

The COMPASS

Official Newsletter of the Rocky Hill Senior/ Community Center

July & August 2025



Senior Services

Physical Location:

55 Church Street,
Rocky Hill, CT 06067

Mailing Address:

761 Old Main Street
Rocky Hill, CT 06067

Office Hours:

8:30am—4:30pm
Monday through Friday

Office Phone:

(860) 258-2786

Facebook:

[www.facebook.com/
RockyHillSeniorCenter/](https://www.facebook.com/RockyHillSeniorCenter/)

Website:

Rockyhillct.myrec.com

Department Contacts:

Senior Services Director:

Gina Cristalli Marino

Email: gmarino@rockyhillct.gov

Phone: (860) 258-2786

Transportation Coordinator:

Charlene Mehr

Email: chmehr@rockyhillct.gov

Phone: (860) 258-2701

Clerical Assistants:

Martina Garofalo

Email: mgarofalo@rockyhillct.gov

Cindy Krawciw

Email: ckrawciw@rockyhillct.gov

Shannon Marquardt

Email: smarquardt@rockyhillct.gov

Phone: (860) 258-2786

Event	Description
SUMMER PICNIC 	Wednesday, July 9 12:00 -2:00pm Summer would not be complete without enjoying a Hot Lobster Roll. Pianist Ruriko returns with a new program, "WE GOT THE RHYTHM" featuring music by Paul Desmon, Chopin, Gershwin and Four Season Summer by Vivaldi. Cost: \$12M/\$15NM Co-sponsors:
LEGACY OF A BOXING LEGEND 	Friday, July 18 12:00 -3:00pm The Featherweight , life story of Willie Pep, will be shown at 1:00pm followed by dialogue with the local movie Executive Producer and one of the actresses. Lunch will be Cheese Lasagna, Meatball, Sausage, Garden Salad and Garlic Bread. Cost: \$12M/\$15NM Co-sponsor:
LITTLE POLAND IMPREZA 	Wednesday, July 23 12:00 -1:30pm All of our favorite Polish food will be served! Enjoy Galumpki, Kielbasa, Sauerkraut and Pierogi, followed by the lively music of Dave Godowski. Cost: \$12M/\$15NM Co-sponsor:
BBQ WITH BRAD & BRIAN 	Wednesday, July 30 12:00 -2:00pm Old Fashioned Barbecue luncheon with Ribs, Chicken, Potato Salad, Cole Slaw, Baked Beans and Corn Bread. Entertainment will be the fantastic duo of Brad & Brian playing our favorite songs. Cost: \$12M/\$15NM Co-sponsor:
SILKY SMOOTH SOUNDS OF SUMMER 	Wednesday, August 6 12:00 -2:00pm Wang Palace will cater a delicious Chinese luncheon featuring General Tso's Chicken, Beef & Broccoli, Egg Roll and Pork Fried Rice. Musical performance by Sue Lopez and Jeff Giglio. Cost: \$12M/\$15NM Co-sponsor:
PARTY IN THE PARK 	Wednesday, August 20 2:00-4:00pm Let's end summer with a BANG! Enjoy the music of the popular & energetic band Rock Solid Alibi. Blue Chip Ice Cream will be serving their award winning cups and cones. Full details on page 15. Cost: FREE Members/\$5 NM. Tickets need to be picked up in the Senior Office prior to 8/15. Co-sponsors: Rocky Hill Library
Holiday Closing 	Our facility will be closed: Friday, July 4—Independence Day Holiday Monday, August 25 - August 30—Facility Maintenance Monday, September 1—Labor Day

DIRECTOR'S MESSAGE

Congratulations to our staff member, Martina for graduating CCSU with a degree in Social Work. We are all so proud of her and know she will excel in her Graduate program. We are hopeful she will continue to work with us during this next phase of her life.

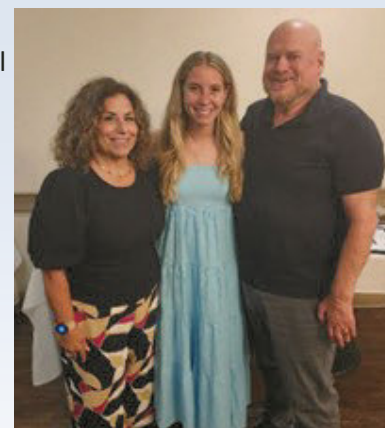
Look for some new young faces in our lunchroom this summer as students from Rocky Hill High School volunteer.

We schedule free programs every month as a perk to our members. Recently we have seen a very high percentage of people not showing up for a program for which they were registered. Please call the office if you are not able to attend. Many times we have purchased a special dessert that will go to waste and also have people on the waitlist who would have loved to take the seat. Thank you for your consideration.

Thank you to all who participated in our SilverSneakers Survey.

We are adding new classes/days/times in the fall. We also heard from many of you that you would like us to offer **Renew Active**. We are exploring the possibility now and hope to have more information soon. Stay tuned!

Stay Cool,
Gina Cristalli Marino

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The
Café

Café Coffee Sponsors**JUNE:**

Deborah & James Marquardt
Sue-Anne McCue

JULY:

Angelina & Enrico Nicolini
Suzanne Thompson
Suzanne Thorburn

Thank you!
TO OUR SPONSORS



Volunteers are serving complimentary Coffee, Tea, Hot Chocolate, Iced Tea, Lemonade. Grab a quick beverage before one of your activities or relax at our coffee bar and enjoy good conversation with friends!

Open Monday – Friday
8:30am-2:00pm

Support Your Senior Center by becoming a
Café Coffee Sponsor

Join the **Café Coffee Club**
& help provide refreshments to our patrons. Sponsor a month with a \$50 donation towards the Coffee Club or Gifts of Gratitude.



The Landing Gift Shop
in the Rocky Hill
Senior Center showcases
an ever-changing array

of hand-crafted items created by our seniors such as knitted items, cards, wreaths, paintings, soaps, and jewelry. It also carries local maple syrup and home-made jams, jellies, & pickles. This volunteer-led shop is usually open Monday through Thursday from 10:00am-2:00pm. Please email

rhscgiftshop@gmail.com for vendor application or if interested in volunteering. Stop by and visit us!

THINKING OF YOU

Please let the office know of any Senior Center Member who would benefit from a hand-made get well, sympathy or thinking of you card created by our Community Crafters.



Donation program made in Honor of a Special Person, Event or Remembrance.

GIFTS OF GRATITUDE

In Memory of
Sal Malinguaggio

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, restaurants and Senior Center. Clients are limited to one ride per day.

Ambassador 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

Our "Adventures in Dining" will continue to celebrate what we most enjoy in the summertime!

TUESDAY, JULY 29- RIVER: A WATERFRONT RESTAURANT, WETHERSFIELD

Relax and savor the breathtaking views of our "local" Connecticut River.

This gorgeous venue, along the river banks, provides diners with an incredible selection of classic favorites, as well as more unique dining options.



TUESDAY, AUGUST 26- LITTLE MARK'S BIG BBQ AND GRILL, VERNON- What's more iconic than eating Barbecue during the Summer? "Mark's," a former popular local BBQ joint has, to the delight of local diners, recently reopened as "Little Mark's." Some of Mark's previous favorite dishes have returned, "mixed with some tasty new mouth waterin' specialties." Reservations at both restaurants are at 5:00 pm and individual checks will be provided to participants.

Cost is \$5.00 registration fee, whether taking the bus or driving on their own. Space is very limited. Please call (860) 258-2701 with questions or to register. Online registration is available at rockyhillct.myrec.com



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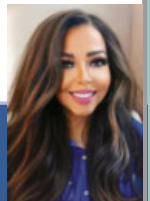


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The Senior Center is serving a hot lunch for seniors 55 years and better. Meals are catered by **Mitchell's Restaurant** and are available Monday – Friday from 12:00-12:30pm. The cost for lunch is **\$5 for residents** and **\$10 for nonresidents**. **Reservations must be accompanied by payment and need to be made at least 3 business days in advance before 10:00am.** Cancellations should be called in as early as possible and anyone arriving after 12:30pm is considered a “no show.” No Refunds. Credit may be applied for medical reasons only.

A vegetarian option is available with advance notice for those with religious or dietary restrictions.

**Genny celebrating her 100th
Birthday with her family**



Special events are excluded. Food is not allowed to be taken home.

Thank you to **Big Y & Westside Market** for their generous dessert donations!

Low sugar fruit cups are available for diabetics or those looking for a healthier option. Please alert staff at check in.

Join us and share your noon time meal with old friends and make new friends.

Our daily senior meal is subsidized by the Town and the fees we collect do not cover the expense of the program. If you are able to contribute more for your own lunch or would like to donate towards this wonderful cause, please feel free to give any amount. Your generosity is appreciated!

Thank you to our member who donated \$100 to our lunch program!

HEALTH SERVICES & PROGRAMS

BLOOD PRESSURE CLINIC

Beginning July 7 a weekly clinic will be held at the Center co-sponsored by Masonicare at Middlewoods of Newington and Masonicare at Greenridge Place. No appointments needed, just drop in.

