19	9
Tom Hueller & Lorna Baxter	18	10
Paula Blais & Mary DellaVecchia	17	11
Stan Morin & Pat Folino	17	11
Jack O'Dell & Dolores Ricker	17	15
Howard Achille & Diane Guarino	15	13
Mark Granstein & Mary Sylvia	15	13
Louise St. Hilaire & Jim Driscoll	10	18
Rich Warszakowski & Dolores Turcotte	8	20
Stephen & Elaine Bernier	5	23
Marty Jolin & MaryAnn Sirois	2	26

The Cornhole leagues play on Tuesdays from 10:30am-12:00pm in the Gymnasium. The Winter League wraps up in January. The spring league will start in February. If you are interested in joining, see Jason in the office.



2021 BSC Fall Shuffleboard League Champions Tom Hueller & Jean Blais (L)  
Below is Claudette Blais & Micheline Gaboury & Louise St. Hilaire & Vito Montelli



Sign up for the next Shuffleboard league to run on Fridays from 10:30-12:00pm in the Gymnasium starting the end of January. See Jason in the office!

## 2022 Billiards Membership



**\$20.00 per year**  
**Sign up in the office!**



# Daily Activities at the Senior Center



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am
Billiards 8:30am-5:00pm	Billiards 8:30am-5:00pm	Billiards 8:30am-5:00pm	Billiards 8:30am-5:00pm	Billiards 8:30am-5:00pm
Photography Club 8:45-9:45am	Texas Hold'em 9:00am	Korean War Vets 8:00-9:30am	Bridge 9:00-11:30am	Knitter's Group 9:00am-12:00pm
Pinochle 12:30-2:30pm	Writer's Club 10:00am	Foot Clinic 8:30am-3:00pm	Cribbage 9:00-11:00am	Brush & Palette Club 9:00am-12:00pm
Cribbage 10:00am-12:00pm	Corn Hole 10:30am-12:00pm	Mexican Train Dominoes 10:00am	Mahjong 1:00-3:00pm	Charlemagne 10:00am-12:00pm
Scrabble 11:00am-12:30pm	Social Dance 1:00-3:00pm	Canasta 12:30-2:30pm	BINGO 1:15-3:00pm	Setback 12:40pm
Chinese Mahjong 1:00pm	Healthy Living Book Club 1:00pm	Movie 12:45pm	Free Ballroom Dance Lessons 1:00-3:00pm	Shuffleboard 10:30-12:00am
Pickle Ball 1:00pm - 4:30pm	Ping Pong 1:00pm	Pickleball 1-4:30pm & 6-9pm		CC Stroke Club 1:00-3:00pm
Set Back Tournament 5:45pm		Trad. Charlemagne 1:00-4:00pm		Pickle Ball 1:00pm-4:30pm

## Volunteers Needed

The Bristol Senior Center is truly a volunteer driven facility. Nearly every area has a volunteer making sure that everything runs smoothly. Getting involved as a volunteer not only gives you a deeper connection to the Bristol Senior Center, but it also provides camaraderie, laughs, and purpose. We currently have an urgent need for help in the Coffee Shop, Main Office, Meals on Wheels, and in our Health Clinics. If you are interested in becoming a part of the team, see Jason in the office.

## Tai Chi Sword Form

*Taught By Cynthia Hoag*

Join Cynthia Hoag in a Tai Chi Sword 32 Form class using practice swords. This practice dates back to ancient Chinese martial arts and has proven health benefits ranging from increased flexibility, blood flow, increased balance, and muscular development. There will be 2 free classes on **Thursday, January 13 & 20, 2022 at 1:00pm.** Participants must pre-register in the office as spots are limited.



**Annual Enrollment for Medicare - Oct 15th - Dec 7th**

*In person / Phone Conference / Zoom Meetings. We have all PPE in place.*

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JANUARY 2022 SPECIAL ACTIVITIES

Friday, December 31, 2021 - HAPPY NEW YEAR! Senior Center is Closed

Tuesday, January 4, 2022: Reflexology with Kim Stewart - 12:00pm in the office, appointment needed.

