



761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Gina Marino, Director Senior Services 860.258.2786

Charlene Mehr, Transportation/ Volunteer Coordinator 860.258.2701

Office Hours: 8:30am.- 4:30pm. Monday- Friday

September 2021

Birthplace of the Brigantine "Minerva"

Vote on a
newsletter
name!
See insert

Holiday Closing: Labor Day September 6, 2021



Let's Celebrate Senior Centers!

National Senior Center Month



Enjoy the programs planned for you by the Rocky Hill Senior Center.

For more Information or to register, please call 860-258-2786

Greetings!

As I am writing this I just realized that it has been exactly one month since I began my new adventure here in Rocky Hill. I have been impressed with the professionalism of our Town Staff and willingness to share their knowledge and expertise. Although we are not able to conduct any indoor programs, I have had the opportunity to meet some wonderful members (over the phone and email) who have been kind, gracious and eager to share their thoughts and ideas with me. Thank you!



Given the current rise in Covid numbers, it is becoming increasingly difficult to plan programs and activities for the month of September. Our Grand Opening and Ribbon Cutting scheduled for September 18th is currently in jeopardy of being cancelled or only held virtually. **Please keep in mind that any or all programs may need to be cancelled or modified to follow current Health District safety guidelines.**

We have made a conscious effort to plan outdoor events, classes and virtual opportunities whenever possible. Many of the programs listed are in person and may be postponed or modified. You will be notified of changes when you register.

At the current time, we will continue to operate our mini-bus service with the continued safety measures of wearing masks and lowering the number of riders on the bus at one time to allow for social distancing.

Thank you to everyone who sent in volunteer applications and newsletter name suggestions. I am encouraged by the overall strong sense of community among our Rocky Hill residents.

Please know that our Senior Services staff is here for you and we are only a phone call away.

Stay safe and be well!

Gina Cristalli Marino
Senior Services Director

MEMBERSHIP DRIVE

We are in the process of updating our membership list. Please fill out the new application which is on a separate insert and return it to Senior Services, 761 Old Main Street, Rocky Hill.

VOTE ON OUR NEWSLETTER NAME

Cast your vote for a new name for the Pivotal Press. You may write in your own suggestion, as well. The form is on the separate insert on the opposite side of the Membership Application.

COVID-19 cases are increasing in Rocky Hill and surrounding communities. We urge all residents to remember the 3 W's (Wear a Mask, Wash your hands, and Watch your distance) as well as getting vaccinated to protect you, your family and the community.



WALKING GROUP

Senior Services is looking to begin a friendly group of walkers to meet up and plan walks around town. If you are interested in participating and/or planning and leading walks, please contact the Senior Services Office (860)258-2788.

TRANSPORTATION SERVICES

Rocky Hill transportation services are available to residents age 60 and older, or to any adult with a disability. Transportation is provided to clients utilizing the following programs;

Rocky Hill Mini-Buses- Town operated minibuses help clients get to medical appointments in Rocky Hill and Wethersfield, Monday thru Friday, and to appointments in Hartford and Glastonbury on Mondays and Wednesdays. In addition, rides are provided to local grocery and department stores, banks, beauty salons, barber shops and restaurants.

Curtin Transportation- A tri-town state grant provides transportation to medical appointments throughout most of Hartford County. To schedule a ride, please call (860) 258-2701 one working day in advance between 8:30 am and 10:30 am; Monday thru Friday. Service is "curb to curb." Therefore riders requiring assistance getting to and from the curb should plan to travel with a companion who can provide this help. Clients who travel in wheelchairs and are unable to operate their wheelchair independently must have an assistant travel with them.

Please call Charlene at (860) 258-2701, for more information or to schedule a ride.

ADVENTURES IN DINING

We are looking forward to the start of "Adventures in Dining" (formerly called "Get Out of the Kitchen"). Presently, this program is scheduled for September 22nd, October 20th, November 17th, and December 15th. However, due to Covid restrictions, these dates may be tentative. Please plan to join us for our debut "Adventure" to "Lenny and Joe's" in Westbrook. Information about Mini-Bus transportation cost will be forthcoming. Please contact Charlene at (860) 258-2701 with any questions.