Day: Mondays **Time:** 10:30am-11:30am

FOOT CARE

Pamela Rowe, RN will provide this service by appointment. Please pay provider at time of visit.

Date: Wednesdays, 7/9, 7/23, 8/13, 8/20

Time: 9:00am–2:30pm **Fee:** \$30 **Home visit:** \$50

HEARING SCREENING

Free Screening is provided by Nova Hearing and includes videoscope ear wax checks, hearing aid cleanings and adjustment, all make hearing aid repair services, batteries, complete testing and evaluations. Please call for an appointment.

Date: Thursday, 8/7 **Time:** 1:00-3:00pm

MASSAGE

Join LMT Connie Drake for a Therapeutic Massage. Enjoy the many benefits of massage: relaxation, stress relief, decreased muscle tension, better sleep, increased awareness of balance, greater range of motion and reduced pain. Please call for an appointment and pay provider at time of visit. Massages are reserved for members only and held on select Wednesdays and Fridays. **Due to high demand, Massages are limited to (2) per month per person.**

The Massage Therapist is unavailable for July & August.

Time: 9:00am-2:00pm

Fee: 15 Minute Chair Massage \$15

30 Minute Table Massage \$28

60 Minute Table Massage \$55

DEMENTIA CAREGIVER SUPPORT GROUP

Join Mary Klatt, Certified Dementia Specialist, for monthly discussions on types of dementia including Alzheimer's, tips for handling behaviors, and available support for caregivers. Complimentary boxed lunch provided by Maplevue.

Please preregister by the preceding Friday.

Date: Tuesday, 7/15, 8/19 **Time:** 12:00-1:00pm

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NOTARY SERVICE

Notary service provided by a representative of **Gordon, Muir & Foley, LLC**, is available on **the second Thursday of the month**. Members may take advantage of this **FREE** service for documents that require a notarized signature. Please bring photo identification along with the documents to be signed. Please register for a 10 minute appointment.

Dates: Thursday, 7/10, 8/14 **Time:** 11:30am-12:30pm.

REIKI SESSIONS

Reiki is a Japanese technique for stress-reduction and relaxation. It promotes physical and emotional healing in the body. It is a holistic approach that removes blocks to the flow of energy in the body. When your energy flows, you feel relaxed and your body's natural abilities are better utilized. The practitioner places hands on or near the person's body to channel high-vibration, universal life force energy. The energy helps clear disruptions, reduce stress and restore a healthy balance in the body. Research supports the positive effects of Reiki used in conjunction with medical and psychological treatments. Reiki is effective in promoting physical and emotional healing in the following areas: Acute and chronic pains, and well-being during cancer treatment; Stress, anxiety and depression, Pre/Post Operative transitions. A calm mind, body and spirit, makes way for a healthier you!

Dates: Friday, 7/11, 8/1

Time: 10:00 am-2:00 pm

Fee: \$30.00 for 30 minute session

NURSE GROUP COACHING

Do you feel stuck changing something in your life even though you know it is best for you? Do you know exactly what you should do for your health but somehow can't make yourself do it? Registered Nurse, Amy Emanuel is currently completing certification as an Integrative nurse coach and, as part of the certification practicum, she is offering four complimentary group sessions at no cost. Spots are limited, so don't miss this opportunity to bring greater wellness into your life! Weekly sessions start Tuesdays, **July 15—August 5, 5:00-6:00pm** at Rocky Hill Senior Center, Art and Crafts Room. Please call 860-213-0138 or email aemanuel@inursecoach.com for more information or to sign up.



MANAGING DECISIONS: YOUR PLAN TO MAKE IT MATTER**Friday, July 25, 2025, 10:00 AM**

Join Funeral Director, AJ Albuquerque for a program offering a deeper understanding of the cremation planning process. This workshop will cover the key components of planning a direct cremation to a celebration of life; providing you with the knowledge to make informed decisions for yourself or a loved one. The session will also explore the benefits of pre-arranged funeral plans, helping you outline your wishes, prepay for services, and navigate the emotional and logistical aspects of future planning. This workshop offers the tools to ensure your final arrangements align with your desires, easing the burden on your family. Whether planning for yourself or helping a loved one, this workshop provides valuable insight into creating a meaningful, well-organized cremation plan. Program is free but registration is required.

MEDICARE UPDATES**Friday, September 5, 10:00am**

Advanced Medicare Advisor Committee Member, Elena Scofield, will discuss some topics that have been in the news and share an update on Medicare. This is strictly an educational presentation. Light refreshments will be served. Program is free but registration is required.

RECYCLING AWARENESS**Friday, July 11, 10:00am**

Learn how we recycle and reduce waste in Rocky Hill! Join staff from the Rocky Hill Public Works Department for an informative talk about trash and recycling in Rocky Hill. We hope that you will learn something and have some fun. There will be prizes too! Supported by the Sustainable Rocky Hill CT Task Force. Program is free but registration is required.

**GOLDEN TRANSITIONS SEMINAR****Friday, August 8, 10:00am-11:00am**

Empower Yourself For Life's Next Chapter. Knowledge is power, and we're here to share it. Join us for Golden Transitions, a free seminar created to give you trusted information and resources for planning your next chapter. Wherever you are in the journey, you'll find support, answers, and ideas to help you move forward confidently. Topics to be covered: Rightsizing your home and lifestyle, Financial tools and resources, Home safety tips and modifications, Legal planning for peace of mind, How to make decisions that fit your goals. Presenters: Debbie Huscher — Senior Real Estate Specialist; Dave Beckman — Mortgage Banker; Marc D'Orville — Home Safety Handyman; Kristen Prout — Elder Law & Estate Planning Attorney. This is a no-pressure, no-sales event — just trusted advice and open conversation. Program is free but registration is required.

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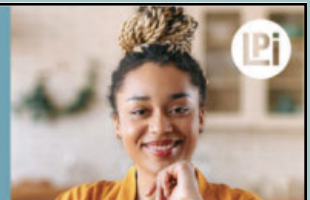
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BELLY BUSTERS

This is a half hour class that targets your core and more. We will shape and tone your midsection which will require some mat work on the floor. If you want a flat belly and a smaller waist this class is for you.

Instructor: Kathryn Zizzi-Meyers

Days: Friday **Dates:** 6/27-8/22 (NC 7/4), 9/5-10/24

Time: 9:00am-9:30am **Fee:** \$24M/\$30NM

BELLY DANCING

Learn posture, presence and power through this ancient art form. The moves in this dance are very simple and natural. They stretch and strengthen the muscles, the bones, the internal organs, improve balance, and connect you to your own awareness of mind and body. It is also a lot of fun and connection with other women. The moves are not strenuous, but you will use every part of your body. Gia has been teaching Belly Dance since 1997. This class is about obtaining grace, power, freedom, joy, through belly dance.

Instructor: Gia Khalsa

Day: Wednesdays **Dates:** 7/16-8/20, 9/10-10/15

Time: 1:00pm –1:45pm **Fee:** \$48M/\$58NM

CHAIR YOGA WITH MARY

This class is a fun, gentle form of yoga done mostly while seated. Optional standing poses are included, with suggested modifications to accommodate all bodies and abilities. Chair yoga is encouraged for people who might be recovering from an injury, have limited mobility, and / or are concerned about balance. Physical benefits include stretching stiff muscles, keeping joints limber, and helping improve circulation by moving the limbs. Mental benefits include stress reduction, body awareness and increased mindfulness achieved through meditation, and breath work.

Instructor: Personal Euphoria

Day: Thursdays **Dates:** 9/11-10/16

Time: 10:05am-10:50am **Time:** 10:55am-11:45am

Fee: \$36M/ \$46NM

CHAIR YOGA WITH GIA

Gia's style of "Yoga in a chair", is a great experience for ALL fitness levels. This class will make you feel good all over...by stretching & strengthening every part of the body. The class is gentle yet effective. Mostly done sitting but has a section with standing to work balance and the legs. Gia has studied and taught yoga since 1970 and has developed her own personal style.

Instructor: Gia Khalsa

Day: Mondays, **Dates:** 6/16-8/18

Time: 1:30pm-2:15pm **Fee:** \$60M/\$66NM

Day: Mondays, **Dates:** 9/8-10/20 (NC 10/13)

Time: 1:30pm-2:15pm **Fee:** \$36M/\$46NM

Day: Tuesdays **Dates:** 7/1-8/19 (NC 8/12), 9/9-10/21

Time: 11:00am-11:45am **Fee:** \$42M/\$52NM

CHAIR YOGA WITH LYNN/KAREN

Enjoy seated & standing poses and routines, accompanied by a variety of options! We will focus on connecting our breath to each movement, while also combining some poses to incorporate a synchronized flow. Benefits include improved: strength, balance, flexibility, stability, and relaxation. Stretching and mindfulness will open and close each class. Let's set some achievable goals together, whi-

le participating in a fun & focused session! Lynn & Karen are certified Silver Sneakers® Yoga instructors.