Wednesday, January 5, 2022: Class Registration - 9:00-11:00am in the Gym

Monday, January 10, 2022: Reflexology with Kim Stewart - 9:00am in the office, appointment needed. Advocates for Bristol Seniors meeting: 1:00pm in Room #109

Tuesday, January 11, 2022: I-Pad help with Sherri - 10:30am

Wednesday, January 12, 2022: Bristol Lucky Strikes Home Zoom vs. Waterbury - 9:30am
Lecture: "Respiratory Therapy" By Village Green - 10:30am in Room #109
BINGO - Sponsored By Juniper Home Care - 1:00pm in the Dining Room

Monday, January 17, 2022: HAPPY MLK DAY! Senior Center is Closed

Wednesday, January 19, 2022: Lecture: "Food & Mood" - 10:30am in Room #109
Friends of the Bristol Senior Center meeting: 10:00am in Room #106

Thursday, January 20, 2022: Commission On Aging Meeting - 11:00am in Room #109
Lunch with the Mayor - 11:45am - Sign up for lunch on that day!

Friday, January 21, 2022: Gene The Amazing Magic Show - 1:30pm in the Dining Room
Reflexology with Kim Stewart - 9:00am in the office, appointment needed.

Monday, January 24, 2022: Reiki with Shirley Moss - 9:30-11:30am - appointment needed

Tuesday, January 25, 2022: Memory Café Sponsored By Bristol Hospital - 1:00pm in Room #106

Wednesday, January 26, 2022: Lecture: "Streaming" by Jason - 10:30am in Room #109

Thursday, January 27, 2022: "Mediterranean Diet" by Miles Everett - 10:30am in Room #109



FACILITY TOURS

If you are a new member and would like to see the "big picture" at the Bristol Senior Center, then join us for a tour of the facility. Tours will run on Fridays at 10:00am and will be conducted by a BSC Volunteer! No need to sign up, just show up in the office!

Ever wonder what happens to all of those pictures that are taken at events? We put some up on the wall outside the cafeteria, and some go in our photo books in the office. All the other pictures are saved digitally because we simply cannot print them all. If you don't see a picture of you taken at an event, see Jason in the office and we can e-mail it to you. If the pictures are printed out and stored in our photo albums, you are welcome to take them.



BOWEN AGENCY, LLC

26 Center Street
Winsted, CT 06098
Ph. 860-379-2885

257 Main St, Ste 4
Torrington, CT 06790
Ph. 860-618-5544

Senior Center Medicare Seminars

10/18 @ 3pm United Healthcare
10/25 @ 3pm ConnectiCare
11/01 @ 3pm Aetna

Join us as we discuss Medicare plan changes & options for 2022.

Call 860-379-2885 to RSVP



# ROOM OFFERINGS



**Dining Room** - Meals Daily, Bingo, Tap, & Special Activities  
**Billiards Room** - Men's and Woman's Billiards  
**Gymnasium** - Pickle Ball, Exercise Classes, Dances  
**Art Room #100** - Quilting, Painting, Arts and Crafts  
**Conference Room #101** - I-Pad help  
**Woodshop Room #102** - Woodshop Monday through Thursday  
**Club Room #103** - Knitters, Photo Club  
**Ceramics Room #104** - Ceramics, Brush & Palette Club, One Stroke  
**TV Room #105** - Cable TV, sitting room  
**Card/Game Room #106** - Pinochle, Canasta, Mahjong, Setback, Bridge  
**Library Room #107** - Library, Puzzles, Personal Computer Use  
**Coffee Shop and Boutique Room #108** - Coffee Shop, Boutique  
**Community Room #109** - Lectures, Clubs, Seminars, Movies  
**Friends/Advocates Offices Room #111a & b** - Tag Sale  
**Health/Dental Clinic** - Health clinics  
**Fitness Room** - Cardio and Weight training  
**Rec Room** - Wii, Darts, Ping Pong, Board Games, Pinball

**JOIN THE BILLIARDS PARLOR**  
 Annual dues are \$20.00 for all the pool you can play!  
 Sign up in the Main office!

The Club Room #103 is open for use by groups, classes and outside rentals daily.



