# Prospect Senior Center



(203)758-5300

6 Center Street Prospect, CT 06712

(203)758-3837 Fax

December 2025 Issue





Susan DaSilva

Lori Anderson



STAFF

Lirene Lorensen



**STAFF** 

Matt Kalitta



**STAFF** 

Tara Meglio



**STAFF** 

Neil Desena



**STAFF** 

France Collins



**STAFF** 

Gabriela Elderkin



**STAFF** 



PLEASE NOTE: WINTER WEATHER CLOSING POLICY ON PAGE 4

#### **Day-by-Day Schedule**

#### **December 2025**

```
DECEMBER 1 (MONDAY) 9:15am – Senior Exercise (free) 9:30am – Texas Hold'em
                                                                                                                                                                                                                                                                                                                                                                                             DECEMBER 9 (TUESDAY)
9:15am – Exercise Class #5 with Susan
9:30am – Poker Club with Allen Thibodeau
                                                                                                                                                                                                                                                                                                                                                                                          9:30am – Poker Club with Allen Thibodeau
9:30am – Grocery Shopping @ Labonne's, Stop & Shop, Big Y
10:00am – Art Class #3 with Dory
12:30pm- Setback (downstairs)
1:00pm – Setback @ Community Center
1:00pm – Quilting Group with Darlene Bachand
4:15pm - Red Hatters Christmas Party @ Biachetti's Restaurant

DECEMBER 10 (WEDNESDAY)
9:30am – Free Chair Massages with Gabriela
9:30am – Free Chair Massages with Gabriela
9:30am – Frendamental Piano Class #6 with Joe Guarino
10:00am – Accent Care Hospice with Jennifer Kolosky-Roberts
10:00am – Wii Bowling League with Mary Henao
10:30am – Intermediate Piano Class #6 with Joe Guarino
11:30am – Knitting & Crocheting Group @ Community Center
11:30am – Elementary Piano Class #6 with Joe Guarino
11:30 – 1:30pm – Blood Pressure Screening with Chesprocott Health
Department
1:00pm – Rummikub with Bill Thibodeau & Lynn Noakes
  9:30am – Texas Hold'em
9:30am – Bridge with Linda Favale @ Chapel Hall
10:00am – Balance Class #4 with Brenda Martin
10:00am – Wii Bowling League with Mary Henao
11:00am – Salsa Dancing Class # 5 with Cookie
12:00pm – Mat Yoga Class #3 with Shari Galvin
1:15pm – Cribbage with Don Ensero (Big Room)
1:30pm – Chair Yoga Class #3 with Shari Galvin

DECEMBER 2 (TUESDAY)
Senior Center will be closed for Holiday Party@ Aqua Turf

DECEMBER 3 (WEDNESDAY)
9:30am – Fundamental Piano Class #5 with Joe Guarino
9:30am – Art Class #2 with Dory
    9:30am – Art Class #2 with Dory
10:00am – Wii Bowling League with Mary Henao
10:00am – Stained Glass Class with Sarah Segovia @ Community
Center
                                                                                                                                                                                                                                                                                                                                                                                        10:30am – Intermediate Piano Class # 5 with Joe Guarino
11:30am – A Beautiful Noise @ Shubert Theater
11:30am – Elementary Piano Class #5 with Joe Guarino
11:30am – Knitting & Crocheting Group @ Community Center
11:30am – 1:30pm – Blood Pressure Screening with Chesprocott
Health Department
     12:30pm – Stained Glass Class with Sarah Segovia @ Community Center
      1:00pm - Rummikub with Bill Thibodeau & Lynn Noakes
   1:00pm - Canasta with Bonnie Veillette
1:30pm - Line Dancing Group

DECEMBER 4 (THURSDAY)
9:15am - Senior Exercise (free)
9:30am - Intermediate Italian Class #4 with Joe Guarino
9:15am – Senior Exercise (free)
9:30am – Intermediate Italian Class #4 with Joe Guarino
9:30am – Grocery Shopping to Labonne's, Stop & Shop, Big Y
10:00am – Book Club with Mary Damulis
10:30am – Advanced Italian Class # 4 with Joe Guarino
10:30am – Tai Chi Class #5 with Matt Dempsey
11:00am – Zumba Class #1 with Cookie - $24/6 wks
11:30am – Pilates Class #5 with Matt Dempsey
12:00pm – AARP Drivers Safety Course
12:30pm – Origami with Ah Moi Yip
12:30pm – Advanced Piano Class # 2 with Joe Guarino
1:00pm – Mahjong with Barb Duigan
1:30pm – Absolute Beginner's Piano Class #2 with Joe Guarino
2:15pm – Holiday on Main & River Restaurant

DECEMBER 5 (FRIDAY)
9:30am – Bible Study with Georgia Smolkis @ Community Center
9:30am – Pinochle with Mike & Bonnie Jones @ Community Center
10:00am – Scrapbooking & Card Making with Cindy and Edwina
10:00am – JC Vibrations with Jeanine Chayka
10:15am – Wilcox Tech H.S. Buffet Lunch
11:30pm – Fried Chicken Sandwich, Cole Slaw and Soup Lunch - $10
1:00pm – Birthday Bingo - $2
1:30pm - Chair Yoga Class # 2 with Shari Galvin
2:45pm – Glow Hartford & Primavera Restaurant
DECEMBER 6 (SATURDAY)
10:30am - St. George's Church Gingerbread Village & Spartans
Restaurant
8:00am Red Hatters to Port Jefferson
                                                                                                                                                                                                                                                                                                                                                                                           DECEMBER 15 (MONDAY)
9:00am - Reflexology with Kim Stewart - $35/30 mins, $20/15 mins
9:15am - Senior Exercise (free)
9:30am - Texas Hold'em
9:30am - Bridge with Linda Favale @ Chapel Hall
10:00am - Songbirds @KinderCare in Naugatuck
10:00am - Balance Class #6 with Brenda Martin
10:00am - Wii Bowling League with Mary Henao
11:00am - Salsa Dancing Class #6 with Cookie
12:15pm - Mat Yoga Class #5 with Shari Galvin
1:00pm - TD Bank presentation with Danielle Accutera
1:15pm - Cribbage with Don Ensero (Big Room)
1:30pm - Chair Yoga Class #5 with Shari Galvin
2:00pm - Olde Mistick Village Holiday Light Spectacular & Amalfi's Restaurant
   Restaurant
8:00am Red Hatters to Port Jefferson

DECEMBER 7 (SUNDAY)
11:00am – UCONN vs DePaul @ Gampel Pavillion
1:15pm – Edwards Twins@ Danbury Palace Theater & Blue Colony
    DECEMBER 8 (MONDAY)
9:00am – Reflexology with Kim Stewart - $35/30 mins, $20/15 mins
9:15am – Senior Exercise (free)
9:30am – Texas Hold'em
                                                                                                                                                                                                                                                                                                                                                                                                                                              Restaurant
   9:30am - Iexas Hold'em
9:30am - Bridge with Linda Favale @ Chapel Hall
10:00am - Balance Class #4 with Brenda Martin
10:00am - Songbirds @Lutheran Home in Southbury
10:00am - Wii Bowling League with Mary Henao
10:30am - Holiday Classics with the Cartell's @ Aqua Turf
11:00am - Salsa Dancing Class #6 with Cookie
12:00pm - Mat Yoga Class #4 with Shari Galvin
1:15pm - Cribbage with Don Ensero (Big Room)
1:30pm - Chair Yoga Class #4 with Shari Galvin
                                                                                                                                                                                                                                                                                                                                                                                             DECEMBER 16 (TUESDAY)
9:15am – Exercise Class #6 with Susan
9:30am – Poker Club with Allen Thibodeau
9:30am – Lessard Lanes
                                                                                                                                                                                                                                                                                                                                                                                             10:00am - Songbirds to KindCare in Naugatuck
10:00am – Art Class #4 with Dory
10:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y
```

#### **Day-by-Day Schedule**

#### **December 2025**

10:30am - Winter Readiness Program with Chesprocott Health District 12:00pm - Electric Bill presentation with Art Marcelynas
12:30pm - Setback (downstairs)
1:00pm - Card Bingo with Shirley Beale and Barbara Derouin
1:00pm - Setback @ Community Center
1:00pm - Quilting Group with Darlene Bachand
1:45pm- Bright Nights at Forest Park & Viron Rondo Osteria Restaurant Restaurant

DECEMBER 17 (WEDNESDAY)

9:30am- NO Fundamental Piano Class with Joe Guarino

10:00am – Wii Bowling League with Mary Henao

10:15am – Playhouse Holiday Jamboree@ Ivoryton Playhouse & Scotch Plains Tavern

10:30am – NO Intermediate Piano Class with Joe Guarino

11:30am – No Elementary Piano Class with Joe Guarino

11:30am – Knitting & Crocheting Group @ Community Center

1:00pm – Rummikub with Bill Thibodeau & Lynn Noakes

1:30pm – Line Dancing Class 1:00pm- Canasta with Bonnie Veillette
1:30pm – Line Dancing Class
5:00pm – UCONN vs Marquette @ XL Center
6:00pm – Travelers Chorale @ Bushnell Theater

DECEMBER 18 (THURSDAY)
8:30am – Mohegan Sun Casino
9:15am – Senior Exercise (free)
9:30am – NO Intermediate Italian Class with Joe Guarino
10:00am – Medicare 101 with Todd Kean
10:30am – NO Advanced Italian Class with Joe Guarino
10:30am – NO Tai Chi Class with Matt Dempsey
11:30am – NO Pilates Class with Matt Dempsey
12:30pm – Advanced Piano Class # 6with Joe Guarino
12:30pm – Origami with Ah Moi Yip
1:00pm – Mexican Dominoes with Gary Battel 12:30pm – Origami with Ah Moi Yip
1:00pm – Mexican Dominoes with Gary Battel
1:00pm – Mahjong with Barb Duigan
1:30pm – Absolute Beginner's Piano Class #4 with Joe Guarino
1:30pm – Lantern Light Village @ Mystic Seaport Museum

DECEMBER 19 (FRIDAY)
9:30am – Bible Study with Georgia Smolkis @ Community Center
9:30am – Pinochle with Mike & Bonnie Jones @ Community Center
10:00am – Scrapbooking & Card Making with Cindy and Edwina
11:30am- Shepard's Pie and Soup Lunch - \$10
1:00pm – Bingo - \$2 1:00pm – Bingo - \$2 1:30pm – Chair Yoga Class #4 with Shari Galvin 3:30pm – Derby Holiday Twilight tour @ Osbourne House & Valley Diner DECEMBER 20 (SATURDAY)
9:30am – Bus 2 Gillette Castle & lunch in Chester
10:30am – Bus 1 Gillette Castle & lunch in Chester DECEMBER 21 (SUNDAY)
9:00am – Stonewall Kitchen @ Evergreen Walk in So.Windsor
DECEMBER 22 (MONDAY) 9:00am – Stonewall Kitchen (@ Evergreen Walk in So. Windsor DECEMBER 22 (MONDAY)
9:15am – Senior Exercise (free)
9:30am – Texas Hold'em
9:30am – Bridge with Linda Favale @ Chapel Hall
10:00am – Wii Bowling League with Mary Henao 1
10:00am – Songbirds @Shady Knoll in Seymour
10:00am – Salsa Dancing Class # 1 with Brenda Martin - \$18/6 wks
11:00am – Salsa Dancing Class # 2 with Cookie
12:00pm – Mat Yoga Class # 6 with Shari Galvin
1:00pm – CRL with Leslie Kingston
1:15pm- Cribbage with Don Ensero (Big Room)
1:30pm- Chair Yoga Class # 6 with Shari Galvin
DECEMBER 23 (TUESDAY)
9:15am – Senior Exercise Class # 1 with Susan - \$24/6 wks
9:30am – Poker Club with Allen Thibodeau
9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y
10:00am – Art Class #5 with Dory
12:30pm – Setback (downstairs)
1:00pm – Cookie Decorating with Tara
1:00pm – Setback @ Community Center
1:00pm – Setback @ Community Center
1:00pm – Quilting Group with Darlene Bachand
DECEMBER 24 (WEDNESDAY)
Senior Center will be open from 9:00am – 12:00pm
DECEMBER 25 (THURSDAY)
Senior Center will be closed for the Holidays

DECEMBER 26 (FRIDAY)
Senior Center will be closed for the Holidays
DECEMBER 27 (SATURDAY)
5:00pm - Bingomania
DECEMBER 28 (SUNDAY)
10:00am - Wii Bowling League with Mary Henao
2:00pm - Rhinebeck Winter Wonderland of Lights & Tavern at Beekman Arms
DECEMBER 29 (MONDAY)
9:00am - Reflexology with Kim Stewart - \$35/30 mins, \$20/15 mins
9:15am - Senior Exercise (free)
9:30am - Texas Hold'em
9:30am - Bridge with Linda Favale @ Chapel Hall
10:00am - Songbirds @Gift of Time in Southbury
10:00am - Balance Class #2 with Brenda Martin
11:00am - Salsa Dancing Class #3 with Cookie
12:00pm - NO Mat Yoga Class with Shari Galvin
12:00pm - AT&T Senior Tech Support
1:15pm- Cribbage with Don Ensero
1:30pm -NO Chair Yoga Class with Shari Galvin
DECEMBER 30 (TUESDAY)
9:15am - Exercise Class # with Susan
9:30am - Poker Club with Allen Thibodeau
9:30am - Grocery Shopping at Labonne's, Stop & Shop, Big Y
10:00am - Art Class #6 with Dory
12:30pm - Setback (downstairs)
1:00pm - Setback @ Community Center
1:00pm - Quilting Group with Darlene Bachand
DECEMBER 31 (WEDNESDAY)
Senior Center will be open from
9:00am - 12:00pm

DATE

Jul 14

#### **Special Activities Index**

#### December 2025

**EVENT** 

Aug 11 YOUNG AT HEART – FEET SO SMART 40
Sep 1 JUKEBOX BINGO 35
Sep 8 JUKEBOX 45 SHOW BAND: DOO WOP SHOW 40
Oct 13 ROBEROY BINGO

Nov 3 JUKEBOX BINGO Nov 10 SARAH THE FIDDLER'S MUSICAL JOURNEY Dec 8 HOLIDAY CLASSICS WITH THE CARTELLS!

**NORTH COUNTY BAND!** 

**PAGE** 

40

Dec 3 ABEAUTIFUL NOISE WITH NICK FRADIANI 39 Dec 4 AARP DRIVERS SAFETY COURSE 26 Dec 4 STAINED GLASS WITH SARAH SEGOVIA 26 Dec 4 "Holidays on Main" Historic Wethersfield 30 Dec 5 Glow Hartford @ the CT Convention Center 26 Dec 5 FRIDAY BUFFET @ WILCOX TECH 25 Dec 5 Collinsville Champagne Walk 26 Dec 5 INSPIRED VIBRATIONS BY JC 32 Dec 6 The 29th Annual Charles Dickens Festival 29 Dec 6 GINGERBREAD VILLAGE & XMAS BAZAAR 24 Dec 7 An Evening With Cher, Neil Diamond, & More! 39 Dec 9 HOLIDAY CLASSICS WITH THE CARTELLS 40 Dec 10 FREE CHAIR MASSAGES 26 Dec 11 "Trees of Hope" Maritime Center, New Haven 30 Dec 12 Sleigh Bells and Carousel Bingo 25 Dec 12 "Winterfest and the Tunnel of Lights" 32 Dec 13 "Pronounced Ah-Beetz" Exhibit 29 Dec 14 Gays in Space - A Holiday Adventure 25 Dec 15 "Holiday Lights Spectacular" Olde Mistick Village 31 Dec 16 BRIGHT NIGHTS CHRISTMAS HOLIDAY DISP. 30 Dec 16 ELECTRIC BILL PRESENTATION 31 Dec 17 PLAYHOUSE HOLIDAY JAMBOREE 39 Dec 17 TRAVELERS CHORALE XMAS CONCERT 26 Dec 18 "Lantern Light Village" Mystic Seaport Museum 29 Dec 19 "Twilight at the Osborne Homestead" 32 Dec 21 Stonewall Kitchen Outlet & Evergreen Walk 32 Dec 28 "Wonderland of Lights" 31 Dec 29 AT&T event 34  2026	DATE	EVENT	PAGE
	Dec 4 Dec 4 Dec 4 Dec 4 Dec 5 Dec 5 Dec 5 Dec 5 Dec 6 Dec 7 Dec 10 Dec 11 Dec 12 Dec 12 Dec 14 Dec 14 Dec 15 Dec 16 Dec 16 Dec 16 Dec 17 Dec 18 Dec 18 Dec 20 Dec 21 Dec 27 Dec 28	AARP DRIVERS SAFETY COURSE STAINED GLASS WITH SARAH SEGOVIA "Holidays on Main" Historic Wethersfield Glow Hartford @ the CT Convention Center FRIDAY BUFFET @ WILCOX TECH Collinsville Champagne Walk INSPIRED VIBRATIONS BY JC The 29th Annual Charles Dickens Festival GINGERBREAD VILLAGE & XMAS BAZAA An Evening With Cher, Neil Diamond, & Mol HOLIDAY CLASSICS WITH THE CARTELL FREE CHAIR MASSAGES ACCENTCARE HOSPICE & PALLIATIVE C "Trees of Hope" Maritime Center, New Have Sleigh Bells and Carousel Bingo "Winterfest and the Tunnel of Lights" "Pronounced Ah-Beetz" Exhibit Gays in Space - A Holiday Adventure SUNDAY SAUCE AT RALPH & RICH'S "Holiday Lights Spectacular" Olde Mistick Vi WINTER READINESS PROGRAM BRIGHT NIGHTS CHRISTMAS HOLIDAY D ELECTRIC BILL PRESENTATION PLAYHOUSE HOLIDAY JAMBOREE TRAVELERS CHORALE XMAS CONCERT JUDY GARLAND - WE NEED A LITTLE X-N "Lantern Light Village" Mystic Seaport Muse "Twilight at the Osborne Homestead" Gillette Castle Holiday Tour Stonewall Kitchen Outlet & Evergreen Walk BINGOMANIA DATE "Wonderland of Lights" AT&T event	26 26 30 26 25 29 29 24 re! 39 S 40 26 ARE32 29 25 33 31 31 SP. 31 39 26 42 um 32 33 33 34 31

WE HAVE TWO DEFIBRILLATORS AT THE

ONE IS LOCATED NEAR THE ELEVATOR (UPSTAIRS)

ONE IS LOCATED IN THE POOL ROOM (DOWNSTAIRS)

PROSPECT SENIOR CENTER.

Jan 4 BRIGHT NIGHTS AT FOREST PARK

Jan 4 Jan 6 Jan 6 Jan 8 Jan 9 Jan 10	BRIGHT NIGHTS AT FOREST PARK JUKEBOX BINGO UKULELE MUSIC CLASS Holiday Train Show-Connecticut River Museum Holiday Expo Guilford Arts Center FRIDAY BUFFET @ WILCOX TECH Queen - A Royal Tribute At Shubert Sunday Buffet Brusch @ Ostorio Bomana	34 35 34 35 36 25 39 36
Jan 11 Jan 12 Jan 14 Jan 17 Jan 18	Sunday Buffet Brunch @ Osteria Romana NTHUZIUM COMPASSIONATE CARE Yankee Candle Village-Richardson's Candy Kitchen CT Gay Men's Chorus Presents "Bingomania" "Bread, Bourbon and Brunch"	35 36 34 36
Jan 19 Jan 31 Feb 6 Feb 21	DINNER OF THE MONTH DAVID FOSTER & KATHARINE MCPHEE FRIDAY BUFFET @ WILCOX TECH CT Gay Men's Chorus Presents "Bingomania"	35 38 25 34
Mar 4 Mar 4 Mar 6 Mar 6	JUKEBOX BINGO BLUE MAN GROUP: BLUEVOLUTION FRIDAY BUFFET @ WILCOX TECH EAGLEMANIA @ PALACE THEATER	35 38 25 38
Mar 8 Mar 10 Mar 21 Apr 12	FARCE OF NATURE @ SEVEN ANGELS ST. PATRICK'S DAY CELEBRATION CT Gay Men's Chorus Presents"Bingomania" FIREPLACE FEAST @ SALEM CROSS INN	42 40 34 37
Apr 14 Apr 18 Apr 19	ROCK N ROLL HEAVEN!! CT Gay Men's Chorus Presents "Bingomania" Jim Breuer: Find The Funny @ Palace	40 34 38
Apr 24 Apr 26 May 1 May 5	FRIDAY BUFFET @ WILCOX TECH A GRAND NIGHT FOR SINGING @ 7 ANGELS FRIDAY BUFFET @ WILCOX TECH JUKEBOX BINGO	25 42 25 35
May 16 Jun 5 Jun 28 Jul 7	FRIDAY BUFFET @ WILCOX TECH	34 25 42 35

#### WINTER WEATHER CLOSING **POLICY**

For this upcoming winter season, if the Prospect Schools are closed, the Prospect Senior Center will also be closed (no activities, no transportation).

If Prospect Schools have a late delay, the Prospect Senior Center will be open normal hours @ 9:00am - 4:00pm.

Please follow the school closings on TV or your local radio station.

> (Prospect schools are Region #16)

#### **IMPORTANT NOTICES**

#### PERSONAL BELONGINGS

Please do not leave any personal belongings at the Senior Center. We are not responsible for any items left behind or left unattended. We advise you to take your belongings with you after every activity.

#### REMINDER CALLS

We do our best to make reminder call for all trips and activities, if time allows. If you think you signed up for a trip or activity, but did not get a phone call, please call the Senior Center to confirm.

#### **NOTICE!**

24 HOUR SURVEILLANCE IS BEING RECORDED ON VIDEO BY

#### STERLING

CLOSED CIRCUIT TELEVISION

# EMERGENCY CONTACT INFORMATION

PLEASE STOP BY THE FRONT DESK TO FILL OUT AN EMERGENCY CONTACT FORM. WE ARE UPDATING OUR DIRECTORY AND WANT TO ADD AN EMERGENCY CONTACT PERSON AND PHONE NUMBER FOR EACH MEMBER.

PLEASE DO NOT DRIVE OUT THE ENTRANCE OF THE SENIOR CENTER.

THAT IS A ONE WAY ROAD.

PLEASE FOLLOW THE SIGNS AND EXIT OUT THE POLICE DEPT. DRIVEWAY.

#### PLEASE TAKE NOTE: Per Chesprocott Health District Codes....

We are not allowed to have **anyone** in the kitchen, other than employees and volunteer kitchen help. PLEASE, refrain from going in to the kitchen when you are here. We love your company and we enjoy talking to everyone, but just **not in the kitchen.** 

We appreciate your cooperation. We do not want to have our kitchen shut down because of any violations to this health code.

Thank you!

# IMPORTANT POLICY CHANGE:

Effective June 1, 2023 there will be no refunds given to anyone who cancels a trip/activity unless we can find a replacement for you.

Also, we can no longer put your name on the sign-up sheet without payment. We have had to cancel numerous trips because people have not paid on time or cancelled with little or no notice.