Instructor: Lynn Tracey

Day: Wednesdays **Dates:** 9/10-10/15

Time: 1:00pm-1:45pm **Fee:** \$36M/\$46NM

Instructor: Karen Chorney

Day: Fridays **Dates:** 7/11-8/15

Time: 10:00am-10:45am **Fee:** \$36M/\$46NM

CIRCUIT TRAINING

Workout is specially designed for older active adults with modifications by a certified personal trainer to include all fitness levels. Go at your own pace with timed intervals using weights, bands, balls, step and cardio exercises. Jump start weight loss, improve balance, coordination and gain strength in this fun and friendly class.

Instructor: Wendy LeClerc

Days: M, W, F

Dates: 6/25-7/18 (NC 7/4), 7/21-8/11, 8/13-9/12 (NC 8/25-9/1)

Time: 11:00am-11:50am

Fee: 3 classes/ week; \$50M/\$58NM,

2 classes/ week; \$40 M/\$48NM

FUNCTIONAL FUN TONING

Use it or lose it and have fun while doing it! This class focuses on toning but also includes balance and range of motion exercises that are executed from standing and seated positions. Required: sneakers and a set of 1 or 2 pound hand weights. Suggested: water bottle and sweat towel.

Instructor: Karen Chorney

Day: Mondays **Dates:** 6/16-7/28 (NC 6/30), 8/4-9/22 (NC 8/25, 9/1)

Time: 11:30am-12:15pm **Fee:** \$30M/\$38NM

GENTLE YOGA

This is an 60 minute all levels, mat-based yoga class for seniors that will help you calm your mind, strengthen and stretch your body and improve body awareness and balance. This class is for every body, as it incorporates conscious breathing with slow controlled movements and focused stretching. There will be opportunities to modify postures throughout, and each class will end with a restorative posture and quiet relaxation.

Instructor: Kristin Longenecker

Days: Mondays **Dates:** 9/15-10/27

Time: 4:00pm-5:00pm **Fee:** \$36M/ \$46NM

GUITAR-SMALL-GROUP ACOUSTIC LESSONS FOR ADULTS

In this class, students will learn the fundamentals of playing the acoustic guitar in a small-group setting with individual attention. Students will learn how to form chords and read chord diagrams, learn guitar tablature, and how to play various strumming patterns in songs. This class is perfect for a beginner or someone who wishes to pick up the guitar after being away from it for a long time.

The student must bring his/her own guitar and tuner to class.

Instructor: Maryanne Lauria

Day: Mondays **Dates:** 9/15-10/27 (NC 10/13)

Time: 5:30pm-6:00pm **Fee:** \$75M/ \$85NM

THE GREAT COURSES

Join former educator and facilitator Mimi Theroux, as she shares a series of college-level audio and video courses on our large screen. Each video is approximately 30 minutes in length to allow two episodes to be shown each week followed by a lively group discussion.

Instructor: Mimi Theroux

Days: Tuesdays **Dates:** 9/16-11/18 (NC 9/23, 11/4)

Time: 1:00pm-2:30pm **Fee:** \$12M/\$15NM

INTRODUCTION LINE DANCE WORKSHOP

This is a one time intro class to give you a jump start on all the steps that will be used in class. Tags and Restarts will also be covered. Join us to see what Line Dancing is all about.

Instructor: Amy Perales

Day: Wednesday **Date:** 9/11 **Time:** 11:45am-12:30pm

Fee: Free M/\$5NM

LINE DANCING

Learn Rocket to The Sun, I Like This, Bullfrog on A Log and so much more! Prepare yourself to go out dancing and you will find that you do less sitting, as you will know many of the Line Dances that are being done now.

Instructor: Amy Perales

Beginner: Days: Thursdays, **Dates:** 9/18-10/23

Time: 11:45am-12:30pm **Fee:** \$35M/\$45NM

Advance Beginner: Days: Thursdays **Dates:** 9/18-10/23

Time: 12:30pm-1:15pm **Fee:** \$35M/\$45NM

MAHJONGG FOR BEGINNERS

Learn to play the American version of Mahjongg, a brain stimulating tile game of strategy as well as an excellent memory exercise. You will learn about the tiles, how to decode the card and all the rules to play the game. The American version has 152 tiles that are drawn and discarded until one player secures a winning hand. The fee for the class includes your card.

Instructor: Kathryn Carle

Day: Tuesdays **Dates:** 9/9-10/14

Time: 10:00am-12:00pm **Fee:** \$36M/ \$46NM

PARKINSON'S EXERCISE

Come take a class designed specifically for persons with Parkinson's. Appropriate for ALL with mobility concerns. This hour long session will focus on balance, strength, speech and power. We'll use some traditional and more unique equipment to foster positive results.

Instructor: Lisa Callahan

Day: Mondays **Dates:** 9/8-11/3 (NC 10/13)

Time: 2:00-3:00pm **Fee:** \$24M/\$32NM

Day: Thursdays **Dates:** 9/11-10/23

Time: 1:00pm-2:00pm **Fee:** \$21M/\$28NM



Benchmark community residents
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QIGONG CLUB

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture. Volunteer Martha Jaffe will guide you through gentle movements and a guided meditation that will leave you feeling relaxed and refreshed.

Instructor: Martha Jaffe

Day: Wednesdays **Dates:** 7/9-8/20, 9/10-10/29

Time: 11:00am-12:00pm **Fee:** \$16M/\$20NM

Day: Fridays **Dates:** 7/18-8/22, 9/12-10/31

Time: 12:00pm-1:00pm **Fee:** \$16M/\$20NM

SINGING FOR FUN

This relaxed and enjoyable class is for ANYONE who likes to sing! Sing familiar tunes and some modern songs as well, simply for FUN! There are several health benefits to singing. Why sing? It improves sleep, releases endorphins, improves our posture and calms our mind. You do not have to be an experienced singer to enjoy the many benefits of song. Have an instrument? Bring it along! All are welcome. Lynn is a professional musician with an A.S. in Music!

Instructor: Lynn Tracey

Date: Tuesday, 7/1-8/19, 9/9-10/28

Time: 1:00pm-2:00pm **Fee:** \$16M/\$20NM

STRENGTH & TONING- MAT

A certified personal trainer will help get you stronger and toned with the use of dumbbells, bands, bars and various equipment. Your body can be the fitter self that it deserves to be. We'll use the mat for core work, cool down & stretching.

Instructor: Wendy LeClerc **Days:** M, W, F

Dates: 7/21-8/11, 8/13-9/12 (NC 8/25-9/1)

Time: 10:00am-10:50am

Fee: 3 classes/ week; \$50M/\$58NM

2 classes/week; \$40 M/\$48NM

TAP DANCING—INTRODUCTION

This class is perfect for the absolute beginner. Someone that has never taken tap dancing before. We will be working on Tap Terminology, strengthening our ankles through various exercises and working on balance, which is the most difficult part of tap for most people.

Instructor: Amy Perales

Day: Thursdays **Dates:** 9/18-10/23

Time: 2:15pm-3:00pm **Fee:** \$35M/\$45NM

TAP DANCING

Join us for the wonderful art of tap dancing! Are you a former tapper or have always wanted to try tap dancing? Here is your chance!

Instructor: Amy Perales

Day: Thursdays **Dates:** 9/18-10/23

Time: 1:30pm-2:15pm **Fee:** \$35M/\$45NM

TOTAL BODY WORKOUT

This circuit training program incorporates resistance machines, free weights, bands, balls, and cardiovascular equipment to help improve balance, functional strength, mobility and cognitive skills. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation. Class size is limited to 6.

Instructor: Kathryn Zizzi-Meyers

Days: M & W **Dates:** 7/2-8/4, 8/6-9/17 (NC 8/25, 8/27)

Time: 1:30pm-2:15pm **Fee:** \$36M/\$46NM

Time: 2:30pm-3:15pm **Fee:** \$36M/\$46NM

Time: 3:30pm-4:15pm **Fee:** \$36M/\$46NM

UKULELE LESSONS-BEGINNER GROUP

Students will learn the basics of the ukulele and how to play simple songs in a fun and relaxed atmosphere. Topics will include identifying parts of the ukulele, how to tune the instrument, how to play notes and chords, strum patterns, and understanding music theory as it relates to the ukulele. Course Materials Required: Ukulele, a tuning device (clip on or free app on phone or tablet), and a pocket folder for handouts. The Music Score (2315 Silas Deane Hwy., Rocky Hill) will put together a package deal for seniors which will include a ukulele and tuner for \$50. One Ukulele and tuner may be available to borrow for use during class. Please ask office when registering.

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 9/16-10/21

Time: 4:45pm-5:15pm **Fee:** \$65M/\$75NM

UKULELE LESSONS -CONTINUING GROUP

Using skills learned in the Beginner Group, students will learn additional chords and strumming techniques as applied to songs covered in this 6-week course. Participants will learn how to read ukulele tab and understand music theory as it relates to the ukulele. (Prerequisite: Beginner Group Ukulele or by instructor recommendation).

