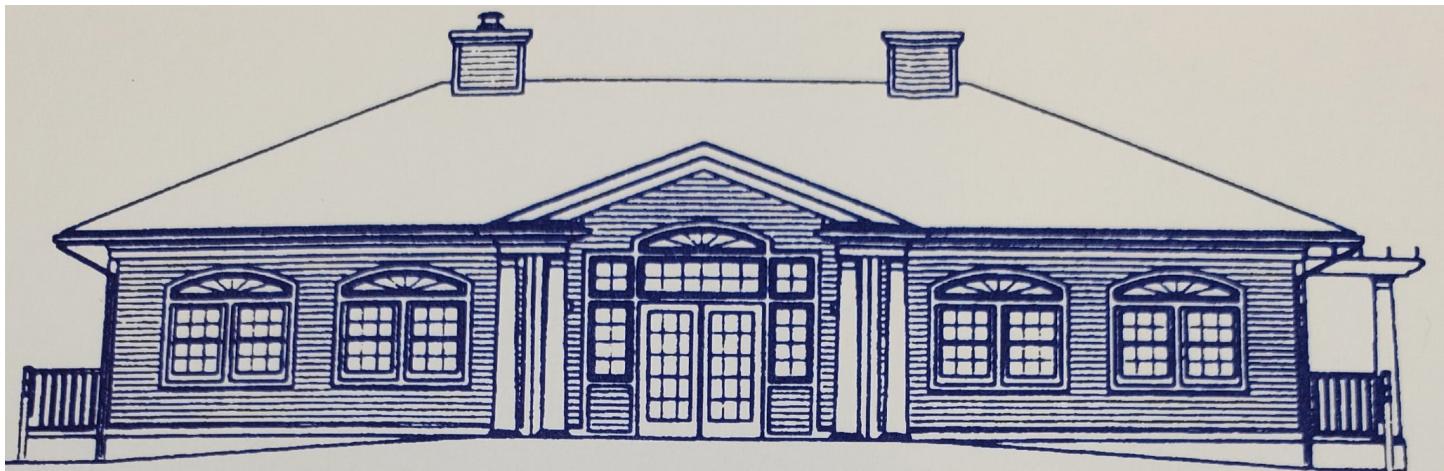


Prospect Senior Center



(203)758-5300

6 Center Street
Prospect, CT 06712

(203)758-3837 Fax

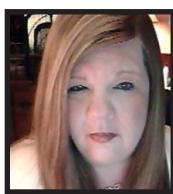
January
2026
Issue

DIRECTOR



Susan DaSilva

**Lori
Anderson**



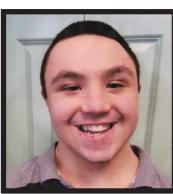
STAFF

**Lirene
Lorenzen**



STAFF

**Matt
Kalitta**



STAFF

**Tara
Meglio**



STAFF

**Neil
Desena**



STAFF

**France
Collins**

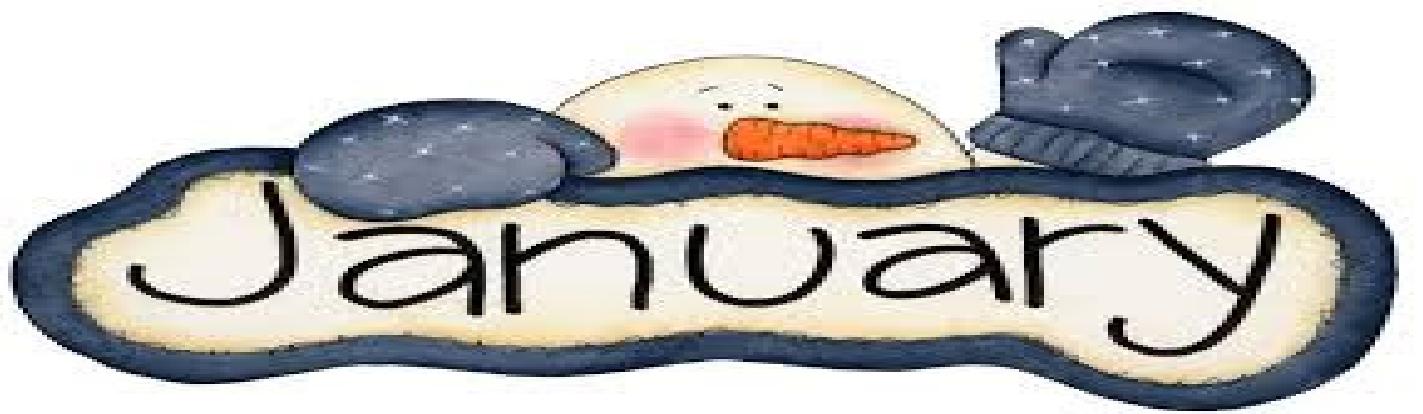


STAFF

**Gabriela
Elderkin**



STAFF



PLEASE NOTE: WINTER WEATHER CLOSING POLICY ON PAGE 4

Day-by-Day Schedule**January 2026****JANUARY 1 (THURSDAY)**

**Senior Center will be closed
for the New Year Holiday**

JANUARY 2 (FRIDAY)

**Senior Center will be closed
for the New Year Holiday**

JANUARY 3 (SATURDAY)

10:00am – UCONN vs Seton Hall @ XL Center

JANUARY 4 (SUNDAY)

3:00pm – Bright Nights @ Forest Park/Storrtown Tavern

JANUARY 5 (MONDAY)

9:15am – Senior Exercise (free)

9:30am – Texas Hold'em

9:30am – Bridge with Linda Favale @ Chapel Hall

10:00am – Songbirds @Ivy in Watertown

10:00am – Balance Class # 3 with Brenda Martin

11:00am – Motown Monday Class #1 with Cookie

12:00pm- Mat Yoga Class # 1 with Shari Galvin - \$20/6 wks

1:15pm – Cribbage with Don Ensero (Big Room)

1:30pm – Chair Yoga Class #1 with Shari Galvin - \$20/6 wks

JANUARY 6 (TUESDAY)

9:15am – Senior Exercise Class # 3 with Susan

9:30am – CT. River Museum Train Show/Griswold Inn

9:30am – Poker Club with Allen Thibodeau

10:00am – Art Class #7 with Dory

10:00am –Stained Glass Class with Sarah Segovia @ Community Center

10:30am –Ukulele with Julie Stephanek

12:30pm – Setback (downstairs)

12:30pm – Stained Glass Class with Sarah Segovia @ Community Center

1:00pm- Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

1:00pm – Jukebox Bingo with Liverpool Productions

JANUARY 7 (WEDNESDAY)

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

9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y

10:00am – Wii Bowling League with Mary Henao

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

12:30pm – 1:30pm – Blood Pressure Screening with Chesprocott Health Department

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Group

5:30pm – UCONN vs St. Johns @ XL Center

JANUARY 8 (THURSDAY)

9:15am – Senior Exercise (free)

9:30am – Guilford Arts Center Holiday Expo

9:30am – Intermediate Italian Class # 1 with Joe Guarino - \$20/6 wks

10:00am – Book Club with Mary Damulis

10:30am – Advanced Italian Class # 1 with Joe Guarino - \$20/6 wks

10:30am – Tai Chi Class #1 with Matt Dempsey - \$24/6 wks

11:00am – Zumba Class # 4with Cookie

11:30am – Pilates Class #1 with Matt Dempsey - \$24/6 wks

12:30pm – Advanced Piano Class #4 with Joe Guarino

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

JANUARY 9 (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

10:15am – Wilcox Tech High School Buffet Lunch0

11:30am – Meat & Vegetable Sauce with Pasta and Salad- \$10

1:00pm – Bingo - \$2

1:30pm – Chair Yoga Class #5 with Shari Galvin

JANUARY 10 (SATURDAY)

5:30pm – Queen Tribute @ Shubert Theater New Haven

JANUARY 11 (SUNDAY)

11:15am – Sunday Buffet Brunch @ Osteria Romana Restaurant in Monroe

JANUARY 12 (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 –Balance Class #4 with Brenda Martin

10:00am – Songbirds @Village at East Farms Waterbury

10:00am – Wii Bowling League with Mary Henao

11:00am – Motown Monday Class #2 with Cookie

12:00pm – Mat Yoga Class # 2 with Shari Galvin

1:00pm – Nthuzium presentation

1:15pm – Cribbage with Don Ensero (Big Room)

1:30pm- Chair Yoga Class #2 with Shari Galvin

JANUARY 13 (TUESDAY)

9:15am – Exercise Class #4 with Susan

9:30am – Grocery Shopping at Labonne's , Stop & Shop, Big Y

9:30am – Poker Club with Allen Thibodeau

10:00am – Art Class #8 with Dory

12:30pm – Setback (downstairs)

1:00pm - Tara's Cookie Decorating Class

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

JANUARY 14 (WEDNESDAY)

8:30am – Yankee Candle in Deerfield

9:30am – Fundamental Piano Class #1 with Joe Guarino - \$25/6 wks

10:00am – Wii Bowling League with Mary Henao

10:30am – Intermediate Piano Class #1 with Joe Guarino - \$25/6 wks

11:00am – Lori's Cooking Class

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

11:30am – Elementary Piano Class #1 with Joe Guarino - \$25/6 wks

12:30pm – 1:30pm – Blood Pressure Screening with Chesprocott Health Department

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Class

JANUARY 15 (THURSDAY)

9:15am – Senior Exercise (free)

9:30am – Intermediate Italian Class #2 with Joe Guarino

9:45am – Shopping at Stone Bridge in Cheshire

10:30am – Advanced Italian Class # 2 with Joe Guarino

10:30am – Tai Chi Class #2 with Matt Dempsey

11:00am – Zumba Class # 5 with Cookie

11:30am – Pilates Class # 2 with Matt Dempsey

12:30pm – Advanced Piano Class #8 with Joe Guarino

12:30pm – Dime Bingo with Lorraine Thibodeau

1:00pm – Mahjong with Barb Duigan

1:30pm – Absolute Beginner's Piano Class #6 with Joe Guarino

4:00pm – UCONN vs Villanova @ Gampel Pavilion

JANUARY 16 (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 – Pork Chop, Apple Sauce, Potatoes, Veggies and Soup- \$10

1:00pm – Bingo - \$2

1:30pm – Chair Yoga Class #2 with Shari Galvin

JANUARY 17 (SATURDAY)

5:00pm – Bingomania

JANUARY 18 (SUNDAY)

9:00am – Bread, Bourbon and Brunch

JANUARY 19 (MONDAY)

**Senior Center will be closed
for Martin Luther King Holiday**

2:00pm – UCONN vs Notre Dame @ Gampel Pavilion

6:15pm – Greek Dinner at Holy Trinity Greek Church in Waterbury

JANUARY 20(TUESDAY)

9:15am – Exercise Class #5 with Susan

9:30am – Poker Club with Allen Thibodeau

9:30am – Grocery Shopping at Labonne's , Stop & Shop, Big Y

10:00am –Art Class #1 with Dory - \$40/8 wks

11:00am – Prospect Fire Dept. & Chesprocott presentation

12:30pm – Setback (downstairs)

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

1:00pm – Card Bingo with Shirley Beale and Barb Derouin

4:30pm – Red Hatters to Zappardi's Pizza

Day-by-Day Schedule**January 2026****JANUARY 21 (WEDNESDAY)**

7:30am – Foxwoods High Stake Bingo
 9:30am – Fundamental Piano Class #2 with Joe Guarino
 10:00am – Wii Bowling League with Mary Henao
 10:30am- Intermediate Piano Class #2 with Joe Guarino
 11:30am – Elementary Piano Class # 2with Joe Guarino
 11:30am – Knitting & Crocheting Group @ Community Center
 1:00pm – Rummikub with Bill Thibodeau & Lynn Noakes
 1:00pm – Canasta with Bonnie Veillette
 1:30pm – Line Dancing Class
 4:30pm – Wine, Women and Wednesdays at Griswold Inn