#### PROSPECT SENIOR CENTER GIFT CERTIFICATES AVAILABLE!

Looking for the perfect gift for a friend or loved one who is a member of our Senior Center? Why not give a gift certificate to the Prospect Senior Center for that special occasion or just to surprise them? Gift certificates starting at \$10.00 are now available at the Senior Center. Give us a call with the amount that you would like and it will be ready for you when you come in.

This is a quick, easy and perfect gift to share with your friends or loved ones who are members here. No shopping at crowded malls to deal with. The gift certificate can be used by the recipient towards any of our activities, trips or classes here at the Senior Center.

We are providing these as a courtesy to our members who have been inquiring to see if something like this could be made available.

Please remember that the recipient DOES HAVE TO BE A MEMBER of the Prospect Senior Center in order to use the gift certificate.

#### **IMPORTANT NOTICES**

A FRIENDLY REMINDER.....
YOUR YEARLY DUES FOR 2026 ARE DUE
IN JANUARY. PLEASE PAY THEM AS SOON
AS POSSIBLE TO PREVENT YOUR NAME
FROM BEING REMOVED FROM THE PSC MEMBERSHIP LIST AND THE RESULTING LOSS OF
BENEFITS OF BEING A DUES PAYING MEMBER.

THE DUES ARE \$10
FOR PROSPECT RESIDENTS AND \$20
FOR OUT-OF-TOWN RESIDENTS

DUES MUST BE PAID BY <u>SEPARATE</u>

CHECK - do not combine with other payments.

IF YOU CANNOT COME DOWN IN PERSON TO PAY, PLEASE PUT A CHECK IN THE MAIL.

#### SUGGESTION BOX

We have a suggestion box located in the lobby of the Senior Center for anyone that has positive ideas to make the Senior Center even better. If you have any suggestions, please fill out the card and drop it in the box.

### PSC "HIGHLITES" NOW AVAILABLE ON-LINE

The latest issue of our newsletter is now available on-line at the town of Prospect's website.

To access it on your computer or smartphone, go to the town's website: www.townofprospect.org

Once you are there: click on "Department"; then click on "Senior Center"; scroll down and finally, click on "NEWS-LETTER". The newsletter is readable using any Adobe Acrabat reader and can be printed out at home if you have a printer.

Each new "Highlites" will be available on this website within a few days of being printed out at the Senior Center. If you have computer access, you can get your copy without making a special trip to the Center saving you time and reducing the need for the Center to run off as many copies as it now does.

SENIORS WANTED
55 YEARS OR OLDER
BASKETBALL LEAGUE OR OPEN GYM
11:00AM - 1:00PM
OR 4:00PM
LET US KNOW IF YOU'RE INTERESTED
PROSPECT PARK & REC
12 CENTER STREET
PLEASE CONTACT PARK & REC OFFICE
203-758-0036
OR recreation@townofprospect.org

THE OFFICE FOR VICTIMS OF CRIME, PART OF THE U.S. DEPARTMENT OF JUSTICE, AS A SECTION ON ELDER FRAUD AND ABUSE. AMONG THE RESOURCES IS THE NATIONAL ELDER FRAUD HOTLINE (833-372-8311), WHICH IS AVAILABLE MONDAY THROUGH FRIDAY.

THE FBI'S ELDER FRAUD SECTION LISTS COM-MON ELDER FRAUD SCHEMES AND PROVIDES A LINK FOR FILING REPORTS ABOUT ELDER FRAUD TO THE INTERNET CRIME COMPLAINT CENTER AT ic3.gov.

ĬN THE END, IT'S ALL ABOUT AWARENESS OF POTENTIAL TRAPS.

FOR LINKS TO ALL RESOURCES REFERENCED IN THIS COLUMN, GO TO JULIEJASON.COM/COLUMN-RESOURCES.

### IMPORTANT POLICY CHANGE.,..

We ask that any future trips, activities, classes, presentations, etc. that are over \$5 be paid for with a check.

Sorry, but we do not have the capability to accept credit cards.

Cash for anything over \$5 will no longer be accepted. We thank you in advance for your anticipated cooperation.

IF YOU PARK IN ANY OF THE HANDICAP PARKING SPACES AT THE SENIOR CENTER, PLEASE MAKE SURE YOU HAVE YOUR HANDICAP TAG HANGING ON YOUR REARVIEW MIRROR.

IF YOU DO NOT, YOU WILL BE FINED A MINIMUM OF \$150 BY THE POLICE DEPARTMENT.

#### **NEW MEMBERS**

Maureen Rogalis
Joseph Rogalis
Annette Snow
Verna Barnard-Jones
Alex Beguary

Elizabeth Lapinski Denise Masulli Sherri Carothers Anne Schultze Lilly Veracierta

Sue Tatoian Mary Notturno Kathleen Stuke Douglas Stuke

#### **WELCOME TO THE PROSPECT SENIOR CENTER**

FOLLOW US ON FACEBOOK: PROSPECT CT. SENIOR CENTER



#### **SUNSHINE LIST**



Patti Moreno 141 Butternut Ridge Road Waterbury, Ct. 06706

Margaret Lenkowski 109-1 Bucks Hill Road Waterbury, Ct. 06704

Marie Delage 16 Nancy Mae Ave. Prospect, CT 06712

Ann Wooding 333 Evening Star Drive Naugatuck, Ct. 06770

Barbara Porter Rockridge Rd. Waterbury, CT 06705

Fran Dupre 187 East Johnson Avenue Cheshire, Ct. 06410 Mark Colina 261 Hortin Hill Road Naugatuck CT 06770

Elaine Broderick 19 Birch Lane Naugatuck, Ct. 06770

Gail Theroux 18 Pond View Drive Prospect, CT. 06712

Marcia Rogers 51 Delhurst Drive Waterbury , CT 06708

Jean Reilly 179 Union City Road Prospect, CT 06712

Mary Henao 202 Joseph Street Waterbury CT 06705 David Elwell 103 Lake Winnemaug Rd. Watertown CT 06795

Paul Lussier 75 Clark Hill Road Prospect CT 06712

Trudy Granger 24 Ash Lane Prospect CT 06712

Joellen Monahan Monarch Southbury 655 Main St S. Apt 258 Southbury, Ct. 06488

Martha Turiano Apple Rehabilitation Center 35 Bunker Hill Road Watertown, Ct. 06795 Paul Nace 840 Litchfield Turnpike Betheny Ct 06524

John Raven, Room 212 Beacon Brook 89 Weid Drive Naugatuck, CT. 06770

Jean O'Brian

@ Autum Lake Healthcare
at the Willows Room 120
225 Amity Rd.
Woodbridge, CT 06525

Susan Armbruster The Village at East Farms 120 Scott Rd Waterbury, CT 06705

Andy Riddle 359 North Main St. Naugatuck CT 06770

#### **GET WELL SOON!!!**

#### **DECEMBER BIRTHDAYS**

Aurel Plouffe	1	Aruna Raghu	10	Cindy Lee	17	Gloria Pagan	24
Betty Jonikas	1	Joseph Therrien	10	Linda A. Shea	17		24
Barbara		Barbara		Theresa C.		Carol-Jean Ciriello	
Nierenburg	1	McDonough	10	Graveline	18	Susan Salvietti	24
Timothy Baker	2	Joe Kennelly	10	Dianne Bedard	18	Bob Murray	24
MaryLou Hopkins	2	Mary lamkis	10	Gail Calandro	18	Frani Kowalski	25
Marie Solazzo	2	Terry Peirce	10	David Davio	18	Chris Bellomo	25
Lewis S. Bene	2	Janice Valuskas	10	MaryLou Rogers	18	Jack Geary	25
Joanne McGrath	2	Phyllis Bruce	11	Barbara Burke	18	Carol Zandri	25
Dave Bethancourt	3	Jackie Rinaldi	11	Karla Banach	18	•	25
Judy Johnson	3	Edie Sletner	11	Mary Elizabeth		Kathleen Prenez	26
Darlene Maskulak	3	Anthony		Ćianciull	18	Harriet Johnson	26
Bruce Bathrick	3	Dalesandro	11	Agnes Russell	19	Rita Ortiz	26
Janis Copes	3	Maryann Peck	11	Coleen Brodin	19	Lucy Nobitz	26
Charlene Carriero	4	Lydia LaQuay	11	Betty Schebell	19	Carol A. Cirillo	<b>27</b>
Connie Ward	4	Bob Black	12	Maria Marchitto	19	Susan Behrens	27
Irene Tehan	4	Diann Ensero	12	Mary Vitkauskas	19	Holly Dorso	27
Marilyn Good	4	Mario Dias	12	Theresa Pavlik	19	Jessica Rae	27
Charlotte	-	Mickey Moore	13	<b>Judith Mancinone</b>	19	Lorraine	
Tottenham	4	Lucille Delage	13	Marilyn Bonyai	20		28
Angela Vanasse	5	Michael Jones	13	Carole		Margo Korytko	28
Helen Gizzi	5	Linda F Atkins	13	Mastrantoino	20	Louis Rinaldi	28
Jennie Giordano	5	Barbara	. •	Adolpho Nunes	20	Linda Marsh	28
Catherine Gannon	_	Menturweck	14	Dom Carasone	21	Nancy Belinski	28
Claire Pronovost	6	Ofelia Galemba	14	Catherine		Deb Melycher	28
Marlene	U	Lisa Colucci	14	Antonelli	21	Martha Pond	28
Wentworth	6	Lynn Genova	14	Lorriane		Marilyn Colandrea	28
Katherine Harris	6	Joy Moriarty-		Zionowski	21	Jeannine Mallane	29
Richard Blanc	6	Bartholome	14	Andy Potochney	21	Pat Scaniffe	29
Dolores Buechele	6	Audrey Katz	14	William Parsons	21	Lori Kennedy	29
Jayne Johnson	6	Lynn Lantieri	14	Catherine		Madelyn Novick	29
Lynn Schmaltz	U	Barbara Dowling	15	Lombardi	21	Cynthia Merola	29
Hall	7	Jim Gravel	15	Cynthia Conrad	21	Judy Jaworski	30
Jean Lucas	7	Marjorie Dewey	15	John Siwinski	21	Beverly Hudson	30
Mary Gugliotti	7	Cindy Perron	15	Edna Violette	21	Marcy Byrnes	30
Regina Giordino	7	Carol Zebrowski	15	Carol Turonis	22	Michele Blakley	30
Doris Carroll	7	Joan Perugini	16	John Dunn	22	Frederick Pappano	30
Patty Paulella	7	Kathy Martino	16	Yve Bartolomei	22	Dawn Kosakowski	30
Lynn Lantieri	7	Paul Doherty	16	Joyce Szejman	23	Richard Daddio	30
Pat Cowell	7	Mary Rita Phelan	16	Patricia Ford	23	Robbin Wilson	30
Tom Monaco	7	Carol Skowronski	16	Althea Reid	23	Patricia Moore	31
Carol Ellis	8	Yan Liu	16	Guy Leblanc	23	Robert Colby	31
Susan Behrens	8	Anne Ippolito	17	Jeannette Sinclair	23	Mary Campli	31
Jackie Yannes	8	Al Dickman	17	Richard Fallon	23	Maria Santos	31
Robert Vensel	9	Eleanor Petruzzi	17	William Galvin	23	Anna Roberts	31
Maria Giattino	9	John Demkar	17	Gary Battel	23		31
_	9	Gwenn Fischer	17	Dawn Macary	23		31
Carolyn Holley	9	Antonietta	• •	Marguerite			31
Ruth Yachtis	9	Dickinson	17	Lagasse	24		
Peg LeBeau	10	Joseph Anyzewski		Madeleine Hiscox			
Ron Beloin	ΙŪ	COSCHII WIINTEMSKI		addidiilo i iidddx			



#### **December 2025**

#### **ACTIVITIES**



#### SETBACK CARD PLAYER'S GROUPS

Setback downstairs on Tuesdays at 12:30pm

Setback at the Community Center on Tuesdays at 1:00pm

COME JOIN IN THE FUN
For info call
Gloria Guerrera
at
203-758-6707

#### **Texas Hold'em**

Mondays at 9:30am



Canasta With Bonnie Veilette

Wednesdays

1pm

Cooking with Lori
No cooking class in
December

#### CARD BINGO



with Shirley
Beale
and Barbara
Derouin

Tuesday 1pm December 16th Cost \$2

### "DIME BINGO" Lorraine Thibodeau

December 11th

You get two Bingo cards for ten cents. You can play as many cards as you would like.

For each two cards that you are playing, you have to contribute ten cents for each Bingo game that is played. The prizes for each game will be the dimes that are collected.

There will be a \$1 charge to help in covering the cost of a coffee and dessert break at 2pm.

If you are interested in joining in on the fun, please call the Senior Center to register.

Cost \$1

#### LORI'S CRAFT PROJECT

No craft in December



Chinese & American Mah Jong

with Barbara Duigan

Every skill level welcome! Thursdays 1pm

#### **PINOCHLE GROUP**

Fridays
9:30am - 11:30am
@ Community Center
Call Bonnie Jones
for details
203-758-0886



#### **Cribbage Card Game**

Mondays 1:15pm in big room Call Don Ensero



203-575-1511

## BLOOD PRESSURE SCREENING

WEDNESDAYS
11:30am -1:30pm
1st, 2nd and 4th Wednesday
with Chesprocott Health Disrt-



#### Poker Club

with Allen Thibodeau Tuesdays 9:30am - 12:15pm



#### **December 2025**

#### **ACTIVITIES**



Senior Balance Class with Brenda Martin 10am - 11am

Every Monday
No Sign-up necessary
Just drop in

Cost \$18 for 6 weeks



Senior Weight Strengthening Class

Fridays 9:30am



Line Dancing Classes with Teachers: Barbara & Rita

Wednesdays 1:30pm

The classes are geared specifically toward seniors.

The classes are fun and great exercise too!

Cost \$20 for 10 weeks



RUMMIKUB
WITH BILL THIBODEAU &
LYNN NOAKES
WEDNESDAYS AT 1:00PM



Senior Exercise Class

Free Mondays & Thursdays 9:15am



**CHAIR YOGA** 6 Week Sessions

January 5th (Monday) January 9th (Friday) @ 1:30pm

Cost \$20 for 6 weeks



Gold

taught by Cookie

Thursdays 11:00am
Cost \$24 for 6 weeks



**Billiards** Monday thru Friday 9am - 4pm

Ladies are welcome and encouraged to join in the fun!



Senior Fitness Program with Susan

Tuesdays

9:15am

Bring weights, small ball & exercise band

Cost \$24 for 6 weeks



MAT YOGA 6 Week Sessions

January 5th Monday @ 12:00pm

Upstairs in big room

Cost \$20 for 6 weeks



Wii Bowling

Mondays & Wednesdays @10am

More bowlers needed!

Call Mary Henao 203-757-9190

#### **CRL Dice Game**



Hosted by Leslie Kingston

Monday
December 22nd
@ 1:15pm
Cost \$2
Please bring dimes...

#### **December 2025**

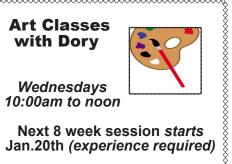
#### **ACTIVITIES**



#### Card Making 101

WITH Cindy, & Edwina

FRIDAYS 10am-3pm (CLASS FULL) COST \$2



Cost

\$40 for 8 weeks

**NEW CLASS.....** 

**INTERMEDIATE ITALIAN CLASS** 

**CLASS BEGINS** January 8th ,2026 @ 9:30am

**\$20/6 WEEKS** 

**INSTRUCTOR: JOE GUARINO** 

**ANYONE LOOKING TO LEARN TO PLAY PINOCHLE OR REFRESH YOUR SKILLS** 

**PINOCHLE MEETS EVERY FRIDAY @ 9:00AM** AT THE COMMUNITY CENTER.

THEY PLAY SINGLE DECK & DOUBLE DECK. PLEASE STOP BY THE COMMUNITY CENTER **ON FRIDAY AT 9:00AM AND SEE BONNIE & MIKE JONES.** 

#### Piano Lessons

Taught by Joe Guarino



These classes are for students who have previously taken lessons with Joe. Once you sign up and PAY, Joe will let you know the class for which you are best suited.

#### **Elementary Class**

(need some basic knowledge of playing the piano - this is not an absolute beginners piano class) Wednesdays

January 7th 11:30am to 12:30pm \$25 for 6 weeks Cost

#### Fundamental Class

(need 1 year of previous piano instructions) Wednesdays January 7th 9:30am - 10:30am

\$25 for 6 weeks Cost

#### Intermediate Class

(need 2 years of previous piano instructions) Wednesdays January 7th 10:30am to 11:30pm \$25 for 6weeks Cost

#### Advanced Class

**Thursdays** January 15th 12:30pm-1:30pm

\$25 for 6 weeks Cost

Absolute Beginner's **Piano Class** (No previous experience necessary) Last chance to take an **Absolute Beginner's** Piano Class. Thursdays starting January 15th 1:30pm to 2:30pm

Cost \$25 for 6 weeks

#### **Bible Study**



with Georgia Smolkis

**Fridays** 

9:30am

At theCommunity Center No sign ups necessary Just drop in

#### Speaking Italian with Friends



with Joe Guarino Thursdays at 10:30am

> Class starts **January 8th**

Cost

\$20 for 6 weeks

#### The Happy Hookers

A knitting & Crocheting Group

Wednesdays 11:30am to 3:00pm **Everyone is Welcome** 

MEET AT Community Center



#### **Quilter's Group**

Tuesdavs 1pm - 3pm Please Join US!

TAI CHI CLASS WITH MATT DEMPSEY THURSDAYS @ 10:30AM **COST: \$24 FOR 6 WEEKS** 

کور

#### December 2025

#### **ACTIVITIES**

#### Private Reflexology Sessions with

Kim Stewart, NSCR Mondays Start at 9am

Monday December8th @ 9:00am
Monday December 15th @ 9:00am
MondayDecember 29th @9:00am
\$20 .... 15 minute session
\$35.....30 minute session

(Appointments are necessary)

Kim Stewart will be at the Senior Center to give private reflexoogy therapy sessions to our seniors.



# REFLEXOLOGY A scientific art based on the principle that there are reflex areas in the feet and the hands which correspond to all parts of the body including organs and glands. The physical act of applying pressure to

these areas can result in stress reduction

which causes a physiological change in the body.

CONDITÍONS WHERE IT
MIGHT BE HELPFUL: High blood
pressure - Diabetes - Migraine headaches - Arthritis - Backache - Sciatica
- Constipation - Insomnia

Please call the senior center to schedule an appointment.

Only one appointment per person per month

# ATTENTION ALL ARTISTS OPEN STUDIO @ Prospect Senior Center FREE

Great studio space available to artists who would like to paint in a studio space with other artists.

No instruction. Bring your own supplies.

Space available on Tuesdays 10:00am – 12:00pm

SALSA DANCING MONDAYS @ 11:00am

\$24 for 6 weeks

Mohegan Sun Casino

**December 18th** 





#### Canasta with Bonnie

on Wednenays at 1:00pm

#### **Bridge Hall**

with Linda Favale Monday at 9:30am



Weekly Bingo on Fridays \$2 at 1:00pm



Mexican Train Dominos

December 4th & 18th



Origami Class with Ah Omi Yip

December 4th & 18th \$5 per class



Join us for affordable, effective weight-loss support!

Prospect Senior Center Thursdays at 5:30 For more information

Donna @ 203-754-8908

Real People. Real Weight-Loss.®

www.tops.org

Breakfast at the Senior Center NO Breakfast in December

Ī

Ī

Ī

#### December 2025

#### **ACTIVITIES**

**NEXT 6 WEEK SESSION OF EXERCISE PROGRAMS:** 

**BALANCE** MONDAYS: NOV 3, , NOV 17, NOV 24, DEC 1, DEC 8, DEC 15

**SALSA DANCING:** MONDAYS: NOV 3, NOV 10, NOV 17, NOV 24, DÉC 1, DEC 8 **DEC 15, DEC 22, DEC 29, JAN 5, JAN 12, JAN 26** 

SENIOR EXERCISE TUESDAYS: OCT 28, NOV 4, NOV 18, NOV 25, DEC 9, DEC 16 **DEC 23, DEC 30, JAN 6, JAN 13, JAN 20, JAN 27** 

**ZUMBA** THURSDAYS: DEC 4, DEC 11, DEC 18, **JAN 8, JAN 15, JAN 22** 

MON TI **CHAIR YOGA** MONDAYS: NOV 17, NOV 24, DEC 1, **DEC 8, DEC 15, DEC 22** JAN 5, JAN 12, JAN 26, FEB 2, FEB 9, FEB 23 FRIDAYS: NOV 21, DEC 5, DEC 12, **DEC 19 ( 4 WKS ONLY)** JAN 9, JAN 16, JAN 23, **JAN 30, FEB 6, FEB 13** 

**MAT YOGA** MONDAYS: NOV 17, NOV 24, DEC 1, DEC 8, DEC 15, DEC 22 JAN 5, JAN 12, JAN 26, FEB 2, FEB 9, FEB 23

TAI – CHI THURSDAY: OCT 30, NOV 6, NOV 13, NOV 20, DEC 4, DEC 11 JAN 8, JAN 15, JAN 22, JAN 29, FEB 5, FEB 12

**PILATES** THURSDAYS: OCT 30, NOV 6, NOV 13, NOV 20, DEC 4, DEC 11 **JAN 8, JAN 15, JAN 22, JAN 29, FEB 5, FEB 12** 

**CHESS GROUP** Intermediate players needed to start a Chess Group at the Prospect Senior Center. Bring your own board. Planning to start in January 2026 on Wednesdays @ 9:30am. If interested, please sign up.

**INTERMEDIATE ITALIAN CLASS** 10/23, 10/30, 11/6, 12/4, 12/11, 12/18

**ADVANCED ITALIAN CLASS** 10/23, 10/30, 11/5, 12/4, 12/11, 12/18

**FUNDAMENTAL PIANO CLASS** 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

INTERMEDIATE PIANO CLASS 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

**ELEMENTARY PIANO CLASS** 10/29,11/5, 11/12, 11/19, 12/3, 12/10

**BEGINNER PIANO CLASS** 11/6, 12/4, 12/11, 12/18, 1/8, 1/15

**ADVANCED PIANO CLASS** 11/6, 12/4, 12/11, 12/18, 1/8, 1/15

> **DORY'S ART CLASS** 11/26, 12/3, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13



#### **News From** The Bocce Court



The fall season ended with 2 teams tied so they had a playoff game on October 28. Congratulations to the first place winners: Team #12 - Mary Rasch, Bonnie Veillette, Marie Mirabilio, and Angela Perrillo. And congratulations to the second place winners; Team #11 - Barbara Beloin, Gail Peabody, Mary Winnie, and Mark Wilson.

To end the fall season the members enjoyed a delicious luncheon made by Lori, Lirene, and their kitchen helpers at the Senior Center.

We are looking forward to the Spring season. There will be a meeting on Tuesday, March 31st at 10:30 a.m. The first games will be on April 7th. Please mark your calendars.

Sign-up as soon as you can - still \$15.00 for the season payable by check only. New players are always welcome. If teams are full, subs are needed.