MEET OUR TRANSPORTATION TEAM

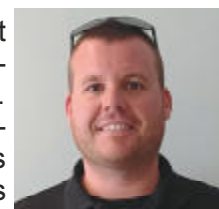
This important service is made possible by our extraordinary team members.



Charlene Mehr

Charlene has been the Transportation Coordinator for the past ten years. Her and her husband John, are parents to two daughters, Chelsea and Jillian. Presently, Charlene is busy getting settled at her new address in Rocky Hill. When not scheduling rides, Charlene enjoys going to the beach and spending time with her family. Each day, Charlene enjoys the opportunity to "chat" with Rocky Hill residents and to help them with their transportation need.

Bill is a Rocky Hill native who has worked for the Town of Rocky Hill for over 10 years. His first position was with the Parks and Recreation Department as a camp counselor for the Summerscape program and then switched over to the Parks Department helping on the mowing crew. After graduating from Rocky Hill High School and then attending CCSU he continued landscaping and doing snow removal until he joined the Human Services department as a Driver. Bill has also been with the Rocky Hill Fire Department for over 17 years with his older brother Ed and his Father Frank who is the Deputy Fire Marshall. He and most of his extended family are all Rocky Hill residents.



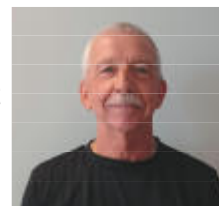
Bill Kelley



Santiago Gil

Santiago joined the Human Services Department and Senior Center back in early 2019. His brother officer Alex Gil also served with the RHPD for over 20 years and recently retired. "Santi" is a long time resident of Berlin CT and lives there with his wife and children. Santi and spouse are the proud business owners of Bounce Around Inflatables - party rentals in Berlin CT, serving the local community for over 12 years. He's also bilingual and fluent in English and Spanish.

Dave and his wife Cheri have lived in Rocky Hill for the past 37 years. Dave retired from The Hartford in 2014 after 33 years of service as a Computer Programmer. Dave has worked for the Town of Rocky Hill for the past 6 years as the Food Pantry Coordinator and a Part Time Mini-Bus Driver. Dave also enjoyed a 40 year career as a high school basketball referee. Dave and Cheri have a son and daughter-in-law, Ryan and Alex, who live in Myrtle Beach, SC along with two grandsons Austin and Jackson. Their daughter Kelly and son-in-law Eddie reside in Cromwell, CT along with a grandson Nolan and granddaughter Ryleigh. In his spare time, Dave enjoys watching a variety of sports and socializing with family and friends.



Dave Moore

INSTRUCTIONAL PROGRAMS

ARTHRITIS EXERCISE

This class is for those suffering from arthritis. It is designed to improve mobility and restore the use of affected joints as well as increase strength to support the joints. Class includes aerobic, flexibility, strengthening and balance exercises aimed to maintain current fitness levels while preserving the ability to perform daily activities. Modifications will be used to address various fitness levels and arthritis symptoms.

Instructor: Physical Therapy Center of Rocky Hill
Dates: Thursdays, 10/7-11/11, 10:00am -10:45am
Fee: \$5 M/ \$10 R/ \$12 NR

BETTER BALANCE

Would you like to improve your overall balance, strength and endurance? In this class you will learn the body systems that control our balance as well as how to identify potential risk factors for falling in your home and environment. Individualized questionnaires will be used to assess your risk of falls/balance issues.

Instructor: Physical Therapy Center of Rocky Hill
Dates: Tuesdays, 10/19-11/23 10:00am -10:45am
Fee: \$5 M/ \$10 R/ \$12NR

CARDIO FIT

Work up a sweat with two drumsticks and a big ball! TONS OF FUN and a GREAT cardio workout! Improves your coordination, sense of rhythm, and works your heart at the same time. Moves choreographed to favorite tunes. Cardio Fit is proven to benefit the body, strengthen heart & lungs, build healthy strong bones, improve flexibility, and increase muscular strength & endurance. *Adaptable for all physical ability levels.

