

BRISTOL SENIOR TIMES

OFFICIAL PUBLICATION OF
THE BRISTOL SENIOR CENTER



VOLUME 38

FEBRUARY 2022



ISSUE 2

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ANNOUNCEMENTS THE CENTER IS CLOSED ON:

Monday, February 21, 2022



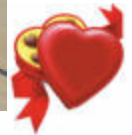
BEALS SENIOR COMMUNITY CENTER

240 STAFFORD AVE, BRISTOL, CT. 06010

860-584-7895



C
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E



Hours of Operation 8:30am - 5:00pm Monday - Friday
Free Membership for Bristol Residents - 55 and Older
www.ci.bristol.ct.us



VALENTINE'S DAY DINNER

Sponsored By: Sheriden Woods of Bristol

Friday, February 11, 2022 4:00pm - 6:00pm

Tickets are \$5.00 per person available in the office.

Featuring The Entertainment of Ryan Kowalczyk

Dinner includes: Baked Stuffed Shrimp, Baked potatoes, Squash Medley, and Red Velvet Cupcakes for dessert.

Tickets are available in the office and are limited!
Tickets are available January 31, 2022





From the Director:

The Senior Center will be busy this February with the start of our winter classes along with some special programs as well.

Discounted ADA ride tickets are available in the main office for only \$2.00 per ride. If you are eligible to take the ADA Paratransit service, you can obtain ride tickets from the Bristol Senior Center office at a reduced rate. Rides can be used to get to Doctor's appointments, grocery stores, or other places outside of Bristol. If you would like information on how to apply for this service, see Lauren in the main office. We also have passes for the city buses available in the main office. If you need transportation and don't have a car, see Lauren in the main office to obtain a Bristol bus pass.

Join us on Friday mornings from 9:00am-12:00pm in the Art room to help us assemble blankets for the homeless out of plastic shopping bags. No special skills are needed, just a desire to help out those less fortunate. We hope to see you there.

AARP will be offering free tax preparation again this year at the Senior Center. Free tax preparation will be done on Tuesdays and Fridays at the Senior Center from 8:30 a.m. to 12:30 p.m. beginning February 8th. Taxes are done by appointment only. Please call or stop by the main office to schedule your tax preparation appointment. (584-7895) The main office has a complete listing of items to bring with you.

We will be holding a Valentine's Dinner with entertainment and door prizes on Friday, February 11th from 4:00 to 6:00 p.m. Enjoy entertainment by Ryan Kowalczyk followed by dinner prepared by Sheriden Woods, as well as door prizes. The cost is \$5.00 per person. A limited number of tickets are available in the main office while they last beginning January 31st.

The City will offer the Senior Volunteer Tax Relief Program once again this year. The program was approved at the January 11th City Council meeting making it official. The purpose of the program is to provide a tax credit of \$300 to a person or household that meets the following criteria:

Eligibility Requirements:

- Bristol Resident 60 years of age or older
- Own real property as a principle residence
- Have an annual income not to exceed \$45,000/single,
or \$50,000/couple
- Must volunteer a minimum of 50 hours at a non-profit agency between July 1, 2021 and June 30, 2022.

An information packet can be obtained at the Bristol Senior Center weekdays between 8:30 a.m. and 5:00 p.m., or by going to the City's website at www.bristolct.gov and clicking on the Senior Center.

SNOW POLICY: Please check the TV, when Bristol Schools are closed, all Senior Center programs, classes and lunch are canceled. The staff does report and the building is open should you need assistance. We ask that you call the office first if 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: March 9th – St. Patrick's Day Dinner

Have a great month!