Games are played on Tuesdays at 10 a.m., 11 a.m., and 12 p.m.

If you have any questions, feel free to contact us.

Barb Beloin (203) 528-3144 Mary Damulis (203) 723-8643

#### LADIES IN RED



Brrr...Ladies, it's cold outside! Even with the Winter Solstice yet to arrive, the wintry winds are making me feel like a pillar of solid ice! Although Prospect's "Ladies in Red" may be wincing and whining at the prospect of winter weather woes and whistling winds, we are, nonetheless, enjoying the last months of fall and celebrating

this year's holiday season in festive Red Hat style.

In the final week of October, we traveled to two waterfront villages for some spooky, Halloween fun. On <u>Tuesday</u>, October 28th, we took a walk on Mystic's darker side when we attended Seaside Shadow's "Mystic Ghost Tour." On Halloween evening, we had the pleasure of viewing the Halloween Parade in Essex.

On Thursday evening, November 13th, a sizeable contingent of "Ladies in Red" traveled to New Haven's "Little Italy" on Wooster Street for a delicious progressive dinner. We started with appetizers at Tre Scalini, a traditional, old style Italian ristorante, and then shopped for chocolate, candy, cheese and charcuterie at Gioia, an upscale Italian market. Then it was on to Pasta Eataliana Trattoria Napoletana, an upbeat, modern osteria, for homemade pasta and entrees. Squisito! Our decadently delicious evening ended with a visit to Libby's Italian Pastry Shop for cappuccino, cannolis, and gelato. Buonissimo!

As of this writing, the "Ladies in Red" anxiously anticipate Saturday, December 6th, when we will be braving the high seas in the dead of winter as we embark upon a faraway adventure to another place in time. Colloquially, we will be taking the ferry to the Charles Dickens Festival in Port Jefferson on Long Island. Every year, the quaint, seaport village of Port Jefferson magically transforms into a Dickensian stage. Costumed characters and carolers perform skits and sing Christmas carols through the village streets and at local businesses. The village's churches host craft fairs, concerts and a chocolate extravaganza and a cookie walk. There is a festival of trees at the Community Center and a parade down Main Street. Even Old Scrooge would not be saying "Bah, Humbug" at Port Jeff's Dickens festival!

This year, the "Ladies in Red" invite all members of the Senior Center to join us on our cross-sound adventure to the Dickens Festival. For this trip, we will be departing the Senior Center at 8:00 AM and be taking the 9:30 AM ferry. Arriving in Port Jefferson at approximately 10:45 AM, we'll have until 3:00 PM to enjoy all that the festival has to offer. Our ferry back to Bridgeport, where our minibus will be waiting for us, departs Port Jefferson at 3:15 PM sharp. Don't miss the boat! The cost of the trip is \$14, the special festival discounted fare for the round trip ferry ride.

On <u>Tuesday</u>, <u>December 9th</u>, the "Ladies in Red" will continue our celebration of the holiday season with our annual Christmas Party. This year, we will be enjoying an evening of fine Italian dining at Biagetti's in West Haven, a restaurant which the "Ladies in Red" have thoroughly enjoyed on several previous occasions. We will be ordering off the menuthis year.

After dinner at Biagetti's, we will be reviving the "Ladies of Red" tradition, established long ago by our late and beloved Queen Emerita Jeannette Elsea, of viewing Christmas lights from the warmth and comfort of our minibus. This year, we will head to Lighthouse Point in New Haven for their 31st annual "Fantasy of Lights, a festive spectacle of over 100,000 brilliant lights and 60 animated and stationary light displays. I will be collecting \$3 from everyone on the bus to cover our ticket to the light display.

For this trip, we will be leaving the Senior Center at 4:15 PM, in time for our 5:00 PM reservation at Biagetti's. At present, only one seat on the bus remains but please don't hesitate to sign up as a number of ladies are driving and some of willing to take passengers. As our Christmas Party is, without a doubt, our most festive "Ladies in Red" event of the year, I would very much appreciate it if everyone does their best to wear red and purple to the party.

There are currently no "Ladies in Red" activities already planned for January and your suggestions are most welcome. Given the recent popularity of Italian dining with our ladies, I am considering a family style Italian meal at Pellicci's in Stamford, possi-

**Continued on next page** 

#### **REGULAR ACTIVITIES**

#### December 2025

# LADIES IN RED (continued)

bly paired with a filming of the Steve Wilkos Show. Due to the uncertainty of the weather in January, I cannot make any commitments that require advance payment or a credit card but, again, all other suggestions are welcome.

On a somber note, I am saddened to report that our most senior "Lady in Red," Maria Mikeltonas of Prospect, passed away on November 12, 2025, at the age of 98. I first met Maria in 2017 when the "Ladies in Red" had the honor of celebrating her ninetieth birthday with her at a restaurant in Woodbury. I was impressed by her unwavering optimism despite dealing with an illness. As recently as 2021, when she was 94, Maria went on a late summer cruise of the Thimble Islands with us and, despite my own trepidation about stepping onto the boat, she boarded and disembarked without hesitation and onboard regaled us with her stories of years past. In the spring of 2022, Maria celebrated her 95th birthday with us at a performance of the Piedmont Players Dinner Theater in Waterbury. She was as sharp as ever and, once again, entertained us with her stories. Rest in peace, Maria. You are a "Ladies in Red" legend and will not soon be forgotten. I hope that you and Jeannette are sharing "Ladies in Red" stories in heaven. With both of you there, I am sure that all of the angels are wearing red hats by now!

The holiday season is traditionally the "hap, hap, hap, happiest time of the year" and December is the best, best time of the year to join the "Ladies in Red." For 2026, our annual membership dues remain at \$25 and joining now will entitle you to privileges of "Ladies in Red" membership until December 31, 2026. As always, for more information, I can be reached by telephone at 203-503-7427 or by email at <a href="mailto:lchesinas2013@yahoo.com">lchesinas2013@yahoo.com</a>.

Happy Christmas to All and to All a Goodnight! Lynn



# The "Bookwormers" Prospect Senior Center Book Club

The Book Club meets the first Thursday of every month at 10:00 a.m. This club is open to all who love to read. New members are always welcome. There is always something new to learn even if a member didn't read the current book.

On December 4th the chosen book to discuss is "The Great Divide" by Cristina Henriquez. This is a powerful novel about the construction of the Panama Canal, casting light on the unsung people who lived, loved, and labored there.

Searing and empathetic, The Great Divide explores the intersecting lives of activists, fishmongers, laborers, journalists, neighbors, doctors, and sooth-sayers—those rarely acknowledged by history even as they carved out its course.

Also on this day we will have a small Christmas party - all members bring food to share. During the party we will add titles to our list of books to read in the coming year.

Since the first Thursday of January, 2026 is New Year's Day, our meeting will be on January 8th. The book for discussion is "The Lighthouse Keeper's Daughter" by Hazel Gaynor. This is a historical novel inspired by true events, and the extraordinary female lighthouse keepers of the past two hundred years.

lighthouse keepers of the past two hundred years. From the book: "They call me a heroine, but I am not deserving of such accolades. I am just an ordinary young woman who did her duty."

"I've always thought that a good book should be either the entry point inward, to learn about yourself, or a door outward, to open you up to new worlds." Taylor Jenkins Reid, Author

If you have any Questions, please contact me at (203)723-8643.

Mary Damulis, Coordinator



#### **December 2025**

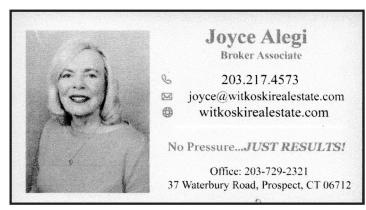


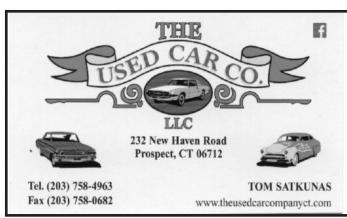










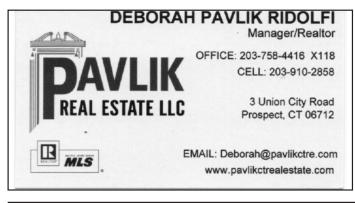




PLEASE SUPPORT OUR ADVERTISERS - THEY SUPPORT US!

#### **December 2025**







240 North Main Street
Naugatuck, Connecticut 06770

Fitzgera

Online: nvmfh.com

Naugatuck Valley
Memorial

Fitzgerald Zembruski Funeral Home

Phone: 203-729-4187 | 203-753-1460 Fax: 203-720-1976

Email: steve@naugatuckvalleymemorial.com

STEVEN P. ZEMBRUSKI Funeral Director IN HOME CONSULTATION AVAILABLE FAMILY & OWNED OPERATED

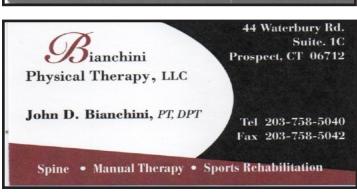


**Charles Tooth** C: 203.592.1145

2 Birchwood Terrace Prospect, CT 06712



203·206·0848 • jessalynpito@gmail.com









#### **December 2025**



# WOODLAN

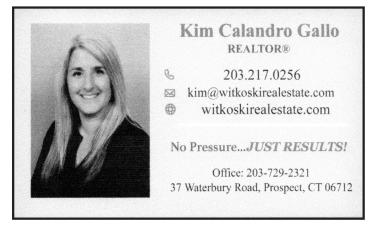
#### Dr. Danielle Larsen

Veterinarian

203-463-8533 woodlandvetct@gmail.com

> 45 Pines Bridge Road Beacon Falls, CT 06403

www.woodlandvetct.com











### Adult Care: Experienced in Memory Care & Assisted Living

30 + years as a Senior Activity Director and Entrepreneur -First Aid & CPR Certified, License & Insured.

Lets enjoy those "Golden Years" Tea parties, chair exercise, Arts & crafts, reminisce, puzzles, cards, music, trivia, plants & dish gardens, classic comedy med reminders, simple baking and much more. What would you like to do today? Full or Part Days

Call 203-231-1644 Jackie Yannes

#### **December 2025**



The Palmerie Family
Funeral Home

122 Waterbury Rd. Prospect, CT 06712 (203) 758-6008

www.prospectmemorial.com



Mike & Kim Welcom

Kimberly, RN, LEFD

Pre-Need, At Need, Bereavement groups & crafts.

Memorial Garden open to public. Community events & free seminars pertinent to health care, funeral care & other topics of your interest

For compassionate personalized care from the family you know



o 🔾





Serenity Grounds

122 Waterbury Rd.



The Corona Family Funeral and Cremation Services

#### Joseph Corona

Funeral Director / Owner

72 Waterbury Road Prospect, Connecticut 06712

Next to the Post Office

203.758.3000

www.cfhprospect.com info@cfhprospect.com

#### Mirabelle's Italian Restaurant

<u>LADIES NIGHT</u> \$24 PLUS TAX & GRATUITY WEDNESDAY NIGHTS 5PM

PREFIX MENU

3 COURSE DINNER INCLUDES

SALAD

ENTRÉE

DESSERT

GLASS OF HOUSE WINE RED OR WHITE

50 WATERBURY ROAD, PROSPECT CT (203)758-5525

#### Mirabelle's Italian Restaurant

<u>SENIOR NIGHT</u> \$22 PLUS TAX & GRATUITY THURSDAY NIGHTS 4:30-7:00 P.M.

PREFIX MENU

3 COURSE DINNER INCLUDES

SALAD

ENTRÉE

DESSERT

50 WATERBURY ROAD, PROSPECT CT (203)758-5525



The Townsend Agency Home Care

24 Hour Live In Service Starting At \$ 329 Per Day

Farmington, CT

860.993.7339

thetownsendagencyhomecare.com



ANIMALS FOR LIFE, INC. IS LOOKING FOR

**CAT AND KITTEN FOSTERS** 

FOR SOME OF THE CATS AND KITTENS THAT ENTER OUR CARE.

IF YOU ARE INTERESTED IN FOSTERING OR WANT TO LEARN ABOUT OUR ORGANIZATION, GET IN TOUCH!

**EMAIL: CONTACT@ANIMALSFORLIFE.ORG** 

PHONE: 203-267-6777

Animals for life is a 501(c)(3) non-profit animal rescue organization

#### **BLOOD PRESSURE SCREENINGS**

Chesprocott Health District will be at the Prospect Senior Center on the First, Second and Fourth Wednesdays of each month(starting in July) to do Blood Pressure Screenings from 11:30am – 1:30pm. The nurse will be located in the office near the elevator. Appointments are not necessary.

We would like to thank Diane Morotto of Hartford Healthcare for her many years (14+) of service doing Blood Pressure Screenings at the Senior Center. She

will be missed by all.

#### St. Anthony's Church Offers Communion Services to the Homebound

If you would like to receive the sacrament of Communion and are unable to attend Mass due to illness or being homebound, Communion can be brought to you by a Eucharistic Minister from St. Anthony's Church in Prospect.

Please contact the Parish Center at 203-758-4056 and visitation can be arranged.

HOPE MINISTRY at St. Anthony Church



# A hand up is not a hand out!

If you are having difficulty meeting your monthly expenses, maybe we can help, please call 203-758-4056. All calls are confidential. Or visit stanthonyprospect.org and follow the link to HOPE Ministry for an application.

The mission of the HOPE ministry is to carry out our gospel call to enhance the quality of life and self-sufficiency of those in our community in need of financial and social services. It will provide monetary assistance for basic living expenses, referrals, education, practical assistance and spiritual guidance to strengthen and support individuals in need of assistance by fostering independence and personal responsibility with respect, com and accountability.

Applicant's must be actively registered parishioners or residents of Prospect.

### New Haven Legal Assistance Association, Inc.

New Haven Legal Assistance Association, Inc. (LAA) is a nonprofit organization that was incorporated on April 7, 1964 to "secure justice for and to protect the rights of those residents of New Haven County unable to engage legal counsel." LAA was one of the first legal services programs established and the federal government used it as a model for similar programs throughout the country.

They provide high-quality legal services to individuals and groups unable to obtain legal services because of limited income, age, disability, discrimina-

tion and other barriers.

Need Help? Call...203-946-4811



New Opportunities, Inc. Meals on Wheels Program

Please be advised that Western Connecticut Area Agency on Aging will no longer handle Meals on Wheels registrations. If you live in Central Naugatuck Valley (Bethlehem, Thomaston, Woodbury, Southbury, Middlebury, Beacon Falls, Naugatuck, Prospect, Cheshire, Wolcott, Watertown or Waterbury), New Opportunities, Inc. will register you directly.

You must be 60 years of age and considered home bound to qualify. Prioritization of meals are given to clients with greatest economic and social needs. To register please call 203-757-4280 Monday - Friday between 9:00 AM and 1:00PM

#### **BOOKS IN OUR LIBRARY**

There are book shelves downstairs. You can leave ONLY books, newer magazines, calendars, puzzles, and greeting cards. These are available for anyone to take. if you cannot walk downstairs, talk to someone in the office about leaving the above items.

Please do not leave children's books, VD's, CD's, old yellowed or mildewed books, old magazines, boxes or bags of books, or any other miscellaneous items. Thank you for cooperating and keeping these shelves neat.

There are now Christmas cards. If the card bin is full, please do not leave any more. Also if the cabinets are full with puzzles, please do not put on top of the shelving.

The book shelves are organized by members of the Book Club.

If you have children's books or more than a few books, the Community Center book store will accept up to 2 bags of books (no more at one time). They are open on Tuesday morning until 1:30 and Thursday afternoon. The hours should be posted on the bulletin board in the entrance way of the Sr. Center.

Hours may change during the holidays
you can call the Prospect library at 203-758-

3001 and ask for the hours.

#### FRAUDS, SCAMS, DECEITS!

Beware of any calls where the word "Medicare" is spoken. Medicare, Social Security and the Internal Revenue Service (IRS) NEVER call you to get your personal information without first informing you by letter. Please do not become a victim of an "Imposter Scam". If someone calls and attempts to collect your personal information claiming they are from a state or federal agency ... JUST HANG UP!



#### Connecticut Home Care Program for Elders

The State of Connecticut wants to give you an opportunity to stay home instead of going to a nursing home. That is the purpose of a home care program for persons 65-years of age and older. The program is called the Connecticut Home Care Program for Elders. To see if you qualify for any of the services from this program, please call the Western Connecticut Area Agency on Aging at 203-757-5449 for further information.

#### Get Your Medicare Questions Answered!

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare, and

the options that supplement Medicare.

The WCAAA can answer questions that you may have on Medicare, Medicare the Prescription Drug Benefit, Medicaid, Preventative Benefits, Care giving issues and more. The WCAAA can assist in filling out applications for different programs you may be eligible.

For more information please call the Western Connecticut Area agency on Aging at 1-800-994-9422 or 203-757-5449.

#### **RUMMIKUB**

If you are interested in joining the Rummikub group, please sign up at the Senior Center. We are hoping to have a group play on Wednesdays @ 1:00pm. If you have never played, we will teach you.

This is the fascinating story of the Rummikub game, whose conception is obscured in the past,

over 70 years ago.

Mr. Ephraim Hertzano originally made his living selling toothbrushes and other plastic accessories as well as cosmetics. The game started as a brilliant idea that had occurred to Mr. Hertzano, living in Romania, when card-playing was outlawed under the Communist regime. Mr. Hertzano envisioned playing a game that would use small tiles instead of cards to play, a game that could be played by young and old alike, and that had no ties to any language or religion. He wanted to create a game that would bring people together and one day change the world's leisure time. He called it Rummikub. Accompanied with a vision just as bright and as grand as the initial idea, it became an overnight hit. The Hertzano family moved to Israel in the 1940's after World War II, continuing the development on Rummikub in the backyard of his house in Bat Yam, and eventually became a professional game developer after publishing it to the market

What does Medicare cover? Find out with the new Medicare app!

Do you ever wonder if something is covered by Medicare? There's now an app for that! The "What's Covered" app is designed to help Medicare beneficiaries directly access some of the most-used content on Medicare.gov.

The free app lets traditional Medicare beneficiaries quickly see if Medicare covers a specific medical item or service. Download it from Apple's App Store or Google Play for Android devices.

Scrap Material Wanted...

Our quilting ladies are looking for any leftover scrap material that you may have hanging around from any past sewing projects. If the material is in good condition and you would like to see it go to good use, please consider donating it to the Senior Center.

Our quilters make several quilting projects each time we have a holiday party. They would use any of your donations for these projects which benefit the Senior Center and its members. The material would also be used for other projects that our quilting group works on.

If you have any material you would like to get rid of, please bring it to the Senior Center. We would certainly appreciate it!

#### TABS FOR TOTS...

Shriners Hospitals for Children in Springfield and Boston have been collecting pull-tabs or "pop-tops" from beverage cans since 1989, recycling them, and putting the money toward programs that directly benefit children.

Since its inception, about a half-million pounds of aluminum tabs have been collected and recycled. The tabs are the only pure aluminum part of the can, and the cans may still be returned for deposit even after the tabs are removed.

Here are just some of the items that the Shriners Hospital has purchased over the years:

- A Baxter Infusion Pump used to dispense pain medication.
- Arthrometer used to measure the degree of instability in the knee
- •Bullard Laryngoscope used by an anesthesiologist to place a breathing tube in a patient who has a complex airway
- •10-foot trailer for a hospital van, used to transport medical equipment and records to outreach clinics throughout New England and New York State.
- •Computerized Pressure Mapping-a force sensing array used in evaluating pressure distribution for patients requiring customized wheelchair seating systems

About Shriners Hospitals...

The Shriners Hospitals for Children operates 18-hospitals throughout the United States, Montreal, Canada, Mexico City and Mexico, for children with orthopedic problems and burns. Shriners Hospitals for Children are open to all children up to their 18th. birthday. All medical treatment is administered without cost to the patient, their family or any third party.

Collect and bring in your aluminum beverage can tabs to the Prospect Senior Center and help a child at the Shriners Hospitals for Children receive the services that they require. We will see to it that the tabs get to the proper people in charge of this worthy cause.

#### **HOW TO GET AN ARRAYRX CARD**

- >> To receive a prescription drug discount card, state residents must apply at ArrayRxcard.com. A valid physical Connecticut address and email address are required to enroll. The card is provided to consumers digitally via email and can be downloaded to smartphone wallets.
- >> There is no cost to receive a card, and no age or income restrictions. Residents can learn more about the program, see the estimated cost for their prescriptions and find a pharmacy near them at ArrayRxcard.com.

Handmade Fleece Dog Coats and Rain Coats. Keep your dog(s) warm and dry all year. I can make any size. You can also send pictures. I also do pet sitting. Please call 525-8268 Ask for J



#### **Recovering from Identity Theft**

If someone stole your identity, act fast. Acting fast can help reduce the damage identity theft can cause.

#### What should I do if someone steals my identity?

First, call the companies where you know fraud happened.

- Explain that someone stole your identity.
- Ask them to close or freeze your accounts.
- Then change your password or personal identification number (PIN).

Then visit IdentityTheft.gov or call 1-877-438-4338.

- Answer questions about what happened to you.
- Get a recovery plan that's just for you.
- You can create an account on the website.
   The account helps you with recovery steps.
  - > The account also helps you tracks your progress.

#### What happens when I get my recovery plan?

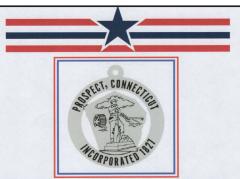
You will want to call one of the credit bureaus. Ask the credit bureau for an initial fraud alert. It is free and lasts for 90 days. The fraud alert makes it harder for thieves to open accounts in your name. That credit bureau has to tell the other two.

Then you can ask all three credit bureaus for a credit report. If someone stole your identity, your credit report is free. Look at your credit report for things you do not recognize.

#### Then am I done?

Everybody's identity theft is different. But your recovery plan from <u>IdentityTheft.gov</u> will:

- Tell you the steps to take next.
- Tell you where to call, and give you the phone numbers.
- Give you letters to send with your information filled in.
- Give you reminders and help you track your progress.



#### PROSPECT HISTORICAL SOCIETY

Let's celebrate the Town of Prospect's history. Please purchase a commemorative ornament showing the Town Seal.

80 Years Prospect Historical Society - 2025

80 Years Prospect Fire Dept - 2025

250 Years United States of America - 2026

200 Years Town of Prospect - 2027

**AVAILABLE NOW!** 

\$15.00 PER ORNAMENT

CALL 203 758 5503 OR 203 758 5746



#### STROKE WARNING SIGNS

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any age, any time — and everyone needs to know the warning signs. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

#### Use the letters in F.A.S.T to spot a Stroke:

F = Face Drooping

A = Arm Weakness

S = Speech Difficulty

T = Time to call 911

#### Beyond F.A.S.T. - other symptoms you should know:

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

© 2024 American Heart Association - Also known as Heart Fund. RECYCLABLE



#### HELP OUR SCHOOL EARN .5 % WHILE YOU SHOP

IT'S PRETTY SIMPLE!