Instructor: Wendy Leclerc
Days: Mondays, Wednesday & Fridays
Dates: 9/20 – 10/18 (NC 10/11)
 10/20 – 11/15
Time: 11:00am–11:50am

Fee: 3 classes per week \$36 M/ \$39 R/ \$42 NR
 2 classes per week \$28 M/ \$30 R/ \$32 NR

MEN’S AND WOMEN’S GOLF- INTRODUCTION

This program is designed for the new golfer or for golfers who have never played or have not played in a number of years. In five one-hour sessions, our coaches will cover everything you need to know to play your first round of golf. Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette. There will be separate men’s and women’s classes.

Men’s Instructor: Jon Wilson PGA
Women’s Instructors: Marissa Kulig Crow, LPGA and Andra Frappier
Date: Wednesdays, 9/15 – 10/20
Time: 10:00am – 11:15am
Location: Lyman Orchards, Middlefield
Fee: \$110 M/, \$115R/, \$120 NR

STRENGTH & TONING- MAT

A certified personal trainer will help get you stronger and toned with the use of dumbbells, bands, bars and various equipment that will challenge your body to be the fitter self that it deserves to be. At the end of class, we'll use the mat for core work, cool down and stretching.

Instructor: Wendy Leclerc
Days: Mondays, Wednesday & Fridays
Dates: 9/20 – 10/18 (NC 10/11)
 10/20 – 11/15
Time: 9:00am–9:50am
Fee: 3 classes/ week; \$36 M/ \$39 R/ \$42 NR
 2 classes/ week; \$28 M/ \$30 R/ \$32 NR

STRENGTH & TONING- CHAIR

Chairs are used for exercises designed to improve balance, therefore reducing chances of falling. Strength training helps to combat against loss of muscle mass and bone density which naturally occurs as we age.

Instructor: Wendy Leclerc
Days: Mondays, Wednesday & Fridays
Dates: 9/20 – 10/18 (NC 10/11)
 10/20 – 11/15
Time: 10:00am–10:50am
Fee: 3 classes/ week; \$36 M/ \$39 R/ \$42 NR
 2 classes/ week; \$28 M/ \$30 R/ \$32 NR

WHAT A COLLAGE!

Explore how to plan and create a thought or an idea by layering a variety of materials - papers, paints, pens, pencils, natural objects - flowers, leaves, feathers, etc. Enjoy a tactile and relaxing experience working with the above included materials

Instructor: Janet Ferraris
Date: Wednesdays, 9/29 – 11/3
Time: 10:00–11:30am
Location: CC Art Studio
Fee: \$18 M/ \$20 R/ \$22 NR

CHAIR YOGA

A perfect class for active older adults or those with mobility issues.

Work on strength, balance & toning
Instructor: Sandy Byrne
Date: Tuesdays, 9/21 – 10/26
Time: 11:00am – 11:45am
Fee: \$30 M/ \$35 R/ \$38 NR

YOGA BASICS

A perfect class to balance our bodies alignment in a gentle and easy way. Through this blend of basic Hatha yoga, breath work, mindfulness, and functional movement, we will find ourselves with better balance, strength, flexibility and resiliency.

Instructor: Sandy Byrne
Date: Tuesdays, 9/21 – 10/26
Time: 10:00am – 10:45am
Fee: \$30 M/ \$35 R/ \$38 NR

SILVER SNEAKERS

All SILVER SNEAKERS classes will be held **VIRU-ALLY** for the fall cycle. Our instructor, Rikki Altruz has taught for over 15 years and holds multiple professional certifications including Silver Sneakers. Program is free to Silver Sneaker Members but registration is required. Once registration is complete, links will be sent to participants.

PILATES AND STABILITY

(Virtual) Pilates is a body conditioning routine that helps build flexibility and long, lean muscles. Focus is on strength and endurance in the legs, abdominals, arms, hips, and back. Instructors will emphasize spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (toning abdominals while strengthening the back) and improving coordination and balance. Program is free to Silver Sneaker Members but registration is required.