Patty



AGING DEPARTMENT INFORMATION

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
laurens cappaticci@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 Coordinators:
June McCarthy / Penny Sobolewski

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 Kanachowski
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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*We offer physical, occupational, speech,
and recreational therapy.*

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AVAILABLE



FEBRUARY LECTURES

Wednesday, 2/9/22: "Pain Management" - 10:30am
 Wednesday, 2/16/22: "Hearing & Health" - 10:30am
 Wednesday, 2/23/22: "Financial Help for Medical Supplies" - 10:30am



"Hearing & Health"

Join us on Wednesday, February 16 to welcome Jamie Havens (Hearing Care Practitioner) from Beltone Hearing Aid Centers. Jamie will be discussing the links between hearing health and overall well-being and how hearing loss may indicate or contribute to a variety of other ailments such as dementia and Alzheimer's disease.

This is a great opportunity to ask any questions you may have about overall hearing health, hearing loss and treatment.

**Wednesday, February 16, 2022
 10:30am in Room #109**



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

"PAIN MANAGEMENT"



Join Dr. Rifaey as she discusses pain management strategies and treatments. Dr. Rifaey brings expertise in non-surgical management of orthopaedic conditions; management of chronic pain; cancer pain; and neuropathic pain; as well as interventional pain management.

Dr. Rifaey completed her training at the University of Connecticut in Farmington, CT and is double board certified in Anesthesiology and Pain Medicine. She has been serving surrounding communities for eight years.

**Wednesday, February 9, 2022
 10:30 am in Room #109**

"FINANCIAL HELP FOR MEDICAL SUPPLIES"

If you or a loved one need help with incontinence products, come by and speak with Anna Obregon the representative from Charm Medical Supply and learn how she can help you stop paying for them. Charm Medical is contracted with insurances that **could** cover the cost. Charm's staff will take care of insurance paperwork, manage the authorization from your insurance, & set up monthly delivery.

**Wednesday, February 23, 2022
 10:30am in Room 109
 Space is limited! Sign up in the Office!**



**RUMMIKUB
 Sponsored By
 Bristol Health**

If you would like to learn how to play this game, Heather Hitchcock from Bristol Health will be instructing it on the second Tuesday of each month from 10:30am-12:00pm in Room #106

Tuesday February 8, 2022

The Bristol Senior Center 2022 Trip Schedule

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



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	\$115 pp
August 10:	Jersey Tenors-Aqua Turf	\$86 pp
August: TBD	Connecticut Lighthouse Cruise	\$109 pp
Sept 27– Oct 4:	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	\$99 pp
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 for day trips at the time the trip is booked. A \$150.00 non-refundable deposit per person is required for overnight trips at the time a trip is booked. Final Payments are due 6 weeks prior to trip. Trips fees are non-refundable.



Registration is currently on-going Trip sign ups will then be taken in the main office -Our Trip volunteer will be in the office on Mondays, Wednesdays, & Fridays from 10:00am-2:00pm.

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

SENIOR SOCIAL DANCE

Every Tuesday from 1:00pm until 3:00pm there is a Senior Social Dance in our Gymnasium. All are welcome to attend.

Enjoy the big band music of the "Senior 8th Notes" and dance alone or with a partner. \$2.00 per person. If you don't know how to dance but always wanted to learn, join Ken & Peg Brintle as they teach the popular ballroom dances every Thursday at 2:00pm.





February 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 Jason in the office. Let him know if you have any suggestions!
(All movies are subject to change without notice.)



February 2, 2022 - "Free Guy" - 115 min. PG-13 2021

Starring: Ryan Reynolds, Jodie Comer, & Lil'Yash Howery.

A bank teller discovers he is actually a background player in an open-world video game, and decides to become the hero of his own story. Now, in a world where there are no limits, he is determined to be the guy who saves his world his way before it's too late.

February 9, 2022 - "Harriet" - 125 min. PG-13 2019

Starring: Cynthis Erivo, Leslie Odom, & Janelle Monae.

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.



February 16, 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.

February 23, 2022 - "A Beautiful Day in the Neighborhood" - 108 min. PG

2019 Starring: Tom Hanks, Matthew Rys, & Chris Cooper.

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.



RATINGS:

G = General

PG = Parental Guidance

PG13 = Must be 13

R = Restricted

The Bristol Senior Center
Presents:

Welcome To Spring!

Chowder Pot, Hartford, CT.