- 1.) SHOP AT ANY LABONNE'S LOCATION 2.) SAVE YOUR RECEIPTS 3.) SEND THEM IN WITH YOUR CHILD OR MAIL TO THE ADDRESS BELOW

**PES PTO** Atten: Karina 75 New Haven Rd Prospect, CT 06712

4.) SPREAD THE WORD! ANYONE CAN CONTRIBUTE (GRANDPARANTS, AUNTS, UNCLES, COUSINS)

We appreciate your support!



#### **HEART ATTACK WARNING SIGNS**

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This feeling often comes along with chest discomfort. But it can also occur without chest discomfort
- · Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away.

If you're the one having symptoms, and you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. Don't drive yourself, unless you have absolutely no other option.

Contact your nearest American Heart Association office by calling 1-800-AHA-USA1 (1-800-242-8721) or visiting www.heart.org/hope for more information.







#### UPCOMING BINGOMANIA DATES DEPARTING @ 5:00PM \$25

#### **DECEMBER 27, 2025**

The Connecticut's Gay Men Chorus hosts monthly BINGOMANIA! at the Annex Club at 554 Woodward Avenue in New Haven, just off 1-95. Doors open at 6:00pm and games begin at 7:00pm. Cash prizes are now up to \$2,500! Admission is \$25 and includes all of your game cards for the twelve regular games of BINGO. Each regular game has a cash prize of \$100 and the final regular game of the night has a cash prize of \$200. They also offer three optional Special Games. You can play a Special Game for just \$1 per sheet and each Special Game pays a 50/50 cash prize of up to \$400. You have a chance to win up to \$2,500 in Bingo prizes at these Bingomania games.

Soft drinks, cocktails, wine and beer are available beginning at 6:00pm. Per Connecticut State Law, no beverages of any kind are to be brought into the Annex Club for Bingomania! You can bring whatever food with you that you would like but you cannot bring in any beverages of any kind. So bring whatever "munchies" you would like to enjoy during the games and plan on buying your beverages there.

We will be meeting and leaving from the Senior Center at 5:00pm. Upon arriving at the venue, our Bingo packages will be waiting for us. We have made arrangements so that we do not have to wait in line for them. At 6:00pm the doors open and our group can go right in.

This event is a hilariously unique evening of entertainment and fun. Please come with an open mind and attitude. If you are interested in joining us for this event, please sign up and PAY your \$25 as soon as possible. We are limited to the number of people we can bring with us. Sign up and PAY early to ensure your spot on the bus.

# 57th GINGERBREAD VILLAGE & CHRISTMAS BAZAAR © ST. GEORGES CHURCH IN MIDDLELBURY SATURDAY, DECEMBER 6, 2025 DEPARTING © 10:00AM NO CHARGE

Walk through the village – crafts – baked goods- jezebel – Christmas items – decorate your own cookie kits – basket raffle – gingerbread houses for salehandcrafted holiday items- Swedish breads – and more.

We will be leaving from the Senior Center at 10:00am. We should be there by 10:30pm.. You will have until 12:00pm to browse the Village. At 12:00pm we will board our bus for a lunch stop at Spartan's Restaurant in Waterbury. After lunch we will head back to Prospect. We should be back in Prospect by about 2:30pm.

If you are interested in joining us, please sign up as soon as possible.

# Gays in Space - A Holiday Adventure @ Katherine Hepburn Cultural Art Center In Old Saybrook

Sunday, December 14, 2025 Departing @ 12:30pm \$

Step aboard for Gays in Space: A Holiday Adventure, when the Connecticut Gay Men's Chorus blasts off into a cosmic celebration of chosen family, twinkle lights, and zero-gravity glamour. Journey with us to distant planets where the cantina dancers strut under glittering holiday skies, mistletoe hovers in unexpected places, and otherworldly wassail flows freely.

From sparkly snowball fights to postcard-worthy fireside moments, this interstellar holiday revue mixes gorgeous harmonies and heartwarming traditions with riotous spectacle. Whether you love all things tinsel and tree or just want to experience pure cosmic fabulousness, this is a don't-miss holiday experience for everyone.

We will be leaving from the Senior Center at 12:30pm. The show starts at 2:00pm. We should be back in Prospect at about 5:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### FRIDAY BUFFET

@ WILCOX TECH HIGH SCHOOL

at Silver City Bistro! FRIDAY, DECEMBER 5, 2025 FRIDAY, JANUARY 9, 2026

FRIDAY, FEBRUARY 6, 2026 FRIDAY, MARCH 6, 2026

FRIDAY, APRIL 24, 2026 FRIDAY, MAY 1, 2026

FRIDAY, JUNE 5, 2026

DEPARTING @ 10:15AM \$15 (PAY AT SCHOOL)

Bistro Chef Ryan Barnes is pleased to announce, on behalf of Wilcox Tech and his students at the Award Winning Silver City Bistro, a Friday Buffet each week to start your weekend off right! The menu will be available online: https://wilcox.cttech.org/programs/career-technical-education/culinary-arts/. NOTE that we will not have the buffet if there is a school-wide special event(s) on those days, I.E. Club Day, Pep Rally, 

day or early dismissal.

This is open to staff and the public, so reservations are recommended. As usual, we will open at 10:45 - 12:20. We need to have the dining room clear of guests by 12:30 at the latest. The buffet will cost \$15 all-inclusive\*. We will run the same format each week, changing the offerings weekly. \*All-inclusive means lunch, bread, water, coffee and 1 dessert.

Please do not ask for to-go containers to take extra food home from the buffet.

extra food home from the buffet.
We will be leaving at 10:15 am from the Senior
Center. We should be back in Prospect by about

1:00pm.

If you are interested in joining us, please sign up as soon as possible.

# The Carousel Museum Drag Bingo Nights – Evenings of Fun and Prizes! Hosted by Summer Orlando Friday, December 12, 2025: Sleigh Bells and Carousel Bingo Departing @ 6:30pm \$25

Bingo runs from 8 PM to 10 PM, with doors opening at 7 PM.

For just \$25, your ticket opens the door to six rounds of bingo, each helmed by the most fabulous drag performers. Each round offers unique prizes, building up to the grand finale—a 50/50 round where the winner takes home half the jackpot! Additional cards and dabbers are available for purchase.

Please note that participation in the 50/50 round requires cash, so don't forget to bring some along! But the fun doesn't stop at bingo! Enjoy high-energy drag performances between games that promise to keep the laughter rolling and the holiday spirits high. Every dab on your bingo card brings you closer to claiming one of our coveted prizes.

Gather your friends, bring your lucky charm, and get ready for a night to remember. Book your spot early for these events with limited seating available.

Tickets are selling fast—secure your place today for this glamorous gala of games. Every number called at Drag Bingo Night could be your ticket to victory!

What's included:

- Admission
- 6 Bingo Games
- Incredible entertainment
- Chance to win great prizes!

What to Bring:

- Cash for Drag performer tipping or 50/50 cash game
- Money to purchase any additional Bingo cards (\$5 for three extra game cards)
  - Beverages
  - Snacks

We will be leaving from the Senior Center at 6:30pm. If are interested in joining us, please sign up and PAY as soon as possible.





Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

UPCOMING CLASSROOM COURSES NEAR YOU



**AARP DRIVERS SAFETY COURSE @ PROSPECT SENIOR CENTER** 12:00PM - 4:00PM **AARP MEMBERS - \$20 NON MEMBERS - \$25** 

**DECEMBER 4, 2025** 

IF YOU ARE INTERESTED IN TAKING THE **CLASS, PLEASE SIGN UP AND PAY AS SOON** AS POSSIBLE.

IF YOU ARE AN AARP MEMBER WE NEED YOUR MEMEBERSHIP # WHEN YOU SIGN UP.

CHECKS MUST BE MADE OUT TO "AARP".

#### **GLOW HARTFORD @ CT CONVENTION CENTER** FRIDAY, DECEMBER 5, 2025 DEPARTING @ 2:45pm

Celebrate the holiday season under the twinkle of a million lights and experience "Santa's Sleigh Adventure" at Glow Hartford! Join a festive journey to help Santa find his missing reindeer and save Christmas. Explore transportation-themed displays featuring giant trains, cars, and planes, and more. Enjoy interactive light gardens, illuminated structures, seasonal food and drinks, family-friendly activities, and live entertainment. Experience the magic and create memories at Glow Hartford!

We will be leaving from the Senior Center at 2:45pm. Our scheduled time for entry is 4:00pm. You will have 2 hours to wander inside and enjoy the lights. At 6:00pm we will board our bus for a dinner stop at Primavera Restaurant in Hartford. The cost of your meal is your responsibility.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### FREE CHAIR MASSAGES WITH GABRIELA **WEDNESDAY, DECEMBER 10, 2025 APPTS STARTING @ 9:30AM**

A chair massage is a quick, seated upper-body massage that focuses on the neck, shoulders, back, and arms. It typically involves techniques like kneading and compression, is performed over clothing with oils(neck & hands), and lasts 15 minutes. The goal is to relieve muscle tension and stress in a short amount of time.

Gabriela will be doing chair massages on Wednesday, December 10, 2025 starting at 9:30am.

If you are interested in relaxing, book your appointment.

#### ANNUAL TRAVELERS CHORALE CHRISTMAS CONCERT

**@ BUSHNELL THEATER, HARTFORD, CT. WEDNESDAY, DECEMBER 17, 2025** DEPARTING @ 6:00PM

(DONATION OF NON-PERISHABLE FOOD ITEM) The Travelers Chorale was founded in 1924. It is

the oldest company-affiliated, eight-part choral group in America. They have performed on the prestigious Bushnell Auditorium stage annually since its historic

opening in 1930.

The 100 insurance professionals who compromise the Travelers Chorale love to sing and their passion for music has found joyful expression in the performance of more than 175 memorable holiday and

spring concerts during their history.

During their many years of singing and entertaining. The Travelers Chorale has performed at a World's Fair, the opening ceremonies of PGA Championship golf tournaments, led thousands of downtown Hartford carolers in seasonal song at Hartford's Festival of Lights, broadcast Christmas carols on live commercial radio, entertained Governor Jodi Rell and the Connecticut public at the Governor's Executive Residence, collected thousands of pounds of nonperishable food and countless toys at annual concerts in lieu of admission to benefit those less fortunate in the Greater Hartford community and received two official State of Connecticut Proclamations.

On Wednesday, December 17, 2025 we will be traveling to the Bushnell Theater to see this group's free annual Christmas Concert. In lieu of admission, please bring a bag of non-perishable food items to benefit the Greater Hartford community.

We will be leaving from the Senior Center at 6:00pm. If you are interested in joining us, please sign up as soon as possible. We are limited to the number of people we can bring with us.

> STAINED GLASS CLASSES WITH SARAH SEGOVIA **IN CONJUNCTION WITH PARK & REC** @ COMMUNITY CENTER (ART ROOM) \$20 10:00AM and 12:30PM

Wednesday, December 3, 2025

When signing up, please specify which time slot you are interested in.



Date	Opponent	Location	Time	TV
Mon., Oct. 13	vs. Boston College (exh.)	Uncasville, Conn. / Mohegan Sun	2 p.m.	NBC Boston
Sun., Oct. 26		Hartford, Conn. / PeoplesBank Arena	1 p.m.	WWAX/UConn+
		ARMED FORCES CLASSIC		
Tues., Nov. 4	vs. Louisville	Ramstein Air Base, Germany	TBA	ESPN
Sun., Nov. 9	FLORIDA STATE	Storrs, Conn. / Gampel Pavilion	4:30 p.m.	FS1
Wed., Nov. 12	LOYOLA CHICAGO	Storrs, Conn. / Gampel Pavilion	7:30 p.m.	truTV
Sun., Nov. 16	OHIO STATE	Hartford, Conn. / PeoplesBank Arena	Noon	Peacock
	BASKETBA	LL HALL OF FAME WOMEN'S SHOWCASE		
Fri., Nov. 21	vs. Michigan	Uncasville, Conn. / Mohegan Sun	8 p.m.	FOX
Sun., Nov. 23	vs. Utah	Uncasville, Conn. / Mohegan Sun	2:30 p.m.	FS1
Sun., Nov. 30	at Xavier*	Cincinnati, Ohio / Cintas Center	2:30 p.m.	FS1
Tues., Dec. 2	at South Florida	Tampa, Fla. / Yuengling Center	5 p.m.	ESPN2
Sun., Dec. 7	DEPAUL*	Storrs, Conn. / Gampel Pavilion	1 p.m.	FS1
Sat., Dec. 13	at USC	Los Angeles, Calif. / Galen Center	5:30 p.m.	FOX
Wed., Dec. 17	MARQUETTE*	Hartford, Conn. / PeoplesBank Arena	7 p.m.	Peacock
	V	VOMEN'S CHAMPIONS CLASSIC		
Sat., Dec. 20	vs. Iowa	Brooklyn, N.Y. / Barclays Center	1 p.m.	FOX
Sun., Dec. 28	at Butler*	Indianapolis, Ind. / Hinkle Fieldhouse	4 p.m.	TNT + truT\
Wed., Dec. 31	at Providence*	Providence, R.I. / Amica Mutual Pavilion	3 p.m.	Peacocl
Sat., Jan. 3	SETON HALL*	Hartford, Conn. / PeoplesBank Arena	Noon	FS1
Wed., Jan. 7	ST. JOHN'S*	Hartford, Conn. / PeoplesBank Arena	7:30 p.m.	. truT\
Sun., Jan. 11	at Creighton*	Omaha, Neb. / CHI Health Center Omaha	2 p.m.	truT\
Thurs., Jan. 15	VILLANOVA*	Storrs, Conn. / Gampel Pavilion	7 p.m.	FS1
Mon., Jan. 19	NOTRE DAME	Storrs, Conn. / Gampel Pavilion	5 p.m.	FOX
Thurs., Jan. 22	at Georgetown*	Washington, D.C. / CareFirst Arena	7:30 p.m.	TNT + truT\
Sun., Jan. 25	at Seton Hall*	South Orange, N.J. / Walsh Gymnasium	Noon	Peacocl
Wed., Jan. 28	XAVIER*	Storrs, Conn. / Gampel Pavilion	8 p.m.	Peacocl
Sun., Feb. 1	TENNESSEE	Hartford, Conn. / PeoplesBank Arena	Noon	FO
Wed., Feb. 4	at DePaul*	Chicago, III. / Wintrust Arena	8 p.m.	truT\
Sat., Feb. 7	BUTLER*	Hartford, Conn. / PeoplesBank Arena	Noon	FS
Wed., Feb. 11	CREIGHTON*	Storrs, Conn. / Gampel Pavilion	7 p.m.	Peacoc
Sat., Feb. 14	at Marquette*	Milwaukee, Wis. / Al McGuire Center	1 p.m.	FS
Wed., Feb. 18	at Villanova*	Villanova, Pa. / Finneran Pavilion	7 p.m.	Peacoc
Sun., Feb. 22	PROVIDENCE*	Storrs, Conn. / Gampel Pavilion	Noon	FS
Thurs., Feb. 26	GEORGETOWN*	Hartford, Conn. / PeoplesBank Arena	7:30 p.m	. TNT + truT\
Sun., March 1	at St. John's*	New York, N.Y. / TBA	TBA	TNT + truT\

All times Eastern | \*-BIG EAST Conference game | Home games in CAPS

### 2025-26 University of Connecticut Men's Basketball Schedule

DATE		OPPONENT	TV	SITE	TIM
остове	R				
Mon	13	Boston College (exh) #	NBC Sports Boston	Mohegan Sun Arena, Uncasville, Conn.	7 p.n
Tue	28	Michigan State (exh)	TBD	PeoplesBank Arena, Hartford, Conn.	ТВ
NOVEME	BER				
Mon	3	New Haven	ESPN+	Gampel Pavilion, Storrs, Conn.	7 p.r
Fri	7	UMass Lowell	Peacock	PeoplesBank Arena, Hartford, Conn.	7:30 p.i
Mon	10	Columbia	FS1	Gampel Pavilion, Storrs, Conn.	6:30 p.i
Sat	15	vs. BYU ^	FOX	TD Garden, Boston, Mass.	7 p.i
Wed	19	Arizona	FS1	Gampel Pavilion, Storrs, Conn.	7 p.i
Sun	23	Bryant	truTV	PeoplesBank Arena, Hartford, Conn.	6 p.i
Fri	28	vs. Illinois!	FOX	Madison Square Garden, New York, N.Y.	12:30 p.r
DECEMB	ER				
Tue	2	at Kansas	TBD	Phog Allen Fieldhouse, Lawrence, Kan.	TE
Fri	5	East Texas A&M	Peacock	Gampel Pavilion, Storrs, Conn.	7:30 p.r
Tue	9	vs. Florida %	ESPN	Madison Square Garden, New York, N.Y.	9 p.i
Fri	12	Texas	FOX	PeoplesBank Arena, Hartford, Conn.	8 p.1
Tue	16	Butler *	Peacock	PeoplesBank Arena, Hartford, Conn.	8:30 p.i
Sun	21	at DePaul *	FS1	Wintrust Arena, Chicago, Ill.	4:30 p.i
Wed	31	at Xavier *	Peacock	Cintas Center, Cincinnati, Ohio	5 p.i
JANUAR Sun Wed	7	Marquette * at Providence *	NBC Peacock	Gampel Pavilion, Storrs, Conn.  Amica Mutual Pavilion, Providence, R.I.	2 p.r 7 p.r
Sat	10	DePaul *	TNT + truTV	PeoplesBank Arena, Hartford, Conn.	12:30 p.r
Tue	13	at Seton Hall *	truTV	Prudential Center, Newark, N.J.	8 p.i
Sat	17	at Georgetown *	FOX	Capital One Arena, Washington, D.C.	12 p.i
Sat	24	Villanova *	FOX	PeoplesBank Arena, Hartford, Conn.	12:30 p.i
	27	Providence *	TNT + truTV	Gampel Pavilion, Storrs, Conn.	7:30 p.i
Tue	31			CHI Health Center Omaha, Omaha, Neb.	
Sat	31	at Creighton *	FOX	Chi Health Center Omana, Omana, Neb.	8 p.
FEBRUA		Varian V	December	Decales Park Avens Hartford Com	7 -
Tue	3	Xavier *	Peacock	PeoplesBank Arena, Hartford, Conn.	7 p.i
Fri	6	at St. John's *	FOX	Madison Square Garden, New York, N.Y.	8 p.i
Wed	11	at Butler *	TNT + truTV	Hinkle Fieldhouse, Indianapolis, Ind.	7:30 p.i
Sat	14	Georgetown *	Peacock	Gampel Pavilion, Storrs, Conn.	8 p.
Wed	18	Creighton *	TNT	Gampel Pavilion, Storrs, Conn.	7 p.
Sat	21	at Villanova *	TNT + truTV	Xfinity Mobile Arena, Philadelphia, Pa.	7 p.
Wed	25	St. John's *	Peacock	PeoplesBank Arena, Hartford, Conn.	7 p.
Sat	28	Seton Hall *	FS1	Gampel Pavilion, Storrs, Conn.	12 p.
		at Manager at the str	FOY	Figure Former Mathematical 110	12.20
MARCH Sat	7 L <b>-14</b>	at Marquette * BIG EAST Tournament	FOX TBD	Fiserv Forum, Milwaukee, Wis.  Madison Square Garden, New York, N.Y.	12:30 p.i

<sup>\* -</sup> BIG EAST Conference opponent

<sup># -</sup> Hall of Fame Exhibition Game

<sup>^ -</sup> Hall of Fame Series Boston

<sup>! -</sup> SentinelOne Showdown

<sup>% -</sup> Jimmy V Classic

"Pronounced Ah-Beetz" Exhibit at New Haven Museum Saturday, December 13, 2025

Departing @ 11:15am

No charge

New Haven, Conn. (September 15, 2025) – From

Frank Pepe's original hat to celebrity-signed pizza

boxes (including Gwyneth Paltrow and Yogi Berra!),

if you love the crust, the crunch and the char of New

Haven apizza, or simply have strong views on what

comprises a good pie, you'll find something to feed
your personal pizza passion in the new exhibit "Pronounced Ah-Beetz," which will open at the New Haven

Museum (NHM) at 5:30 p.m. on Thursday, October 9,
2025. Slices from Pepe's, Sally's, and Modern will be
included. Free admission. Register here.

"Pronounced Ah-Beetz" will examine the fun, the flavor and the history of pizza, including its origin as an affordable means of feeding workers in the fields of Italy, and how it became the food of the poor in the U.S. The Italian migration to New Haven gave way to Frank Pepe's Pizzeria Napoletana, which gave birth to Sally's Apizza, while a mile away Tony's Apizza became Modern. How these three establishments became among the most iconically loved pizza restau-

rants in the country will be a major focus.

While the exhibit will highlight the "Big 3" original apizza spots in New Haven, it will also extend through the family tree of New Haven pizzerias to present a picture of family, food and community that includes a host of other local pizzerias, including: Ernie's, Zuppardi's, BAR, Zeneli's, Olde World, and the Big Green

Pizza Truck, among others.

We will be leaving from the Senior Center at 11:15am. We will be at the museum for 12:00pm, when they open. You will have 2 hours to browse the museum. At 2:00pm we will board our bus for a lunch stop at Ernie's Pizza. After Ernie's Pizza we will head to Katz's Deli for a dessert stop. They have the most amazing desserts. We should be back in Prospect by about 6:00pm.

If you are interested in joining us, please sign up as soon as possible.

#### **NEW ITEM**

The 29th Annual Charles Dickens Festival Port Jefferson, New York Saturday, December 6, 2025 Departing @ 8:00 AM \$14

The intrepid women of Prospect's "Ladies in Red" invite all members of the Senior Center to join us on Saturday, December 6th as we brave the high seas in the dead of winter on a faraway adventure to another place in time. In truth, we will be taking the ferry to Port Jefferson on Long Island for the annual Charles Dickens Festival, a bucket list worthy experience that, with its extensive program of events and activities, is sure to please all who attend.

For two days every year, the quaint, seaport village of Port Jefferson on the North Shore of Long Island magically transforms into a Dickensian stage, with strolling, costumed characters and carolers singing and performing at local businesses and throughout the village. On the program for the day of our visit are a parade on Main Street, concerts and craft fairs, a chocolate extravaganza and a cookie walk, a festival of trees, a performance of "A Christmas Carol" and much more.

For this trip, we will be leaving the Senior Center at 8:00 AM sharp and boarding the 9:30 AM ferry in Bridgeport. We will arrive in Port Jefferson at 10:45 AM and have until 3:00 PM to enjoy the festivities. Our ferry departs at 3:15 PM sharp. At 4:30 PM, the Senior Center minibus will be waiting for us in Bridgeport for the return trip to Prospect.

If you are interested in joining us, please sign up and

PAY as soon as possible.

"Lantern Light Village"
Mystic Seaport Museum
Thursday, December 18, 2025
Departing @ 1:30 PM \$3

On the evening of Thursday, December 18th, members of the Prospect Senior Center will have the opportunity to step into the past and experience the magic of the holidays when we attend "Lantern Light Village" at the Mystic Seaport Museum. As twilight falls, The Seaport Museum will be aglow with the warm flicker of lanterns and the sparkle of music-filled light displays. We'll be able to stroll through the waterfront village, which will be transformed into a festive winter wonderland, alive with the sights, sounds, aromas and flavors of a bygone holiday.