Instructor: Rikki Altruz.

Dates: Mondays, 9/13-11/1 (No Class 10/11, 11/27)

Time: 1:00-1:45pm

Fee: \$21M/ \$31R / \$36NR

STABILITY

(Virtual) Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

Chairs may be used for balance. Program is free to Silver Sneaker Members but registration is required.

Instructor: Rikki Altruz.

Dates: Fridays, 9/17-10/29

Time: 9:00-9:45am

Fee: \$21M/ \$31R/ \$36NR

STRENGTH & BALANCE

(Virtual) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing, and a 8" ball are utilized, but not necessary, for resistance training. A chair can be used for seated or standing support. Program is free to Silver Sneakers members but registration is required.

Instructor: Rikki Altruz.

Session 1:

Dates: Tuesdays, 9/14– 11/2

Time: 11:00-11:45am

Fee: \$24M/ \$34R/ \$39NR

Session 2:

Dates: Thursdays, 9/23 –10/28,

Time: 11:00-11:45am

Fee: \$18M/ \$28R/ \$33NR



AQUA ZUMBA

Aqua Zumba is perfect for those looking to add low-impact, high-energy aquatic exercise to their fitness routine. It's a pool party with music from around the world, added to water resistance. This program provides a challenging class that helps to tone your muscles and improve your overall fitness with less impact on your joints. The movements are specifically created for a water workout that will be enjoyed by those new to exercise, those returning to exercise, active adults looking for a new and fun, total-body routine, as well as anyone who wants to let loose and shake it to the beat in a new environment!

Location: Rocky Hill High School Pool (use exterior entrance only)

Instructor: Karen Chorney

Dates: Saturdays, 9/25 – 11/20

(8 classes, no class 11/6)

Time: 2:00-2:45pm

Fee: \$35 M /\$40 R/ \$44 NR



TAI CHI: MOVEMENT FOR BETTER HEALTH

(Virtual) Tai Chi, a mind-body practice, focuses on building strength and improving balance, mobility, mental focus, and thinking skills. Research shows that Tai Chi also enhances the immune system, reduces pain, and improves sleep quality and a general sense of well-being. Learn Tai Chi form (Chen style) movements, agility exercises, and meditation practices. Leave with a routine and tips for sustaining a daily practice. Lisa Gibson is a certified evidence-based Tai Chi and Qigong instructor. She offers a research-supported approach for enhancing physical, mental, and emotional health. Beginners welcome! Class will be offered remotely through the Zoom App.

Instructor: Lisa Gibson

Date: Thursdays, 9/23 – 11/3

Time: 1:00pm–2:00pm

Fee: \$24 M/ \$28 R/ \$30 NR

PICKLEBALL- INTRODUCTION

Find out what all the excitement is about. Pickleball is the fastest growing sport in the USA. Learn the basics from a Pro in one lesson. All equipment is provided.

Instructor: Ahmad K, Elliot

Date: Thursdays

9/2 11:00am- 12:30pm

9/16 11:00am- 12:30am

9/16 7:00pm- 8:30pm

Intermediate Skills Class: 9/16 9:00am-10:30am

Location: Maxwell Park

Fee: \$15 M/ \$20 R/ \$22 NR

ZUMBA GOLD

Looking to become more fit or stay active? Want to work out at a pace that works for you? If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun-loving people like you. It's a dance fitness class that simultaneously exercises your brain and body. The best part is that no dance experience is required. Come have a blast with us!

Required: Athletic sneakers with rubber sole.
 Recommended: Water bottle and sweat towel
Advisory: If COVID restrictions preclude use of the Senior Center, the class will be held at the Amphitheater.

Instructor: Karen Chorney
Dates: Tuesdays & Thursdays, 9/ 21 - 11/ 4; 11/ 9 -12/30 (NC 11/25)
Time: 9:30am – 10:15am
Locations: TBD
Fee: \$35 M/ \$40 R/ \$44 NR



TECH TUESDAYS

Sign up for an individual one hour time slot to go over any tech questions you may have, whether it be your phone or tablet, computer, Microsoft Office, streaming TV, advice on buying a new device or upgrading, learning how to use a new device, the sky's the limit! These sessions can be conducted in person, via a video call (i.e. Zoom) or over the phone.