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 9/16-10/21

Time: 5:30pm-6:00pm **Fee:** 65M/\$75NM

WATERCOLOR-INTRODUCTION

Through the waves of color, watch your spirit fly, as you learn the art of gentle creation...Come join Rocky Hill High School Student Rutheeksha and learn to paint landscapes, cities, animals, and flowers with **watercolor**. In this weekly class, you'll learn cool watercolor techniques, and the basics of loose watercolor painting. All materials are included. All you need to bring is an open mind and a kind heart. Hope to see you there!

Instructor: Rutheeksha

Day: Friday, 7/18-8/22 **Time:** 10:00am-11:30am

Fee: \$35M/\$45NM

ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun loving adults. It's a dance fitness class that exercises your brain and body. The best part is that no experience is required. Required: Athletic sneakers with a rubber sole. Recommended: Dress in comfortable clothes, and bring a water bottle and sweat towel.

Instructor: Karen Chorney

Day: Thursday **Dates:** 9/11-10/23 (NC 10/2)

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM

Day: Tuesday

Dates: 6/10-7/22 (NC 7/1), 7/29-9/16 (NC 8/26, 9/2), 9/30-11/4

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM



Join us for monthly presentations on a wide variety of interesting topics. Short videos followed by a facilitated group discussion. Program is free but registration is required.

MONDAY, July 21, 11:15AM-12:00PM
HOW MINDFULNESS CHANGES THE EMOTIONAL
LIFE OF OUR BRAINS

"Why is it that some people are more vulnerable to life's slings and arrows and others more resilient?" In this eye-opening talk, Richard Davidson discusses how mindfulness can improve well-being and outlines strategies to boost four components of a healthy mind: awareness, connection, insight, and purpose.

SUSTAINING HAPPINESS THROUGH MINDFUL LIVING

Your brain is a powerful tool, but is wired for you to survive and at times subconsciously operates at cross purposes with what you might consider to be the best behavior. This presents a problem in the world where digital devices have led to increasingly high levels of stress in our lives. Being "Mindful" and present insures that you properly reflect on the situation before acting and behave in a way that would be most beneficial.

MONDAY, August 18, 11:15AM-12:00PM
THE BRAIN-CHANGING BENEFITS OF EXERCISE

What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

WHY SOME PEOPLE FIND EXERCISE HARDER THAN OTHERS

Why do some people struggle more than others to keep off the pounds? Social psychologist Emily Balcutis shows research that addresses one of the many factors: our vision. In an informative talk, she shows how when it comes to fitness, some people quite literally see the world differently.

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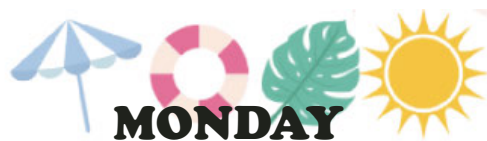
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<div></div> <div>DATES & TIMES ARE SUBJECT TO CHANGE</div>			9:00a Silver Sneakers-Chair Aerobics 10:00A Silver Sneakers-Boom Muscle 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P LUNCH-Carved Turkey w/ Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Sauce, Dinner Roll 1:00P Great Courses/ Setback 1:00P Mexican Train 1:00P Singing for Fun 5:00P ADVENTURES IN DINING MILL ON THE RIVER	1 2 10:00A Cribbage/ Mahjongg 10:00A Strength & Toning- Mat 11:00A Qigong Club 11:00A Circuit Training / Qigong Club 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH Beef Stew, Garden Salad, Dinner Roll 1:00P Wii Bowling/ Belly Dancing 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout	
8:00A Walking Club 9:00A Silver Sneakers-Cardio & Strength 10:00A Strength & Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Beets, Dinner Roll 1:00P Bingo/Bridge/ Tai Chi Qigong 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout 6:30P Movie: Elizabeth Taylor: The Lost Tapes	7	9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P LUNCH-Ham Grinder w/ Lettuce, Tomato, Provolone Cheese, Chips, Pickle 1:00P Great Courses/ Setback 1:00P Mexican Train 1:00P Singing for Fun	8	9:00A Footcare 10:00A Cribbage/ Mahjongg 10:00A Strength & Toning- Mat 11:00A Qigong Club 11:00A Circuit Training / Qigong Club 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH SUMMER PICNIC Hot Lobster Roll Chips, Coleslaw, Pickle \$12M/\$15NM 1:00P Wii Bowling/ Belly Dancing 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout	9
8:00A Walking Club 9:00A Silver Sneakers-Cardio & Strength 10:00A Silver Sneakers Yoga 10:00A Strength & Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH Meatloaf w/ Gravy, Mashed Potatoes, Peas & Carrots, Dinner Roll 1:00P Bingo/Bridge/ Tai Chi Qigong 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:30P Total Body Workout 3:30 Total Body Workout 6:30P Movie: A Complete Unknown	14	9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P Dementia Care Support Group 12:00P LUNCH- Chicken Tenders, French Fries, Coleslaw, Biscuit 1:00P Setback/Great Courses 1:00P Mexican Train 1:00P Singing For Fun	15	10:00A Cribbage/ Mahjongg/Collage 10:00A Strength & Toning- Mat 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH-Bourbon Beef Tips, Mashed Potatoes, Brussel Sprouts, Dinner Roll 1:00P Wii Bowling/ Belly Dancing 1:00P COOKING DEMO 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout	16
8:00A Walking Club 9:00A Silver Sneakers-Cardio & Strength 10:00A Silver Sneakers Yoga 10:00A Strength & Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:15A TED TALKS 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH-Chicken Marsala, Mashed Potatoes, Broccoli, Dinner Roll 1:00P Bingo/Bridge/ Tai Chi Qigong 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:30P Total Body Workout 3:30 Total Body Workout 6:30P Movie: Nonnas	21	9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P LUNCH- Chilli w/ Beans, Garden Salad, Cornbread 1:00P Setback/Great Courses 1:00P Mexican Train 1:00P Singing For Fun	22	9:00A Footcare 10:00A Cribbage/ Mahjongg/Collage 10:00A Strength & Toning- Mat 11:00A Qigong Club 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH-LITTLE POLAND IMPREZA Golumpki, Kielbasa, Pierogi, Sauerkraut, Rye Bread \$12M/\$15NM 1:00P Wii Bowling/ Belly Dancing	23
8:00A Walking Club 9:00A Silver Sneakers-Cardio & Strength 10:00A Silver Sneakers Yoga 10:00A Strength & Toning- Mat 10:00A Chess 11:00A Circuit Training 11:15A BIRDING PRESENTATION 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH-Roast Beef, Roasted Potatoes, Asparagus, Dinner Roll 1:00P Bingo/Bridge 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:30P Total Body Workout 3:30 Total Body Workout 6:30P Movie: The Friend	28	9:00a Silver Sneakers-Chair Aerobics 10:00A Silver Sneakers-Boom Muscle 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P LUNCH- New England Clam Chowder Tuna Melt, Chips, Pickles 1:00P Setback/Mexican Train 1:00P Singing For Fun 1:30P KOKADAMA 5:00P ADVENTURES IN DINING— RIVER: A WATERFRONT RESTAURANT	29	10:00A Cribbage/ Mahjongg/Collage 10:00A Strength & Toning- Mat 11:00A Qigong Club 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P LUNCH-BBQ WITH BRAD & BRIAN BBQ Ribs, BBQ Chicken, Potato Salad, Baked Beans, Coleslaw, Cornbread \$12M/\$15NM 1:00P Wii Bowling/ Belly Dancing	30