On our self-guided tour of the village, we'll encounter horse drawn carriage rides, crackling fires, strolling carolers and even Saint Nick himself. As this year's "Lantern Light Village" is inspired by Charles Dickens' "A Christmas Carol," we'll also be encountering the residents of Greenmanville and the Ghosts of Christmas Past Present and Future as they endeavor to soften old Scrooge's heart and bring the joy of the season to all of Mystic. Additionally, we'll be able to enter the houses and businesses of the village, climb aboard the historic whaleship Charles W. Morgan and even enjoy a beverage at the Schaefer's Spouter Tavern.

Prior to entering the Seaport Museum at 5:00 PM, we'll be stopping at Chef Adam Young's "Mix" Rooftop Bar and Restaurant. The glass-sided restaurant overlooks the Mystic River and is fully heated, with fire pits at some of the tables. At the time of our visit, the eatery will be serving Happy Hour fare, with discounted food and drink, as well as the regular menu. Downstairs, "Sift" Bakery will be offering baked goods as well as sandwiches. Across the way, A.T.Y. Confections will be open for those of us with a sweet tooth.

For this trip, we will be departing the Senior Center at 1:30 PM and arriving in Mystic in time for Happy Hour at "Mix." At 5:00 pm, we will board the bus and head to the Seaport for our 5:15 PM entry into the Museum. We will have until 8:30 PM to experience and enjoy all that "Lantern Light Village" has to offer. Our expected time of arrival back in Prospect is 9:30 PM. The \$35 charge for this trip covers only admission to the Seaport Museum; all food and drink is at your own expense.

#### INSPIRED VIBRATIONS BY JC CRYSTAL SOUND BATH & GUIDED MEDITATION FRIDAY, DECEMBER 5, 2025

FRIDAY, DECEMBER 5, 2025 10:00AM

Each 60-minute session blends breathwork, yoga nidra, guided meditation, and the soothing resonance of crystal and Himalayan singing bowls, drums, chimes, and other vibrational instruments. We explore transformative themes each week – from inner peace and renewal to nature's serenity and healing light – offering a journey that quiets the mind and nourishes the soul.

Studies show that vibrational therapy can reset the nervous system and promote a lasting sense of tranquility – for up to 72 hours after each session. What we create together is more than just relaxation; it's a shift into blissful presence.

Jeanine Chayka will be at the Senior Center on Friday, December 5, 2025 to introduce her Sound Meditation program. If there is an interest in her class, we can have her come back for additional classes.

If you are interested in participating in her class, please sign up and PAY as soon as possible.

# BRIGHT NIGHTS CHRISTMAS HOLIDAY DISPLAY FOREST PARK, SPRINGFIELD, MA TUESDAY, DECEMBER 16, 2025 DEPARTING @ 1:45pm \$3.00

Bright Nights Christmas Holiday Display is located at Forest Park in Springfield, Massachusetts. This display has become a family holiday destination. With nearly three miles of lighting displays, it is the Northeast's premiere holiday lighting experience: fun to see, affordable, and family friendly.

Bright Nights is a unique collaboration between the City of Springfield's Department of Parks, Buildings & Recreation Management and the Spirit of Springfield,

a private non-profit organization.

Seven times, the display has been named as one of the Top 100 Attractions in North America by the American Bus Association. It has been listed on People.com as "One of the Top Ten Holiday Happenings in America", and has been featured in the New York Times, and magazines that include Motorhome, Colonial Homes, Yankee and U.S. Airways, as well as Yahoo.com.

We will be leaving from the Senior Center at 1:45pm. Our first stop for lunch is at Viron Rondo Osteria in Cheshire. **The cost of your meal is your responsibility.** After lunch we will head on to Springfield, Mass. to enjoy Bright Nights Christmas Holiday Display. We should arrive in Springfield at about 5:30-6:00pm. Once there we will enjoy our tour of the Holiday Display from the comfort of our minibus. We do not get off the bus to view any of the displays. After the tour, we will head back to Prospect.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your spot without payment. We are limited in the amount of people we can bring with us. "Holidays on Main"
Historic Wethersfield
Thursday, December 4, 2025
Departing @ 2:15 PM No Charge

On Thursday, December 4th, the Wethersfield Chamber of Commerce will be hosting its annual "Holidays on Main" celebration. This extremely popular event is expected to draw 5,000 participants.

"Holidays on Main" takes place along Wethersfield's historic Main Street, with many historical buildings and local businesses participating in the festivities. The event begins at 5:00 PM with the official Tree Lighting Ceremony scheduled for 6:15 PM. Festival attractions include craft and food vendors, a wine tasting and beer tent, a pop-up farmers' market, a silent auction at Webb barn, tours of the Hurbert-Dunham house, visits with Santa at the firehouse, horse-drawn wagon rides, a fire juggler and ice sculptures. Additionally, the restaurants and shops along Main Street will be open for business and the Main Street Creamery will be serving favorite holiday ice cream flavors.

Prior to attending "Holidays on Main," we'll be enjoying Happy Hour fare at "River" in Wethersfield for Happy Hour fare. "River" is a waterfront restaurant and bar with spectacular views of the Connecticut River. It has been the recipient of numerous awards including the Best of Hartford's Best Outdoor Dining Award. During Happy Hour, the eatery serves specially priced food items and discounted beverages. Members of the Prospect Senior Center have dined at "River" on several past occasions and have always had an enjoyable experience.

For this trip, we'll be departing the Senior Center at 2:15 PM and arriving in Wethersfield in time for to enjoy Happy Hour at "River" from 3:00 to 4:30 PM. "Holidays on Main" takes place from 5:00 to 9:00 PM. We will be back in Prospect no later than 10:00 PM.

"Trees of Hope"
Maritime Center, New Haven
Thursday, December 11, 2025

Departing @ 10:15 AM No Charge Since 1990, "Trees of Hope" has been a holiday tradition in the Greater New Haven area. The event features over 150 beautiful holiday displays which are donated by individuals, local businesses and community organizations. Attendees can purchase raffle tickets for \$1 each and distribute their tickets for a chance to win the display(s) of their choice. All proceeds benefit the Ronald McDonald House of Connecticut and the children and families it serves.

For this trip, we will be departing the Senior Center at 10:15 AM. We will have approximately two hours to enjoy the festival. At 12:45 PM, we will board the bus and head to West Haven for a delicious, traditional Italian dinner at Biaghetti's, an old school Italian restaurant with exceptional service and generous portions at reasonable prices that is sure to please everyone. We expect to be back in Prospect by 4:00 PM.

"Holiday Lights Spectacular" Olde Mistick Village Monday, December 15, 2025 Departing @ 2:00 PM No Charge

As many of you already know, Olde Mistick Village is a popular shopping destination, replete with a town green, a duck pond and a gazebo, in Mystic. The village is home to thirty-seven eclectic and unique shops and nine eateries, the newest of which is Trattoria Amalfi, a coastal Italian restaurant. Winter, spring, summer or fall, Olde Mistick Village offers an unparalleled shopping experience, with handcrafted gifts, high fashion jewelry and accessories, international treasures, specialty foods and more. It is the perfect place to find thoughtful, unique **Christmas gifts!** 

In the month of December, the quaint village is seasonably decorated with over half a million lights; it is southern New England's largest holiday lights display. On the evening of Monday, December 15th, members of the Prospect Senior Center will have the opportunity to browse the myriad of intriguing shops at Olde Mistick Village and to view the awe-inspiring

**Holiday Lights Spectacular.** 

Our holiday excursion to Olde Mistick Village begins with a 2:00 PM departure from the Senior Center. At approximately 3:30 PM, we'll arrive at our destination and have until 6:00 PM to shop the thirty-seven shops in the village, including the notto-be-missed Bestemor Swedish Imports, Irish Eyes. Franklin's General Store, Boardwalk, Manufaktura Polish Imports and Sofia's Mystical Christmas. At 6:00 PM, we'll have the pleasure of dining at our reserved table at Trattoria Amalfi, an Italian eatery inspired by the flavors of coastal Italy and operated by the owners of downtown Mystic's much acclaimed Via Emilia. Immediately after dinner, with full bags and bellies just like Santa, we'll board the bus for the return trip to Prospect, arriving at approximately 9:00

#### **NEW ITEM**

#### WINTER READINESS PROGRAM WITH CHESPROCOTT HEALTH DISTRICT **TUESDAY, DECEMBER 16, 2025** 10:30AM **NO CHARGE**

Join Chesprocott Health District for a practical and engaging program designed to help older adults feel confident and prepared for the winter season. This session will cover how to assemble a simple, effective emergency "go bag". We'll also share helpful tips on staying healthy and safe during cold weather—including preventing falls, managing medications during storms, preparing for power outages, and recognizing signs of winter-related illnesses. This interactive program is perfect for anyone looking to boost their winter readiness and protect their wellbeing throughout the colder months!

If you are interested in joining us, please sign up

as soon as possible.

"Wonderland of Lights" **Dutchess County Fairgrounds** The Beekman Arms Tavern Rhinebeck, New York Sunday, December 28, 2025

Departing @ 2:00 PM The "Wonderland of Lights" is an unforgettable journey through a mesmerizing display of twinkling lights and magical attractions. It features hundreds of dazzling displays, which we will have the opportunity to view from the comfort and safety of our minibus.

Prior to our visit to the "Wonderland of Lights," we'll have the pleasure of dining at the historic Tavern at Beekman Arms, a colonial tavern which has been in operation since 1766 and where George Washington, Aaron Burr, Alexander Hamilton, Benedict Arnold and Theodore Roosevelt once slept. Most recently, the tavern gained notoriety as a hangout for The Real Housewives of New York City. The restaurant serves classic American fare in a charming colonial dining room with beamed ceilings and open hearth fireplaces. Members of the Prospect Senior have dined here before and have enjoyed both the delicious food and the colonial ambience.

For this trip, we'll be departing the Senior Center at 2:00 PM and will be arriving in Rhinebeck in time for our 4:00 PM reservation at The Tavern at Beekman Arms. Immediately after dinner, we'll travel to the **Dutchess Country Fairgrounds for our ride through** the amazing "Wonderland of Lights." The fee for this trip includes only admission to the "Wonderland of Lights." Dinner at the tavern is at your own expense

#### **NEW ITEM**

#### ELECTRIC BILL PRESENTATION WITH ART MARCELYNAS **TUESDAY, DECEMBER 16, 2025** 12:00PM NO CHARGE

Electricity Supply rates will increase on January 1st. So bring a copy of your electric bill and learn about the new Supply rates and how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain the process. Art can review your bill, answer questions about the new Standard Service Supply rates, electric suppliers, the redesigned electric bill and much more. You are encouraged to visit https://www.mysupplymanager. com before the presentation to learn about a service that manages the Suppler cost on your bill. A representative from My Supply Manager will be available to answer any questions.

Art worked at PURA for 32 years and among his numerous duties was responsible for maintaining the EnergizeCT.com Rate Board and regulating licensed suppliers from 2006 until he retired in 2021. He was also involved with redesigning the electric bill and many other energy policies. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more. You won't be disappointed with this presentation!! Please remember to bring your bill.

If you are interested in joining us, please sign up

as soon as possible.

#### "Winterfest and the Tunnel of Lights" **Connecticut Trolley Museum** Friday, December 12, 2025 Departing @ 3:00 PM \$18.50

Ho! Ho! Ho! All Aboard!

The Connecticut Trolley Museum in East Windsor is a mecca for rail fans and a delight for all. The museum is home to over 70 pieces of vintage rail equipment dating back to 1869. The historic passenger and freight trolley cars, service cars and locomotives hail from Brooklyn, Boston, New Orleans, Milwaukee, Lynchburg, Cleveland, Springfield, Montreal and even Rio De Janeiro, Brazil.

During the Christmas season, the Museum is illuminated with over 10,000 holiday lights. The Visitors' Center is transformed into a Winter Wonderland, featuring elaborate model train layouts, twinkling lights and captivating holiday decorations. Outside, we will be able to hop aboard one of the Museum's cozy, enclosed trolley cars for a ride

through the dazzling "Tunnel of Lights."

Prior to enjoying the festivities at the Connecticut Trolley Museum, we'll be dining at the Belvedere of East Windsor, a unique eatery that dishes up a fusion of Polish cuisine and barbecue fare. The current owner, Pierogie Queen, began making pierogie inside the now defunct Polish Home of Hartford in 1981. In 2023, Pierogie Queen acquired the Belvedere of East Windsor, transforming the venerable Polish deli and adding a new menu which now features brisket, pulled pork, burnt ends, barbecued chicken, pierogie, kielbasa, kapusta and golumki with side offerings of cornbread, macaroni and cheese, baked beans, chili, coleslaw and potato salad. OMG!

For this unique and exciting adventure, we'll be departing the Senior Center at 3:00 PM and feasting at the Belvedere from 4:00 to 5:30 PM. At 6:00 PM, the fun begins at the Connecticut Trolley Museum. The \$18.50 charge for the trip covers only admission to the museum and the trolley ride. All food at the

Belvedere is at your own expense.

#### **NEW ITEM**

#### **ACCENTCARE HOSPICE & PALLIATIVE CARE** WITH JENNIFER KOLOSKY-ROBERTS WEDNESDAY, DECEMBER 10, 2025 00AM NO CHARGE 10:00AM

Join us for an informative and compassionate presentation on hospice care, led by a representative from AccentCare Hospice. Learn what hospice truly is, who it can help, the services available for patients and families, and how early education can empower you or a loved one to make confident decisions in the future. This session will provide clarity, answer common questions, and offer valuable resources for navigating care with dignity and support.

If you are interested in joining us, please sign up

as soon as possible.

#### **Collinsville Champagne Walk** Friday, December 5, 2025 **Departing at 5:00PM**

Sip, shop and get into the holiday spirit with Collinsville's annual Champagne Walk. Stroll the festive streets of the historic village of Collinsville, wandering from merchant to merchant, enjoying sips of champagne, other beverages and tasty treats along

the way.

Each year, the quaint village of Collinsville kicks off their holiday festivities with a champagne stroll through town. Participants purchase a champagne glass which entitles them to champagne and other treats at each of the merchants that they visit. Collinsville abounds with eateries and unique shops, most of which will be participating in the Champagne Walk. It is home to the two-story "Antiques on the Farmington," which is jam-packed with antiques and memorabilia from over 70 dealers. Additionally, the Canton Historical Museum, where you can immerse ourself in the lives of past residents and explore exhibits brimming with artifacts that whisper tales of yesteryear, will be participating in the Champagne Walk.

For this trip, we will be departing the Senior Center at 5:00 PM. Upon our arrival in Collinsville, you will be free to grab a bite to eat, shop and enjoy the festivities until the conclusion of the event at 9:00 PM, at which time we'll board the bus for the trip

back to Prospect.

#### "Twilight at the Osborne Homestead" Friday, December 19, 2025 Departing @ 3:30 PM

For three weeks each winter, the State of Connecticut's Osborne Homestead Museum is transformed into a holiday showcase! Talented and dedicated volunteers beautifully decorate the rooms in the historic homestead with creative decorations and imaginative themes. This year's theme is "A Derby Holiday."

Many local clubs and decorators are contributing to this year's festivities. They include the Derby Garden Society, the Garden Club of Orange, Long Hill Garden Club, the Naugatuck Garden Club, Olde Ripton Garden Club of Shelton, the Garden Club of Woodbridge, the Valley Arts Council, Women Redefining Retirement from Milford and Ye Olde Kelogg Garden Club.

This year, our Senior Center members will be enjoying a self-guided tour of the Osborne Homestead, which is sure to be aglow with lights and seasonal greenery. After our tour, we'll be traveling to the Valley Diner in Derby for a "Derby Holiday" dinner experience in our own private dining room. The evening's festive menu will feature an entree choice of Roast Sirloin of Beef Au Jus, Roast Turkey with Gravy and Cranberry Sauce or Baked Carved Ham with Gravy. All meals include House Salad or Soup du Jour, Potato and Vegetable, House Made Bread and Butter, Fountain drink Coffee or Tea and a choice Warm Gingerbread with Ice Cream & Whipped Cream or Pie.

For this trip, we'll be leaving the Senior Center at 3:30 PM. We will be touring the Osborne Homestead from 4:00 to 5:30 PM. Our dinner reservation at the Valley Dinner is for 6:00 PM. At the completion of our meal, we will board the bus bound for Prospect; we

expect to be back by 8:30 PM.

SUNDAY SAUCE
AT RALPH & RICH'S RESTAURANT
IN BRIDGEPORT, CT
GLOW WILD LANTERN FESTIVAL
@ BEARDSLEY ZOO, BRIDGEPORT, CT.
SUNDAY, DECEMBER 14, 2025
DEPARTING @ 2:00PM

\$42 FOR DINNER (incl. tax & tip)

Sunday is a special opportunity for family and friends to gather for "Sunday Sauce", traditional Italian fare served family style from antipasto to pasta, with meat, chicken, pork and dessert, priced at \$42 per person.

We will be leaving from the Senior Center at 2:00pm. Our reservations at Ralph & Rich's are for 3:00pm. Once dinner is over we will board our bus for the Beardsley Zoo. Our reservations for Glow

Wild Lantern Festival are for 5:30pm.

GLOW WILD returns to Connecticut's Beardsley Zoo! Journey through a wonderland of illuminated larger-than-life lanterns inspired by our wild world. Back by popular demand, this illuminating festival of lights is coming back for its second year! The festival will showcase 53 large-scale illuminated displays, featuring hundreds of beautiful individual and interactive lanterns.

Spanning the width and breadth of Connecticut's Beardsley Zoo's 30 acres, guests are invited to walk through glowing corridors. Displays of flora and fauna will light up the night sky, dazzling guests of all ages! The Glow Wild Lantern Festival is designed for everyone to enjoy.

~Courses~

**Antipasto** 

assorted italian meats and cheeses

**Pasta** 

mezza rigatoni pasta with sunday sauce, house-made beef braciola, meatballs, and sausage Entrée

roast porchetta, chicken milanese, roasted zucchini and mesclun field greens salad Dessert

assorted cookies and pastries

"Gillette Castle Holiday Tour" Saturday, December 20, 2025 Departing @ 9:30 AM

Atop the most southerly hill in a chain known as the Seven Sisters, noted actor, director and playwright William Gillette built his 184 acre estate, the focal point of which was his 24 room mansion. Purchased by the State of Connecticut in 1943 from the executors of Mr. Gillette's will, Gillette Castle and the adjoining property with is its fine woodlands, trails and scenic vistas are now a State Park and can be enjoyed by everyone now and for generations to come. This would have pleased Mr. Gillette, since, in his will, he gave specific instructions that the property should never fall into the hands of "some blithering saphead..."

Gillette designed the castle and most of its contents himself, overseeing every aspect of its construction. Built of local fieldstone supported by a steel frame, it took twenty men five years to complete its construction. Much of the castle's interior reflect Gillette's creative genius; No two of the 47 doors inside are exactly the same; Gillette designed the carved wood light switches, the built-in couches and his

own three mile-long narrow gauge railroad on the grounds.

Thanks to the dedicated "Friends of Gillette Castle State Park'" William Gillette's former home will be festively decorated this holiday season and open to visitors who are looking to tour the Castle in all of its holiday splendor. Our tour of the festively decorated castle is scheduled for 11:15 AM on the morning of Saturday, December 20th. We will have until 12:30 PM to explore the castle grounds and the gift shop. After our time at the castle, we will head to nearby Chester for lunch on your own at one the many eateries on the village's Main Street. Simon's Marketplace has self-serve sandwiches and salads. The Village Bistro serves upscale cuisine and has a full bar. The Pattaconk 1850 Bar and Grill and The River Tavern both serve a complete menu in a pub-like atmosphere. Grano Arso serves upscale Italian cuisine while Otto serves pizza, sandwiches and pasta dishes. We will have until 2:45 PM to enjoy lunch in Chester.

For this trip, we be departing the Senior Center at 9:30 AM and should be back in Prospect as the sun sets, with an expected time of arrival at 3:45 PM. The fee for this trip includes only admission to the Gillette Castle Museum; all food and drink is at your own expense.

#### **NEW ITEM**

Stonewall Kitchen Outlet
Evergreen Walk
Sunday, December 21, 2025
Departing @ 9:00 AM No Charge

All good things must come to an end...
In March of 1991, Jim Stott and Jonathan King,
inspired by Jim's grandmother's blueberry pie, began
making jams and jellies in their own kitchen and selling their products in front of Jim's summer cottage in
York, Maine and at farmers' markets in Portsmouth,
New Hampshire. Nephews and nieces filled jars
one-by-one. Jim's ninety-one year old grandmother
helped glue burlap tops onto jar lids and Jonathan's
mother worked as a store clerk.

Today, Stonewall Kitchen has stores throughout New England and their products are sold in 60 countries in stores and worldwide online. Their high-end, gourmet specialty foods, although delicious, are not inexpensive. For the last few years, members of the Prospect Senior Center have been taking advantage of the Stonewall Kitchen Outlet Store's quarterly sales when the outlet's already discounted prices were reduced by an additional 20%.

Sadly, on December 31st, the Stonewall Kitchen Outlet Store at Evergreen Walk will be forever closing its doors. On Sunday, December 21st, members of the Prospect Senior Center will have one last chance to purchase Stonewall Kitchen products at drastically reduced prices. It is a wonderful opportunity to buy last minute Christmas gifts as well as to stock our own cupboard shelves!

For this trip, we will be leaving the Senior Center at 9:00 AM. We will have until 2:00 PM to shop the sale and enjoy lunch at one of Evergreen Walk's many eateries. We should be back in Prospect by 3:00 PM.

#### **NEW ITEM**

#### "BRIGHT NIGHTS AT FOREST PARK" THE STORROWTOWN TAVERN **SUNDAY, JANUARY 4, 2026 DEPARTING @ 3:00PM**

Pure Magic "Bright Nights at Forest Park" is a dazzling holiday, wonderland with over 750,000 lights illuminating captivating, awe-inspiring displays. A treasured Springfield tradition since 1995, the three mile long, drive-thru spectacular features festive scenes, iconic characters and peaceful gardens, cre-

ating a joyous holiday experience.

"Bright Nights" is a unique collaboration between the City of Springfield's Department of Parks, Buildings and Recreation Management, a private non-profit organization. More than seven million people have visited "Bright Nights" since its inception. It has been acclaimed as "One of the Top 100 Attractions in North America" by the American Bus Association and as "One of the Top Ten Holiday Happenings" by People.com. It has also been featured in the New York Times and Yankee Magazine.

Our evening in Springfield will begin with a fireside dinner, at your own expense, at the historic Storrowton Tavern located in Storrowton Village on the grounds of the Big E. The circa 1879 Tavern serves traditional New England fare and continental cuisine at reasonable prices. Immediately after our meal, we will make a short drive to Forest Park to view "Bright Nights" from the comfort of our heated minibus.