Instructor: Michael Murphy, Library Assistant Director
Dates: Tuesdays, 9/28 start date
Time: 10:30am - 12:00pm
Fee: Free

JAM SESSION

Looking for senior musicians who would like to get together for a JAM SESSION. Dust off you instruments and join a group of likeminded music enthusiasts who want to get together and have fun! If interested please call Phil Theroux 860-559-8746.

MAHJONG GROUP

Date: Thursdays, TBD
Time: 1:00-4:00pm
Fee: Free

SETBACK CARD PARTY

Seniors meet weekly to play Set Back.
Date: Tuesdays, TBD
Time: 11:00am-3:00pm
Fee: \$1 (coffee, tea & goodies provided)

BINGO

Date: Mondays, Wednesdays, Thursdays & (subject to change if there is no bingo caller), Dates TBD
Time: 12:45pm – 3:00pm
Fee: Cost of Bingo Cards

LUNCH PROGRAM

The Senior Services Department offers a hot lunch program to senior residents 55 and over Monday thru Friday. Please register 3 business days in advance by 10:00am. Lunch is prepared by Mitchell's Restaurant and we are not able to accomodate walk-ins. For more information or to register please call 860.258.2786.

Date: Monday – Friday, TBD
Time: 12:00pm (lunch is served)
Fee: \$4 M/ \$8 Non- Members

Wii BOWLING

Come and enjoy a fun new way to bowl. The Rocky Hill Senior Center is a member of the CT Senior Wii Bowling League. You may want to join other bowlers to compete against other towns! New bowlers welcome.

Date: Wednesdays, TBD
Time: 1:00-3:00pm
Fee: Free

AARP SMART DRIVER VIRTUAL COURSE

The AARP Driver Safety Program has recently received approval from the State of Connecticut DMV that allows our 4-hour course to be taught virtually. Please note, since this is a pilot program, there may be some technical glitches encountered. **Deadline to register 9/15.**

To register, send your name, mailing address, phone number & AARP membership # (if applicable) via email to bbleveille@gmail.com Payment information will be provided to participants prior to class. Work-books will be mailed to participants. Class will be limited to 20 participants.

Date: 9/29
Time: 12:30pm-4:45pm (includes 15 minute break)
Cost: \$20AARP Members/ \$25 non-members.
 Checks must be made out to AARP

LINE DANCING- BEGINNER

Instructor: Tammy Bosse
Dates: Wednesdays, 10/6 – 11/10
Time: 1:00pm – 2:00pm
Fee: \$30M/ \$35R/ \$38.00 NR

BRIDGE GROUP

This group meets weekly and is played with partners.
Dates: Mondays, TBD
Time: 12:00 – 4:00pm
Fee: \$2.00 (coffee, tea & goodies provided)

WALKING TRACK

Dates: Mondays – Fridays, TBD
Time: 8:00-9:00am
Location: RHSCC
Fee: Free

SUPPORT OUR ADVERTISERS!



PARTY IN THE PARK
Friday, October 1 at 1:30pm
Elm Ridge Park Pavilion
 Entertainment for the afternoon is the popular
Elderly Brothers
 featuring
T-Bone and Brian Gilley.
 Some picnic tables will be available for seating on a first come first serve basis. Bring your own lawn chair for an enjoyable afternoon. Refreshments will be served.
 Event is FREE but pre-registration is required. Current COVID recommendations will be followed and may include social distancing and wearing a mask

Co- Sponsor: 

VIRTUAL PAINT PARTY

Tuesday, 9/28 1:30pm

Come celebrate Fall with a painting of an iconic pumpkin! In this virtual paint party style art class, you will learn how to create a still life of a harvest pumpkin that will brighten up any room on a crisp autumn day.