9:00A Silver Sneakers-Stability 3 10:00A Silver Sneakers– Senior Stretch 10:30A Pinochle 12:00P LUNCH Pork Roast w/ Gravy, Garlic Mashed Potatoes, Corn, Applesauce, Dinner Roll 1:00P Bingo/ Mahjongg/ Canasta	<div style="text-align: center;"> <h1 style="color: red; margin: 0;">CLOSED</h1> <h2 style="color: blue; margin: 0;">4th of July</h2> </div> 4	<div style="text-align: center;"> <p>CLOSED</p> <p>5</p> </div>																					
9:00A Silver Sneakers-Stability 10 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga 10:30A Pinochle 10:50A Chair Yoga 11:30A NOTARY 11:45A Line Dancing-Beginner 12:00P LUNCH Chicken Piccata, Roasted Potatoes, Green Beans, Garlic Knots 12:30P Line Dancing-Adv. Beg. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg/ Canasta	9:00A Belly Busters 11 9:00A SS– Cardio & Strength 10:00A Chair Volleyball 10:00A Reiki 10:00A Scrabble/ RECYCLE AWARENESS 10:30A Chair Volleyball 11:00A Circuit Training/ SS-Senior Stretch 12:00P Qigong Ckub 12:00P LUNCH Sole Francais, Rice Pilaf, Grilled Asparagus, Dinner Roll 1:00P Movie: Elizabeth Taylor: The Lost Tapes	<div style="text-align: center;"> <p>CLOSED</p> <p>12</p> </div>																					
9:00A Silver Sneakers-Stability 17 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga 10:30A Pinochle 10:50A Chair Yoga 11:45A Line Dancing-Beginner 12:00P LUNCH Baked Stuffed Shrimp, Baked Potato, Grilled Asparagus, Dinner Roll 12:30P Line Dancing-Adv. Beg. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg/ Canasta	9:00A Belly Busters 18 9:00A SS– Cardio & Strength 10:00A Chair Volleyball/ Watercolor Intro 10:00A Strength & Toning- Mat/ Chair Yoga 10:00A Chair Volleyball/ Scrabble 11:00A Circuit Training/ SS-Senior Stretch 12:00P Qigong Club 12:00P LUNCH LEGACY OF A BOXING LEGEND Cheese Lasagna, Meatballs, Italian Sausage, Garden Salad, Garlic Bread \$12M/\$15NM 1:00P Movie: The Featherweight 1:15P Food Share	<div style="text-align: center;"> <p>CLOSED</p> <p>19</p> </div>																					
9:00A Silver Sneakers-Stability 24 9:30A Zumba Gold 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga 10:30A Pinochle 10:50A Chair Yoga 11:45A Line Dance Beg. 12:00P LUNCH Grilled Salmon, Roasted Potatoes, Green Beans, Dinner Roll 12:30P Line Dance Adv. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg/ Canasta 1:30P PAINT PARTY—PALM TREE	9:00A Belly Busters 25 9:00A SS Cardio & Strength 10:00A Chair Volleyball / Scrabble 10:00A Strength & Toning- Mat 10:00A Watercolor Intro 10:00A MANAGING DECISIONS/ Chair Yoga 10:30A Chair Volleyball 11:00A Circuit Training / SS Sr. Stretch 12:00P Qigong Club 12:00P NONNA’S REICPE SWAP & REMINICING 12:00P LUNCH Baked Potato Bar w/ Fixins, Caesar Salad, Dinner Roll 1:00P Movie: Nonnas	<div style="text-align: center;"> <p>CLOSED</p> <p>26</p> </div>																					
9:00A Silver Sneakers-Stability 31 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga 10:30A Pinochle 10:50A Chair Yoga 11:45A Line Dance Beg. 12:00P LUNCH Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll 12:30P Line Dance Adv. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg	<div style="text-align: center;"> <p>AUGUST 1</p> 9:00A Belly Busters 9:00A SS Cardio & Strength 10:00A Chair Volleyball / Scrabble/ Chair Yoga 10:00A Strength & Toning- Mat/ Reiki 10:00A Watercolor Intro 10:30A Chair Volleyball 11:00A Circuit Training / SS Sr. Stretch 12:00P Qigong Club 12:00P LUNCH Cheese Ravioli w/ Alfredo Sauce, Garden Salad, Garlic Bread 1:00P Movie: The Friend 1:15P Food Share </div>	<table border="1"> <tr> <td>Chair Volleyball</td><td>Fridays</td><td>10:00A-12:00P</td></tr> <tr> <td>Corn Hole</td><td>T & TH</td><td>1:30-3:30P</td></tr> <tr> <td>Pickleball</td><td>M-TH</td><td>9:00-10:30A</td></tr> <tr> <td></td><td>M-TH</td><td>10:30A-12:00P</td></tr> <tr> <td></td><td>Fridays</td><td>1:00-4:00P</td></tr> <tr> <td>Table Tennis</td><td>M & W</td><td>1:00-4:00P</td></tr> <tr> <td>Walking</td><td>M-F</td><td>8:00-9:00A</td></tr> </table>	Chair Volleyball	Fridays	10:00A-12:00P	Corn Hole	T & TH	1:30-3:30P	Pickleball	M-TH	9:00-10:30A		M-TH	10:30A-12:00P		Fridays	1:00-4:00P	Table Tennis	M & W	1:00-4:00P	Walking	M-F	8:00-9:00A
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	Fridays	1:00-4:00P																					
Table Tennis	M & W	1:00-4:00P																					
Walking	M-F	8:00-9:00A																					



MONDAY

AUGUST
TUESDAY



WEDNESDAY

PAGE 12

<p>8:00A Walking Club 4</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Chess</p> <p>10:30A Blood Pressure Clinic</p> <p>11:00A Circuit Training</p> <p>11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH Meatloaf w/ Gravy, Mashed Potatoes, Peas & Carrots, Dinner Roll</p> <p>1:00P Bingo/Bridge</p> <p>1:30A Chair Yoga w/ Gia</p> <p>1:30P Total Body Workout</p> <p>2:00P Parkinson's Exercise</p> <p>2:30P Total Body Workout</p> <p>3:30P Total Body Workout</p> <p>6:30P Movie: Last Breath</p>	<p>9:00a Silver Sneakers-Chair Aerobics 5</p> <p>9:30A Zumba Golf</p> <p>10:00A Silver Sneakers-Boom Muscle</p> <p>10:00A Mahjongg Lessons</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Chair Yoga w/ Gia</p> <p>12:00P LUNCH-Chicken Parmesan, Pasta Marinara, Caesar Salad, Garlic Bread</p> <p>1:00P Setback</p> <p>1:00P Mexican Train</p> <p>1:00P Singing For Fun</p> <p>4:45P Ukulele Beginner Group</p>	<p>10:00A Cribbage/ Mahjongg 6</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Collage</p> <p>11:00A Qigong Club</p> <p>11:00A Circuit Training / Qigong Club</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH-SMOOTH SOUNDS OF SUMMER General Tso's Chicken, Beef & Broccoli, Pork Fried Rice, Egg Roll \$12M/\$15NM</p> <p>1:00P Wii Bowling/ Belly Dancing</p>
<p>8:00A Walking Club 11</p> <p>9:00A Silver Sneakers-Cardio & Strength</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Chess</p> <p>10:30A Blood Pressure Clinic</p> <p>11:00A Circuit Training</p> <p>11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH Carved Turkey w/ Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Sauce, Dinner Roll</p> <p>1:00P Bingo/Bridge</p> <p>1:30A Chair Yoga w/ Gia</p> <p>1:30P Total Body Workout</p> <p>2:00P Parkinson's Exercise</p> <p>2:30P Total Body Workout</p> <p>3:30P Total Body Workout</p> <p>6:30P Movie: Jaws</p>	<p>9:30A Silver Sneakers- Chair Aerobic 12</p> <p>10:00A SS Boom Muscle</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Chair Yoga w/ Gia</p> <p>12:00P LUNCH-Penne w/ Meatballs, Garden Salad, Garlic Knots</p> <p>1:00P Setback</p> <p>1:00P Mexican Train</p> <p>1:00P Singing For Fun</p>	<p>9:00A Footcare 13</p> <p>9:00A PADDLE INTRO ADVENTURE</p> <p>10:00A Cribbage/ Mahjongg</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Collage</p> <p>11:00A Qigong Club</p> <p>11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH-Chicken Francais, Roasted Potatoes, Grilled Asparagus, Dinner Roll</p> <p>1:00P Wii Bowling</p> <p>1:00P Belly Dancing</p>
<p>8:00A Walking Club 18</p> <p>9:00A Silver Sneakers-Cardio & Strength</p> <p>10:00A Silver Sneakers Yoga</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Chess</p> <p>11:00A Circuit Training 11:15A TED TALKS</p> <p>11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH Philly Steak Grinders w/ Onions, Peppers & Cheese, French Fries, Pickle</p> <p>1:00P Bingo/Bridge</p> <p>1:30A Chair Yoga w/ Gia</p> <p>1:30P Total Body Workout</p> <p>2:00P Parkinson's Exercise</p> <p>2:30P Total Body Workout</p> <p>3:30P Total Body Workout</p> <p>6:30P Movie: Summertime</p>	<p>9:00A SS Chair Aerobics 19</p> <p>9:30A Silver Sneakers-Zumba Gold</p> <p>10:00A SS Boom Muscle</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Char Yoga w/ Gia</p> <p>12:00P LUNCH-Chicken Lacava, Baked Potato, Green Beans, Dinner Roll</p> <p>12:00P DEMENTIA CAREGIVER SUPPORT GROUP</p> <p>1:00P Setback</p> <p>1:00P Singing For Fun</p> <p>1:00P Mexican Train</p>	<p>10:00A Collage 20</p> <p>10:00A Cribbage/ Mahjongg</p> <p>10:00A Strength & Toning- Mat</p> <p>11:00A Qigong Club</p> <p>11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P LUNCH-BBQ Pulled Pork, Potato Salad, Baked Beans, Cornbread</p> <p>1:00P Wii Bowling / Belly Dancing</p> <p>2:00P PARTY IN THE PARK</p>
<p>CLOSED 25</p>	<p>CLOSED 26</p> <p>ADVENTURES IN DINING: MARKS BBQ</p>	<p>CLOSED 27</p>