Tuesday, April 26, 2022



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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The Bristol Senior Center
Presents:

"All Aboard for Springtime in the Poconos!"

Silver Bircher Resort, Lake Wallenpaupack, PA

Wednesday, June 1, 2022

Amazing day in the Poconos! Upon arrival enjoy coffee and Apple struessel as you are entertained by the Frankie Gervais Show.

Enjoy a Family style meal consisting of House baked bread, roast pork loin, herb encrusted roasted beef with Yukon mashed potatoes, wild rice pilaf, vegetables, and Chocolate Mousse with whipped cream & cherries for dessert.

Afternoon it's all aboard the Stourbridge Line
Train for a scenic ride along the lackawaxen river.

\$123.00pp



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SPORT'S PAGE



Wii Bowling Results: In House League:

Week 11: Richard Ouellette - 964 series

Week 12: Tami Chapman - 1047 series

Come and join the fun!

PICKLEBALL



Pickleball
Mondays, Wednesdays,
Fridays at 1:00pm, or
Wednesdays at 6:00pm

2021 BSC Fall Cornhole League
Champions: Claudette Blais and Paul LaRue
2nd Place: Diane Guarino & Howard Achille
3rd Place: Elaine & Stephen Bernier
4th Place: Louise St. Hilaire & Jim Driscoll



Bristol Lucky Strikes Results: On Wednesday, January 12, 2022

Bristol: 5731
Waterbury: 4287

9 BALL TOURNAMENTS



The Billiards Committee will be running 9 Ball Tournaments on Wednesday nights from 6:00-8:00pm for members of the Billiards Room. If you are not a member, see the office to join. There are sign up sheets in the Billiards room as space is limited.

Wednesday Night 9 Ball Tournaments:

1/12/22 results: **Rich Berardy** winner
Bill Wentland and **Eric Larson** tied for second
Walter Sykes was third.
Sign up in the Pool Room for the next one!



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!

Cornhole: Tuesdays at 10:30am
Shuffleboard: Fridays at 10:30am
In the Gymnasium!



**Sign up for the new leagues
starting in February 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	Mat weaving 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	Charlemagne 10:00am-12:00pm
Chinese Mahjong 1:00pm	Ping Pong 1:00pm	Movie 12:45pm	Free Ballroom Dance Lessons 1:00-3:00pm	Setback 12:40pm
Pickle Ball 1:00pm - 4:30pm		Pickleball 1-4:30pm & 6-9pm		Shuffleboard 10:30-12:00am
Set Back Tournament 5:45pm		Trad. Charlemagne 1:00-4:00pm		CC Stroke Club 1:00-3:00pm
				Pickle Ball 1:00pm-4:30pm

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, February 20, 2022
 11:45am in the Dining Room
 Sign up for Lunch!**

ADA PARATRANSIT RIDES

If you are eligible to take the ADA Paratransit service, you can obtain ride tickets from the Bristol Senior Center office at a reduced rate. Rides can be used to get to Doctor's appointments, grocery stores, or other places for people with disabilities who need to obtain services outside of Bristol.

If you would like information on how to apply for this service, see Lauren in the main office. Rides are available for only \$2.00.



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

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

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FEBRUARY 2022 SPECIAL ACTIVITIES


Tuesday, February 1, 2022: Reflexology with Kim Stewart - 12:00pm in the office, appointment needed.
Winter Cornhole league starts 10:30am-12:00pm. Sign up in the office.



Wednesday, February 2, 2022: Groundhog Day

Friday, February 4, 2022: Precision Health Solutions Covid PCR tests. 10-12, appointment needed.
Shuffleboard Winter league starts 10:30am in the Gymnasium. Signup in the office!

Monday, February 7, 2022: Free Hearing Aid Cleaning By Beltone - 2:00pm, appointment needed.
Advocates for Bristol Seniors meeting: 1:00pm in Room #109

Tuesday, February 8, 2022: AARP tax preparation begins. It will run every Tuesday and Friday until April 12, 2022.
Rumikub - 10:30am -12:00pm in Room #106

Wednesday, February 9, 2022: Lecture: "Pain Management" 10:30am in Room #109

Friday, February 11, 2022: Valentine Dinner 4:00pm. Meal By Sheriden Woods. Tickets needed.