JANUARY 22 (THURSDAY)

9:15am – Senior Exercise (free)
 9:30am – Intermediate Italian Class #3 with Joe Guarino
 9:30am – Shopping at Boscov's in Orange
 10:30am – Advanced Italian Class # 3 with Joe Guarino
 10:30am – Tai Chi Class #3 with Matt Dempsey
 11:00am – Zumba Class # 6with Cookie
 11:30am – Pilates Class #3 with Matt Dempsey
 12:30pm – Advanced Piano Class #1 Joe Guarino - \$25/6 wks
 12:30pm – Medicare Q & A with Todd Kean
 12:30pm – Origami with Ah Moi Yip
 1:00pm – Mahjong with Barb Duigan
 1:00pm – Mexican Dominoes with Gary Battel
 1:30pm – Absolute Beginner's Piano Class #1 with Joe Guarino - \$25/6 wks

JANUARY 23 (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 – Chili, White Rice, Corn Bread and Salad - \$10
 1:00pm – Bingo - \$2
 1:30pm – Chair Yoga Class #3 with Shari Galvin

JANUARY 24 (SATURDAY)

9:00am - Velvet Mills in Stonington
 6:45pm - Piano Man Meets Rocket Man

JANUARY 25 (SUNDAY)

9:00am – Bread, Bourbon and Brunch

JANUARY 26 (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 @Kind Care - Naugatuck
 10:00am- Balance Class # 5 with Brenda Martin
 10:00am – Wii Bowling League with Mary Henao
 11:00am – Motown Monday Class #3 with Cookie
 12:00pm – Mat Yoga Class #3 with Shari Galvin
 1:00pm – CRL with Leslie Kingston
 1:15pm – Cribbage with Don Ensero (Big Room)
 1:30pm – Chair Yoga Class #3 with Shari Galvin

JANUARY 27 (TUESDAY)

9:15am – Senior Exercise Class #6 with Susan
 9:30am – Poker Club with Allen Thibodeau
 9:30am – Facials with Maria
 9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y
 10:00am – Two Chefs Fine Art and Antique Gallery & Artisan Food Market

10:00am – Art Class #2 with Dory

12:30pm – Setback (downstairs)

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

JANUARY 28 (WEDNESDAY)

9:30am – Fundamental Piano Class # 3 with Joe Guarino
 9:30am – Free Chair Massages with Gabriela
 10:00am – Two Chefs Antiques & Belvedere's Restaurant
 10:00am – Wii Bowling League with Mary Henao
 10:30am – Lori's Craft Class
 10:30am – Intermediate Piano Class # 3 with Joe Guarino
 11:30am – Elementary Piano Class #3 with Joe Guarino
 11:30am – Knitting & Crocheting Group @ Community Center
 1:00pm – Rummikub with Bill Thibodeau & Lynn Noakes
 1:00pm – Canasta with Bonnie Veillette
 1:30pm – Line Dancing Class
 5:00pm – UCONN vs Xavier @ Gampel Pavillion
 5:00pm - Ladies Night at Mirabelle's Restaurant

JANUARY 29 (THURSDAY)

8:30am – Mohegan Sun Casino
 9:00am – Breakfast at Senior Center
 9:15am – Senior Exercise (free)
 9:30am – Intermediate Italian Class #4 with Joe Guarino
 10:30am – Advanced Italian Class # 4with Joe Guarino
 10:30am – Tai Chi Class #4 with Matt Dempsey
 11:00am – Zumba Class #1 with Cookie - \$24/6 wks
 11:30am – Pilates Class #4 with Matt Dempsey
 12:30pm – Advanced Piano Class # 2 with Joe Guarino
 12:30pm – UR Community Cares with Michelle Puzzo
 1:00pm – Mahjong with Barb Duigan
 1:30pm – Absolute Beginners Piano Class #2 with Joe Guarino

JANUARY 30 (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 Inspired Vibrations
 11:30pm – Meatball Sandwich and Pasta Fagioli Soup - \$10
 1:00pm – Bingo - \$2
 1:30pm – Chair Yoga Class #4 with Shari Galvin

JANUARY 31 (SATURDAY)

8:15am – Ice Festival at Port Jefferson
 6:00pm – David Foster and Katherine McPhee at Palace Theater Waterbury

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NOTICE

Effective January 1, 2026 refund checks will be issued the first week of each month. If more than one is owed back to you, it will be compiled into one refund check. Refund checks will be mailed to your home from Town Hall.

Thank you for your understanding.

WE HAVE TWO DEFIBRILLATORS AT THE PROSPECT SENIOR CENTER.

ONE IS LOCATED NEAR THE ELEVATOR (UPSTAIRS)

ONE IS LOCATED IN THE POOL ROOM (DOWNSTAIRS)

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)

January 2026

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.

January 2026

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 MEM-
BERSHIP LIST AND THE RESULTING LOSS OF
BENEFITS OF BEING A DUES PAYING MEM-
BER.**

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

DUES MUST BE PAID BY SEPARATE 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 “**NEWSLETTER**”. The newsletter is readable using any Adobe Acrobat 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 COMMON ELDER FRAUD SCHEMES AND PROVIDES A LINK FOR FILING REPORTS ABOUT ELDER FRAUD TO THE INTERNET CRIME COMPLAINT CENTER AT ic3.gov.
IN 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 cred-
it 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 MIR-
ROR.**

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

January 2026

NEW MEMBERS

Earl J. Reilly Jr.
John Gorcynski
Lois McGill
Annette Swirski
Roasann Lawson

Pamela Trumbley
Mary L. Notturro
Christine asinskas
John Kasinskas
Charles Barnsley

Deborah Barnsley
Mary Cioffi
Marlene Donoghue
Deborah Russo
Gayle Ruggiero

Wendy Milton
Chuck Gimborone
Maria Jorge

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

Mark Colina
261 Hortin Hill Road
Naugatuck CT 06770

David Elwell
103 Lake Winnemaug Rd.
Watertown CT 06795

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

Margaret Lenkowski
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Elaine Broderick
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16 Nancy Mae Ave.
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Gail Theroux
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Tammie Young
80 Jersey Street
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John Raven,
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89 Weid Drive
Naugatuck, CT. 06770

Ann Wooding
333 Evening Star Drive
Naugatuck, Ct. 06770

Marcia Rogers
51 Delhurst Drive
Waterbury , CT 06708

Trudy Granger
24 Ash Lane
Prospect CT 06712

Jean O'Brian
@ Autumn Lake Healthcare
at the Willows Room 120
225 Amity Rd.
Woodbridge, CT 06525

Barbara Porter
Rockridge Rd.
Waterbury, CT 06705

Jean Reilly
179 Union City Road
Prospect, CT 06712

Andy Riddle
359 North Main St.
Naugatuck CT 06770

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

Fran Dupre
187 East Johnson Avenue
Cheshire, Ct. 06410

Mary Henao
202 Joseph Street
Waterbury CT 06705

Debbie Levasseur
30 Seth Drive
Naugatuck, CT. 06770

GET WELL SOON!!!

December 2025

JANUARY BIRTHDAYS

Geri Mauriello	1	Cathy Cappelletti	8	Roseann Nobitz	17	Carol Genest	24
MaryAnn Bellino	1	Fay Gomes	9	Ann De Jesus	17	Lorraine Gamble	24
Linda Dickin	1	Deborah Brooks	9	Negron	17	Camele Wanat	24
Carol Boudreau	1	Brenda Gugliotti	10	James Schnell	18	Don Ensero	25
Duarte Alves	1	Sandee True	10	Carol Garbukas	18	Karen Stango	25
Joanne Montagano		Christine Carpenter	10	Dolores Allard	18	Bob Rudaitis	25
Lenhoff	1	Angela Deimantas	11	Rita Spinella	18	Earl J. Reilly Jr.	25
Susan Sousa	1	Joyce Carozza	11	Jean Bettencourt	18	Maria Dimasso	25
Gaylene Johnston	2	Mary Moriarty	11	Barbara Therrien	18	Elisabeth Lohnau	26
Peggy Guerrera	2	Don Telesca	11	Tom Tigue	18	Lynn Chesinas	26
Eileen Dooling	2	William Tullo	11	Gloria Ruiz	18	Karla Phair	26
Cynthia Rivera	2	Joao daSilva	11	Connie Butler	19	Rachel Leclerc	26
Connie Zarrella	2	Linda Boccialetti	11	Martha Payne	19	Dory St. John	26
Calvin Goodwin	2	Jim Reed	11	Grace Lisowski	19	Nancy Smith	26
Susan Dubay	2	Kenneth Teach	11	Sandra Robinson	19	Jan Gallant	26
Margaret Gibbons	3	Geraldine McCabe	12	Lorraine Paulo	19	Jackie Perugini	26
Carol Barbieri	3	Catherine Capuano	12	Mary Giglio	19	Steve Hinesley	27
Cathy Gorham	4	Helen Sperry	12	Claude Traver	20	Betty Bajek	27
Marie Maher	4	Sandra Allen	13	Barbara J Duigan	20	Herrick Massie	27
Loretta Lambert	4	Joan Gervasoni	13	Kathy Doyle	20	Karen Scott	27
Claudia Smith	4	Natalie Crick	13	Thomas Hart	20	Joyce Young	27
Georgeann		Donna Cameron	13	Tina Cianciolo	20	Nick Tetreault	27
Erhardt	4	Anita Divivier	13	Debby Morrell	20	Michael Caruso	27
Patricia D'Amelia	5	Robert Jeffrey	13	Carl Zimmermann	20	Linda Wendling	28
Bart Ensero	5	Marjorie Devaney	13	Carol Paugas	20	Kristen DeFilippo	28
Nancy Knapp	5	Deanne Acabbo	13	Sheron Shepard	21	Cheryl Haussman	28
Henry Falasco	5	Frances Peznowski	14	Marlene Lindquist	21	Linda White	28
Evelyn Herren	5	Barbara Olander	14	Maureen Sperrazzza	21	Carolyn A. Burke	28
Donna Pelletier	5	Carol Marchand	14	Richard Porter	21	Deborah Barnsley	28
Tom Zemaitis	6	Joan Stauffer	14	Pamela Verrastro	22	Denise Falzone	28
Tom Doyle	6	Brian McGeever	15	Lisa Burke	22	John Santa Maria	29
Sandy Pavlowski	6	Paula Rouleau	15	Donald A. Ensero	23	Ruth Gray	29
Debra G. Hoxie	6	Elliot Mayo	15	Judy LaRose	23	Anita Kalenauskas	29
Sharon Sirois	6	Cheryl Koenemund	15	Marjorie Obst	23	Barbara Murray	29
Christine Donicz	6	Ann Murphy	15	Roseanna		Jean Conrad	30
Barbara Cronini	7	Sally Calabro	16	Cellupica	23	Rae Colasanto	30
Joan Nassef	7	Joyce K. Alegi	16	Carol Broesler	23	Luise Puzzo	30
Kathy Unger	8	Susan Martens	16	Carol Lavoie	24	Carole Moschella	31
Sandra LaBonte	8	Mary Cioffi	16	Sue Armbruster	24	Ed Sheehan	31
Janet Bruno	8	Joseph Guarino	16	Timothy		Liliane Evitts	31
Kathleen Roncarti	8	Sally Mackenzie	16	Meehan Sr.	24	Barbara Rompre	31
Lori Charette	8	Jack Costello	17	Peggy Goddard	24		
Patricia		Anthony Ungaro	17	Laura Lebel	24		
Woznikaitas	8	Emma Barone	17	Thomas Adams	24		



REGULAR**January 2026****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
Wednesday January 14th @ 11:00am

CARD BINGO

with Shirley
Beale
and Barbara
Derouin

Tuesday 1pm
January 20th
Cost \$2

"DIME BINGO"
Lorraine Thibodeau

January 15th
at 12:30pm

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.