THURSDAY

AUGUST
FRIDAY



SATURDAY

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<p>9:00A Silver Sneakers-Stability 7</p> <p>9:30A Zumba Gold</p> <p>10:00A Silver Sneakers– Senior Stretch</p> <p>10:05A Chair Yoga</p> <p>10:30A Pinochle</p> <p>10:50A Chair Yoga</p> <p>11:45A Line Dancing-Beginner</p> <p>12:00P LUNCH-Swedish Meatballs, over Egg Noodles, Garden Salad, Dinner Roll</p> <p>12:30P Line Dancing-Adv.</p> <p>1:00P Parkinson’s Exercise / Hearing Screening</p> <p>1:00P Bingo/ Mahjongg/ Canasta</p>	<p>9:00A Belly Busters 8</p> <p>10:00A Chair Volleyball</p> <p>10:00A Scrabble / Reiki</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Chair Volleyball</p> <p>10:00A Watercolor Intro</p> <p>11:00A Circuit Training</p> <p>12:00P Qigong Club</p> <p>12:00P LUNCH-Fried Seafood Platter, Clam Strips, Shrimp, Scallops, French Fries, Coleslaw, Dinner Roll</p> <p>1:00P Movie: Last Breath</p>	<p>9</p> <div data-bbox="1166 310 1455 464"> </div> <p><i>DATES & TIMES ARE SUBJECT TO CHANGE</i></p>																					
<p>9:00A Silver Sneakers-Stability 14</p> <p>10:05A Chair Yoga</p> <p>10:50A Chair Yoga</p> <p>10:30A Pinochle</p> <p>11:00A Chair Yoga 11:30A NOTARY</p> <p>11:45A Line Dancing-Beginner</p> <p>12:00P LUNCH-Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll</p> <p>12:30P Line Dancing-Adv.</p> <p>1:00P Parkinson’s Exercise</p> <p>1:00P Bingo/ Mahjongg/ Canasta</p> <p>1:30P PAINT & SIP</p>	<p>9:00A Belly Busters 15</p> <p>10:00A Chair Volleyball</p> <p>10:00A Scrabble</p> <p>10:00A Strength & Toning- Mat</p> <p>10:00A Watercolor Intro</p> <p>11:00A Circuit Training</p> <p>12:00P Qigong Club</p> <p>12:00P LUNCH Baked Scallops, Rice Pilaf, Broccoli, Dinner Roll</p> <p>1:00P Movie: Jaws</p>	<p>16</p>																					
<p>9:00A Silver Sneakers-Stability 21</p> <p>10:05A Chair Yoga</p> <p>10:50A Chair Yoga</p> <p>10:30A Pinochle</p> <p>11:00A Chair Yoga</p> <p>11:45A Line Dancing-Beginner</p> <p>12:00P LUNCH-Chef Salad, Dinner Roll</p> <p>12:30P Line Dancing-Adv.</p> <p>1:00P Parkinson’s Exercise</p> <p>1:00P Bingo/ Mahjongg/ Canasta</p>	<p>9:00A Belly Busters 22</p> <p>9:00A Massage</p> <p>10:00A Chair Volleyball</p> <p>10:00A Watercolor Intro</p> <p>10:00A Scrabble</p> <p>10:00A Strength & Toning- Mat</p> <p>11:00A Circuit Training</p> <p>12:00P Qigong Club</p> <p>12:00P LUNCH Cheeseburger, Hot Dog, Pasta Salad, Chips, Pickle</p> <p>1:00P Movie: Summertime</p>	<p>23</p> <table border="1"> <tr> <td>Chair Volleyball</td><td>Fridays</td><td>10:00A-12:00P</td></tr> <tr> <td>Corn Hole</td><td>T & TH</td><td>1:30-3:30P</td></tr> <tr> <td>Pickleball</td><td>M-TH</td><td>9:00-10:30A</td></tr> <tr> <td></td><td>M-TH</td><td>10:30-12:00P</td></tr> <tr> <td></td><td>Fridays</td><td>1:00-4:00P</td></tr> <tr> <td>Table Tennis</td><td>M & W</td><td>1:00-4:00P</td></tr> <tr> <td>Walking</td><td>M-F</td><td>8:00-9:00A</td></tr> </table>	Chair Volleyball	Fridays	10:00A-12:00P	Corn Hole	T & TH	1:30-3:30P	Pickleball	M-TH	9:00-10:30A		M-TH	10:30-12:00P		Fridays	1:00-4:00P	Table Tennis	M & W	1:00-4:00P	Walking	M-F	8:00-9:00A
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<p>CLOSED 28</p>	<p>CLOSED 29</p> <p>1:15P Food Share</p>	<p>CLOSED 30</p>																					

COOKING DEMONSTRATION

BERRY BLAST COOKING DEMONSTRATION

Wednesday, July 16, 1:00-2:00pm

Join Oak Street Health for an educational presentation on Sugar...the good, the bad, and the ugly followed by a cooking demonstration on how to prepare a delicious Berry Blast salad.

Program is free but registration is required. 



NONNA'S RECIPE SWAP & REMINISCING

Friday, July 25

Deb and Gary from For All Ages will have a table set up at 12:00pm before the movie *Nonnas* is shown. Drop off your favorite recipe from your Nonna. Copies will be made of all the recipes and shared after the movie.

Stay for a sweet treat and the sharing of our fondest Nonna memories.

Program is free but registration is required



BIRDING PRESENTATION

Shorebird Migration and Tree Swallow Murmuratio

Monday, July 28, 11:15am-12:00pm

Join Lynn Tracey, Osprey Nation and Audubon Volunteer and Nature

Photographer, for this presentation to view close up photos and learn fascinating facts about our local shorebirds! We will discuss migration of some local visiting species while also covering the spectacular, upcoming Tree Swallow phenomenon that occurs annually in Old Lyme. The hobby of birding has proved to stimulate mental health and social well-being.

Program is free but registration is required.



KOKADAMA

Tuesday, July 29, 1:30-2:30pm

Jeff The Plant Guy will share his unique perspective on Kokadama- an ancient Japanese art form that encircles the root with moss instead of a grow pot. You will create your very own Kokadama in this hands-on workshop. All materials are included as well

as a short presentation on the history of Kokadama.

He will take you on a journey from its humble beginnings to the present, providing simple ways to keep your plant alive and flourishing. You will get the answer to this question as Jeff takes questions and shares his depth of knowledge and insight. The visual imagery will keep you engaged. He's funny, historic, sometimes dramatic, and otherwise quite entertaining. You might learn a thing or two about keeping your indoor plants flourishing. Join us for some fun! If you have a question about a specific plant, please bring a picture, leaf, cutting, or the whole plant for an assessment by Jeff The Plant Guy for identification and/or bug eradication. If you have a plant to swap or a cutting to share, please bring it along as well.

Cost: \$25M/\$35NM



SUMMER CONCERTS AT ELMRIDGE PARK



Band (Genre)	Date (Tues)	Rain Date (Wed)	Time
Southern Voice	7/8	7/9	6:30pm-8:30pm
Mass-Conn-Fusion	7/15	7/16	6:30pm-8:30pm
Shaded Soul	7/22	7/23	6:30pm-8:30pm
Murphy's Law	7/29	7/30	6:30pm-8:30pm
Draw the Line	8/5	8/6	6:30pm-8:30pm

PAINT PARTY—Palm Tree

Thursday, July 24, 1:30-3:30pm



Summer paint party! Please join me in creating a perfect palm tree view! In this class you will use acrylic paint to create a single palm tree. We will use one point perspective as we look up at the palm tree from our spot on the sand. Fee includes instruction and all supplies. No experience needed.

Limited seats available

Cost: \$12M/\$15NM

RED SOX-YANKEES:

THE GREATEST RIVALRY IN SPORTS Thursday, August 7, 2:30-3:30pm

Welcome to the most intense rivalry in American sports - maybe the world. This

fun program hosted by award-winning sportswriter, baseball beat writer and book author Marty Gitlin features videos of the biggest moments of the rivalry from well over a century, as well as trivia questions for the patrons to ponder. From the sale of Babe Ruth in 1919 that launched the Yankees dynasty and Curse of the Bambino to Joe DiMaggio vs. Ted Williams to the Brawl of 1967 to Bucky Dent to Munson vs. Fisk to the Red Sox Revenge of 2004 all the way to today - this program is a blast! Marty was the author of the Ultimate New York Yankees Time Machine Book and Ultimate Boston Red Sox Time Machine Book. A Q&A will follow. **Cost: Free to members/\$5NM**



PAINT & SIP**Thursday, August 14, 1:30pm**

Join staff from Oak Street Health for a relaxing Paint Party.
Learn something new while sipping cold apple cider.

All materials are included and you will go
home with your own piece of art work.
Registration required.

**Cost: Fee Members/\$5NM****TELL YOUR STORY!**

We are seeking Rocky Hill senior Veterans (male & female) who would like to tell their life story and become part of a compiled book of local memoirs. You don't need to write it yourself ...it will be written for you after a one-on-one conversation and will generate a meaningful story that becomes part of Rocky Hill history. Each story will be limited to roughly 3 to 4 pages.

This initiative is being sponsored by RHSC with the stories being written by volunteer member Cindy Sheehan.