Monday, February 14, 2022: VALENTINE'S DAY!
Reflexology with Kim Stewart - 9:00am in the office, appointment needed.

Wednesday, February 16, 2022: Lecture: "Hearing & Health" 10:30am in Room #109
Friends of the Bristol Senior Center meeting: 10:00am in Room #106

Thursday, February 17, 2022: Commission On Aging Meeting - 11:00am in Room #109

Friday, February 18, 2022: Precision Health Solutions Covid PCR tests. 10-12, appointment needed.
Reflexology with Kim Stewart - 9:00am in the office, appointment needed.



Monday, February 21, 2022: PRESIDENT'S DAY, BSC CLOSED

Tuesday, February 22, 2022: Memory Café sponsored by Bristol Hospital 1:00pm in Room #106

Wednesday, February 23, 2022: Lecture: "Financial Help for Medical Supplies" 10:30am in Room #109

Monday, February 28, 2022: Reiki with Shirley Moss - 9:30-11:30am - appointment needed

THANK YOU

A Big Thanks goes out to Reed George who donated an air hockey table recently. We have placed it in the recreation room and it is available for all members to enjoy!



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



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 a.m.

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



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 one week before to reserve your meal. If you are homebound and would like Meals on Wheels, also call 860-584-7895 ext. 7116.

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



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.

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 - Play alone or with a partner!
Air Hockey, Darts, Pinball & Ping Pong



All Activities are drop in daily. Equipment can be signed out from the office.

Room is not available Tuesdays and Fridays from 10:30am-12:00pm

JOIN THE BILLIARDS PARLOR

Annual dues are \$20.00 for all the pool you can play!

Sign up in the Main office!



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.

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!





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

- Cindy Bacon**
- Cynthia Bonin**
- Susan Bostic**
- Roger Croteau**
- Lorraine Croteau**
- Anna Louise Cruz**
- Bosch**
- Patricia Dea**
- Gary Laksa**
- David Lemoine**
- Jay Pelletier**
- Gerald Saucier**
- Tawanda Shepard**
- Patty Slason**
- Elaine Thibodeau**
- Rejean Vachon**



NEW PROGRAMS



AARP Income Tax Preparation

Every Tuesday and Friday beginning
February 8, 2022 to April 12, 2022
8:30am - 12:30pm

The following documents should be brought with you:



- Photo Id
- Social Security Cards or SSA1099 forms for everyone involved in the return
- Birth dates for everyone involved in the return
- Wage and earning, pension or other retirement income statements (W-2's, W-2G, 1099-R, or 1099-Misc.)
- Interest and Dividend Statements from Banks (1099-INT and -Div)
- The IRS reporting brokerage statements
- IRS Letter 6475 EIP Payment #3, and IRS Letter 6419 Advance Child Tax Credit if applicable.
- A blank check for proof of bank account routing and account numbers for direct deposit
- Total paid for daycare provider and the daycare provider's tax identifying number such as the SS# or business Employer Identification #
- Stimulus Payments 1 & 2 amounts.
- Your Tax Records envelope with this year's and last year's federal and state returns and other tax documents.
- Charitable cash donations, even if not itemizing.
- Unemployment forms 1099-G. These must be printed from your web access prior to appointment.

Also please bring a face mask and a writing utensil. AARP does not want to offer face to face appointments at this time, so people will be asked to sit in the hallway while the taxes are prepared.

Note: We electronically file tax returns and both spouses must sign the required forms on a married-filing-joint return. Get help with your taxes free of charge.

Appointments are required! Please call the office to set up an appointment and arrange to get an Intake Kit.

COVID TESTING CLINIC

Please bring your insurance cards.

There is never a bad time to get tested for Covid-19. If you are feeling a little off or if you would just like to know, come get tested by

Precision Health Solutions (PHS), an Infectious disease Laboratory.