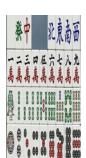
There will be a \$1 charge to help in covering the cost of a coffee and dessert break at 2pm.

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

Cost \$1

LORI'S CRAFT PROJECT

January 28th @ 11:00am



**Chinese & American
Mah Jong**
with Barbara Duigan

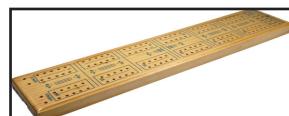
Every skill level welcome!
Thursdays 1pm

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
12:30am - 1:30pm
1st, 2nd and 4th Wednesday
with Chesprocott Health Disrtict

**Poker Club**

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



REGULAR**January 2026****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



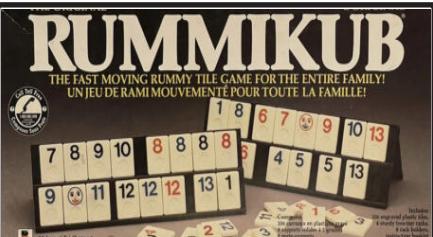
Line Dancing Classes
with Teachers:
Barbara & Rita

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

Cost \$18 for 6 weeks

Get fit where you sit™
CHAIR YOGA
6 Week Sessions

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

Cost \$20 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



ZUMBA®
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!

CRL Dice Game



Hosted by
Leslie Kingston

Monday
January 26th
@ 1:15pm
Cost \$2
Please bring dimes...

REGULAR**January 2026****ACTIVITIES**

Card Making 101
WITH
Cindy, & Edwina

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

Art Classes with Dory

Wednesdays
10:00am to noon



Next 8 week session starts
Jan.20th (experience required)

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 14th
11:30am to 12:30pm
Cost \$25 for 6 weeks

Fundamental Class

(need 1 year of previous piano instructions)

Wednesdays
January 14th
9:30am - 10:30am
Cost \$25 for 6 weeks

Intermediate Class

(need 2 years of previous piano instructions)

Wednesdays
January 14th
10:30am to 11:30pm
Cost \$25 for 6 weeks

Advanced Class

Thursdays
January 22nd
12:30pm-1:30pm

Cost \$25 for 6 weeks

Absolute Beginner's**Piano Class**

(No previous experience necessary)

Last chance to take an
Absolute Beginner's
Piano Class.

Thursdays starting
January 22nd
1:30pm to 2:30pm
Cost \$25 for 6 weeks

Bible Study

with
Georgia Smolikis

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

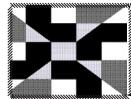
Cost \$20 for 6 weeks

The Happy Hookers

A knitting &
Crocheting
Group

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

MEET AT
Community Center

**Quilter's Group**

Tuesdays
1pm - 3pm
Please Join US!

TAI CHI CLASS

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

REGULAR**January 2026****ACTIVITIES**

Private Reflexology Sessions
with
Kim Stewart, NSCR
Mondays Start at 9am

Monday January 12th @ 9:00am
Monday January 26th @ 9:00am

\$20 15 minute session
\$35.....30 minute session

(Appointments are necessary)

Kim Stewart will be at the Senior Center to give private reflexology 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.

CONDITIONS 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

MOTOWN MONDAYS @ 11:00am

\$24 for 6 weeks

Mohegan Sun Casino

JANUARY 29th



Canasta
with Bonnie
on Wednesdays
at 1:00pm

Bridge Hall
with Linda Favale
Monday
at 9:30am



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



Mexican Train Dominos

JANUARY 8TH & 22ND



Origami Class
with Ah Omi Yip

JANUARY 8TH & 22ND
\$5 per class

BREAKFAST AT THE SENIOR CENTER
THURSDAY, JANUARY 29, 2026
9:00AM **\$4**

We will be having breakfast at the Senior Center on Thursday, January 29, 2026 at 9:00am. The cost of the breakfast is \$4.00.

Our menu will consist of McGriddle Casserole (pancakes, sausage, eggs, cheese and potatoes), fruit, juice, coffee or tea. If you are interested in joining us, please sign up and PAY as soon as possible.

REGULAR

January 2026

ACTIVITIES

**NEXT 6 WEEK SESSION
OF EXERCISE PROGRAMS:****BALANCE****MONDAYS:** DEC 22, DEC 29, JAN 5,
JAN 12, JAN 26, FEB 2**MOTOWN MONDAY:****MONDAYS:** JAN 5, JAN 12, JAN 26,
FEB 2, FEB 9, FEB 23**SENIOR EXERCISE****TUESDAYS:** DEC 30, JAN 6, JAN 13,
JAN 20, JAN 27, FEB 3**ZUMBA****THURSDAYS:** DEC 4, DEC 11, DEC 18,
JAN 8, JAN 15, JAN 22,
JAN 29, FEB 5, FEB 19,
FEB 26, MAR 5, MAR 12**CHAIR YOGA****MONDAYS:** JAN 5, JAN 12, JAN 26,
FEB 2, FEB 9, FEB 23**FRIDAYS:** JAN 9, JAN 16, JAN 23,
JAN 30, FEB 6, FEB 13**MAT YOGA****MONDAYS:** JAN 5, JAN 12, JAN 26,
FEB 2, FEB 9, FEB 23**TAI - CHI****THURSDAYS:** JAN 8, JAN 15, JAN 22,
JAN 29, FEB 5, FEB 19**PILATES****THURSDAYS:** JAN 8, JAN 15, JAN 22,
JAN 29, FEB 5, FEB 19**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
1/8, 1/15, 1/22, 1/29, 2/5, 2/19**ADVANCED ITALIAN CLASS**
1/8, 1/15, 1/22, 1/29, 2/5, 2/19**FUNDAMENTAL PIANO CLASS**
1/14, 1/21, 1/28, 2/4, 2/11, 2/18**INTERMEDIATE PIANO CLASS**
1/14, 1/21, 1/28, 2/4, 2/11, 2/18**ELEMENTARY PIANO CLASS**
1/14, 1/21, 1/28, 2/4, 2/11, 2/18**BEGINNER PIANO CLASS**
1/22, 1/29, 2/5, 2/19, 2/26, 3/5**ADVANCED PIANO CLASS**
1/22, 1/29, 2/5, 2/19, 2/26, 3/5**DORY'S ART CLASS**
11/26, 12/3, 12/9, 12/16, 12/23,
12/30, 1/6, 1/13, 1/20, 1/27,
2/3, 2/10, 2/17, 2/24, 3/3, 3/10**News From
The Bocce
Court****Happy New Year to all.**

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.

Please sign up and pay by March 2nd so that we know who is coming back and if teams are filled. It is 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

"Should auld acquaintance be forgot and never brought to mind,
Should auld acquaintance be forgot
In the days of auld lang syne?"

The start of the New Year is a time of remembrance and reminiscence. It is a time of recognizing the value of the friendships we've made throughout the year, remembering those who are no longer with us and reminiscing about the good times we've had. Even as Prospect's "Ladies in Red" regale in our ever expanding membership in the past year and recall pleasant memories of Red Hat outings in 2025, we honor the memory of Queen Emerita Jeannette Elsea who passed away in 2025 and will forever be royalty to the "Ladies in Red."

Even with our bittersweet memories of the year 2025, the "Ladies in Red" reveled in holiday spirit in the final month of 2025. On the first Saturday of December, we "braved the high seas in the dead of winter as we embarked upon a faraway journey to another place in time" when we rode the ferry on our second annual visit to the immensely entertaining Charles Dickens Festival in the quaint seaport village of Port Jefferson on Long Island. We toasted marshmallows over an open fire, watched characters in Dickensian garb parade through the streets, shopped craft fairs, bought chocolate and dined on seafood and sipped local wines.

Later in the same week, we celebrated the holiday season with our annual "Ladies in Red" Christmas Party, which, this year, was held at Biagiotti's Italian restaurant in West Haven. After a delicious dinner which ended with the restaurant's owner passing around a plate of homemade Italian cookies, we revived the holiday tradition established by our beloved Queen Jeannette of viewing Christmas lights from the warmth and comfort of our minibus at Lighthouse Point's "Fantasy of Lights."

The "Ladies in Red" look forward to more merry-making in West Haven on Tuesday, January 20th when we make an encore visit to the legendary Zuppardi's Apizza. In 1932, Dominic Zuppardi, after having learned the trade of bread-making on the southern coast of Italy, opened a bakery in New Haven, making artisan breads as well as "abeetz," now known as "pizza." In 1934, he moved his expanding business to Union Avenue in West Haven. In 1940, after Dominic became too ill to run the business, his son Anthony, having served as a cook in the Navy, took over the bakery and decided to focus on making "apizza." In 1947, he changed the name of the business to "Zuppardi's Apizza." For decades, Anthony and his family worked passionately to build the business and the restaurant became a cornerstone among New Haven pizzerias. Anthony passed away in 1988 but his legacy lives on through his children and grandchildren who continue to operate Zuppardi's as a family business to this day.

Zuppardi's serves many varieties of traditional, New Haven style thin-crusted pizza as well as salads and desserts. They also serve wine and beer. As we will be sharing the cost of food and drink, bringing

cash is recommended. For this trip, we will be departing the Senior Center at 4:15 PM. Zuppardi's does not take reservations, so be prepared for a short wait. As we will be visiting on a weekday night, the restaurant should not be too crowded.

Friday, January 9th, is the date set for the next "Neil at the Wheel" adventure. We will once again be traveling to New York City, this time, to the annual Train Show at the Botanical Garden in the Bronx and to the famous Arthur Avenue. The iconic show spotlights the magic of railroad travel, with model trains traveling over famous bridges and through familiar city settings, bringing nearly 200 twinkling landmarks to life under the glass of the warm and welcoming Enid A. Haupt Conservatory. Outside, on the Conservatory lawn, will be a glowing mountain-scape brimming with more trains and picture-perfect moments to explore.

For this trip, we will be departing from the Route 8 Exit24 (Cross Street) at 8:45 AM and be arriving at the Botanical Garden by 11:00 AM. After spending approximately three hours at the Train Show, we'll head over to Arthur Avenue, the famous "Little Italy" of the Bronx and have ample time to shop and enjoy an Italian meal in one of the area's many fine eateries. The cost of the trip is \$109, which includes the entry fee to the Train Show and the Botanical Garden and all transportation costs. Food and drink is on your own. As we can take only 10 people with us, please sign up with Lynn or Neil as soon as possible to avoid disappointment.

Given the recent popularity of Italian dining with our ladies, (Tre Scalini, Pasta Eataliana, Biagiotti's, Zuppardi's, Oh, My!), I am considering a family-style, Italian dinner at Pelicci's in Stamford for the end of January, if there is sufficient interest, with a preferred date of January 25th. Pelicci's is an old school, traditional Italian restaurant which has flourished, serving authentic Italian cuisine, in downtown Stamford since 1947. Our Senior Center visited Pelicci's after viewing the Thanksgiving Parade Spectacular in Stamford and was impressed by the food and the attentive service. A number of people expressed a desire to return!