If interested or have questions,
please leave your name at the RHSC,
and you will be contacted.
The number of participants will be
limited.

**Wednesday, August 20, 2:00—4:00pm****Elm Ridge Park**

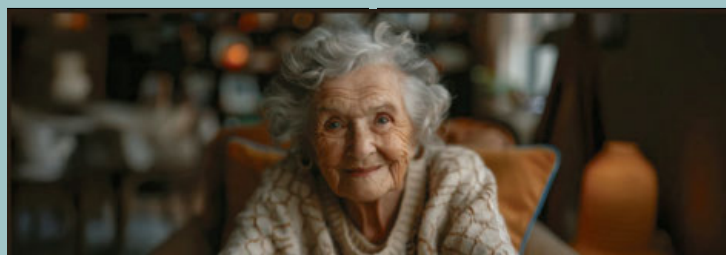
Let's end summer with a BANG! The popular and energetic band **Rock Solid Alibi** will get you on your feet dancing in the park. Blue Chip Ice Cream will be serving their award winning cups and cones. Please bring your own lawn chair and wear a comfortable pair of shoes. There will be limited picnic bench seating under the pavilion.

Cost: FREE to members/\$5 Nonmembers.

Tickets need to be picked up in the
Senior Office prior to 8/15.

Rain location: Senior Center

Co-sponsors: Rocky Hill Library

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GROUP CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

Everyone is welcome to participate. SilverSneakers members are free with non-SilverSneakers members paying a modest fee.

ARTHRITIS FOUNDATION: *NEW! SilverSneakers classes offered in partnership with the Arthritis Foundation are designed to help seniors and those with arthritis improve their strength, flexibility, and range of motion. These classes, often chair-based, provide a safe and effective way to manage arthritis pain and improve overall health.

Lynn Tracey: Wednesday, 9/10-10/15 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

BARRE: *NEW! A full-body strength workout that focuses on building muscle endurance, increasing flexibility, and improving balance and agility through low-impact, controlled movements. While not a dance class, it emphasizes dancer-like posture and often utilizes a bar for support.

Sheryl Harle: Saturday, 9/6-10/18 (NC 10/11) 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

BOOM MUSCLE: An action-packed, 30-45-minute class intended to help build muscular and bone strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This is a fun yet challenging workout opportunity for all levels. Modifications are always available and encouraged for your safety and success.

Sheryl Harle: Tuesday, 7/15-8/19; 9/9-10/14 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

CARDIO DRUM BALL: 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. Drum Ball 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.

Wendy LeClerc: Monday, 7/21-9/8 (NC 8/25, 9/1); 9/15-10/27 (NC 10/13) 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

Wendy LeClerc: Wednesday, 7/2-8/6; 8/13-9/24 (NC 8/27) 12:00pm-12:45pm Fee: Free SS/\$30M/\$35NM

CARDIO KICKBOXING: *NEW! A combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class.

Lynn Tracey: Wednesday, 9/10-10/15 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

CARDIO & STRENGTH: This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening bones and muscle. The workout can be led as variety of low- and high-impact movements that will raise your heart rate and work up a sweat.

Karen Chorney: Monday, 8/4-9/22 (NC 8/25, 9/1); 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

Karen Chorney: Friday, 7/11-8/15 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

Sheryl Harle: Saturday, 9/6-10/18 (NC 10/11) 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

CHAIR AEROBICS: This aerobic exercise class is a safe and effective low-impact workout. Chair is used for stability or seated exercise. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise, while significantly reducing the risk of injury or fall.

Sheryl Harle: Tuesday, 7/15-8/19 (NC 8/26, 9/2); 9/9-10/14 9:00-9:45am Fee: Free SS/\$30M/\$35NM

PILATES: *NEW! A class designed for seniors and older adults, offer a gentle and effective way to build strength, improve posture, and enhance balance.

Sheryl Harle: Wednesday, 9/10-10/15 3:15pm-4:00pm Fee: Free SS/\$30M/\$35NM

SENIOR STRETCH: A class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

Sheryl Harle: Wednesday, 9/10-10/15 4:15pm-5:00pm Fee: Free SS/\$30M/\$35NM

Sheryl Harle: Thursday, 7/24-9/4 (NC 8/28); 9/11-10/16 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

Karen Chorney: Friday, 7/11-8/15 11:00am-11:45am Fee: Free SS/\$30M/\$35NM

Sheryl Harle: Saturday, 9/6-10/18 (NC 10/11) 11:00am-11:45am Fee: Free SS/\$30M/\$35NM

SILVERSNEAKERS® YOGA: You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

Karen Chorney: Monday, 8/24-9/22 (NC 8/25 & 9/1) 10:00am-10:45am Fee: Free SS/\$30M/\$35NM

STABILITY: A group exercise class designed specifically to keep participants "safe on their feet". Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall provides substantial knowledge and practical work for class members to increase function and long-term independence.

Sheryl Harle: Thursday, 7/24-9/4 (NC 8/28); 9/11-10/16 9:00am-9:45am Fee: Free SS/\$30M/\$35NM

The Silver Sneakers Survey results are in! Thank you for your participation. Our instructors received excellent reviews and feedback. Due to several requests for more classes, along with late afternoon and weekend offerings, we have added Barre, Pilates, and Arthritis Foundation to the class roster. Please see above for details, dates and times. Please also note that Saturday morning classes are returning in the fall! Many people had also requested that we offer Renew Active. We are in negotiations now, with a possibility of offering this in the fall. Stay tuned!

HUMAN SERVICES

Rocky Hill Human, Youth and Senior services welcomes you to volunteer in our garden! We'd love your help with weeding, harvesting, and watering to create a healthy and bountiful harvest. Plus, all the delicious food we gather will go straight to our local food pantry to help those in need. It's a great way to make a difference and enjoy some time outdoors. We can't wait to see you there! Every Tuesday and Thursday from 1-3 pm through November 1, 2025. To get involved contact Cristal at cphilbrick@rockyhillct.gov or call 860-258-2021



Rocky Hill Human, Youth & Senior Services is thrilled to announce the launch of the Hillhouse Players theater group! Whether you're an aspiring actor, a talented stage crew member, or someone simply looking to immerse yourself in the vibrant world of theater, we warmly invite you to be part of our creative community. Our mission is to cultivate a welcoming space where adults can express their creativity and feel a true sense of belonging. The Hillhouse Players will not only focus on captivating performances but will also aim to create impactful and thought-provoking theater that resonates with our audience and brings our community together. We believe that theater has the unique ability to inspire, educate, and entertain, and we can't wait to share that experience with you. If you're interested in joining us or have any questions, please don't hesitate to reach out. You can contact Cristal at (860)-258-2021 or cphilbrick@rockyhillct.gov

PUBLIC WORKS & COMMUNITY DEVELOPMENT

TRANSFER STATION HOURS (MARCH 6 – DECEMBER 27, 2025): Thursdays & Fridays 7:00 am-2:00 pm, Saturdays 7:00 am-1:00 pm

FOOD SCRAPS DROP-OFF Residents can drop off food scraps at the transfer station to be converted to clean energy.

BRUSH COLLECTION Curbside brush collection will resume the week of July 14-18, 2025. Brush and leaves can be brought to the Transfer Station at 59 Old Forge Road during their hours of operation at no cost. Please see our website for more information on all of our programs and services: <https://www.rockyhillct.gov/214/Public-Works>

SHRED-IT EVENT (for residents only)

Saturday, September 27, 2025 / 95 Cronin Drive – West Hill School / Hours: 9:00 a.m. to 1:00 p.m.—Maximum of 2 boxes/bags per resident)

HOUSEHOLD HAZARDOUS WASTE

Saturday, September 27, 2025 / Elm Ridge Park, 376 Elm Street *New Location* / Hours: 8:00 a.m. to 1:00 p.m.

CONTACTS: Bulky Waste Pick-up Requests – 860-338-9612 or transferstation@rockyhillct.gov

Community Development & Public Works –860-258-2766 / Building Department – 860-258-2733

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ROCKY HILL SENIOR FITNESS CENTER

The Senior Fitness Center offers individualized and medically based exercise programs for older adults. Our equipment was selected based upon current scientific research and evaluation, and is designed to enhance cardiovascular endurance, muscular strength and to help reduce the risk of injury.

Each participant follows a program based upon safe exercise guidelines derived from their screening data.

Hours of Operation: Monday – Thursday: 8:00am- 5:30pm
Friday: 8:00am-4:30pm Saturday: 9:00am-12:00pm

Equipment included in our Center: Nu-step Recumbent Bikes, Precor Treadmills, Precor Elliptical Recumbent, Dumbbells and a full line of Inflight Fitness Strength Training machines.



COST: \$120.00 for 1 year
\$80.00 for 6 months
\$50.00 for 3 months

INDOOR GYM PROGRAMS

Indoor Gym programs are open to all **Senior Center Members** and facilitated by volunteers.

Please pre-register online or call the Center. Please sign in each time you attend. Fee increase represents longer sessions.