For this trip, we will depart the Senior Center at 3:00pm, in time for our 4:00pm dinner reservation at Storrowton Tavern. We should arrive at "Bright Nights" no later than 6:00pm, getting us back to Prospect before 8:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**



To learn more about AT&T offers, drop by **Prospect Senior Tech Day** 

> DATE: 12/29/2025 TIME:Noon - 4:00pm **Address: 6 Cencer Street Prospect CT**

#### **NEW ITEM**

The Connecticut Gay Men's Chorus Presents... "Bingomania"

Saturday, January 17, 2026 Saturday, February 21, 2026 Saturday, March 21, 2026 Saturday, April 18, 2026 **Saturday, May 16, 2026** 

\$25 Departing @5:00pm

The Connecticut's Gay Men Chorus hosts monthly BINGOMANIA! at the Annex Club at 554 Woodward Avenue in New Haven, just of 1-95. Doors open at 6:00pm and games begin at 7:00pm. Cash prizes are now up to \$2,500! Admission is \$25 and includes all of your game cards for the twelve regular games of BINGO. Each regular game has a cash prize of \$100 and the final regular game of the night has a cash prize of \$200. They also offer three optional Special Games. You can play a Special Game for just \$1 per sheet and each Special Game pays a 50/50 cash prize of up to \$400. You have a chance to win up to \$2,500 in Bingo prizes at these Bingomania games.

Soft drinks, cocktails, wine and beer are available beginning at 6:00pm. Per Connecticut State Law, no beverages of any kind are to be brought into the Annex Club for Bingomania! You can bring whatever food with you that you would like but you cannot bring in any beverages of any kind. So bring whatever "munchies" you would like to enjoy during the games and plan on buying your beverages there.

We will be meeting and leaving from the Senior Center at 5:00pm. Upon arriving at the venue, our Bingo packages will be waiting for us. We have made arrangements so that we do not have to wait in line for them. At 6:00pm the doors open and our group can go right in.

This event is a hilariously unique evening of entertainment and fun. Please come with an open mind and attitude. If you are interested in joining us for this event, please sign up and PAY your \$25 as soon as possible. We are limited to the number of people we can bring with us. Sign up and PAY early to ensure your spot on the bus.

#### NEW ITEM

**UKULELE MUSIC CLASS** @ PROSPECT SENIOR CENTER **WITH JULIE STEPANEK TUESDAY, JANUARY 6, 2026** 10:30AM - 11:30AM

Learn how to play the ukulele, an instrument that is fun and relatively easy to play!

\$5

Learn the fundamentals and start playing songs. No experience necessary. Ukuleles provided or bring

If you are interested in joining us, please sign up and PAY as soon as possible.

# DINNER OF THE MONTH @ HOLY TRINITY GREEK ORTHODOX CHURCH IN WATERBURY MONDAY, JANUARY 19, 2026 DEPARTING @ 6:15PM \$45

Gather around the table with friends & family to enjoy a family-style meal. Beer & wine included.

January's featured item will be Prime Rib. Included in the price are hors d'oeuvres, beer & wine and family style meal.

All proceeds help to support the AHEPA Scholarship Program.

If you are interested in joining us, please sign up and PAY as soon as possible.

We will be leaving from the Senior Center at 6:15pm. We should be back in Prospect by about 10:00pm

#### **NEW ITEM**

#### JUKEBOX BINGO WITH CHARLES OF LIVERPOOL PRODUCTIONS

TUESDAY, JANUARY 6, 2026 TUESDAY, MARCH 4, 2026 TUESDAY, MAY 5, 2026 TUESDAY, JULY 7, 2026 TUESDAY, SEPTEMBER 1, 2026 TUESDAY, NOVEMBER 3, 2026

1:00PM - 3:00PM

**\$5** 

The Prospect Senior Center will be hosting "Jukebox Bingo" on the dates listed above. The games will run from 1:00pm – 3:00pm. We will have a short break between for coffee and dessert. Cost for this event is \$5.00.

The concept is easy. We will be playing music which is geared to the age of our Seniors. You listen to the music, find the song on your Bingo cards that are provided for you and if the song is on your card, mark it off. Hopefully, you will get enough songs marked off on your card to call BINGO! With the \$5.00 cover charge you will get two Bingo cards to play with. Additional cards may be purchased, if you would like. Coffee, dessert and BINGO prizes will be provided by the Senior Center.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Join us so you don't miss out on all the fun!

#### **NEW ITEM**

# NTHUZIUM COMPASSIONATE CARE WITH NICKESHA MONDAY, JANUARY 12, 2026 1:00PM NO CHARGE

Caring with Compassion

This month, we are shining a light on Nthuzium Compassionate Care, and their truly person-centered approach to senior living and home assistance.

Learn how dedicated, professional support can enhance comfort, dignity, and independence every single day.

This special feature covers essential services designed to bring peace of mind to both you and their family, including:

- Dignified Personal Assistance & Companionship
- Respite Care: Giving family caregivers the necessary
   time off.
- 24-Hour Live-In Support: Continuous, around-theclock safety and assistance.

Find out how a partnership built on respect and empathy can help you live your fullest life at home.

If you are interested in joining us, please sign up as soon as possible.

#### **NEW ITEM**

Holiday Train Show The Connecticut River Museum Essex, Connecticut Tuesday, January 6, 2026 Departing @ 9:30 AM

Every autumn, as the trees along Essex's Main Street begin to lose their leaves, artist and train enthusiast Steve Cryan begins work on his intricate, miniature display of trains on the third floor of the Connecticut Rive Museum. This year's layout is nearly 30 feet long. Now in its 32nd year, the train show, which runs from November to mid-February, enthralls people of all ages, many of whom make the train show an annual event.

Members of the Senior Center will have the opportunity to view the train show and the entirety of the Museum's maritime permanent exhibits when we visit the quaint riverfront village of Essex on Tuesday, January 6th. We will be spending the morning hours at the museum; at noon, we'll adjourn to the historic Griswold Inn for a fireside lunch in the warmth and comfort of the inn's nautical art-laden main dining room.

For this trip, we'll be leaving the Senior Center at 9:30 AM. We should be arriving at the Connecticut River Museum by 10:30 AM. Our 12:45 PM lunch at the Griswold Inn is at your own expense. Departing Essex immediately after lunch, we should be arriving back in Prospect at or before 4:00 PM.

If you are interested in joining us, please sign up and PAY as soon as possible..

#### **NEW ITEM**

Yankee Candle Village Richardson's Candy Kitchen Deerfield, Massachusetts Wednesday, January 14, 2026

The Yankee Candle store in South Deerfield, Massachusetts is Yankee Candle's flagship store; it's their largest store and, in addition to their signature candles, it features an extensive selection of home décor items and a massive display of Christmas merchandise. In January, just after the holidays, Yankee Candle holds their semi-annual clearance sale, with deep discounts on much of their inventory.

On our shopping trip to Deerfield, we'll spend the morning browsing through the bargains at Yankee Candle Village. At noon, we'll make a brief stop at Richardson's Candy Kitchen for some sweet treats. Our reservation for lunch at Wolfie's Family Restaurant is for 12:45 PM. The Senior Center had the pleasure of dining at Wolfie's in previous years and everyone enjoyed the delicious food and drinks and the restaurant's very reasonable prices.

For this trip, we'll be departing the Senior Center at 8:30 AM and should be back in Prospect by 4:00 PM. There is no charge for this trip but lunch is, of course, at your own expense.

If you are interested in joining us, please sign up as soon as possible.

#### **NEW ITEM**

Sunday Buffet Brunch At Osteria Romana Monroe, Connecticut Sunday, January 11, 2025

Departing @ 11:15 AM

Kick-off the New Year and start your week with a fabulous, all-you-can-eat Sunday brunch buffet at Maurizio and Graziano Ricci's Osteria Romana in Monroe. Rivaling the spectacular Sunday brunch at Water's Edge in Westbrook and the stupendous buffet at Beekman Arms Tavern, this all-inclusive feast features unlimited Bloody Marys and Mimosas, a raw bar, a breakfast station with an omelet bar, French toast, pancakes and waffles, a salad station, a carving station with 3 or 4 meat selections, a lunch station with fish, chicken and pasta, and, finally, a dessert station with sfogliatelle, cannoli, biscotti and fresh fruit.

We have a noontime reservation at Osteria Romana. The cost of the trip includes includes the buffet, tax and a 20% gratuity. Buon Appetito!

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**

Holiday Expo Guilford Arts Center Thursday, January 8, 2026 Departing @ 9:30 AM No Charge

Every year, around the holiday season, the Guilford Arts Center Shop doubles in size, filling both the shop and the gallery space with handmade, one-of-akind treasures: jewelry, home goods, clothing, accessories, ornaments, specialty foods and more. On

the morning of Thursday, January 8th, members of the Prospect Senior Center will have the opportunity to shop this unique marketplace before its closes its doors for the season. Buy something special for yourself or put away a treasure or two for your 2026 gift-giving.

Departing the Senior Center at 9:30 AM, we will have from 10:30 AM to 12:15 PM to shop the expo. At 12:30 PM, we will be enjoying lunch at Supreme Seafood in North Branford, an eatery whose name speaks for itself; it serves seafood which is, indeed, supreme! Since 1989, the restaurant has been serving only the highest quality seafood, which is delivered fresh daily. Their menu includes everything from soups and subs to complete dinners. Selections for landlubbers include hamburgers, Hummel hot dogs and chicken and steak sandwiches. FYI, Supreme Seafood is BYOB, so feel free to bring the bubbly or a beer. We will be back in Prospect on or before 3:30 PM.

If you are interested in joining us, please sign up as soon as possible.

#### **NEW ITEM**

"Bread, Bourbon and Brunch"
Bantam Bread
The White Horse Country Pub & Restaurant
The Litchfield Distillery
Sunday, January 18, 2025
Departing @ 9:00 AM
No Charge

Located in the northwestern corner of Connecticut, the Litchfield Hills has, over the years, acquired a reputation for excellence in food and spirits. On Sunday, January 18th, members of the Prospect Senior Center will have the opportunity to partake of the region's fine food and drink.

Our first stop of the day will be at Bantam Bread, a small, hole-in-the-wall bakery that, for almost 30 years, has been "dedicated to producing the best artisan bread and rustic pastry made with the finest ingredients..." At the time of our visit, many of the day's loaves will just be coming out of the oven, creating a warm and comforting aroma that, on a January morning, will be "like inhaling a blanket on a cold winter day." At Bantam Bread, we will be able to purchase breads and pastries to enjoy at home.

At 11:00 AM, we'll head to the award-winning White Horse Country Pub & Restaurant in New Preston for a fireside, a la carte Sunday Brunch. The brunch menu at the White Horse is quite extensive, offering not only traditional breakfast and brunch items, but also a selection of sandwiches and entrees from their lunch and dinner menus. It is sure to please every-

body!

Our final stop of the day will be at the Litchfield Distillery, where a 1:00 PM complimentary tour has been scheduled for our group. The mission of the Litchfield Distillery, which celebrated its 10th anniversary in 2024, "is to produce exceptionally distilled spirits, handcrafted from the highest quality, regionally harvested grains." During our time at the distillery, we'll have the opportunity to enjoy a guided tour of the facility, to sample its award-winning spirits and to purchase the distillery's exceptional products.

For this trip, we'll be departing the Senior Center at 9:00AM and returning by 4:00 PM. Although there is no charge to go on the trip, all food and drink is at you own expense.

If you are interested in joining us, please sign up as soon as possible.

# FIREPLACE FEAST @ SALEM CROSS INN & BROOKFIELD ORCHARDS STORE SUNDAY, APRIL 12, 2026 DEPARTING @ 9:00AM \$89

The Salem Cross Inn is a restored 18th century farmhouse nestled on 600 acres of New England country side. Though it is rich in history, the house, turned restaurant and tavern, offers seasonal menus with traditional American fare alongside what today's dining public is looking for.

The Salem family is proud to say that everything is prepared fresh each day while incorporating heirloom

vegetables and herbs grown in their gardens.

Whether you are a foodie, or someone who appreciates delicious food straight from the garden, a Fireplace Feast at Salem Cross Inn is a dining event!

Join us for this dining event as the Innkeepers at the Salem Cross Inn prepare a Fireplace Feast for us on the open hearth of a great fieldstone fireplace.

Relax by the fire or lend a hand as dinner is prepared for you in colonial style. Stir the chowder as it bubbles in their cast iron cauldron. See your prime rib, roasted 'to a turn', as the only known authentic Roasting Jack still operating in America rotates slowly over a crackling fire of wild cherry logs. Beware the brimming bowl of freshly whipped cream – the perfect complement to New England's best apple pie.

While your dinner is cooking to perfection, enjoy a horse drawn wagon ride through the valley on the Inn's pristine 600 acres. Shake off the chill with warm mulled wine or cider upon return. Browse their extensive collection of colonial and federal period American

antiques

The Fireplace Feast provides an authentic colonial experience at Salem Cross Inn. It captures the history and culture of 1700's America. Salem Cross Inn's dining events, excellent cuisine, and atmosphere have been featured on Food Network's "The Best Of", WCVB TV5 Boston's "Chronicle" and chosen as the "Hidden Jewel" by Boston's Phantom Gourmet and WGBY.

Your Early American Fare Includes:

SAVORIES\ Salem Cross Inn's famous cheese spread and a glass of mulled wine or cider to help take the chill off after horse drawn wagon ride (weather permitting).

CHOWDER OF THE SEA\ Help prepare our traditional New England chowder in a cast iron cauldron

over a crackling fire.

1700 FIREPLACE PRIME RIB\ Cooked to perfection using our c.1700 Roasting Jack.

FRESH FROM THE OVEN\ Homemade rolls and

muffins.
FROM THE KEEPING CELLAR\ Herbed roasted

potatoes and fresh butternut squash.

NEW ENGLAND'S REST APPLE PIE\ With a dollar

NEW ENGLAND'S BEST APPLE PIE\ With a dollop of fresh whipped cream.

Fireplace Feast Activities Include:

-Delicious Early American Fare for your consumption...you can even enjoy seconds!

-Pie making, mulling and chowder demonstrations -Horse drawn wagon ride, weather permitting

-Casual dress is a must for this event!

We will be leaving from the Senior Center at 9:00am. Our first stop at about 10:30am will be for visit at Brookfield Orchards. The Orchards are not too far from the Inn.

Their retail store offers some interesting and tasty items. We will give you till 12:00pm to browse and shop there.

We will arrive at the Inn at about 12:30pm. At this time you can relax and unwind with savories, cool refreshing drinks, a horse drawn wagon ride and watch

as your fireplace feast is prepared.

Your meal will be served at 1:30pm. At this time one big long table, reminiscent of old time family style dinners, will be set up in the barn. There, you will enjoy your delicious Fireplace Feast that has been inspired by the farm and the gardens that are just steps from the kitchen.

The cost of this trip is \$89. We will be using our

Senior Bus for transportation.

If you are interested in participating, please sign up and PAY as soon as possible. We cannot hold your seat without payment. We are limited in the amount of people we can bring with us. We should be back from this trip at approximately 5:00pm.

**THEATER** 

REMEMBER: SIGN UP AND PAY ASAP NO SEATS HELD W/O PAYMENT

#### **REFUND POLICY**

Effective January 1, 2024 the Prospect Senior Center will have a NO REFUND policy for all theater tickets that have been purchased. The venue(s) will not give us any refunds or exchanges once the tickets are purchased. Please carefully consider before making your arrange-



\$31

#### DAVID FOSTER & KATHARINE MCPHEE SATURDAY, JANUARY 31, 2026 DEPARTING @6:00PM \$57

16-time Grammy award-winning musician, songwriter, and producer David Foster and acclaimed singer, television and Broadway star, Katharine McPhee are bringing their live show on the road. This intimate-show, with the powerhouse duo, will be packed with David's hits from Chicago, Whitney Houston, Celine Dion, Josh Groban, Michael Buble and Katharine's biggest songs from American Idol, Smash and Waitress. Plus, some of their favorites that they just love!

We will be leaving from the Senior Center at 6:00pm. The show starts at 7:00pm. We should be back in Prospect by about 10:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**

# BLUE MAN GROUP: BLUEVOLUTION WORLD TOUR @ PALACE THEATER WEDNESDAY, MARCH 4, 2026 DEPARTING @ 9:15AM

Get ready to experience a whole new beat with BLUEVOLUTION, the new World Tour from Blue Man Group.

Blending art, invention and mind-bending curiosity, Blue Man Group is a euphoric celebration of human connection. On the new World Tour you will be introduced to "The Rockstar." This new character will be joining the Blue Men on their journey as she showcases her drumming and percussion skills throughout the show. You won't want to miss this opportunity to see BLUEVOLUTION when it comes to the Palace Theater! We will be leaving from the Senior Center at 9:15am. The show is scheduled to start at 10:00am. Once the show is over, we will board our bus for a lunch stop at Spartan's Restaurant in Waterbury. The cost of your meal is your responsibility. We should be back in Prospect at about 3:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**

#### Jim Breuer: Find The Funny Sunday, April 19, 2026 Departing @ 6:00pm

\$32

Jim Breuer is an American comedian, podcaster, writer, and actor with more than three decades of nonstop laughter under his belt.

Best known for his legendary run on Saturday Night Live in the 1990s—where he created unforgettable characters like "Goat Boy" and his spot-on Joe Pesci impression—Breuer has evolved into one of America's most beloved stand-ups and storytellers.

Today, Breuer is packing theaters nationwide with his Find The Funny Tour, a high-energy blend of sharp observations, family stories, and spontaneous crowd interaction that reminds audiences how to laugh again.

We will be leaving the Senior Center at 6:00pm. Show time is at 7:00pm. We should be back in Prospect by about 10:00am.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**

#### EAGLEMANIA FRIDAY, MARCH 6, 2026 DEPARTING @ 7:00PM

**\$31** 

Get ready for a night of "Hotel California," "Take It Easy," "Desperado," and all the Eagles classics you love — live at the Palace Theater on Friday, March 6th!

EagleMania — The World's Greatest Eagles Tribute Band has been dazzling audiences for over a decade, perfectly capturing the sound, spirit, and soaring harmonies of The Eagles. If you love The Eagles, this is the show you can't miss!

is the show you can't miss!

We will be leaving from the Senior Center at 7:00pm. We should be back in Prospect by about 10:30pm.

**THEATER** 

#### REMEMBER: SIGN UP AND PAY ASAP NO SEATS HELD W/O PAYMENT



A BEAUTIFUL NOISE
WITH NICK FRADIANI
WEDNESDAY, DECEMBER 3, 2025
DEPARTING @ 11:45AM \$40

Nick Fradiani will continue in the title role for the second year of the national tour of A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL.

Created in collaboration with Neil Diamond himself, A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America", "Forever in Blue Jeans" and "Sweet Caroline", an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway and head out on the road across America. Like Jersey Boys and Beautiful: The Carole King Musical before it. A BEAUTIFUL NOISE: THE NEIL DIA-MOND MUSICAL is an inspiring, exhilarating, energyfilled musical memoir that tells the untold story of how America's greatest hitmaker became a star, set to the songs that defined his career.

We will be leaving from the Senior Center at 11:45am. The show starts at 1:00pm. Right after the show we will board our bus for our return trip back to Prospect. We should be in Prospect by about

4:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### **NEW ITEM**

Queen - A Royal Tribute Saturday, January 10, 2026 Departing @ 5:45pm

Discovered by the general public in 2016 during his appearance on Canada's version of "The Voice," Yvan Pedneault's vocal power astonished all of Canada. Yvan was 25 when rock legends Brian May and Roger Taylor, members of the iconic band Queen selected him to play the lead role of Galileo in their Canadian production of We Will Rock You. Yvan is now bringing his incredible show to America - no gimmic or look alike, just Yvan and some of the top musicians in America re-creating the music the way Freddie sang it, and just as you remember it.

You will hear all the hits like Bohemian Rhapsody, Another One Bites The Dust, Crazy Little Thing Called Love, Somebody To Love, We Will Rock You, We are

the Champions and so many more!

We will be leaving at 5:45pm from the Senior Center. The show starts at 7:00pm. We should be back in Prospect by about 10:00pm. If you are interested in joining us, please sign up and PAY as soon as possible.



#### PLAYHOUSE HOLIDAY JAMBOREE WEDNESDAY, DECEMBER 17, 2025 DEPARTING @ 10:15AM \$4

Celebrate the holiday season with a lively, festive evening of music and storytelling! This joyous show, an homage to live radio events like the Grand Ole Opry, features a captivating selection of classic and contemporary holiday favorites performed by world-class entertainers. Perfect for the entire family, the Playhouse Holiday Jamboree continues the Playhouse tradition of a homegrown show with a different twist that will fill audiences with warmth and holiday joy!

We will be leaving from the Senior Center at 10:15am. Our first stop will be for lunch at the Scotch Plains Tavern in Essex. **The cost of your meal is your responsibility.** Showtime is 2:00pm. We should be back in Prospect by about 5:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

# THE PALACE DANBURY

An Evening With Cher, Neil Diamond, Andrea Bocelli & Streisand & More! Master Impersonators Las Vegas Edwards Twins

Sunday, December 7, 2025

Remember all the wonderful Variety shows we all grew up on in the 70's & 80's? Now is your chance to see them live and re-created by Las Vegas' number one impersonators of all time. All your favorite legendary Superstars come alive in "An Evening with The Stars". The NBC Today show says "it's one of the most extraordinary shows we have ever seen." Sonny & Cher, Billy Joel, Elton John, Neil Diamond, Lionel Richie, Stevie Wonder, Ray Charles, Lady Gaga, Celine Dion, Rod Stewart, Bette Midler, Barbra Streisand, Andrea Bocelli, Frankie Valli, Tom Jones, and many many more hosted by THE EDWARDS TWINS FROM LAS VEGAS. All live vocal. USA TODAY and THE BOSTON GLOBE raves "A Must see show" Each Star sings their number 1 hits as well as of your favorite Songs...

We will be leaving from the Senior Center at 1:15pm. The show starts at 3:00pm. After the show we will stop at the Blue Colony Diner in Newtown for dinner. The cost of your meal is your responsi-

bility.

\$35

**THEATER** 

#### REMEMBER: SIGN UP AND PAY ASAP NO SEATS HELD W/O PAYMENT



## **2025 SEASON**

#### HOLIDAY CLASSICS WITH THE CARTELLS! TUESDAY, DECEMBER 9, 2025 DEPARTING @ 10:30AM \$55 ROASTED TURKEY/ BAKED COD

Featuring a sing-a-long from the Glamour Girls, Santa & Mrs. Claus. Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

If you are interested in joining us, please sign up and PAY as soon as possible.

## **2026 SEASON**

#### ST. PATRICK'S DAY CELEBRATION WITH THE MCLEAN AVENUE BAND & IRISH STEP DANCERS! TUESDAY, MARCH 10, 2026 DEPARTING @ 10:30AM \$57

Padraig Allen and The Mclean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk songs, intertwined with traditional Irish toons and upbeat melodies!

Corned Beef & Cabbage/Baked Cod will be served. We will leave from the Senior Center at 10:30am. Door open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us please sign up and PAY as soon as possible.