On the menu would be Garden Salad, Cherry Pepper Salad, Pelicci's Signature Baked Chicken with Potatoes, Penne & Ricotta and Sausage & Peppers, all served family-style. The cost, with tax and tip, is \$32. Let me know if you want to go!

Sadly, our plan to revisit the "Romantic Willimantic Chocolate Festival" on Saturday, February 7th had to be cancelled due to the unavailability of transportation. Next year, ladies!

On Saturday, February, 14th, the "Ladies in Red" will revisit the chic and charmingly continental Chamard Vineyards in coastal Clinton where we'll have the opportunity to taste the winery's hand-crafted, award-winning wines and sample farm-to-table cuisine in their exquisitely appointed French-style bistro. Established in 1983, with the current winery building completed in 1988, Chamard is among the most beautiful and most traditional of New England wineries.

Continued on next page

REGULAR ACTIVITIES

January 2026

*LADIES IN RED
(continued)*

After lunch, we head to the quaint village of Essex for a taste of Valentine's Day chocolate treats at two exquisite chocolate shops: "Chocolate Geeks" across from the historic Griswold Inn and "Joy Chocolate Co.", a shop opened by retired oncology nurse and chocolatier Claire Ariyan in 2022 in the historic Farnham -Parmelee on North Main Street.

For this trip, we'll be departing the Senior Center at 10:30 AM. We have a noontime reservation at Chamard. At 2:00 PM, we'll head to Essex and spend approximately one hour at each chocolatier. At 4:45 PM, we'll board the bus for the return trip to Prospect. There is no cost for the trip but all food and drink is, of course, at your own expense.

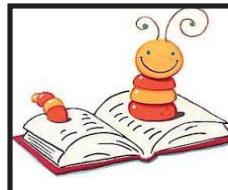
Before concluding this month's newsletter article, I would like to extend a special note of thanks to Red Hatter Robin Moon, who sent me a beautiful, "Ladies in Red" Christmas card and a thoughtful gift. The card featured our "Ladies Red" logo on the front and a much appreciated message on the inside. Thank you so much Robin! It's the best card that I ever received!

On a more somber note, The "Ladies in Red" extend our condolences and heart-felt sympathy to Red Hatter Hazel Nace who lost her husband, Paul, on December 6th. Hazel, you are in our thoughts and prayers. For those of you who would like to send cards, Hazel's address is 840 Litchfield Turnpike, Bethany, 06524.

As we ring in the New Year, let us reflect upon the last year. In 2025, we welcomed many new members into our circle of friends and enjoyed twenty-one trips and activities. We continued our ongoing support of the Hopewill Church in Waterbury by attending two dinner theater performances of the Piedmont Players in June and October. We cruised the Connecticut River in March and sailed Long Island Sound in May on a chartered cruise aboard the schooner Argia. In June, we listened to Sea Shanties aboard the "Onrust" in Essex. We enjoyed Sunday Brunch at Water's Edge in Westbrook, Connecticut and at the Beekman Arms Tavern in Rhinebeck, New York. We attended a Sea Glass festival, a Charles Dickens Festival and an Earth Day celebration. In Hyde Park, New York toured the opulent Vanderbilt Mansion and, in Mystic, Connecticut, we walked the streets in search of ghosts. We attended concerts, visited wineries and shopped for antiques. Even with the loss of Queen Emerita Jeanette Elsea, 2025 was a good year for Prospect's "Ladies in Red."

In the New Year, the "Ladies in Red" will enjoy trips to destinations both old and new. We'll return to some of our favorite destinations and also explore new territories. We invite all the women of the Prospect Senior Center to "take a cup of kindness" with us and join us for a year of fun, friendship and fabulous activities. Our dues are \$25 for the year. Sign-up sheets are available at the Senior Center. As always, for more information, I can be reached by phone at 203-503-7427, by email at lchesinas2013@yahoo.com or by mail at Lynn Chesinas, 156 highland Ave., Beacon Falls 06403.

A Healthy, Happy and Fabulous New Year to All,
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.

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. Two women a century apart are connected through lighthouses and acts of courage: 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."

The book chosen for the February 5th meeting is "We Never Asked for Wings" by Vanessa Diffenbaugh. This novel is about a young, struggling mother named Letty Espinosa in San Francisco who must suddenly take full responsibility for her two children after her own mother moves back to Mexico. The book follows Letty's journey as she learns to be a present parent while navigating poverty, immigration issues, and her children's lives, particularly her teenage son Alex's relationship with a classmate and his search for his father. It's a story of redemption, second chances, and the challenges faced by undocumented families.

"There is no frigate like a book to take us lands away" -- Emily Dickinson

Looking forward to another year of reading and sharing with the members of the Book Club. Happy New Year to all.

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

Mary Damulis, Coordinator



Professional Services

January 2026

DEBORAH PAVLIK RIDOLFI
Manager/Realtor

OFFICE: 203-758-4418 X118
CELL: 203-910-2858

3 Union City Road
Prospect, CT 06712

EMAIL: Deborah@pavlikctre.com
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Professional Services

January 2026



Carla M. Perugini-Erickson
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Carla.erickson@sbcglobal.net

Office and In-Home Consultations By Appt.
Telephone 203-527-9307 and Facsimile 203-758-3418
P.O. Box 7299
37 Waterbury Road, Upper Suite
Prospect, CT 06712



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Your Medicare Maven
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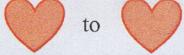
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If you are a senior willing to permanently foster a senior cat (over 10) all expenses will be paid: food, veterinary care, and litter.

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Contact: Whiskers Pet Rescue @ (203) 586-1666
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Professional Services

January 2026

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*Mirabelle's
Italian Restaurant*

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THURSDAY NIGHTS 4:30-
7:00 P.M.

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SALAD
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DESSERT

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

January 2026


**ANIMALS FOR LIFE, INC.
IS LOOKING FOR**
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**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.

**Applicants 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, discrimination and other barriers.

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



New Opportunities

Building Relationships to End Poverty™

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

January 2026

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, DVD'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.

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 ArrayRxcards.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 ArrayRxcards.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 track 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 IdentityTheft.gov 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
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- 80 Years Prospect Fire Dept – 2025
- 250 Years United States of America – 2026
- 200 Years Town of Prospect - 2027

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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

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

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

We appreciate your support!



American
Heart
Association.

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.

January 2026

NEW ITEM

"The Velvet Mill"
Dog Watch Café, Stonington, CT
Saturday, January 24, 2026
Departing @ 9:00 AM No Charge

On Saturday, January 25th, when we travel to the quaint seaside Borough of Stonington, we will have the opportunity to tour the Velvet Mill, a unique historical structure which, after years of abandonment, neglect and disrepair, has been transformed into a vibrant, thriving center of creative activity.

The Velvet Mill was constructed in 1888 as a means of enticing industry to the sleepy, fishing village of Stonington. A. Wimpfheimer & Brothers, originally wholesaled velvet imported from abroad but, in 1891, the McKinley Act made it possible for them to manufacture velvet in this country. In the beginning, the Wimpfheimers manufactured their velvet on Long Island Sound but soon relocated their factory to the Mill in Stonington. The Velvet Mill was once the largest producer of velvet in the United States, employing 450 workers and operating 300 looms. However, by the turn of the 20th century, rising labor and manufacturing costs forced the Wimpfheimers to move their operations to the more business friendly State of Virginia.

Over the last decade or so, the Velvet Mill has made an amazing transformation from a tired, old abandoned mill to a thriving artisan community and small business marketplace. It now houses artists' studios, interesting and unique shops, restaurants and even a brewery and a rum distillery. On Saturday mornings, it is also home to the Stonington Village Farmers' Market.

Having until 1:30 PM to meander the historic halls of the Mill, we'll then board the bus for the short ride to the nearby Dog Watch Café, which overlooks Stonington Bay. There's nothing like a steaming bowl of hot chowder to warm the body on a frosty January afternoon while we watch the wintry waves wallop the shore. If its spirits that warms your soul, Dog Watch Café has a full bar. In January, oysters "r" in season and Dog Watch has them, along with lobster rolls and Stonington scallops. Landlubbers will also delight in Dog Watch's menu as it also has a long list of sandwiches, burgers and daily specials.

For this trip, we'll be departing the Senior Center at 9:00 AM. We'll leave Stonington immediately after lunch, which is at your own expense, and should be back in Prospect by late afternoon.

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

FRIDAY BUFFET @ WILCOX TECH HIGH SCHOOL at Silver City Bistro!

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.**

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.

NEW ITEM

**Chesprocott Health District
will be at the Prospect Senior
Center every Wednesday of each
month (starting in January 2026)
to do Blood Pressure Screenings
from 12:30am – 1:30pm.**

**The nurse will be located in
the office near the elevator. App-
ointments are not necessary .**

January 2026

NEW ITEM



Safer Driving May Save You Money

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.

AARP DRIVER'S SAFETY COURSE
THURSDAY, FEBRUARY 5, 2026
THURSDAY, APRIL 2, 2026
THURSDAY, JUNE 4, 2026
THURSDAY, AUGUST 6, 2026
THURSDAY, OCTOBER 1, 2026
THURSDAY, DECEMBER 10, 2026
12:00PM – 4:00PM

Learn ways for adjusting for aging and health related driving issues. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. CT state specific included.

\$20 for AARP members
\$25 for non – AARP members
Checks payable to AARP

Class will be held from 12:00pm – 4:00pm.
Please arrive 10 minutes early to complete paperwork.

To register, call the Prospect Senior Center at (203)758-5300 to hold your seat.

NEW ITEM

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

Tuesday, January 6, 2026
Wednesday, February 4, 2026 (Jewelry class)
Wednesday, February 11, 2026
Monday, March 2, 2026
Thursday, April 2, 2026

WHEN SIGNING UP, PLEASE SPECIFY WHICH TIME SLOT YOU WANT.

NEW ITEM

FREE CHAIR MASSAGES WITH GABRIELA
WEDNESDAY, JANUARY 28, 2026
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, January 28, 2026 starting at 9:30am.

If you are interested in relaxing, book your appointment.

NEW ITEM

MINI FACIAL WITH MARIA SCOTT
TUESDAY, JANUARY 27, 2026
APPT STARTING @ 9:30AM
\$25/20 MINUTES

Maria will be doing mini facials on Tuesday, January 27, 2026. She will be cleansing, steaming and massaging your face, doing a face mask, massaging your neck, shoulders, arms and hands. This mini facial will take about 20 minutes.

If you are interested in relaxing for 20 minutes, please make an appointment.

If you have any allergies, please let Maria know.

NEW ITEM

MEDICARE Q&A WITH TODD KEAN
THURSDAY, JANUARY 22, 2026
12:30PM **NO CHARGE**

Confused about Medicare? You are not alone – and you don't have to figure it out by yourself.

Join us for a Medicare Q & A Presentation, where we will break down Medicare in plain English and answer your questions. Whether you are new to Medicare, approaching eligibility or reviewing your current coverage, this session is designed to help you feel informed and confident.

We will cover:

- The basics of Medicare (Part A, B, C and D)
- Common mistakes to avoid
- Enrollment timelines and penalties
- How to choose coverage that fits your needs
- Open Q & A – ask anything!