Indoor Gym is closed: 7/4, 7/5, 8/11-8/15, 8/23-9/1, 10/11, 10/13, 10/21, 10/22

CHAIR VOLLEYBALL — Join us for more fun than you can possibly stand - while seated! It is great for upper body mobility and joint flexibility, enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot net. Rules are similar to regular volleyball except you must remain seated.

Date: Friday, 9/5-10/31 **Time:** 10:00am-12:00pm **Cost:** \$12M

CORNHOLE — Play America's favorite lawn game in our gymnasium. Corn hole is a lawn game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform with a hole in the far end. Easy & fun to play!

Date: Tuesdays & Thursdays **Dates:** 9/9-10/30 (NC 10/21)

Time: 1:30pm-3:30pm **Cost:** \$12M

INDOOR PICKLEBALL— Register for either one of the morning time slots for our indoor play.

Nets will be provided but please bring your own equipment. Please arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required. Space is limited. *Outdoor courts are located at Elm Ridge Park on a first come first serve basis.

Date: Monday—Thursday, 9/8-10/30 (NC 10/13, 10/21, 10/22)

Time: 9:00am–10:30 am **Cost:** \$25

10:30 am–12:00 pm **Cost:** \$25M

Friday Sessions: 9/5-10/31 **Time:** 1:00-4:00PM **Cost:** \$12M

Saturday Sessions: 9/6-10/25 (NC 10/11) **Time:** 9:00AM-12:00PM **Cost:** \$12M

TABLE TENNIS — Join fellow table tennis enthusiasts for an afternoon of friendly play. Please bring your own paddle. Pre-register for social and competitive play on Mondays & Wednesdays.

Dates: 9/8-10/29 (NC 10/13, 10/22) **Time:** 1:00- 4:00pm. **Cost:** \$12M

INDOOR WALKING TRACK- Start your day by walking in our safe, climate controlled gymnasium

every morning from 8:00am-9:00am Monday – Friday from **Dates:** 9/2-10/31 (NC 10/13) Walking around the gym 20 times completes 1 mile. **Make your own schedule and walk around our facility from 8:30am-4:30pm. Begin at our front door and do laps through the hall and entire first floor of the Town Hall building. Program is free to members but registration is required.**

GAMES, GAMES and MORE GAMES

Games are open to all **Senior Center Members** and facilitated by volunteers. Please call the Center if you have any questions or would like to join in!

Bingo	Monday & Thursday	1:00pm-3:00pm
Bridge	Monday	1:00pm-4:00pm
NEW! Canasta	Thursdays	1:00-3:00pm
Looking to bring together a group of former or current Canasta enthusiasts to play on a weekly basis. Must have Prior knowledge of the game. Register in the office.		
Chess Club	Monday	10:00am-12:00pm
Cribbage	Wednesday	10:00am-12:00pm
Mahjongg	Tuesday	10:00am-12:00pm
	Wednesday	10:00am-12:00pm
	Thursday	1:00pm-4:00pm
Mexican Train	Tuesday	1:00pm-3:00pm
Pinochle	Thursday	10:30am-12:00pm
Scrabble	Friday	10:00am-11:30am
Setback	Tuesday	1:00pm-3:00pm
Wii Bowling	Wednesday	1:00pm-3:00pm



Trips are scheduled for our members and we typically share a bus with the Wethersfield Senior Center. All trips are first come, first serve, and are non-refundable unless we are able to fill your seat. Please choose your bus seat, travel companion and meal choice at time of registration. We also need your cell phone number for the day. Register early if you need to be in the front of the bus. Trips depart from and return to Elm Ridge Park. Please pick up flyers in the office for full itineraries and details.



CHARLES RIVERBOAT CRUISE-Tuesday, July 8, 2025—WAITLIST

Cost: \$136.pp \$146.Non-Member **Depart:** 8:30am Elm Ridge Park. **Estimated Return:** 6:30pm

COLLETTE TRIP PRESENTATION, Friday, August 1, 10:00am-11:30am

Join Tracy O'Neill as she presents possible extended tours for 2026. Please register in advance and light refreshments will be served.

OUTDOOR ADVENTURE TRIPS

PADDLE INTO ADVENTURE! 55+ PADDLING PROGRAM WITH COLLINSVILLE CANOE & KAYAK

Wednesday, August 13, 2025

Discover the joy of kayaking in a supportive, easy going environment designed just for adults 55 and better! Participants must be able to get in and out of a kayak independently. We will enjoy serene waters as we paddle in a relaxing setting, in Collinsville, CT! You will purchase lunch on your own at **LaSalle Market in Collinsville**, following the kayaking experience. Cost includes transportation, instruction and kayak rental. **Departs from Senior Center.**

Cost: \$56.pp \$66.Non-Member **Depart:** 9:00am **Estimated Return:** 2:45pm

RIVERQUEST BOAT TRIP & THE CT RIVER MUSEUM

Wednesday, August 27, 4:45pm-9:30pm

Shorebird Migration and Tree Swallow Murmuration

Enjoy a two-hour cruise and witness hundreds of Tree Swallows! On board Naturalist(s) will educate you on the Tree Swallow phenomenon and other wildlife that we will see, such as Bald Eagles and Great Egrets. **If the skies allow, we will also view the sunset.** All bookings include admission to the museum. Bring a small picnic to enjoy beforehand, on the boat! This trip fills up quickly!

Departs from Senior Center 4:45pm

Returns 9:30pm. Cost: \$60M/65NM.



BOSTON LIGHTS AT FRANKLIN PARK ZOO

Tuesday, September 9

Prepare to be dazzled as you wander through Boston Lights - A Lantern Experience, surrounded by immersive walkthroughs and interactive displays. Take a leisurely walk on the 1 mile loop (plenty of seating along the way) through the zoo of hundreds of glowing lanterns Prior to the lantern experience enjoy an early dinner at Maggiano's Little Italy. Family style menu consists of bruschetta, salad, rigatoni bolognese, chicken piccata and lemon cookies for dessert.

Cost: \$153 for members and \$163 for non members **Depart:** 1:00pm from Elm Ridge Park; **Estimated Return** is 10:30pm

RED SOX VS. YANKEES

Sunday, September 14—WAITLIST

Cost: \$155.00 pp, \$180.00 Non-Member **Depart:** Elm Ridge Park 10:00am **Estimated Return:** 7:30pm

SUNDAY BRUNCH & HUDSON RIVER CRUISE

Sunday, October 5

Join us for a Sunday Brunch Buffet at Blu Pointe on the Newburgh waterfront. Sample menu: pastries, meats, potatoes, shrimp cocktail, antipasti, salads, hot entrees, carving station and made to order eggs benedict, omelets, pancakes, and dessert. Cruise through the Hudson Highlands aboard the Pride of the Hudson from Newburgh. We'll cruise to Mt. Beacon, Bannerman Island, Storm King Mountain, Breakneck Mountain, the Catskill Aqueduct, Cold Spring and West Point.

Cost: \$179 for members and \$189 for non members **Depart:** 8:15am from Elm Ridge Park; **Estimated Return:** 5:45pm

Adult Summer Events @ The Library!



July 15: Italy Travel Talk 6 PM at the library with Paola Rubbo of Andiamo Tours.

July 22: Drumming for Wellness 6:30 PM at the library with Craig Norton & Denise Smith.

July 23: Revolutionary Women & Their Wardrobes 6 PM at the library with The Dirty Blue Shirts.

July 29: Ayurvedic Healing 6 PM at the library with Dr. Drashti Parikh Registered Ayurvedic Doctor (RAD).

August 5: Botanical Mocktails & Cocktails 6:30 PM at the library with Rachel Koladis, The Replanted Witch.

August 12: Extend Your Growing Season 6 PM at the library with Mike Gostkiewicz, Master Gardener.

August 13: Tea Light Jars Craft 6 PM at the library.

August 19: Singing Bowl Experience 6:30 PM at the library with Amy Ordonez, Sound Healer.

August 20: Polymer Jewelry Craft 2 PM at the library.

Cora J. Belden Library

33 Church Street, Rocky Hill 860-258-7621

Movies at the Community Center

Mondays at 6:30 PM & Fridays at 1:00 PM

JULY & AUGUST:

July 7 & 11.....Elizabeth Taylor: The Lost Tapes

July 14.....A Complete Unknown

July 18 (special viewing).....The Featherweight

July 21 & 25.....Nonnas

July 28 & August 1The Friend

August 4 & 8.....Last Breath

August 11 & 15.....Jaws

August 18 & 22.....Summertime

No movies 8/25 & 8/29



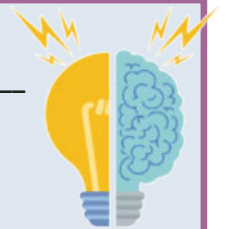
RIDDLE FOR JULY/AUGUST COMPASS

The more you take, the more you leave behind. What am I? _____

Submit your answer to the Senior Center office by 7/24/25 for a chance to win a Gift Card.

We received 23 submissions for the MAY/JUNE Brain Teaser.

James Amato was the winner of a \$10 Dunkin Gift Card.



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