Their home office is centrally located in Cromwell CT. PHS offers a concierge service free of charge that brings the testing to you.

They will be offering a free Covid clinic **on Friday, February 4th and 18th at 10 AM** This will be a PCR test with a 24 to 48 hour lag time. Anyone interested needs to fill out a form ahead of time which can be obtained in the office.

Call the Senior Center at 860-584-7895 to sign up for the testing.



MEMORIAL DONATIONS

Bristol Senior Center • 240 Stafford Ave • Bristol, CT. 06010

The Bristol Senior Center is accepting Memorial Donations to provide better services and equipment. All people being Memorialized will be listed in our newsletter.

I am enclosing \$ _____ Payable to the "Bristol Senior Center"
In Memory of _____
Donors Name: _____
Address: _____

All gifts \$25.00 or more will get a name plate on our "Special Remembrances" plaque in our activities hallway

Thank you for your generous gifts!

FRIENDS OF THE BRISTOL SENIOR CENTER

If you would like to get a copy of the Bristol Senior Times mailed to your home, fill out the subscription form below and return it to the office with payment.

**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

The next meeting of the Friends of the Senior Center is: Wednesday, February 16, 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, Rose Pelletier, 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



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!

**The City of Bristol to offer:
2022 Volunteer Tax Credit Program**



If you are a resident of the City of Bristol, 60 years of age or older, have volunteered at least 50 hours during 2021-2022, have an annual income of \$45,000/single, or \$50,000/couple as of 12/31/21, and own a property in the City of Bristol, you can be eligible for a \$300.00 Tax Credit.

Interested parties should stop by the or call the office and speak to Patty Tomascak-Executive Director of the Bristol Senior Center.

There are a limited number of Tax Credits available. Questions should be directed to the Bristol Senior Center at 860-584-7895.

**BOUTIQUE
\$5.00 BAG SALE**



FEBRUARY 7-11, 2022



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

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



INDOOR TAG SALE

The Advocates for Bristol Seniors plan to hold its seventh annual tag sale on April 23, 2022. Information on booth rentals is coming soon.



ADVOCATE NEWS

A total of \$8,000.00 was donated to 7 various organizations for 2021 from the Advocates for Bristol Seniors. Of that money, \$2,000 was given to The Bristol Senior Center to be used for programming.



The Senior Center Thanks the Advocates for Bristol Seniors for this very generous donation!

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.



SCRABBLE MADNESS!

Check out how competitive and creative our Scrabble players are on Wednesday mornings! Feel free to join them at 11:00am on Wednesdays in the card room!



BRISTOL SENIOR CENTER Personal Computer Help



If you are looking to have questions answered regarding your I-Phone, I-Pad, or MacIntosh, sign up for a free one-on-one session with Sherri Raboin 10:30-12:00pm
Tuesday, February 8, 2022
Tuesday, March 8, 2022

One on One Sessions are 45 minutes in length. Please sign up for a time slot in the office

PROGRAMS & SERVICES

Mondays - Hearing, Reiki, Balance, or Miscellaneous
Tuesdays - Blood Pressure 9-11am, Reflexology 12pm
Wednesdays - Foot Clinic 9am-3pm
 Social Security Office 9am-12pm
Thursdays - Dental Clinic 8am-3pm
Fridays - Dental Clinic 8am-3pm,
 Reflexology 9:00am



**SENIOR WELLNESS
 FOOT CARE CLINIC**

Three to Four WEDNESDAYS a month!
 February 9, 16, & 23 2022
 9:00 A.M. - 3:00 P.M.

**Please contact the Senior Center for an appointment at 860-584-7895 Monday thru Friday
 \$18.00 Fee for Foot care**



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, February 28, 2022
 Monday, March 28, 2022**

9:30am-11:30pm \$20.00 for a 20 minute session

Sign up in the main office or call 860-584-7895 and make a reservation!

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.

**Tuesday, February 1, 2022 12-3pm
 Monday, February 14, 2022 9-12pm
 Friday, February 18, 2022 9-12pm**
 \$20.00 for a 20 minute session.