No pressure

No obligation

Just clear, helpful information

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

January 2026



2025-26 UCONN WOMEN'S BASKETBALL SCHEDULE

Date	Opponent	Location	Time	TV
Mon., Oct. 13	vs. Boston College (exh.)	Uncasville, Conn. / Mohegan Sun	2 p.m.	NBC Boston
Sun., Oct. 26	SOUTHERN CONN. (exh.)	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
BASKETBALL 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
WOMEN'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 + truTV
Wed., Dec. 31	at Providence*	Providence, R.I. / Amica Mutual Pavilion	3 p.m.	Peacock
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.	truTV
Sun., Jan. 11	at Creighton*	Omaha, Neb. / CHI Health Center Omaha	2 p.m.	truTV
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 + truTV
Sun., Jan. 25	at Seton Hall*	South Orange, N.J. / Walsh Gymnasium	Noon	Peacock
Wed., Jan. 28	XAVIER*	Storrs, Conn. / Gampel Pavilion	8 p.m.	Peacock
Sun., Feb. 1	TENNESSEE	Hartford, Conn. / PeoplesBank Arena	Noon	FOX
Wed., Feb. 4	at DePaul*	Chicago, Ill. / Wintrust Arena	8 p.m.	truTV
Sat., Feb. 7	BUTLER*	Hartford, Conn. / PeoplesBank Arena	Noon	FS1
Wed., Feb. 11	CREIGHTON*	Storrs, Conn. / Gampel Pavilion	7 p.m.	Peacock
Sat., Feb. 14	at Marquette*	Milwaukee, Wis. / Al McGuire Center	1 p.m.	FS1
Wed., Feb. 18	at Villanova*	Villanova, Pa. / Finneran Pavilion	7 p.m.	Peacock
Sun., Feb. 22	PROVIDENCE*	Storrs, Conn. / Gampel Pavilion	Noon	FS1
Thurs., Feb. 26	GEORGETOWN*	Hartford, Conn. / PeoplesBank Arena	7:30 p.m.	TNT + truTV
Sun., March 1	at St. John's*	New York, N.Y. / TBA	TBA	TNT + truTV

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

January 2026

2025-26 University of Connecticut Men's Basketball Schedule

DATE	OPPONENT	TV	SITE	TIME
OCTOBER				
Mon 13	Boston College (exh) #	NBC Sports Boston	Mohegan Sun Arena, Uncasville, Conn.	7 p.m.
Tue 28	Michigan State (exh)	TBD	PeoplesBank Arena, Hartford, Conn.	TBD
NOVEMBER				
Mon 3	New Haven	ESPN+	Gampel Pavilion, Storrs, Conn.	7 p.m.
Fri 7	UMass Lowell	Peacock	PeoplesBank Arena, Hartford, Conn.	7:30 p.m.
Mon 10	Columbia	FS1	Gampel Pavilion, Storrs, Conn.	6:30 p.m.
Sat 15	vs. BYU ^	FOX	TD Garden, Boston, Mass.	7 p.m.
Wed 19	Arizona	FS1	Gampel Pavilion, Storrs, Conn.	7 p.m.
Sun 23	Bryant	truTV	PeoplesBank Arena, Hartford, Conn.	6 p.m.
Fri 28	vs. Illinois !	FOX	Madison Square Garden, New York, N.Y.	12:30 p.m.
DECEMBER				
Tue 2	at Kansas	TBD	Phog Allen Fieldhouse, Lawrence, Kan.	TBD
Fri 5	East Texas A&M	Peacock	Gampel Pavilion, Storrs, Conn.	7:30 p.m.
Tue 9	vs. Florida %	ESPN	Madison Square Garden, New York, N.Y.	9 p.m.
Fri 12	Texas	FOX	PeoplesBank Arena, Hartford, Conn.	8 p.m.
Tue 16	Butler *	Peacock	PeoplesBank Arena, Hartford, Conn.	8:30 p.m.
Sun 21	at DePaul *	FS1	Wintrust Arena, Chicago, Ill.	4:30 p.m.
Wed 31	at Xavier *	Peacock	Cintas Center, Cincinnati, Ohio	5 p.m.
JANUARY				
Sun 4	Marquette *	NBC	Gampel Pavilion, Storrs, Conn.	2 p.m.
Wed 7	at Providence *	Peacock	Amica Mutual Pavilion, Providence, R.I.	7 p.m.
Sat 10	DePaul *	TNT + truTV	PeoplesBank Arena, Hartford, Conn.	12:30 p.m.
Tue 13	at Seton Hall *	truTV	Prudential Center, Newark, N.J.	8 p.m.
Sat 17	at Georgetown *	FOX	Capital One Arena, Washington, D.C.	12 p.m.
Sat 24	Villanova *	FOX	PeoplesBank Arena, Hartford, Conn.	12:30 p.m.
Tue 27	Providence *	TNT + truTV	Gampel Pavilion, Storrs, Conn.	7:30 p.m.
Sat 31	at Creighton *	FOX	CHI Health Center Omaha, Omaha, Neb.	8 p.m.
FEBRUARY				
Tue 3	Xavier *	Peacock	PeoplesBank Arena, Hartford, Conn.	7 p.m.
Fri 6	at St. John's *	FOX	Madison Square Garden, New York, N.Y.	8 p.m.
Wed 11	at Butler *	TNT + truTV	Hinkle Fieldhouse, Indianapolis, Ind.	7:30 p.m.
Sat 14	Georgetown *	Peacock	Gampel Pavilion, Storrs, Conn.	8 p.m.
Wed 18	Creighton *	TNT	Gampel Pavilion, Storrs, Conn.	7 p.m.
Sat 21	at Villanova *	TNT + truTV	Xfinity Mobile Arena, Philadelphia, Pa.	7 p.m.
Wed 25	St. John's *	Peacock	PeoplesBank Arena, Hartford, Conn.	7 p.m.
Sat 28	Seton Hall *	FS1	Gampel Pavilion, Storrs, Conn.	12 p.m.
MARCH				
Sat 7	at Marquette *	FOX	Fiserv Forum, Milwaukee, Wis.	12:30 p.m.
11-14 BIG EAST Tournament		TBD	Madison Square Garden, New York, N.Y.	

* - BIG EAST Conference opponent

- Hall of Fame Exhibition Game

^ - Hall of Fame Series Boston

! - SentinelOne Showdown

% - Jimmy V Classic

January 2026

"BRIGHT NIGHTS AT FOREST PARK"

THE STORROWTOWN TAVERN

SUNDAY, JANUARY 4, 2026

DEPARTING @ 3:00PM \$3

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, creating 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 fire-side dinner, at your own expense, at the historic Storwonton Tavern located in Storwonton 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 Storwonton 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

LADIES NIGHT

**@ MIRABELLE'S RESTAURANT
WEDNESDAY, JANUARY 28, 2026**

STARTING @ 5:00PM

\$24

Served with salad, choice of Entrée & Dessert and served with a glass of House Wine Red or White (No Substitutions)

VEAL & EGGPLANT PARMESAN

Side of penne

BAKED PENNE & MEATBALLS

CHICKEN MARSALA

Side of penne

BAKED SALMON

With lemon, butter, white wine, garlic & ritz crackers, side of penne

DESSERT

Black Raspberry Sherbet or Chocolate Mousse Cheesecake

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.

UKULELE MUSIC CLASS

@ PROSPECT SENIOR CENTER

WITH JULIE STEPANEK

TUESDAY, JANUARY 6, 2026

10:30AM – 11:30AM

\$5

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

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

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

January 2026

NTHUZIUM COMPASSIONATE CARE

WITH NICKESSA

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-the-clock 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

JUKEBOX BINGO

WITH CHARLES OF LIVERPOOL PRODUCTIONS

TUESDAY, JANUARY 6, 2026

TUESDAY, MARCH 3, 2026 < new date

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!

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

Holiday Train Show

**The Connecticut River Museum
Essex, Connecticut**

Tuesday, January 6, 2026

Departing @ 9:30 AM

\$12

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 River 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

TARA'S COOKIE DECORATING CLASS

TUESDAY, JANUARY 13, 2026

1:00PM

\$3.00

This class has been rescheduled from December 23, 2025. We had to cancel because of the weather.

Tara will be having a cookie decorating class on Tuesday, January 13, 2026 at 1:00pm.

She will be showing you how to dip cookies & pretzel sticks in chocolate, for winter decorating.

This class is full, but you can put your name on a wait list.

January 2026

**Yankee Candle Village
Richardson's Candy Kitchen
Deerfield, Massachusetts**

Wednesday, January 14, 2026

Departing @ 8:30 AM No Charge

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.

**Sunday Buffet Brunch
At Osteria Romana
Monroe, Connecticut**

Sunday, January 11, 2025

Departing @ 11:15 AM \$48.50

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 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.

**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-a-kind 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.

**"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 everybody!

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.

January 2026

NEW ITEM

**“WINE, WOMEN AND WEDNESDAYS”
@ THE GRISWOLD INN, ESSEX
WEDNESDAY, JANUARY 21, 2026
DEPARTING @ 4:15PM**

A consummate wine and food tasting and the ultimate "Girls Night Out", "Wine, Women and Wednesday" is an opportunity to unwind on a spring evening in the ambiance of the historic Griswold Inn's new wine bar. We will have the pleasure of sampling stunningly sophisticated cuisine with some menu items served in "micro plates" to facilitate sampling or sharing. Much of the menu is eclectic and exotic; the desserts are exquisite!

On Wednesday evenings only, wine by the glass from the wine bar's extensive selection of "next level" wines are half-priced.

The departure time for this trip is 4:15pm. We should be back in Prospect at approximately 9:00pm. There is no charge for this trip but **food and drink at the Inn are at your own expense.**

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

NEW ITEM

**Two Chefs Fine Art and Antique Gallery
& Artisan Food Market
Belvedere of East Windsor
Tuesday, January 27, 2026**

Departing @ 10:00 AM **No Charge**

Two Chefs Fine Art and Antiques Gallery is a unique shop in Enfield, Connecticut that combines an antique store with a Polish food market. Founded by Belvedere chefs Ronald Cornell and Alexander Sasha Scherla, the 5,000 square foot space sells antiques and collectibles alongside packaged foods like pierogi, kielbasa and select barbecue items. The gallery space houses over 2,000 treasures and unique finds, ranging from priceless works of art and large statue to simple barn finds with Uranium glass, Polish pottery, Asian art, art glass, clocks, antique books and garden statues. The food section sells Pierogi Queen products and Smoke Barbecue items.

After exploring the gallery and food market, we'll stop at the Belvedere of East Windsor, the eatery that inspired the gallery, for lunch. The Belvedere dishes up a unique fusion of Polish cuisine and barbecue fare. Sasha Scherla, the current owner of Pierogie Queen and the Belvedere, began making pierogie inside the now defunct Polish Home of Enfield 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.

For this trip, we'll be departing the Senior Center at 10:00 AM. We'll have from 11:00 AM to 1:00 PM to explore the gallery and food market and until 3:00 PM to eat and shop the Belevedere. We will be back in Prospect by 4:00 PM.

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

NEW ITEM

**SHOPPING AT STONE BRIDGE
IN CHESHIRE, CT.
THURSDAY, JANUARY 15, 2026
DEPARTING @ 9:45AM NO CHARGE**

What you'll find at Stone Bridge here are the stores, restaurants and businesses:

nes & Noble	Birdcode
nder Bar	Chase Bank
ottle	Choice Pet
o Pilates	Harvey Lewis Opticians
rew	Market Place Kitchen & Bar
s Baguette	Mercato Italian kitchen & B
brook Home	Shake Shack
Maxx	Verizon
le Foods	
ford HealthCare	GoHealth Urgent Care

We will be leaving from the Senior Center at 9:45am. You will have time to browse, shop and eat at any of these locations mentioned above. At 2:00pm we will meet at a designated spot for our return trip back to Prospect. The bus driver will let everyone know where to meet the bus.