Pick up your art supplies packet and pumpkin treat on Wednesday, 9/28 at 12:00pm in the RH Senior Center Parking Lot. Please wear your face mask and remain in your car during pick up. Please email gmarino@rockyhillct.gov or call (860)258-2786 for reservation by 9/12



Co-sponsor:



TENTATIVE

ROCKY HILL SENIOR/ COMMUNITY CENTER GRAND OPENING & RIBBON CUTTING

Saturday, September 18, 2021
10:00AM – 12:00PM

Please RSVP by 9/13/21 by calling 860-258-2786 or gmarino@rockyhillct.gov

BIRTHDAY GRAB & GO
Tuesday, 10/5 at 1:30pm

Celebrate all of our birthdays with a special treat, Drive through the Senior Center circle in front of the building to receive your gift
 Please register by 9/29 by calling 860-258-2786 or email gmarino@rockyhillct.gov.
 Please remain in your car and wear your face mask.



Co-sponsor:



Rocky Hill Senior Center

Jukebox BINGO and Luncheon!

Friday, October 8, 2021
1:30 pm



Join us for VIRTUAL lunch and Bingo with a Twist!

We have combined an exciting game of Bingo with some of your favorite music. This "Name that Tune" bingo game will bring back fond memories of days gone by. Many of your favorite songs will be played during this upbeat, toe tapping and most importantly, FUN activity!
 Prizes will be mailed to Bingo Winners.

Lunch Menu Choices:

Choice of Turkey, Tuna or Veggie Wraps, Chips, Cookies & Drink

Reserve your Boxed Lunch & Bingo Card packet by calling 860-258-2786 by Friday, October 1st.

Pick up your lunch and packet on Friday beginning at 11:30 am at the Senior Center parking lot.

Please wear a facemask and remain in your car.

SUPPORT OUR ADVERTISERS!





IN THE KNOW

Tuesdays
9:00-10:00 AM

Here is your chance to meet the "Movers & Shakers" of the Town of Rocky Hill. Our speakers will introduce themselves and explain their critical roles for the Town. Share in their goals, daily challenges as well as their future projects and expectations. Join us for what is sure to be an enlightening and educational experience.

- September 21 – John Mehr, Town Manager**
 - October 5 – Mike Garrahy, Fire Chief**
 - October 26 – Mike Custer, Police Chief**
 - November 9 – Mary Hogan, Library Director**
- Program is FREE, but pre-registration is required.
Coffee and Bagels will be served.

**Virtual Program Share with the Senior Center of West Hartford
History Series (Virtual) Essential Greatness: JFK and America in the Early 1960s**

This set of lectures focuses on key aspects of John F. Kennedy's tenure in the White House with special focus on how he learned and evolved as a president during some of the darkest periods of the Cold War. The Bay of Pigs, the Cuban Missile Crisis will receive particular attention, along with critical domestic crises such as the civil rights movement and the US space program. We will also explore new arenas of protest that emerged around social protest, black power, and the free speech movement. Jared Day, PhD, taught American history at Carnegie Mellon University in Pittsburgh for sixteen years. He is the author of several books along with numerous other popular and peer-reviewed articles.

Instructor: Jared Day
Dates: Thursday, 10/14, 10/21, 10/28 3:00-4:00pm
3 Sessions \$30M/ \$40R/ \$45NR

The "Not-So" Empty Nest



11th Annual Conference for Grandparents Raising Grandchildren

Thursday, September 9, 2021

9:00—1:00 p.m.

"Setting Limits with Love"

Presented by Melissa Mendez, LCSW,

Director of Early Childhood Programs, Wheeler Clinic

In-Person at the Plainville Senior Center, 200 East Street, Plainville

Complimentary Box Lunch Included! Raffle Prizes!

Please call (860)258-2788 by 9/3 to register!

Virtual Tour

The House of the Seven Gables

Located in Salem, Mass. is a 17th century ship captain's home. The house was later made famous by Nathaniel Hawthorne, who used it as the setting for his gothic romance "The House of the Seven Gables" in 1851. The museum was established in 1910 by Caroline Emmerton and served to both preserve the home and fund classes for immigrant families in Salem. This tour will discuss the home's architectural history, it's connection to maritime history, and the importance of Nathaniel Hawthorne's work. Pre-register for this free program by emailing gmarino@rockyhillct.gov before 9/21 and the zoom link will be emailed to you on 9/24.