**Silver Fox Fitness Center**  
**Open Daily**  
**Yearly Membership fee \$25.00**  
**one time Training fee \$20.00**  
**Fitness Center Hours**  
**Mon- Fri 8:00am - 5:00pm**  
**Volunteer Monitors NEEDED!**



**SENIOR CENTER COFFEE SHOP**  
 Daily specials – Breakfast sandwiches, sandwiches, soups, eggs, muffins and more! Monday-Friday 8:30 a.m.-1:00 p.m. Rm #108  
 Volunteers Needed!



**Woodshop Rm #102**  
**The Woodshop is open Monday through Thursday from 8:30-11:00.**



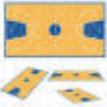
**Let's Do Lunch!**  
 Don't forget about our Congregate meals which are served Monday through Friday at the Senior Center. Meals are nutritious and very tasty. The suggested donation for the meals are \$2.50. Please call 860-584-7895 ext. 7114 at least a week before to reserve your meal. If you are homebound and would like Meals on Wheels, also call 860-584-7895 ext. 7116.



**Boutique Rm #108**  
 Seasonal clothing is needed for the boutique. Women's & Men's Clothing, as well as jewelry and accessories. Only donations of clean clothing in good condition will be accepted in the main office.  
 Open Monday - Friday 9-1pm  
 Tuesdays open until 2:30pm. (all proceeds benefit the Senior Center)  
 Volunteer opportunities are available.



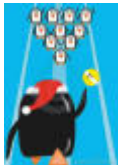
**Gymnasium:**  
**Pickleball** - Mon., Wed. and Fri. 1:00 P.M. Wed-6:00-9:00pm  
**Cornhole** - Tues. 10:30-12:00pm  
**Shuffleboard** Fridays 10:30-12:00pm  
**Exercise Classes**  
 Check out our exercise classes daily!  
**Walking Club** weekdays 6:45am  
**Social Dances** - Tues. 1:00pm



**CARD ROOM # 106**  
 Daily offerings to include pinochle, bridge, mahjong, canasta, set back and much more. If you have played before and would like to re-learn, we would love to have you join us!



**RECREATION ROOM:**  
**Wii Bowling** - In our Rec Room. Play alone or with a partner!  
**Ping Pong** - Equipment is available from the office  
**PinBall**  
**Darts** - Equipment is available from the office  
 \* Tuesdays and Fridays the Recreation room is unavailable from 10:30-11:15am due to a stretching class.



**Library Rm #107**  
 Come visit the Library. Build a puzzle, take out a book, watch some TV, use our personal computer, or just relax in a comfortable setting. All books and puzzles are donated.



**FRIENDS OF THE BRISTOL SENIOR CENTER**

The next meeting of the Friends of the Senior Center is: **Wednesday, January 19, 2022 at 10:00am in Room #106.**

All are welcome and encouraged to attend, but must call the Senior Center to sign up.

**Elected Officers:**  
President - Ron Zaniewski  
Vice-President - Ellie Cote  
Secretary - Cathy Duck  
Treasurer - Pat Kelly

**Board Members:** Robert Badal, Claudine Galitello, Christine Leigh, Lorna Baxter, Dolores Ricker, Beverly Zaniewski, Muriel O'Dell, Jackie Bouchard and Patricia Ward

**Application for Friends Membership**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Enclosed please find my membership fees:

Individual Membership (\$5.00) \$ \_\_\_\_\_

Husband & Wife (\$10.00) \$ \_\_\_\_\_

Willing to Volunteer? \_\_\_\_\_yes \_\_\_\_\_no \_\_\_\_\_later

Send to: Friends of the Senior Center  
240 Stafford Ave. Bristol, Ct. 06010

**BRISTOL SENIOR TIMES SUBSCRIPTION FORM**

Yes, I want to receive the Bristol Senior Times at home! Enclosed is my \$8.00 check made out to the "Friends of the Bristol Senior Center" to subscribe or continue my subscription. The \$8.00 covers postage for the year.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Send to: Friends of the Bristol Senior Center,  
240 Stafford Ave., Bristol, CT. 06010



**Going South For The Winter?**

Please call the Friend's office at 860-583-2562 so we can temporarily suspend your correspondence for the winter months until you get back. Thank You!