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

NEW ITEM

**High Stakes Bingo
Foxwoods Resort Casino
Wednesday, January 21, 2026
Departing @ 7:30 AM**

Do you love playing bingo at the Senior Center on Friday afternoons? 'Can't wait for the next trip to Bingomania in New Haven? Get out your daubers and good luck charms. The Prospect Senior Center is pleased to offer yet another opportunity to play your favorite game and to perhaps win a bit of money when we travel to the fabulous Foxwoods Resort Casino for their high stakes bingo.

Admission to the 30,000 square foot, 2,200 seat bingo hall is \$15 and seating is first-come, first-served. The admission fee does NOT include any playing cards. Video tablets are available for a rental fee of \$20 with a minimum purchase of two packets of cards. Food and beverages, alcoholic and non-alcoholic, are available for purchase. Bringing cash is highly recommended as using a credit card for gambling may incur additional charges from your financial institution.

For this trip, we will be departing the Senior Center the extremely early hour of 7:30 AM so that, after our naps on the bus, we will have ample time at the Casino to purchase cards and video tablets before the start of the games at 10:30 AM. The games last for 3 to 3 1/2 hours, with an intermission at the halfway point. We expect to be departing Foxwoods by 2:30 PM and be arriving back in Prospect on or before 4:00 PM.

'Not a bingo fan? Come with us anyway and spend the day enjoying the gaming, the restaurants and the shops at Foxwoods!

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

January 2026

NEW ITEM

Join us!

Tuesday, Jan. 20th
11:00 AM
Prospect Senior Center



STEPS TO SAFETY
 PREVENT FIRE & FALLS AT HOME



PRESENTATION

NFPA Steps to Safety educates older adults about home fire and fall safety through group presentations, home visits and the creating of a local resource network.



The Prospect Fire Marshal's office, Chesprocott and the American Red Cross have partnered together to present an hour long **Steps to Safety** presentation to assist our town's seniors with the knowledge of fire safety and the prevention of falls.

Topics such as: fire is fast, need for smoke alarms in every room, plan your escape from fire, preventing a fall and reducing the risk of injuries related to falls are just some of the topics that will be discussed.

Please park in the back of the Senior Center, 6 Center Street and take the elevator to the first floor. Thank you.



**American
Red Cross**

January 2026

NEW ITEM

"Ice Festival"

Port Jefferson, New York
Saturday, January 31, 2026

Departing @ 8:15 AM \$28

Most of you are familiar with Long Island's Port Jefferson as a popular summertime tourist destination for shopping, dining and soaking up the summer sunshine. Some of you have also experienced and enjoyed the immensely popular Charles Dickens Festival in Port Jefferson which takes place annually during the first weekend of December. Fewer of us are aware of Port Jefferson's allure during the wintertime, when the quaint, seaport village hosts a myriad of seasonal activities and festivals.

On Saturday, January, 31st, members of the Prospect Senior Center will have the unique experience to enjoy Port Jefferson's annual "Ice Festival," which showplaces dozens of artfully carved ice sculptures displayed throughout the downtown business district and features live carving demonstrations, musical entertainment, games including ice corn hole and ice miniature golf, ice skating and samples of tasty treats including fire-toasted marshmallows, hot chocolate and chicken soup. The village's many unique shops and restaurants will also be open for your shopping and dining pleasure during the festival. Ice Festival weekend is a fine time for a wintertime visit to Port Jeff!

For this trip, we will be departing the Senior Center at 8:15 AM and be arriving in Bridgeport in time to board the 9:30 AM ferry to Port Jefferson. The ferry is comfortably heated; it provides a safe and enjoyable voyage to Long Island. Arriving in Port Jeff at 10:45 AM, we'll have until 3:00 PM to enjoy the village and explore the festival. Our ferry for the return trip to Bridgeport departs promptly at 3:15 PM. Don't miss the boat. At 4:30 PM, the Senior Center minibus will be waiting for us in Bridgeport. The cost of this trip is \$28, the roundtrip senior fare to Port Jeff.

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

NEW ITEM

CT. FLOWER & GARDEN SHOW 2026

@ CT. Convention Center
100 Columbus Blvd., Hartford
Thursday, February 19, 2026

Departing @ 9:45am \$20.00

The prestigious annual event will be New England's only 2026 major flower exhibition and show, covering almost three acres, offering ideas for house, apartment, and condo dwellers. "The Storybook Garden" is the theme of this year's show that features expansive live gardens, a nonstop schedule of seminars and demonstrations, the Federated Garden Clubs of Connecticut's annual Standard Flower Show, and hundreds of vendors displaying and selling all types of items.

As soon as attendees step into the Exhibition Hall, they are welcomed by more than a dozen live gardens in full bloom by professional landscape designers and nonprofit organizations, including naturalistic, low maintenance, native, containers, epic tomatoes, vegetables, organic, herb, and pollinator gardens. Over 80 hours of seminars and demonstrations are presented by horticulturalists, landscapers, and industry professionals, and are free with admission. The Federated Garden Clubs of Connecticut's annual Standard Flower Show features over 12,000 square feet of beautiful design, horticulture, botanical arts, and photography competition with entries from members across the state – all themed The Storybook Garden!

Always popular are the hundred of booths of displays, activities, shopping: artisans, handcrafted gifts, fresh flowers, plants, garden ornaments, metal-work sculptures, herbs, bulbs, seeds, fertilizers, soils, gardening books, patio furniture, lawn and garden tools, equipment and more.

We will be leaving from the Senior Center at 9:45am. Our first stop will be for breakfast at Grace's Restaurant which is located at 1678 Meriden-Waterbury Turnpike in Milldale. The **cost of your meal is your responsibility**. Once again we will board our mini bus after breakfast and head over to the CT Flower & Garden Show in Hartford. We should arrive to the CT. Convention Center at approximately 12:00pm. You will have 3 hours to browse on your own. At 3:00pm we will board our mini bus for our ride back to the Senior Center. We should be back at the Senior Center at about 4:00pm. This all depends on traffic that day.

If you are interested in joining us please sign up and PAY as soon as possible. We cannot hold your seat without payment. This trip always sells out.

NEW ITEM

PIANO MAN MEETS ROCKET MAN
@ LANDMARK COMMUNITY THEATER
IN THOMASTON, CT.
SATURDAY, JANUARY 24, 2026
DEPARTING @ 6:45PM \$39

Piano Man Meets Rocket Man is an exciting live musical tour through two piano legends' greatest hits, combining the "River of Dreams" Billy Joel tribute with Russ Davis from the "Here's Elton" show. This 6-piece tribute show earns rave reviews for making the audience feel like the seventh member of the band.

We will be leaving the Senior Center at 6:45pm. The show starts at 8:00pm. We should be back in Prospect at about 10:30pm.

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

January 2026

NEW ITEM

"Schlachfest"

Harugari German-American Club
New Haven, Connecticut
Saturday, February 7, 2026

Departing @ 5:00 PM \$30

"Harugari" is a German-American club with a long and proud history whose mission is to promote and preserve German culture and tradition through song, dance, good food and friendship. Each year, the club hosts a variety of German-themed events including Oktoberfest, a Christmas Marketplace and monthly dinners.

On Saturday, February 7th, the Harugari Club will be hosting "Schlachfest," a tradition in which families butcher a pig to provide meat, sausage and lard for the cold, winter months. At the festival, we'll be able to watch "Herr Augustine" and the Harugari Schuplatters perform the ceremonial blessing of the pig. Throughout the evening, starting at 6:00 PM, the Austrian Boys Band will be providing musical entertainment and costumed dancers will be performing. The evening's menu includes Kassler Rippchen (smoked pork), mashed potatoes, sauerkraut and dessert.

For this trip, we will be departing the Senior Center at 5:00 PM. We'll have until 9:00 PM to enjoy the festivities. The cost is \$30.

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

NEW ITEM

PROSPECT SENIOR CENTER ANNUAL VALENTINE'S LUNCHEON FRIDAY, FEBRUARY 7, 2025

11:30AM \$25

Join us for our annual Valentine's Day celebration. We will be dining on BBQ Ribs, Mashed Potatoes, Cole Slaw, Soup and Dessert.

The Boogie Boys will be the entertainment for the day. They will be playing from 1:00pm – 3:00pm.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Please be advised that this holiday party usually fills up quickly. Do not hesitate to sign up before the event sells out.

NEW ITEM

SoNo 1420 Distillery

Norwalk, Connecticut
Saturday, February 21, 2026

Departing @ 1:00 PM \$30

SoNo 1420 is known as "America's Maritime Distillery." It is situated within the Historic Maritime Harbor district of South Norwalk along the salt water Long Island Sound, which was home to the Prohibition Era "rum runners" of yesteryear and currently is home to New England's largest working oyster fleet, the famous Copps Island Oyster Farm. The distillery derives its name from Prohibition Era history; on February, 4, 1919, the Connecticut State Senate, by a vote of 14 to 20, failed to ratify the 18th amendment, making Connecticut the first of only two states to defeat Prohibition.

SoNo 1420, which opened in 2019, is a destination craft distillery, which produces ultra-premium spirits, including their award-winning whiskeys, vodka, espresso liqueur and their signature ready-to-mix craft cocktails. On our tour of the distillery, we will get a behind-the-scenes look at the production facility, receive an in depth explanation of the distillation process and enjoy a guided tasting of SoNo 1420 spirits. The \$30 tour price also includes a welcome cocktail.

After the 1 1/2 hour tour, we will have approximately 1 hour to enjoy dinner in the distillery's Prohibition Era themed tasting room. The land and sea menu, provided by Lobstercraft, includes hot and cold lobster rolls, burgers, pulled pork sandwiches, mac 'n' cheese, chowder and more. Dinner is at your own expense.

For this spirited trip, we'll be departing the Senior Center at 1:00 PM and should be back in Prospect by 6:00 PM.

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

NEW ITEM

Wegman's Food Store

Norwalk, Connecticut

Wednesday, February 4, 2026

Departing @ 9:30 AM No Charge

Attention, Wegman's fans! Your long awaited trip to the new Wegman's in Norwalk is here! By popular request, on Wednesday, February 4, 2026 the Prospect Senior Center will be making a shopping trip to Wegman's.

Departing at 9:30 AM, we'll be arriving at Wegman's at approximately 11:00 AM and have until 12:30 PM to explore the store's many departments. At 12:30 PM, we will board our bus for a lunch stop at Post Road Diner in Norwalk. We should be back in Prospect by about 4:00pm.

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

January 2026

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 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.

NEW ITEM

AQS QUILTWEEK – NEW ENGLAND @ CT. CONVENTION CENTER IN HARTFORD, CT. APRIL 8, 2026

DEPARTING @ 9:30AM \$15

The AQS QuiltWeek – New England is coming to Hartford, CT, at the Connecticut Convention Center from April 8-11, 2026, featuring quilt exhibits, workshops with instructors like Patty Murphy and Aitor Saraiba, vendors, and contests celebrating America's 250th anniversary with patriotic quilts.

We will be leaving from the Senior Center at 9:30am. We should arrive at our destination by about 10:30am. You will have until 2:30pm to enjoy the quilting show. At 2:30pm we will head back to Prospect. We should be in Prospect by about 3:30pm.

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

NEW ITEM

HEART HEALTH TALK WITH CHESPROCOTT HEALTH DEPARTMENT TUESDAY, FEBRUARY 10, 2026 1:00PM NO CHARGE

Your heart works hard for you – learn how to take better care of it. Join us for a heart health talk where an expert speaker will share practical tips on preventing heart disease, improving cardiovascular wellness, and building heart-healthy habits you can use every day. Whether you're looking to boost your energy, manage risk factors, or simply learn more about your heart, this talk offers valuable insights for everyone.