Date: Monday, 9/27 3:00pm
Fee: Free

THE TEA @ 3 COMMUNITY CONTINUES TO EXPAND

Join the Tea @ 3 Community, make a new friend, and feel a sense of belonging as you join together with the greater Community.

Sign up today and receive your free Welcome Kit which includes a hand-crocheted mug cozy, a one month's supply of tea, and - as a special addition this fall - a Bare Life coconut hot cocoa packet.

Enjoy a weekly phone call with a Tea-Mate of another age who is matched with you based on interests. And if coffee - or hot cocoa - is your choice of an afternoon pick-me-up, that's fine with us.

This Community is available to CT residents age 18+ and students attending a CT university or Amherst College.



**ROCKY HILL
PARKS & RECREATION
SAVE THE DATES**



- **Rocky Hill Farmers Market**
Wednesday, September 15 (Rain date 9/22)
4:00 – 7:00 p.m. Ferry Park
For more information, call (860) 258-2772
- **20th Annual 911 Memorial Ceremony**
Saturday, September 11th from 8:15am –11:00am-
North side of the Police Department
- **Shred –It**
Saturday, September 11, 2021 9:00 – 12:00p.m.
Stevens School parking lot

ROCKY HILL HISTORICAL SOCIETY

Hike the Quarry

Led by Ed Chiucarello- volunteer trail manager. A 2.5 mile hike. A bit rocky in places but fairly easy.

Date: Saturday, 9/25 10:00am-11:30am

Location: Quarry Park, 34A Old Main Street

Center Cemetery Tour

Join Town Historian Bob Herron for a historic tour of Center Cemetery.

Date: Saturday, 10/2 1:00pm- 3:00pm

Location: Center Cemetery

HEALTH SERVICES

Four Town Walking Competition

Registration for our Four Town Walking Competition begins on August 16th. The competition will start on September 1st, so get your walking shoes ready!



Flu Clinics

Save the Date for Flu Vaccination Clinics in October! CCHD is doing drive- thru clinics in Rocky Hill on October 5th and October 14th. Registration will be online for both clinics, so look at our website (www.ccthd.org) for details and additional dates in the district.

Healthy Choices Blood Pressure Check

A retired Registered Nurse is on site to check blood pressures, review medications, give injections or discuss health concerns. Drop in for a visit, no appointment needed.

Date: Mondays, TBD

Time: 9:45–11:45am

Location: Nurses Office

Fee: Free

Hearing Health Services

Beltone of New England audio specialist will clean and check hearing aids and provide free hearing test. For more info, please call the senior office 860.258.2786.

Date: 2nd Thursday, TBD

Time: 10:00–11:00am

Location: Nurses Office

Fee: Free

Foot Care Services

Cathy Brennan, RN

Dates: 4th Thursday of the month, TBD

Time: 8:30am – 3:30pm (by appointments only)

Location: Nurses Office

Fee: \$30.00 payable to Pedi Care

To set-up an appointment call the senior office 860.258.2786.

Join us for
RAINBOW LUNCH HOUR
SEPT. 23RD

Presented by the
CT Moveable Senior Centers and the
CT Healthy Living COLLECTIVE

Come Out and Connect!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour.

Held on the 4th Thursday of the month at Noon.

Pre-registration is required. *Bringing your own lunch optional!*

Our September topic is "Resourcefulness and Healthy Living"

[Click Here to Register](#) or visit www.cthealthyliving.org.



HUMAN SERVICES

For more information, questions, or to make an appointment for any Human Services program, please call Human Services 860-258-2799.

Food Pantry

The Human Services Department maintains a food pantry for food-insecure residents. Donations from various churches, community groups, and individuals provide the supply for the pantry. A variety of non-perishable food items in conjunction with grocery store gift cards for perishable items are available for qualified residents.