**ADVOCATES FOR BRISTOL SENIORS**

The next meeting of the Advocates for Bristol Seniors Board of Directors is:  
**Monday, January 10, 2022  
1:00pm in Room #109**

**President - Beth Kanachovski**  
**Vice-President - Carol Kallberg**  
**Secretary - Janice Palin**  
**Treasurer - Ingrid Gilona**  
**Financial Secretary - Muriel O'Dell**

**Directors:** Charlene Castle, Karen Ginter, Christine Leigh, Carol Jackson, Jack O'Dell, Pina Salvatore, and Florence Dowler.  
For more information, call the office 860-584-7895

Join the Advocates for Bristol Seniors by filling out the form below!

**Membership Form**  
ADVOCATES FOR BRISTOL SENIORS

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

DUES \$5.00 New\_\_\_ Renewal\_\_\_

240 Stafford Ave., Bristol, CT 06010  
Can be dropped off in Senior Center Office


**CLASS REGISTRATON**


## BSC Winter Class Registration 2022

The Bristol Senior Center Winter Class Registration will begin on Wednesday, January 5, 2022 at 9:00-11:00am in our Gymnasium, and continue weekdays on Thursday, January 6, 2022 between the hours of 8:30am - 4:00pm in the main office. Classes are 10 weeks long and the fee for each class varies depending on the length of the class. Registration is first come, first serve until classes are full. See class details for additional supply fees. Checks should be made out to the Bristol Senior Center. Must be a Bristol Senior Center Member.

### Winter Class Registration - Art Class Options

CLASS	DESCRIPTION	DAY(S)	TIME	START DATE	# OF Classes	FEE
Watercolors	Learn how to blend watercolors to create a masterpiece. Penny Kindblom	Mondays	10:00am-12:00pm	1/24/22	10	\$30.00*
Decorative Painting Projects	Learn how to accentuate projects with paint and creativity. Penny Kindblom	Mondays	1:00-3:00pm	1/24/22	10	\$30.00*
Quilting - Experienced	Experienced quilters who are looking for guidance and to gain new techniques. Dawna Cavy	Tuesdays	10:00am-12:00pm	1/25/22	10	\$30.00
Quilting - Beginners	Learn the art of putting together patterns and shapes to make lasting quilts. Dawna Cavy	Tuesdays	1:00-3:00pm	1/25/22	10	\$30.00
Chair Seating	Come learn the art of chair seating and complete a project that has been lingering. Michael Orefice	Tuesdays	12:15-3:15pm	1/25/22	10	\$30.00*
Intermediate Ukulele	Intermediate Ukulele for those who have gone through the Beginner Class. Sue Hill	Tuesdays	1:00-2:00pm	1/25/22	10	\$20.00
Beginner Ukulele	Beginner Ukelele class will teach basic chords in a fun and stress free environment. Sue Hill.	Tuesdays	2:00-3:00pm	1/25/22	10	\$20.00
Mother/Daughter Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Dawna Cavy	Tuesdays	6:00-8:00pm	1/25/22	10	\$30.00*
Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Dawna Cavy	Wednesdays	10:00am-12:00pm	1/26/22	10	\$30.00*
Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Dawna Cavy	Wednesdays	1:00-3:00pm	1/26/22	10	\$30.00*
Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Dawna Cavy	Thursdays	10:00am-12:00pm	1/27/22	10	\$30.00*
Watercolors	Learn how to blend watercolors to create a masterpiece. Penny Kindblom	Thursdays	1:00-3:00pm	1/27/22	10	\$30.00*
Painting- Beginner	Painting and brush stroke techniques are taught for people with little experience. Chris Brown	Thursdays	10:00am-12:00pm	1/27/22	10	\$30.00*
Painting-Intermediate	Painting and brush stroke techniques are taught for experienced painters. Chris Brown	Thursdays	1:00-3:00pm	1/27/22	10	\$30.00*
Shell Crafts	Participants will create various decorative crafts with shells. Gail Farrar	Fridays	1:00-3:00pm	1/28/22	10	\$30.00*