Sign up in the main office or call and make a reservation!

“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

Social Security Satellite Office



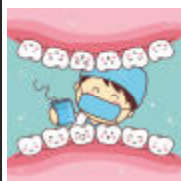
Every Wednesday
 9:00am - 12:00pm
 No Appointment Necessary

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 Bristol Burlington Health District)
 Open Thursdays and Fridays 8am-3pm.**



FREE HEARING SCREENINGS



Come and get your hearing checked by Jack Felix, a certified Audioprothologist will be giving hearing screenings from 9:00-11:00am on Mondays starting in March 2022
 Please sign up in the office.

FREE Hearing Aid Cleaning By Beltone:

Monday, February 7, 2022
 2:00pm-4:00pm

Please sign up in the office



**ADA Paratransit Service
 Central Connecticut Regional Planning Agency**



Alternative transportation for disabled seniors & visually impaired adults.
 Call 860-724-5340 for an application.

**AARP MATURE DRIVER COURSE
 Room #109**



Classes currently suspended due to the pandemic. We will update as we get more information.

Dial-A-Ride Sponsored by HRA



Donations are accepted

Call (860)589-6968

24 hours notice required for a ride.

Afternoon pickups at center every day at 1:00 & 3:00pm.

- If Bristol Public School System is closed then Dial-A-Ride does not run.
- Dial-A-Ride is not running on February 11th or 21st due to holidays



Assistance & Referral



By Appointment only call 860-584-7895

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 volunteers staff are not trained in financial planning or Legal Advice.)

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ON-SITE

Thursday, January 6, 2022

11 a.m. to 12:15 p.m.

Register in advance for this Zoom webinar by visiting the LINK below:

<https://tinyurl.com/hp4nahfc>

Questions can be directed to VirtualSeminars@arden-courts.org

FREE DEMENTIA VIRTUAL SEMINAR

Conversations with Dr. Tam Cummings

A Monthly Education Series for the Dementia Caregiver

Mom Seems Different, Should I Be Concerned?

During the holidays, did you notice something different about your parent which concerned you?

Maybe their always spotless house seemed untidy. Perhaps the refrigerator was full of expired, inedible food or perhaps had no food at all. Perhaps you realized your parent was awake late in the night or they repeated conversations or questions over and over. Maybe there were more subtle things you witnessed, but alarmed you nonetheless.

During this webinar, Dr. Tam Cummings will explore signs of memory loss due to the normal aging process and signs of cognitive changes which could be an early warning sign of dementia.



Tam Cummings, Ph.D., Gerontologist
Author, *Untangling Alzheimer's: The Guide
for Families and Professionals*

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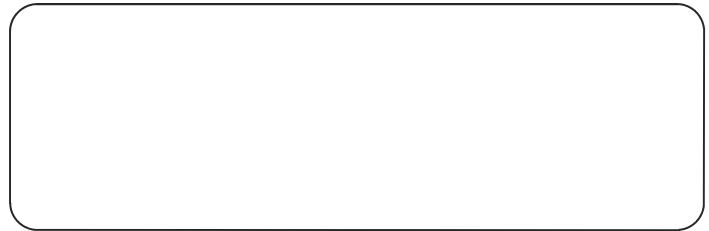
For more information visit www.allaireelderlaw.com | 271 Farmington Ave, Bristol, CT 06010



Friends of the Bristol Senior Center, Inc.
240 Stafford Ave.
Bristol, CT. 06010

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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, February 22, 2022, 1:00pm in Room #106 at the Bristol Senior Center.**



Senior Resource Guide

Every couple of years we update our senior resource guide. This is a list of "Senior Friendly" services and contractors that are recommended by our seniors, for our seniors. If you had someone do good work at your house and would like to add their contact information to our document, please submit it to the office. We are looking for people who shovel driveways, cut grass, are electricians, plumbers, carpenters, can shop for seniors, and a whole host of other things. Stop by the office and pick up a copy today!



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.