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

January 2026

NEW ITEM

STORMVILLE AIRPORT FLEA MARKET & ANTIQUE SHOW IN STORMVILLE, NY

SATURDAY, APRIL 25, 2026

SATURDAY, MAY 23, 2026

SATURDAY, JULY 4, 2026

SATURDAY, SEPTEMBER 5, 2026

SATURDAY, OCTOBER 10, 2026

SATURDAY, NOVEMBER 7, 2026

DEPARTING @ 7:30AM NO CHARGE

The Stormville Airport Flea Market & Antique Show is located in the historical and scenic Hudson Valley, on a private airport. The flea market was started in 1970 with two dozen vendors. Today it is known as one of the Northeast's largest flea markets and antique shows. The success of the flea market is due to the quality merchandise, reliability and trust built between the buyers and vendors.

The flea market attracts over 600-vendors from more than eight states. Because of its great success, shoppers travel well over 100-miles, often by busload, to pursue the hunt for bargains. With an extraordinary variety of antiques and collectables, as well as a large selection of new merchandise and arts and crafts, there is sure to be something for everyone. One trip to this event and you will agree that its worth the trip from anywhere!

We will be meeting and leaving from the Senior Center at 7:30am. We should be in Stormville by 9:00am. Once there you will be on your own to hunt for bargains until 1:00pm. There are also many food vendors there where you can eat to your heart's content. At 1:00pm we will head for home. We should be back in Prospect by 2:30pm.

One piece of advice, wear comfortable shoes! There is a great deal of walking involved going from one vendor to another. Also, bring something to put all your purchases and treasures in such as a fold-up cart. A water bottle is a good idea also. We are limited to the number of people that we can bring with us. If you are interested in attending sign up as soon as possible.

NEW ITEM

Boscov's & Lasse's Restaurant

Thursday, January 22, 2026

Departing @ 9:30 AM No Charge

Do you remember the old Howland Hughes and Worth's department stores? Do you still miss G. Fox and Macy's? If so, you'll like Boscov's. Situated on the site of old Alexander's store in the Connecticut Post Mall, the three-story Boscov's, in the tradition of the department stores of yesteryear, offers a vast and varied array of contemporary merchandise at reasonable and sometimes discounted prices. On our trip, we'll have approximately two hours to shop at Boscov's.

At noon, we'll head to Lasse's Restaurant, a landmark family-owned eatery that, for the past sixty years has been serving "good quality food at the best possible value to...loyal patrons." Lasse's has an extensive menu of traditional, home-style meals at surprisingly low prices that are sure to please every palate and every budget. The décor is reminiscent of the 1960's, when Russell and Evelyn Lasse first opened their comfortable and casual restaurant.

For this trip, we'll be departing the Senior Center at 9:30 AM. There is no charge for this trip but lunch is at your own expense. We expect to be back in Prospect by 2:30 PM. Happy shopping and Bon Appetit!

NEW ITEM

DINNER OF THE MONTH @ HOLY TRINITY GREEK ORTHODOX CHURCH

MONDAY, APRIL 27, 2026

DEPARTING @ 6:15PM \$45

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

Beer & Wine included.

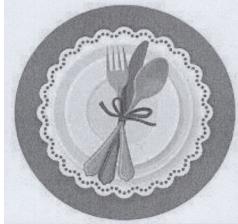
April's featured item will be Pork. Included in the price are hors d'oeuvres, beer, wine and a family style meal.

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.

Dinner of the Month

Monday, April 27, 2026 | 7:00pm



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

Beer & wine included.

April's featured item will be Pork.

All proceeds help to support the AHEPA Scholarship Program.



Holy Trinity Greek Orthodox Church - AHEPA Chapter 48

987 Chase Parkway, Waterbury | 203.754.5189 | office@holyytrinitywaterbury.org

January 2026

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 arrangement.



PALACE
THEATER

**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 Bublé 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.

**BLUE MAN GROUP:
BLUEVOLUTION WORLD TOUR
@ PALACE THEATER
WEDNESDAY, MARCH 4, 2026**

DEPARTING @ 9:15AM \$31

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.

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!

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

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

**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.

January 2026

THEATER

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



556 Mulberry Street-Plantsville, Ct.

**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 \$57**

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****DEPARTING @ 10:30AM \$57**

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 needed!

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.

JKUKEBOX 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.

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

**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-a-kind 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.

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

January 2026

THEATER

REMEMBER:
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FARCE OF NATURE
SUNDAY, MARCH 8, 2026

DEPARTING @ 1:15PM**\$30**

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.

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.



Queen - A Royal Tribute
Saturday, January 10, 2026

Departing @ 5:45pm**\$35**

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 gimmick 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.

**THE CORVETTES****SUNDAY JANUARY 18, 2026****DEPARTING @ 1:15PM****\$38**

There's gonna be a Whole Lotta Shakin' Goin' On when THE CORVETTES return to Danbury. More than a concert – it's an all out Doo Wop celebration featuring solid gold hits such as In the Still of the Night, The Twist, Rock Around The Clock, Earth Angel, At the Hop, Runaround Sue and this list goes on and on!!

The Corvettes bring fresh new energy to the music of the 1950s and 1960s, taking audiences on a trip back in time when it was cool to crank up the tunes on the jukebox.

These guys are the real deal! They've toured with The Drifters, The Platters, The Marvelettes, Danny & The Juniors, The Shirelles, The Belmonts, The Del Vikings, and the list goes on.

We will be leaving from the Senior Center at 1:15pm. The show starts at 3:00pm. After the show we will stop at Blue Colony Diner for dinner. We should be back in Prospect by about 8:00pm.

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

January 2026

THEATER

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

Landmark Community Theatre



NEW ITEM

PRETTY WOMAN, THE MUSICAL SUNDAY, MAY 3, 2026

DEPARTING AT 12:45PM \$24
When wealthy businessman Edward hires Hollywood Boulevard escort Vivian to accompany him to high-society events for a week, an unlikely romance blossoms between two people from completely different worlds. This feel-good adaptation of the beloved film of the same name features a score by Bryan Adams and Jim Vallance, delighting audiences worldwide with its dazzling theatricality, laughs, and heart—a modern Cinderella story that proves everyone deserves a fairy tale ending.

We will be leaving from the Senior Center at 12:45pm. The show starts at 2:00pm. After the show we will stop at Black Rock Tavern for dinner. We should be back in Prospect at about 6:00pm.

NEW ITEM

DANCING DREAM A TRIBUTE TO ABBA SATURDAY, MAY 9, 2026

DEPARTING @ 6:45PM \$39
Dancing Dream: A Tribute to ABBA electrifies audiences with hits like "Mamma Mia" and "Dancing Queen." Founded in 2009, this New York City-based act gained recognition on The Colbert Report and tours nationally. Featuring talented singers, beautiful harmonies, elaborate costumes, and exciting choreography, Dancing Dream transports audiences back to the 1970s.

We will be leaving from the Senior Center at 6:45pm. The show starts at 8:00pm. We should be back in Prospect at about 10:30pm.

NEW ITEM

THE AMERICAN RIDE TOBY KEITH TRIBUTE

SATURDAY, SEPTEMBER 12, 2026

DEPARTING @ 6:45PM \$39

The American Ride: Toby Keith Tribute features Mike Sugg performing his tribute to Toby Keith for over thirteen years. With a full band and no backing tracks, the show delivers good-time, patriotic party music from "Should've Been A Cowboy" to "Don't Let The Old Man In" so authentically you'll believe it's real.

We will be leaving from the Senior Center at 6:45pm. The show starts at 8:00pm. We should be back in Prospect at about 10:30pm.

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

NEW ITEM

RAGTIME, THE MUSICAL SUNDAY, OCTOBER 4, 2026

DEPARTING @ 12:45PM \$24
At the dawn of the 20th century, three families—one Black, one white, one immigrant—chase the American Dream in New York City, their lives intersecting in powerful and unexpected ways against the backdrop of a rapidly changing nation. With a soaring score by Stephen Flaherty and Lynn Ahrens and a book by Terrence McNally, this Tony Award-winning musical weaves together themes of justice, family, courage, and hope in an epic portrait of America—a fitting celebration as Thomaston commemorates its own 150th anniversary with this relevant and breathtaking story of transformation and community.

We will be leaving from the Senior Center at 12:45pm. The show starts at 2:00pm. After the show we will stop at Black Rock Tavern for dinner. We should be back in Prospect at about 6:00pm.

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

NEW ITEM

The Ultimate Chicago Tribute Band Saturday, October 24, 2026

Departing @ 6:45pm \$39

Beginnings – The Ultimate Chicago Tribute Band, formed in 2002, performs in Chicago's original 7-piece configuration. This New York City-based band delivers the world's most authentic live Chicago experience, bringing the legendary group's catalog to life with stunning detail, accuracy, and world-class musicianship throughout the United States.

We will be leaving from the Senior Center at 6:45pm. The show starts at 8:00pm. We should be back in Prospect by about 10:30pm.

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

NEW ITEM

TRANS-SIBERIAN ORCHESTRA TRIBUTE TUESDAY, NOVEMBER 24, 2026

DEPARTING @ 6:45PM \$39

Ornament: A Tribute To The Trans-Siberian Orchestra is an 11-piece rock orchestra in its twentieth year of touring the Northeast and Mid-Atlantic each winter. This Massachusetts-based production features full sound, elaborate lighting, lasers, fog, and snow machines, performing traditional holiday carols set to rock, blues, and gospel.

We will be leaving from the Senior Center at 6:45pm. The show starts at 8:00pm. We should be back in Prospect by about 10:30pm.

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

January 2026



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**



SHIP

State Health Insurance
Assistance Program

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
3. 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/>

R-25-CPR10

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.)

4 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.

January 2026

23 SECRETS To Help You TRANSFORM YOUR LIFE

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



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 Certification in Environmental Modification) OT.



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.



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 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.

January 2026



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 satisfied, 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 from 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. You can be private about your arthritis but still let people know that you have limits because of pain. Most will understand and appreciate being told.



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

BEST ASSISTED LIVING
U.S. News & World Report
2024

The Village
AT EAST FARMS

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



**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 Peter.Korzenik@vitas.com. Our office is located at 199 Park Road Extension in Middlebury.

Thank you!!!



Volunteer Your Care: Make Memory Bears!

Make a comforting companion for those experiencing loss

Memory Bears hold special meaning for loved ones of hospice patients. These cherished bears serve as gentle reminders of their family member or friend's life.

Using cloth from a favorite shirt, a treasured robe, or beloved pajamas, volunteers craft the bears by following an easy-to-use pattern. The newly created bear lifts the spirits of loved ones and brings a smile to the faces of those grieving.

VITAS® Healthcare is looking for volunteers to sew Memory Bears. Join us in providing comfort and loving care to the families we serve in hospice.

"Sewing VITAS Memory Bears has been a wonderfully rewarding and fulfilling experience for me. I do what I love while also contributing to the quality of life of others in my community."