## Winter Class Registration - Exercise Class Options

CLASS	DESCRIPTION	DAY(S)	TIME	START DATE	# OF CLASSES	FEE
Zumba Gold	Zumba is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Denise Lipka	Mondays	9:30-10:15am	1/24/22	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Mondays	10:45-11:45am	1/24/22	10	\$20.00
Tap Dance for Seniors	Tap dance techniques for the experienced dancer are taught for fitness. This is a fast moving class. Amy Perales	Mondays	1:30-2:15pm	1/24/22	10	\$20.00
Aerobic Exercise	Nancy Plourde instructs low impact, high impact, and step aerobics.	Tuesdays	9:30-10:30am	1/25/22	10	\$20.00
**Simple Stretching	Flexibility is a key element of fitness to help prevent injury and make everyday tasks easier. Join Amy Perales to stretch your way to better health!	Tuesdays	10:30-11:15am	1/25/22	10	\$20.00
Adult Basic Ballet	This is a class designed for seniors that uses basic ballet to increase flexibility. Amy Perales	Tuesdays	11:15am-12:00pm	1/25/22	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Wednesdays	9:30-10:30am	1/26/22	10	\$20.00
Liv-Free Chair Yoga	Gentle movements are brought into the body and poses are flowed together to connect with our breath. Holly Peronace Zygiel	Wednesdays	10:45-11:30am	1/26/22	8	\$16.00
Zumba Gold	Zumba is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Denise Lipka	Thursdays	9:30-10:15am	1/27/22	10	\$20.00
Line Dance	Learn steps to your favorite country music while getting a good workout. Jim Gregory	Thursdays	10:30am-12:00pm	1/27/22	10	\$20.00
Beginner Ballroom Dancing	Learn basic moves for popular dances including the Rhumba & the Cha-Cha. Peg and Ken Brintle *couples preferred, singles will be paired when possible	Thursdays	2:00-3:30pm	1/27/22	10	Free
Tai Chi Sword Form	Instructor Cynthia Hoag will instruct an effective exercise for the health of mind & body with a light weight practice sword	Thursdays	1:00-1:45pm	1/27/22	10	\$20.00
Tai Chi for Balance	Instructor Cynthia Hoag will instruct an effective exercise for the health of mind & body.	Fridays	9:30-10:30am	1/28/22	10	\$20.00
Simple Stretching w/ chairs	Flexibility is a key element of fitness to help prevent injury and make everyday tasks easier. Join Amy Perales to stretch your way to better health!	Fridays	10:30-11:15am	1/28/22	10	\$20.00

\*In the Ceramics classes you will purchase your own Ceramic piece to paint. In the Painting classes you will be required to supply your own paints, brushes & canvases. In the shell craft classes you will purchase supplies from the instructor.

\*\*The Simple Stretch class will spend part of the class on the floor. If you have a yoga mat you may bring it. The Friday class is in chairs.



### LUNCH WITH THE MAYOR

The Mayor of the Great City of Bristol, Jeff Caggiano will join our members for a question and answer session during lunch on the following day:

**Thursday, January 20,  
2022**

**11:45am in the Dining Room  
Sign up for Lunch!**



# PROGRAMS & SERVICES

**Senior Wellness Foot Care Clinic:** \$18.00 Fee. Three to Four Wednesdays a month! Jan. 12, 19, & 26, 2022 9:00 A.M. - 3:00 P.M. Please contact the Senior Center for an appointment at 860-584-7895 ext. 7111 Monday thru Friday.



**Social Security Satellite Office:** Every Wednesday 9:00am - 12:00pm No Appointment Necessary.



**“FREE” Blood Pressure Clinic:** Tuesdays 9:00 A.M. – 11:00 A.M. In the Wellness Clinic Administered by retired nurses on a volunteer basis.

**REIKI:** Shirley Moss, Reiki Master will be giving Reiki Sessions once a month. Reiki is the ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Monday, January 24, 2022, 9:30am-11:30am \$20.00 for a 20 minute session. Sign up in the main office or call 860-584-7895 ext. 7111 and make a reservation!



**AARP Mature Driver Course:** AARP has suspended in person classes until the State is out of the Red classification. Classes can still be found on-line by going to: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)



**Dial-A-Ride Sponsored by HRA:** This is a free service for Seniors and the disabled. Call (860)589-6968. 24 hours notice required for a ride Pickup at the Senior Center Week Days at 1:00 & 3:00pm. Closed January 6th for an HRA mandatory Staff Meeting and January 17th for MLK Day.