#### ROCK N ROLL HEAVEN!! TUESDAY, APRIL 14, 2026 DEPARTING @ 10:30AM

Dave Colucci gives us a spectacular show that pays tribute to music legends who left us far too soon. The songs and stories of artists including Elvis, Buddy Holly, Bobby Darin, Janice Joplin, John Lennon, Patsy Cline & more will be enjoyed by all during this show!

Chicken Kathryn/Baked Ham will be served. We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### NORTH COUNTY BAND! TUESDAY, JULY 14, 2026

Nominated for 2023 New England Music Awards "Country Act of the Year". North County Band brings their act to Aqua Turf after being featured on News 12 CT and WNHU Radio's "The Nashville Sound"! Line Dancing Instructions will be provided, no experience

BBQ Chicken Thighs/ Baked Cod will be served. We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us, please sign up and PAY as soon as possible.

# YOUNG AT HEART – FEET SO SMART WITH RICHIE MITNICK TUESDAY, AUGUST 11, 2026 DEPARTING @ 10:30AM \$57

Are you itching to get up out of your seat and dance? From Disco to Ballroom, from Waltz to Swing, and with lots of Line Dancing, you'll be hitting the dance floor in no-time! Don't dance? Come down for some great food, great company, and great music!

Baked Cod/Chicken Marsala will be served.
We will be leaving from the Senior Center at
10:30am. Doors open at 11:00am. The bus will be
back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us, please sign up and PAY as soon as possible.

# JUKEBOX 45 SHOW BAND: DOO WOP SHOW TUESDAY, SEPTEMBER 8, 2026 DEPARTING @ 10:30AM \$57

In a repeat of their AMAZING show last year, get ready for a great mix of Doo Wop, Paul Anka, The Duprees, Fred Parris & the 5 Satins, Larry Chance & the Earls just to name a few. Celebrating decades of legendary music, you won't want to miss this!

Roast Beef/ Chicken Francaise will be served.

We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.



## **2026 SEASON**

ROB ZAPPULLA CELEBRATES
HERB ALPERT & SERGIO MENDEZ
FEATURING ROB'S 10 – PIECE ORCHESTRA
TUESDAY, OCTOBER 13, 2026
DEPARTING @ 10:30AM \$57

This high energy concert moves non-stop showcasing Rob's incredible Trumpet playing skills! Also featuring the sensational vocals of Alta DeChamplain & Leala Cyr. Follow Herb from Tijuana Bass thru his Solo Career & Sergio with Brazil '66 in this one-of-akind show!

Lemon Chicken/Pork Schnitzel will be served. We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us, please sign up and PAY as soon as possible.

# SARAH THE FIDDLER'S MUSICAL JOURNEY TUESDAY, NOVEMBER 10, 2026 DEPARTING @ 10:30AM \$57

Playing string instruments since 4 years old. Sarah has a special place for old-time music, and loves to combine sounds from Irish, World and Classical music as well! She's joined by her Husband on Drums & Joe Dziok on Piano & Accordion!

Roast Beef/Pan Seared Salmon will be served. We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

If you are interested in joining us, please sign up and PAY as soon as possible.

# HOLIDAY CLASSICS WITH THE CARTELLS! FEATURING A SING-A-LONG FROM THE GLAMOUR GIRLS, SANTA & MRS. CLAUS! TUESDAY, DECEMBER 8, 2026 DEPARTING @ 10:30AM \$57

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

Roasted Turkey/Baked Cod

We will be leaving from the Senior Center at 10:30am. Doors open at 11:00am. The bus will be back to pick up at 3:15pm. We try to get in and out before the Coach buses start boarding their passengers.

**THEATER** 

#### REMEMBER: SIGN UP AND PAY ASAP NO SEATS HELD W/O PAYMENT



#### FARCE OF NATURE SUNDAY, MARCH 8, 2026 DEPARTING @ 1:15PM

The laughs come fast and furious in this Southern-fried farce! Meet D. Gene Wilburn, the owner and proprietor of The Reel 'Em Inn, the finest little fishing lodge in the Ozarks. Unfortunately, business is down and the only guest is a jittery man in the Witness Protection Program. That doesn't mean it's going to be a quiet day of fishing for D. Gene. In no time, his lodge is infested with kooky family members, a murderous gangster, a sexy moll, and a mysterious foul odor. In the deliciously funny romp that ensues, they all hide, lie, disguise themselves, cross-dress, and slam doors chasing one another while trying to figure out the source of an increasingly awful stench.

We will be leaving from the Senior Center at 1:15pm. The show starts at 2:00pm and runs for 2 hours. We should be back in Prospect by about

4:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible.

#### A GRAND NIGHT FOR SINGING SUNDAY, APRIL 26, 2026 DEPARTING @ 1:15PM \$35

This enchanting musical revue features some of the greatest hits inventively interpreted and interspersed with some lesser known delights from one of the richest musical catalogues in Broadway history. With songs drawn from such classics as The King and I, The Sound of Music, Oklahoma!, Carousel, Cinderella, State Fair and South Pacific, you are certain to be transported to musical theatre heaven. "A Grand Night for Singing is enough to restore one's faith in the future of the revue and the durability of Rodgers & Hammerstein. It gives the material the kind of thoughtful rethinking it has long deserved." – USA Today

We will be leaving from the Senior Center at 1:15pm. The show starts at 2:00pm and runs for 2 hours. We should be back in Prospect by about 4:30pm

If you are interested in joining us, please sign up and PAY as soon as possible.

#### SOMETHING ROTTEN SUNDAY JUNE 28, 2026 DEPARTING @ 1:15PM

\$35

Set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as "The Bard." When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz. "A deliriously funny show." – Variety

We will be leaving from the Senior Center at 1:15pm. The show starts at 2:00pm and runs for 2 hours. We should be back in Prospect by about

4:30pm.

If you are interested in joining us, please sign up and PAY as soon as possible.



#### **Nelson Hall at Elim Park Place**

#### JUDY GARLAND WE NEED A LITTLE CHRISTMAS THURSDAY, DECEMBER 18, 2025 DEPARTING @ 6:45PM

It's a holiday celebration featuring Debbie Wileman's acclaimed tribute to one of the Greatest Performers of our time, JUDY GARLAND. Debbie Wileman's uncanny recreation of the sound of Judy Garland has gained over 1 million online views and she is now, direct from London, onstage to dazzle Judy's fans as well as her new followers. Fresh off her new album release, "I'm Still Here", orchestrated, conducted and produced by Steve Orich, orchestrator of the Grammy Award Winning Album, Jersey Boys, Debbie will bring the Holiday spirit and command the stage in a Holiday show featuring Judy's famous holiday songs, as well as old and new songs of the holiday that she should be performing if she were with us today.

We will be leaving from the Senior Center at 6:45pm. The concerts starts at 7:30pm and runs 90 minutes with no intermission. Once the show is over we will board our bus for our return trip back to Prospect. We should be back in Prospect at about 9:30pm.



**FREE-Christmas Concert with the Naugatuck Community Band** 

Please join us for this very special night of beautiful Christmas classics!

December 6th at 5:00pm

**Prospect Community Center Gym** 

We will be accepting donations of an unwrapped toy!

The Naugatuck Community Musicians is a local brass ensemble that performs classical, jazz and pop pieces for the enjoyment of our neighbors.



Prospect Community Center-12 Center Street-Prospect, Ct. 06712

Phone-203-758-0036





# Are you interested in being a specialist in Medicare?

#### **Become a certified CHOICES Counselor**

Certified CHOICES Counselors provide free and unbiased information to help older adults and disabled persons navigate Medicare and understand their health insurance options.

To learn more about CHOICES or for further information, please contact Carlyn Mueller, CHOICES Regional Coordinator at Western CT Area Agency on Aging (203) 757-5449 ext. 126



This project was supported, in part by grant number 90SAPG0068 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

# FRIDAY NIGHT BINGO NAUGATUCK LODGE OF ELKS #967 758 RUBBER AVENUE 203-729-7967

Two Progressive Pots, Winner Take All, Sealed Ticket Games, Raffles \$15 Entry - \$1 Specials - Snacks Available Every Friday night Doors open at 4:30pm - Games begin at 7:00pm

# CPR - WHAT YOU NEED TO KNOW

CPR - or Cardiopulmonary Resuscitation - is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

#### WHY IS CPR IMPORTANT?

Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

#### **HOW IS CPR PERFORMED?**

There are two commonly known versions of CPR:

- 1. For healthcare providers and those trained: conventional CPR using chest compressions and mouth-to-mouth breathing at a ratio of 30:2 compressions-to-breaths.
- 2. For the general public or bystanders who witness an adult suddenly collapse: compression-only CPR, or Hands-Only CPR.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting (such as at home, at work, or in a park).

Hands-Only CPR consists of two easy steps:

# 2 STEPS TO SAVE A LIFE



- 1. Call 9-1-1 (or send someone to do that)
- 2. Push hard and fast in the center of the chest

#### **ABOUT HIGH-QUALITY CPR**

High-quality CPR can be performed by anyone - including bystanders. There are five critical components:

- 1. Minimize interruptions in chest compressions
- 2. Provide compressions of adequate rate and depth
- Avoid leaning on the victim between compressions
- 4. Ensure proper hand placement
- 5. Avoid excessive ventilation

#### THE GENDER DIFFERENCE: MEN VS. WOMEN

According to a study released by the Resuscitation Science Symposium, men are more likely to receive bystander CPR in public locations compared to women.

- Women and men receive similar CPR assistance within the home, but in public 45 percent of men received assistance compared to only 39 percent of women.
- Men were 1.23 times more likely to receive bystander CPR in public, and their chance of survival was 23 percent higher compared to women.

So why the discrepancy? It could come down to anatomy and a bystander being comfortable enough to perform CPR on a woman.

# HEART ATTACK VS. CARDIAC ARREST

The Difference You Should Know:

#### **Cardiac Arrest:**

Occurs when the heart malfunctions and stops beating unexpectedly.
Cardiac arrest is an "ELECTRICAL" problem.

#### **Heart Attack:**

Occurs when blood flow to the heart is blocked.

A heart attack is a "CIRCULATION" problem.



For more information, contact your nearest American Heart Association office, call 1-800-AHA-USA1 (1-800-242-8721) or visit https://cpr.heart.org/





# Trouble Hearing?

It could be as simple as an earwax blockage.

Come visit us for an ear exam!

49 Waterbury RD Prospect CT 06712 (475) 689-3503

Mon, Wen, Thur, Sat 9:00 to 5:00

# THE FACTS ABOUT HIGH BLOOD PRESSURE

#### What is high blood pressure?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high. If you have high blood pressure, you are not alone.

- Nearly half of American adults have high blood pressure. (Many don't even know they have it.)
- The best way to know if you have high blood pressure is to have your blood pressure checked. Know your numbers.

Learn about your blood pressure numbers and what they mean.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 —129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 — 139	or	80 —89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive crisis (consult your doctor Immediately)	Higher than 180	and/or	Higher than 120

#### **Preventing and managing HBP**

- This is one time that the old adage, "An ounce of prevention is worth a pound of cure," is particularly apt. It's best to avoid high blood pressure altogether. Healthy lifestyle choices are a great place to start.
- With proper treatment and management, you can control your blood pressure to help you live a long and healthy life.

Call 1-800-AHA-USA1 (1-800-242-8721) or visit www.heart.org for more information about cardiovascular disease.



# 5 SIMPLE STEPS TO CONTROL YOUR BLOOD PRESSURE

# 1 Know your numbers

Most people diagnosed with high blood pressure want to stay below 130/80 mm Hg, but your healthcare provider can tell you your personal target blood pressure.

# 2 Work with your doctor

Your healthcare provider will help you make a plan to lower your blood pressure.

# 3 Make a few lifestyle changes

In many cases this will be your doctor's first recommendation, likely in one of these areas:

- Maintain a healthy weight. Strive for a body mass index (BMI) between 18.5 and 24.9.
- Eat healthier. Eat lots of fruit, vegetables and low-fat dairy, and less saturated and total fat.
- Reduce sodium. Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
- Get active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.
- Limit alcohol. Drink no more than 1-2 drinks a day. (One for most women, two for most men.)

# Check your blood pressure at home

Take ownership of your treatment by tracking your blood pressure.

# 5 Take your medication

If you have to take medication, take it exactly the way your doctor says.



Ease pain and feel your best every day with these handy tips.



Arthritis
Foundation

#### Daily Living

1. Find an OT. An occupational therapist (OT) can help you find easier, less painful ways of doing things — whether it's getting dressed or getting a doorknob that's easier to turn. Ask your physician or insurance company for a referral to a CAPS (Certified Aging-in-Place Specialist) or SCEM (Specialty

2. Time your tasks to prevent pain.

Prepare dinner at midday if your hands tend to hurt in the evening, for example. Or bathe and prep the night before if morning stiffness makes tasks tough.

Certification in Environmental Modification) OT.



3. Sit to save joints.

When you are tired and in pain, sit while doing common activities. For example, use a stool while washing dishes.

- 4. Take steps to prevent falls. Reduce tripping hazards by picking up clutter, taping down or removing throw rugs and keeping your home well lit, perhaps with nightlights. Install a nonslip bathmat and grab bars in your bathroom, and make sure staircases are in good repair and have railings.
- 5. Get a grip. Give the handles of commonly used items, like your toothbrush and kitchen utensils, more grip by wrapping them with rubber bands or foam insulation used for small pipes. (Find it at home improvement stores.)

6. Choose
Wearing i

6. Choose good shoes.

Wearing ill-fitting shoes can cause pain in your feet and throw off your gait, which can lead to more joint, muscle and other problems and pain.

Invest in professionally fitted, low-heeled shoes with good structure.

- 7. Try this tape trick. Get credit cards out of your wallet more easily by placing a piece of clear tape along the horizontal side of the card. (Don't cover the chip or magnetic strip.) Store it tape side out, and grasp the tape to pull it from the slot in your wallet.
- 8. Have a ball. Massage and ease muscles in your back or foot with a tennis ball. Place the ball against a wall and roll your back on it, or put it on the floor to roll it under a foot.



**9. Set your clock.** If you're taking all your meds at once in the morning or at night, stop and read the instructions. Drugs that cause drowsiness or nausea are better in the p.m., for example, while others are more effective in the morning.

#### Physical Activity

10. Stay sharp by staying fit. Physical activity improves fitness, eases arthritis symptoms and may help your mind, too. Research found that people with rheumatoid arthritis

(RA) who exercised regularly were more likely to stay sharp mentally. This is important because 30% to 71% of people with RA experience impaired thinking.



11. Buddy up for workouts. Work out with a friend to help you enjoy it more and stay accountable. Studies show it can help keep you motivated.

**12. Get more steps.** Instead of meeting a friend for coffee or drinks, invite them to take a walk. Instead of family movie night, take the whole family on a bike ride or a hike.

13. Make steps count for you. There's no science that says 10,000 steps should be the ultimate goal. One study found women who averaged 4,400 steps per day had a 41% lower mortality rate than the least active women, and benefits maxed out at 7,500 steps. The upshot: Even a moderate increase in activity may help reduce mortality.

14. Better your balance. Try this: Stand on one leg, bracing yourself with one hand if needed. Slowly tilt your head back, left, front, right, and center, then repeat 5 to 10 times. Or do heel raises while you floss and stand on one leg while you brush.

#### Nutrition & Weight Loss



15. Lighten up to ease pain. Every 1 pound of excess weight puts 4 pounds of extra pressure on your joints, and fat cells generate bodywide inflammation.

16. Serve right-sized portions. The serving size on food packages reflects how much Americans typically eat — not what they should eat. For example, a serving of ice cream rose from 1/2 to 2/3 cup. Any package that has between one and two servings, like a 20-ounce bottle of Coke, is labeled as one serving. Don't take the serving size as license to overindulge.

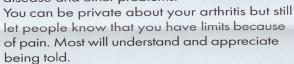
17. Fight inflammation with fiber. Eating more dietary fiber can make you feel more satiated, which helps with weight maintenance and may help your body regulate inflammation. Sprinkle chia seeds on your cereal or add them to a smoothie; make sure whole grain is the first ingredient in your bread; and snack on almonds or fresh fruits and veggies.

**18. Try a different cow.** If your arthritis symptoms kick in when you drink dairy milk, try

beta-casein protein. Most U.S. milk comes trom cows that also produce A1 beta-casein, which has been linked to more inflammation.

#### Mind & Body

19. Share your pain.
Don't let pain force you to withdraw from social activities. It can lead to depression, which increases the risks of heart disease and other problems.



**20. Ask for help.** Don't assume others understand when you need it. And be specific so you won't get — or have to turn down — offers of help that you don't need.

**21. Laugh more.** Not only does a good belly laugh distract you from pain, but it also reduces levels of inflammation in your body and triggers the release of feel-good chemicals. So cue up your favorite episode of *Seinfeld* and let laughter be your medicine.

**22.** Do good to feel better. Roll your neighbor's trash bin to the street. Let someone ahead of you in line, or just give them a big smile and say hi. Being kind helps reduce pain, anxiety, stress and depression.

23. Invest \$20 in your well-being. With your gift, you'll receive your FREE annual edition of Arthritis Connection and our Drug Guide.



In Arthritis Connection,
our exclusive annual publication
for our community of supporters, you'll
get the latest news about the fight against
arthritis, plus exercise, diet and lifestyle
tips for managing your pain and saying
Yes to life's moments, big and small.

The **Drug Guide**, updated annually, provides you with the most current information on the dosages, side effects and special concerns associated with the most commonly used drugs for arthritis and related conditions. Also included are helpful tips, such as how to talk to your doctor, and much more.

#### The Village at East Farms



# DAY PROGRAM

#### FOR THOSE WITH MEMORY LOSS

Call to learn more about our Day Program for those with memory impairment.

> Open 7 days a week! 8:00AM-6:00PM



180 Scott Road, Harbor building Waterbury, CT 06705

Randi Bellemare 203-841-8607 rbellemare@benchmarkquality.co,

# VOLUNTEER OFFICE WORKER NEEDED AT VITAS HEALTHCARE IN MIDDLEBURY





VITAS Healthcare, the country's largest hospice provider, is seeking a volunteer to help the Volunteer Coordinator in our Middlebury office with general office administrative tasks.

- · Professional Office Setting
- · Gain Office Experience
- Exposure to the Healthcare Field
- · Work with Charts and Patient Records
- Have Fun
- Flexible Schedule 1X or 2X a Week
- Work with a Friendly Volunteer Coordinator with a Wicked Sense of Humor and a Love of Animals

Interested? Please contact Peter Korzenik, Volunteer Manager. My phone number is (203) 437-3112 and my email address is <a href="Peter.Korzenik@vitas.com">Peter.Korzenik@vitas.com</a>. Our office is located at 199 Park Road Extension in Middlebury.

Thank you!!!



## Walk-In Clinic Now Open Accepting New Patients

Cold, Flu, Covid
Sinus Infections, Pneumonia
Migraines, Headaches
Urinary Tract Infection
Ear and Throat Pain
Acute Back Pain
Ear Wax Removal
and More...

We accept most health Insurances

49 Waterbury Rd Prospect CT 06712 (475) 689-3503

Are you caring for someone with a diagnosis of Alzheimer's Disease or dementia?

Are you burnt out? Overwhelmed? Run down? In need of relief?

If so, you may be eligible for the Connecticut Statewide Respite Care Program

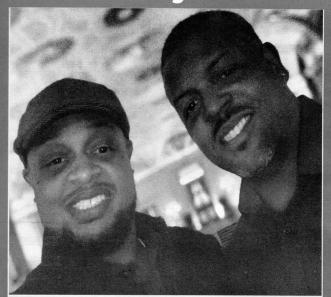


Please visit our website at WCAAA.org or give us a call at 203-757-5449 Option 6 for more information





## "and in the blink of an eye ... he was gone."



Darryl Griffin (National Associate Executive VP at the American Heart Association) with his cousin JR

Heart disease has made a deep impact on me. It has ripped loved ones from my life and caused profound, incredible pain that shook me to my core. Each day, I grieve for the losses that heart disease has taken from me.

My cousin JR and I grew up together. He was more of a little brother to me, and I always felt blessed to have a hand in helping raise him.

After his father's death from cardiac arrest, JR committed to a healthier lifestyle. He lost nearly 100 pounds. We were all so proud of his dedication to getting and staying healthy. But little did we all know that irreversible damage had already been done ...

On August 21, 2020, I got a call I will never forget. JR had gone into sudden cardiac arrest, and died. Just like his father, Ronald Downs Sr., JR didn't survive. My courageous cousin had just turned 40 years old. He was so dedicated to becoming the healthiest version of himself, and in the blink of an eye ... he was gone. We were devastated beyond belief.

Losing JR has left a hole in my family that can never be filled. He left behind his mother Sharron (a heart attack survivor), two young children, Jayden and Leia, and his wife, Tenia. In the wake of his death, we all have so many questions.

What if there was a portable defibrillator (developed through American Heart Association funding) available ... what if JR had started a prevention program — like AHA's Life's Essential 8° — earlier?

# What if these measures changed his fate and he was still alive today?

Every 34 seconds in America, another life is taken by cardiovascular disease. But it doesn't have to be this way. It's a highly preventable disease and I firmly believe there is hope for a world where everyone lives longer, healthier lives.

#### Immediate CPR can double or triple chances of survival after cardiac arrest.

For more information about how to help save lives with CPR, see the enclosed **CPR - What to Know** or visit **https://cpr.heart.org/** 

Please don't wait to show your support to the American Heart Association. Together, we can help prevent unnecessary deaths of those we love.

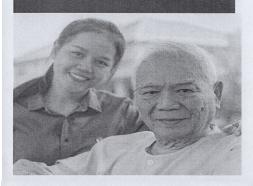
www.heart.org/campaign



R-25-I-DES10

## Living in a Medical Foster Home

The Home Based Primary Care (HBPC) team, including a doctor, nurse practitioner, nurse, social worker, dietitian, recreational therapist, pharmacist, and occupational therapist provides the Veterans medical care. Team members will visit as needed, to provide medical care management and support the Veteran and the caregiver. Other VA programs, such as Adult Day Health Care (ADHC) and respite, may also be used to support Veteran care.



#### Medical Foster Homes offer a dynamic alternative to longterm care.

When living at home becomes difficult, some people would prefer to remain in a home-like setting rather than move to a nursing home. In moments like this, the VA Medical Foster Home (MFH) program is here to help.

MFH is a voluntary care option that assists in matching Veterans with approved MFH Caregivers to provide the care the Veterans need in a family home with appropriate oversight and care provided by the VA MFH and Home Based Primary Care teams.



#### **More Information:**



SJ Dailey LCSW MFH Coordinator 203-667-5137



sarah.dailey2@va.gov



VACT Healthcare System 950 Campbell Ave.

West Haven, CT 06516







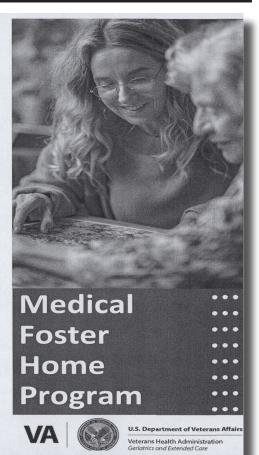
Veterans Health Administration

## Who can be a VA Medical Foster Home Caregiver?

Caregivers must:

- Own or rent the home and live there full time
- · Be at least 18 years of age.
- Have caregiver experience (formal or informal).
- Complete the VA application and inspection process for the MFH program, including a criminal background check and references.
- Participate in on-going caregiver training.
- Provide compassionate care for no more than three residents.
- Have a written crisis and respite/relief caregiver plan.
- Follow the Veterans treatment plan, working closely with Home Based Primary Care.