Holiday Food Baskets, which also include gift cards to buy fresh food, are available outside normal food pantry usage for the holidays. In addition, during the month of December, an Adopt-A-Family Program is offered to ensure that all children within the community have gifts for the holiday season.

Program Application Assistance

The Human Services Department provides staff to assist residents with finding information and completing applications for local, state, and federal assistance programs. These services may enhance the quality of life and we can aid in navigation and support residents in applying for them.

Renters' Rebate Program

Connecticut provides a reimbursement program for renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing, or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. An application may be completed with the Human Services Department between April 1st and October 1st.

Holiday Meal Program

The Human Services Department can have a fresh meal delivered on Thanksgiving and Christmas Eve to anyone that might be alone during the holiday season. There are no restrictions on the program, we just want every resident to enjoy a nice meal on the holidays. Please reach out to us at 860-258-2799 if you would like to be included in our deliveries.

Volunteer Care Teams

The Human Services Department maintains a list of volunteers that can provide services to eligible residents who are in need of temporary assistance with grocery shopping, friendly visits, friendly check-ins, errands, transportation to medical appointments outside town transportation perimeters, etc. Please call us to sign up for any of these services.

We are always looking for new volunteers with an interest in helping others in our community, if interested in volunteering please call us.

Energy Assistance (2 types):

Residents may apply and receive financial assistance through Community Renewal Team (CRT), assistance is available for the client's primary source of heat when they meet income and asset eligibility guidelines. Energy Assistance appointments are generally available from August through May depending on your heating source. Please contact CRT at 860-560-5800 to set up an appointment.

Operation Fuel provides a one-time grant of **up to \$500.00** to assist families with their energy bills. Operation Fuel is energy blind, meaning they assist with all energy types – oil, electric, natural gas, kerosene, wood, propane, pellets, and other energy sources. If your grant is being applied to an electric or gas utility bill, Operation Fuel's grant can be used to prevent a shutoff or restore utility service. Operation Fuel also has funding for water assistance grants for eligible MDC customers. Operation Fuel has gone to an online application process; please visit Operationfuel.org to apply. If you need additional help with the online process please call 860-258-2799.

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September 2021 Library Programs

New York Times Best Selling Author
Martha Hall Kelly

Via Zoom
September 14 7 PM

Based on true events, Martha Hall Kelly's novels track the story of the Woolsey-Ferriday family from the Civil War to the 20th Century.

Registration required to receive the Zoom ID.



Library Card Month!

September is National Library Card Sign-Up Month

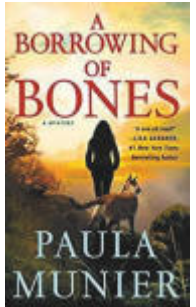


Your library is more than just books! Sign up for a card today and explore everything your card gives you **free!** Visit us or go online to www.rockyhillct.gov/library.

Mystery Discussion Group

September 1
 6:30 PM

Join us to discuss "**Borrowing of Bones**" by Paula Munier. Extra copies available at the library.

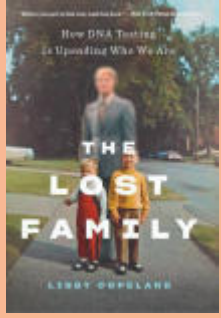


The Lost Family: How DNA Testing is Upending Who We Are

With Libby Copeland

Award-winning journalist Libby Copeland explores the culture of genealogy buffs, the science of DNA, and the impact of companies like Ancestry and 23andMe. *Registration required.*

September 27
6:30 PM via Zoom



Downloading E-books

Mondays in September
 2:30 PM via Zoom

Join us to learn how to download free e-books and audio books with Overdrive/Libby!

Registration required.



Tech Talks with Mike

- Tuesdays** 2-3pm via Zoom *Registration required!*
- Sept 7:** Microsoft Word
- Sept 14:** Microsoft Excel
- Sept 21:** Microsoft PowerPoint



Thursday evening:
Sept 23 6:30pm
 Getting Started with Streaming TV
Registration required.