**Assistance & Referral:** By Appointment only call 860-584-7895 ext. 7112. Trained CHOICES staff and volunteers are available to assist with Medicare, Supplemental Insurance, Medicare Part D and state assistance programs. Please note: (Our staff or volunteer staff are not trained in financial planning or legal advice.)

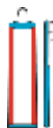


**ADA Paratransit Service:** Central Connecticut Regional Planning Agency Alternative transportation for disabled seniors & visually impaired adults. Call 860-724-5340 for an application.

**FREE Hearing Tests and Hearing aid cleanings:** Come and get your hearing aids cleaned for free by Jamie Havens from Beltone., and a free hearing test from the Hearing Care Center. They will start back up in March.



**Bristol Elderly Dental Clinic:** Please stop by the main office of the senior center for an application \$50.00 fee for cleaning and screening (sponsored by the BBHD) Open Thursdays & Fridays 8am-3pm.



**Reflexology:** Kimberly Stewart - Nationally Certified Reflexologist. Reflexology is a scientific art based on the principle that there are reflex areas in the feet and hands which correspond to all parts of the body. Come and see how this process can help reduce stress and bring about relaxation.



**Reflexology Cont.** - Tuesday, January 4, 2022 starting at 12:00pm, Monday, January 10, 2022 starting at 9:00am, Friday, January 21, 2020 starting at 9:00am. \$20.00 for a 20 minute session. Sign up in the main office or call and make a reservation!



## In House Free Computer/ Tablet/Phone Tutoring:

**I-Pad or Mac Help with Sherri Raboin:** If you have an Apple product, get help from Sherri Tuesday, January 11, 2022 10:30-12:00pm in Room #101

**Laptop/Tablet or Android Help with Mark Oefinger:** Anyone interested can sign up for a remote tutoring session by contacting the office at 860-584-7895. We will take your contact information and Mark will contact you to set up a session.



## MEMORY CAFÉ

What is a memory café? It is a social event for family members and individuals experiencing cognitive changes from Alzheimer’s or other forms of dementia. Café’s are a place to talk with people who understand what you are going through, to focus on strengths, to enjoy other’s company and to explore something new. If you are living with dementia, please attend with your family, friend, or care partner for light refreshments, an activity and great conversation. The memory café is not intended for unaccompanied individuals with significant care needs.

The next Memory Café will be on **Tuesday, January 25, 2022, 1:00pm in Room #106!**

**The Memory Café will be the last Tuesday of each month at 1:00pm at the Bristol Senior Center.**



It is Cold and Flu Season.....



So if you feel under the weather, please stay home until you feel better. As much as we would like you here, the others that are here would appreciate not catching an illness.

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DEMENTIA  
EDUCATION

# Webinar

**Wednesday, November 17, 2021**

3 p.m. to 4 p.m.

RSVP: 860-678-7500 or [AvonArdenCourts@promedica.org](mailto:AvonArdenCourts@promedica.org)

## Why Can't We All Get Along?

Prior to your loved one's dementia diagnosis, you and your other family members may have had a good relationship with each other. Now that your loved one has a dementia diagnosis, you may be in a situation where no one can seem to agree what care plan is best for your loved one. During this webinar, you will learn effective tips and tools to improve communication between family members when discussing a loved one's care.

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Bristol Senior Center, Bristol, CT

04-0777

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240 Stafford Ave.  
Bristol, CT. 06010

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Return Service Requested



We would like to welcome  
the following people who  
recently joined the Bristol  
Senior Center!

**Anne Belanger  
Cynthia Bonin  
Linda-Sue Coady  
Nick Cerrone  
Robert Cicerchia  
Sandy Harkey Beals  
Virginia Glanz  
John hall  
Louise Hilton  
Barbara Lee**

**Mary Lee  
Karen Lindskoq  
Thomas Lorenzetti  
Pamela McBride  
Louis Martin  
Ruth Martin  
Thomas McKenna  
Arthor Minor  
Dinah Nasimba  
Laura Rancourt  
Robert Rancourt  
Carol Shappy  
Eileen Tanguay**



**The BSC Knitters Group has been busy  
making hats for children during the winter  
months. We thank them for all of their efforts!**



### **Bad weather Schedule**



If School is closed, there will be no  
activities or lunches,  
however the center is open.  
If there is a delay, activities will begin at 9:30am.