If you are interested in the VA MFH Program as a resident or a caregiver, please call your local MFH Coordinator. If you are a Veteran, you may also ask your Primary Care Provider to send a consult for MFH.



# Medical Foster Homes Provide

- A safe and family home setting
- Supervised care
- Private/Semi-private rooms
- · Flexibility and choice
- Three meals/snacks daily
- Personal care
- Medication management/reminders

### Who is Eligible for a Medical Foster Home

Veterans enrolled with the VA Health Care System and have care needs that can no longer be met in their homes, may be eligible.

Care needs may include:

- Assistance with activities of daily living, i.e., eating, bathing, dressing, etc.
- Medication management
- · Laundry and meal prep
- Social and recreational activities

The Veteran is responsible for the cost of the MFH. The cost may be paid using a combination of private income, Social Security, savings, VA Pension, Aid & Attendance, or VA pay based on disability rating eligibility requirements. The Veteran and caregiver will sign a private care agreement that outlines the care needed, the rate, expectations of the caregiver and Veterans rights.

#### 10 Facts About Parkinson's Disease

- 1. The cause is unknown, and there is no cure. What causes Parkinson's remains largely unknown. Although there is no cure at this time, treatment options vary and can include medications and surgery.
- 2. People with Parkinson's can have a good quality of life. There is no one-size-fits-all treatment approach when it comes to Parkinson's. Medication and lifestyle modifications help manage the disease.
- 3. No two people have the exact same symptoms. The progression of symptoms is often different from one person to another due to the diversity of the disease.
- 4. Non-movement symptoms can be more troublesome than movement symptoms. They can include cognitive changes, mood disorders, fatigue, hallucinations and delusions, sexual problems and sleep disorders.
- 5. Small handwriting and loss of smell are early signs of Parkinson's. Not being able to smell bananas, dill pickles, and licorice is a common early symptom.
- 6. Exercise helps manage Parkinson's symptoms. Exercise is vital to maintaining balance, mobility and activities of daily living.
- 7. Parkinson's should be treated through a team approach. Our Global Care Network works to improve access to quality care, where Parkinson's is treated through a team of experts including movement disorders specialists, physical and occupational therapists, mental health professionals and more.
- 8. People with Parkinson's are not always angry or sad. Often, people with Parkinson's look serious, depressed or mad, but many times the disease is causing facial masking, where muscles in the face are stiff or take a long time to move.
- 9. We must improve treatment. The Parkinson's Foundation, in partnership with Parkinson's UK, drives the development of new treatments through the Parkinson's Virtual Biotech, a drug discovery and development program working to deliver new treatments and a cure in years, not decades.
- 10. The Parkinson's community is strong. The Parkinson's Foundation is proud to serve and support the global Parkinson's community, including family members and caregivers.

We're here for you!

Please share this fact sheet with your friends and family today. For answers to your Parkinson's questions and referrals, call our Helpline at 1-800-4PD-INFO (473-4636).

# Home Gare You Can Trust!

Providing compassionate in-home support that preserves comfort, dignity, and independence.

24-hour Live-in care & hourly care



Where Care Meets Kindness

23 Cedar Street, Naugatuck, CT 06770

 $(203)\ 208-7030$ 

compassionatecare@nzthuzium.com



Raylin Travel proudly presents an EXCLUSIVE event

## "TROPICANA ATLANTIC CITY"

on the famous Boardwalk in Atlantic City, NJ
3 Days/2 Nights - March 30-April 1, 2026
"Country Legends" with Dee Reilly and
50's & 60's "Rock Around the Clock"
TWO SHOWS and \$100 back in Value!

#### PACKAGE INCLUDES:

- Roundtrip Motorcoach Transportation
- · 2 Nights at the TROPICANA RESORT CASINO
- \$50.00 in SLOT BONUS!
- \$50.00 Food (\$20, \$20 and \$10 increments)
   \*27 Restaurants to choose from
- 2 Fantastic evening shows begin at 8:00 PM #1 Country Legends Band \* Top Rated #2 Rock Around the Clock 50's & 60's (with Vegas performers)
- Occupancy Taxes



\$399.00

DOUBLE occupancy
Prices are Per Person
\$389 Triple \$499 Single



**DEPOSIT of \$75 at Sign Up** 

CANCELLATION PROTECTION
Available for ONLY \$39 per person
at sign up only

Balance due: February 28, 2026



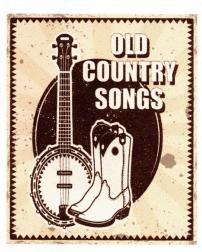
YES, everyone gets \$50 in Slot play AND \$50 in Food Plus... <u>TWO</u> Shows at the TROPICANA RESORT!
The BEST Casino value!!











To Reserve Seats Call
Linda Soto
203-591-1407

raylin@currently.com

Old Sturbridge Village Christmas by Candlelight

December 7, 2025

Relish old traditions and create new memories while learning about the origins of Christmas traditions, enjoying music and stories, and warming up with mulled cider and gingerbread.

**Enjoy a meal at the Publick House** 

Starting with the New England Clam Chowder Meal Choices are:

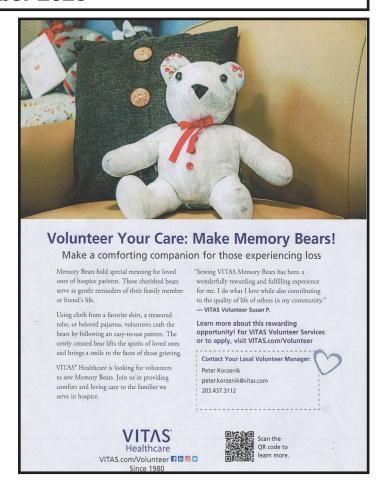
Pan Roasted Salmon Yankee Pot Roast Roasted Native Turkey, Cornbread-Sausage Stuffing, Cranberry Sauce, Pan Gravy.

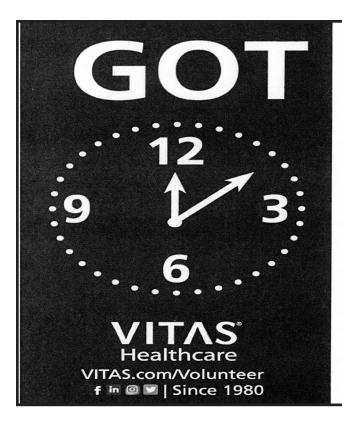
Choices made at time of booking

Dessert: Deep Dish Apple Pie a la Mode

Departure from the Prospect Senior Center: 1:00pm

Call Linda Soto (RayLin Travel) 203-591-1407 Price PP: \$145.00pp





# TIME?

Give back as a hospice volunteer.

Hold a hand, lend an ear, make a difference.

VITAS volunteers show compassion in a variety of roles. Some volunteers visit with patients and families, others provide office support, and some even use unique skills such as sewing, art, and massage to lift spirits.

Sign up for a free orientation to learn the skills required to be an outstanding hospice volunteer.

To learn more, contact:
Peter Korzenik

peter.korzenik@vitas.com
203-437-3112



Scan the QR code to learn more.



Review. Compare. Enroll. Save.

State Health Insurance Assistance Program

Your Medicare questions answered - all in one place.

# SHIP CAN H

#### STATE HEALTH INSURANCE ASSISTANCE PROGRAM...

...a federally certified Medicare counseling for Connecticut residents!

Certified CHOICES Counselors offer FREE, confidential, and pressure-free guidance through every part of Medicare.

- Explore your options during the Medicare Open **Enrollment Period**
- Get help comparing Advantage & Part D Plans
- Receive assistance applying for programs like Medicaid, Medicare Savings Program and Extra Help (Low-Income Subsidy)
- Learn how to maximize your Medicare benefits.
- Get screened for additional state benefits and entitlements

SHIP Counselors are NOT brokers and DON'T endorse any insurance plans. We provide free, unbiased and non-commissioned guidance — so you can confidently make the choice that's best for you.

CALL US NOW! 1-800-994-9422 203-757-5449 EXT 4

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of 2 financial assistance awards totaling \$1,001,781 with 100 percent funding by ACL/HHS. Approximately 60% SHIP, 40% MIPPA. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Thank you for allowing us to be part of your loved one's journey. We know that grief doesn't end when the services do, and you don't have to walk through it alone.

If you've recently lost someone close to you, we invite you to join our monthly Bereavement Support Group. Each session offers a safe, compassionate space to connect with others, share experiences, and explore meaningful topics around healing and loss.

Groups meet on the third Thursday of every month from 4:00-5:00pm. Sign-ups are requested. Let's navigate this path together, one conversation at a time.

## THE DETAILS

WHEN: Third Thursday

of Each Month

4-5 PM

WHERE: The Village at

**East Farms** 

180 Scott Rd Waterbury, CT

RSVP to Samantha Layher, Hospice Liaison, at **860-480-0585** 





Cancer



A cancer diagnosis affects more than just the body — it affects every part of life. Whether you're newly diagnosed, in treatment, or navigating survivorship, you deserve a space to be heard and supported.

Our Cancer Support Group offers a safe, welcoming environment to share your experiences, connect with others who understand, and find strength through honest conversation.

There's no need to go through it alone. We're here to listen, support, and walk alongside you — wherever you are on the journey.

### THE DETAILS

WHEN: Second Friday

> of Each Month 11am - 12:30 PM

WHERE: The Village at

**East Farms** 

180 Scott Rd Waterbury, CT

RSVP to Randi Bellemare at rbellemare@benchmarkquality.com or call 203.841.8607.





The complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join us for educational discussions and have the opportunity to learn and share with others who understand.

Complimentary care and programs are provided for your loved one during every session.

## THE DETAILS

WHEN: The first Wednesday

of each month

at 11 AM

WHERE: The Village at

**East Farms** 

180 Scott Rd

Waterbury, CT

RSVP to Randi Bellemare at rbellemare@benchmarkquality.com or call 203-757-7660.





Caring for someone with Parkinson's can be overwhelming — but you're not alone. Our Parkinson's Support Group offers a welcoming space for caregivers, families, and those living with Parkinson's to come together and share the journey.

This open forum is a chance to talk openly, exchange ideas, and support one another through every stage. Whether you're looking for information, connection, or even encouragement, we're here to help improve quality of life through community and conversation. Sometimes, simply having a space to talk makes all the difference.

## THE DETAILS

WHEN: First Saturday

of Each Month

10 AM

WHERE: The Village at

**East Farms** 

180 Scott Rd Waterbury, CT

RSVP to Randi Bellemare at rbellemare@benchmarkquality.com or call 203.841.8607.



# Caregiver Support Group



## **First Wednesday of Each Month**

The complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join us for educational discussions and have the opportunity to learn and share with others who understand.

Complimentary care and programs are provided for your loved one during every session.

1st Wednesday of each month at 11:00 AM

RSVP to Randi Bellemare by emailing rbellemare@benchmarkquality.com or call 203.841.8607.



180 Scott Road Waterbury, CT 203.757.7660 VillageAtEastFarms.com



## Gingerbread Village & Christmas Bazaar

Est. 1967

at St. George's Episcopal Church 393 Tucker Hill Rd, Middlebury CT

Gingerbread Dreams

**December 6 - 13, 2025** 

Annual Village & Bazaar Hours

Sat Dec 13.....10am - 4pm







walk through the village ~ crafts ~ baked goods ~ jezebel ~ Christmas items ~ decorate your own cookie kits ~ basket raffle ~ gingerbread houses for sale ~ handcrafted holiday items ~ swedish breads ~ and more

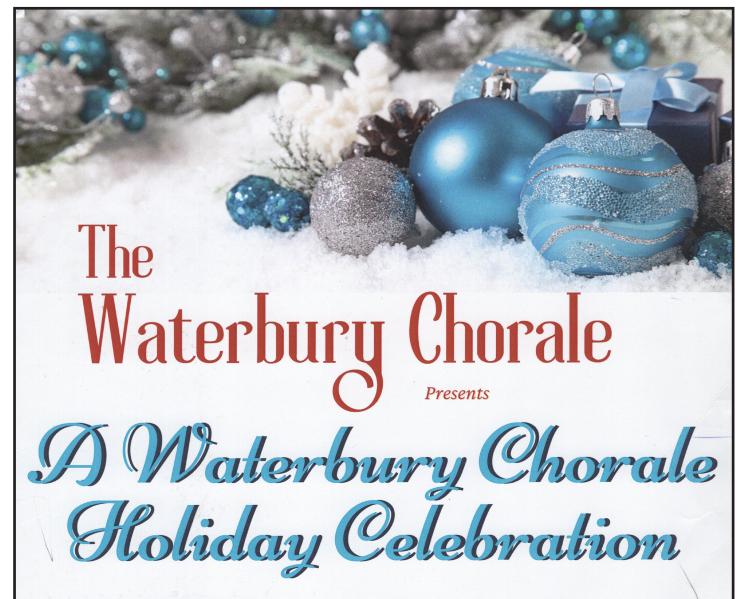


For more information (or to schedule a group tour) please reach out:

203-758-9864 saintgeorgesct@gmail.com

www.gingerbreadvillagect.com



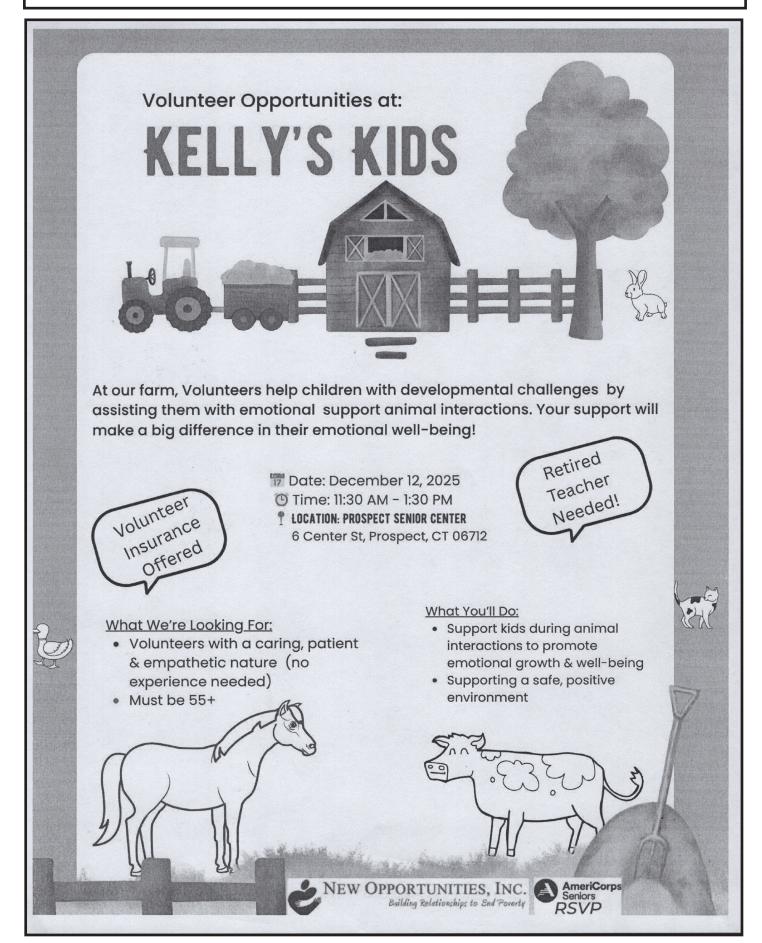


With brass ensemble, piano, violin, percussion and bell choir "Chime In"

Joseph Jacovino, Director \* Susan Anthony-Klein, Accompanist

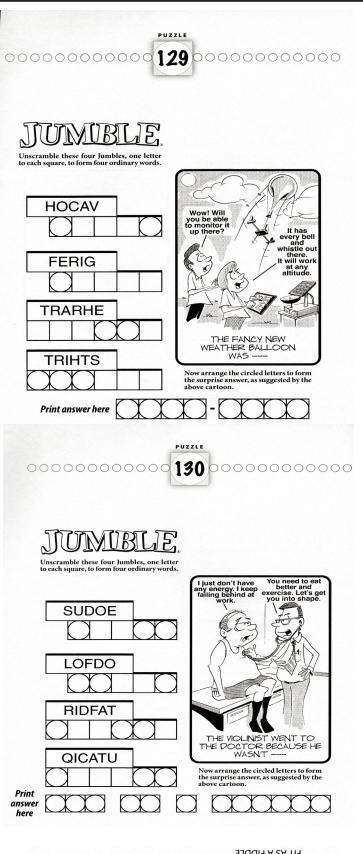
Sunday, December 14, 2025 4:00 PM, Saint John's Episcopal Church, On the Green at 16 Church St., Waterbury, CT 06702

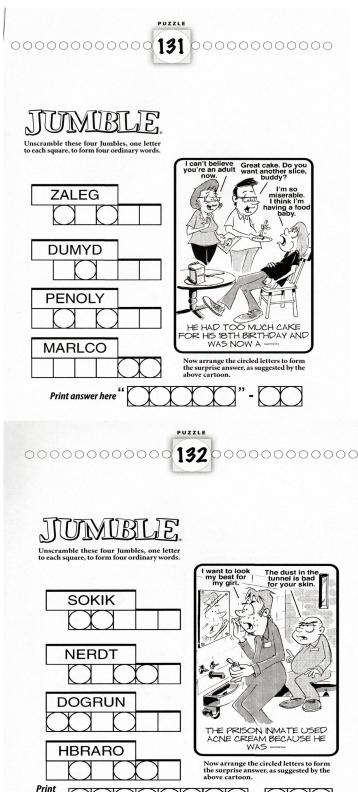
Tickets are \$25 in advance, \$30 at the door • Tickets are available from Chorale Members, by calling (860) 945-6890, or by visiting our website at waterburychorale.org



#### **JUMBLE PUZZLES**

#### **December 2025**





**ELL AS A FIDDLE** 

Answer: The violinist went to the doctor because he wasn't-Jumbles: DOUSE FLOOD ADRIFT ACQUIT **Puswer:** The fancy new weather balloon was—HIGH-TECH

Jumbles: HAVOC GRIEF RATHER THIRST '6Z L

130

answer here

> Answer: He had too much cake for his 18th birthday and was Jumbles: GLAZE MUDDY OPENLY CLAMOR

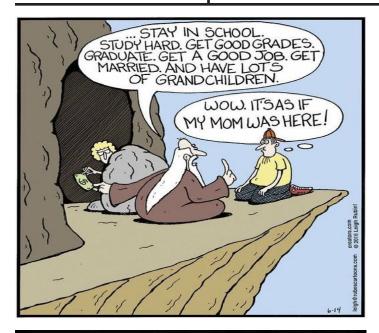
**Jumples:** KIOSK TREND GROUND HARBOR

now a-"GROAN"-UP

135

.TET

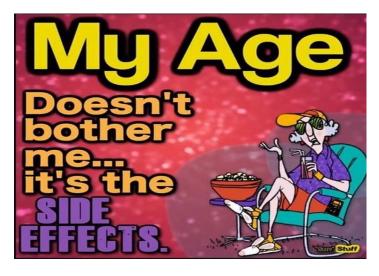
Answer: The prison inmate used acne cream because he was—









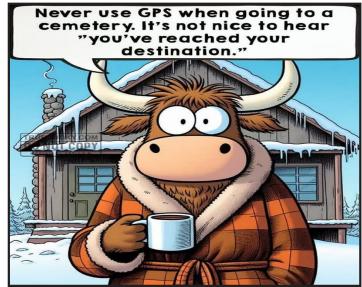


BACK IN MY
DAY, A PHONE
WAS ATTACHED
TO A WALL,
NOT GLUED TO
YOUR HAND.



YOU KNOW YOU'RE
GETTING OLD WHEN
"FRIENDS WITH
BENEFITS" MEANS
HAVING SOMEONE
WHO CAN DRIVE AT
NIGHT.









#### **OBITUARIES**



Charles H. Beaudoin Sr.

WATERBURY- It is with profound sadness and broken hearts that the family of Charles H. Beaudoin, Sr., age 73, of Waterbury, shares the news of his unexpected passing on Wednesday, November 5, 2025 at Saint Mary's Hospital, surrounded by his loving family. He was the widow of Teresa (Curtin) Beaudoin.

Charles was born in Waterbury, Connecticut on

October 31, 1952, the son of the late Conrad and Lucie (Bedard) Beaudoin. A lifelong resident of Waterbury, he was an avid sports enthusiast and a proud letterman, excelling in diving, and football during his time at Wilby High School. His commitment to sports continued throughout his life; he earned a third-degree black belt in Tang Soo Do and shared his love for martial arts at The Beaudoin Academy of Karate, He dedicated his career to service, starting as a lifeguard at Lakewood Park and later spending many years as a devoted police officer for Southern Connecticut State University. After his time in law enforcement, he continued to serve his community as a security quard at hospitals in New Haven. A devoted parishioner of the Basilica, he found devotion and community in his faith. He was an active member of the Franco-American Club, where he cherished friendships and shared joyful moments. He enjoyed watching the UConn Huskies women's basketball team and loved family picnics and vacations to Wildwoods in New Jersey. He loved his family more than anything, especially spending time with his sons.

He will be deeply missed by all who knew him, and his memory will forever live on in the hearts of those he touched.

Left to cherish and honor his memories are his sons; Charles H. Beaudoin Jr., of Waterbury, Michael Beaudoin and his fiancé, Amanda Laferriere of Waterbury and Daniel C. Beaudoin of the Bronx, NY, and his sister in laws; JoAnn Beaudoin of Wolcott and Delphine Vierra of Prospect. He also leaves behind many nieces, nephews, cousins, in-laws and extended family and friends. He was predeceased by his wife of 30+ years, Teresa (Curtin) Beaudoin and his siblings; Barbara Plouffee, Robert E. Beaudoin and James A. Beaudoin.



#### **December 2025**

Funeral services for Mr. Beaudoin were held on Monday, November 10, 2025, at 10:00 a.m. when a Mass of Christian Burial was celebrated at the Basilica of the Immaculate Conception 74 West Main St Waterbury CT. Those planning to attend were kindly asked to meet directly at the church. Burial followed in Saint James Cemetery in Naugatuck. Relatives and friends visited with the Beaudoin family on Sunday, November 9, 2025, from 4:00 p.m. to 6:00 p.m. at Casey's Eastside Memorial Funeral Home and Cremation Care, 1987 East Main Street, Waterbury, CT 06705.

Loving kindness is always welcome, and it only takes a moment to offer a message of condolence, words of comfort, or share a memory with the family and friends of someone important to you on the funeral home website. To send flowers or a memorial gift to the family, please visit the funeral at www. caseyfunerals.com.

To order memorial trees or send flowers to the family in memory of Mr. Charles H. Beaudoin Sr., please visit our flower store.