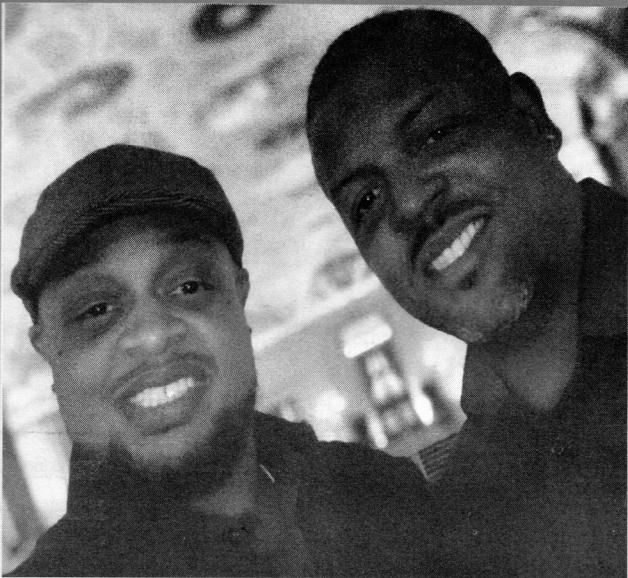
— VITAS Volunteer Susan P.

Learn more about this rewarding opportunity! For VITAS Volunteer Services or to apply, visit VITAS.com/Volunteer

Contact Your Local Volunteer Manager:
Peter Korzenik
peter.korzenik@vitas.com
203.437.3112



**"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/>

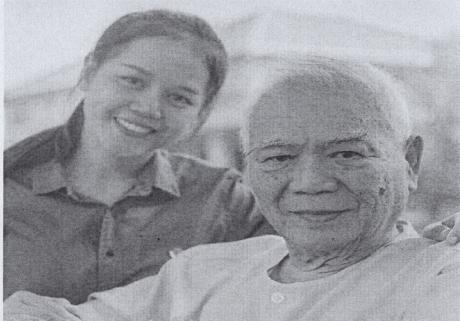
Please don't wait to show your support to the American Heart Association. Together, we can help prevent unnecessary deaths of those we love.

www.heart.org/campaign



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 long-term 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



U.S. Department of Veterans Affairs
Veterans Health Administration
Geriatrics and Extended Care



Medical Foster Home Program



U.S. Department of Veterans Affairs
Veterans Health Administration
Geriatrics and Extended Care

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!

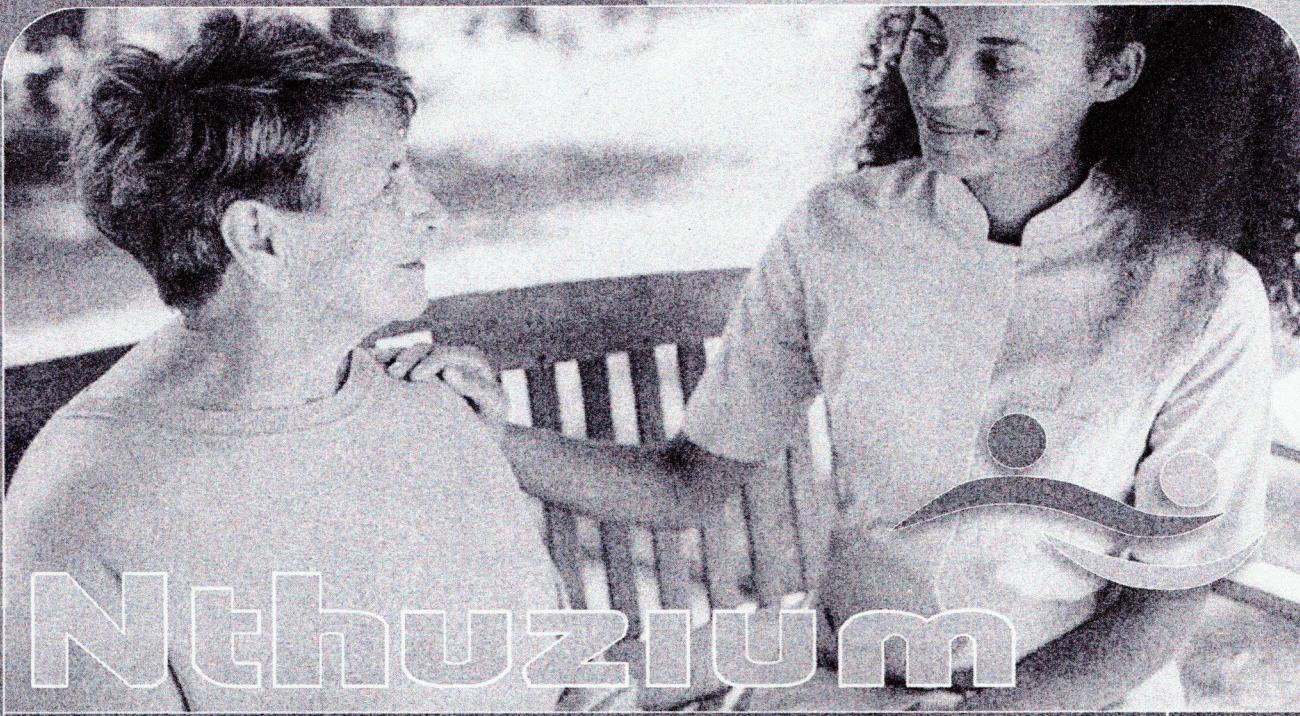
Please share this fact sheet with your friends and family today. For answers to your Parkinson's questions and referrals, call our Helpline at 1-800-4PD-INFO (473-4636).

January 2026

Home Care You Can Trust!

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

24-hour Live-in care & hourly care



Nzthuzium

COMPASSIONATE CARE 

Where Care Meets Kindness

23 Cedar Street, Naugatuck, CT 06770

(203) 208-7030

compassionatecare@nzthuzium.com



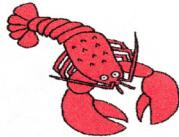
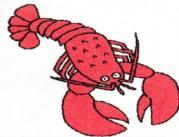
January 2026

NEW ITEM

RAYLIN TRAVEL proudly presents

3 Day BOOTHBAY HARBOR, MAINE

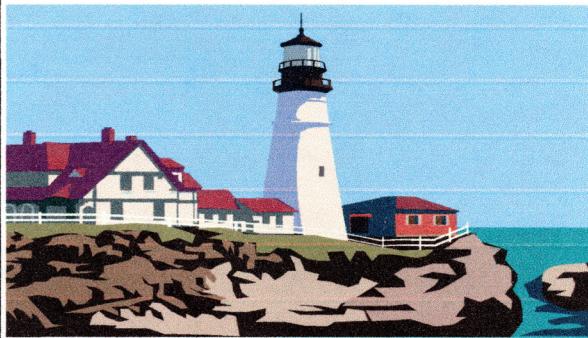
with a Lobster bake on Cabbage Island!



August 18-20, 2026

PACKAGE INCLUDES:

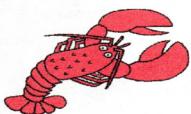
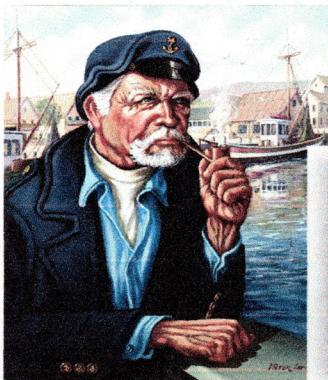
- Roundtrip Deluxe Motorcoach
- 2 Nights at the lovely Smuggler's Cove Inn
- 4 Meals, 2 Breakfast, 1 Dinner & LOBSTERBAKE
- Narrated Boat Ride on the "Bennie Alice" with an authentic Lobster Bake on Cabbage Island
- Dinner & Show at the Carousel Dinner Theatre
- Free time in Boothbay Harbor
- Professional Guided Tour of Boothbay Harbor area
- Tour of the lovely seaside city of Portland, ME
- Baggage Handling & All Meal Tips & Taxes
- Cancellation Protection included



Lobster Clam Bake on Cabbage Island



Voted Best Blueberry Pie



\$819.00 per person double
\$779.00 Triple \$1019.00 Single

\$250 Deposit due at Sign Up
Balance due: 30 days prior to Travel
Cancellation Protection included

**To Reserve Seats Call
Linda Soto
203-591-1407
raylin@currently.com**



**Bus Departs
7:00 am from
Prospect Senior Center
Return Approx.
8:30 pm**

COMPLETE FORM BELOW AND MAIL OR EMAIL TO:
RAYLIN TRAVEL



Name: _____ Traveling With: _____ # in Party: _____

Mailing Address: _____ City: _____ Zip: _____

Cell Phone #: _____ Email Address: _____

ALLERGIES FOOD _____ MEDICAL _____ OTHER _____ CLAMBAKE MEAL CHOICE LOBSTER _____ CHKN _____

Boothbay Harbor, ME August 18-20, 2026

January 2026

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

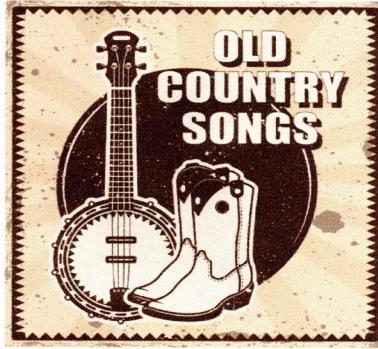
DOUBLE occupancy
Prices are Per Person
\$389 Triple \$499 Single

**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... **TWO** Shows at the
 TROPICANA RESORT!
 The **BEST** Casino value!!



To Reserve Seats Call
Linda Soto
203-591-1407
raylin@currently.com

GOT

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 Healthcare
 VITAS.com/Volunteer
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To learn more, contact:
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...a federally certified Medicare counseling for Connecticut residents!

**Certified CHOICES Counselors offer FREE,
confidential, and pressure-free guidance** through
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- 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

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203-757-5449 EXT 4**



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Bereavement Support Group

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**



A Benchmark Senior Living Experience



Cancer Support Group

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.



A Benchmark Senior Living Experience

January 2026



The Village at East Farms **Alzheimer's & Dementia Support Group**

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.



A Benchmark Senior Living Experience



Parkinson's Support Group

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.


A Benchmark Senior Living Experience

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



January 2026

NEW ITEM



POWER UP!

FITNESS PROGRAM FOR THOSE WITH PARKINSON'S DISEASE

SECOND AND FOURTH
WEDNESDAY OF EACH
MONTH AT 1:00 PM

In partnership with Powerback Rehab and the American Parkinson's Disease association, The Village at East Farms proudly presents:
Parkinson's Power Up Fitness Classes

These wellness classes are specifically designed for individuals living with Parkinson's Disease and their care partners. Classes aim to enhance strength, balance, mobility, and overall well-being. Classes incorporate evidence-based techniques and tailored exercises that address the unique needs of participants, helping to slow disease progression and enhance quality of life.

Participants will Benefit from:

- Targeted Strengthening Exercises
- Flexibility and stretching exercises
- Neural Motor and Functional Movement training
- Breathing and Voice Exercises



About the Instructor:

Kristen Frank, BS in Health Science, Certified Personal Trainer through National Academy of Sports Medicine
APDA Parkinson's training for fitness professionals completed

Register: Call Randi
203-841-8607
Location: 180 Scott Road
Waterbury, CT
Cost: Free



January 2026

NEW ITEM

PARKINSON EDUCATION PROGRAM

Ask the Doctor

Dr. Benjamin Dorfman

Hartford Healthcare Chase Family
Movement Disorder Center-
Torrington, CT

Join us to have the opportunity to ask
questions related to Parkinson's
Disease, treatments and more and
meet those impacted by Parkinson's.

Friday
January 23rd, 2026
2:00 pm



**The Village at East Farms
180 Scott road
Waterbury, CT**

RSVP Required-
Call 203-841-8607 or email
rbellemare@benchmarkquality.com

JUMBLE PUZZLES

January 2026

PUZZLE

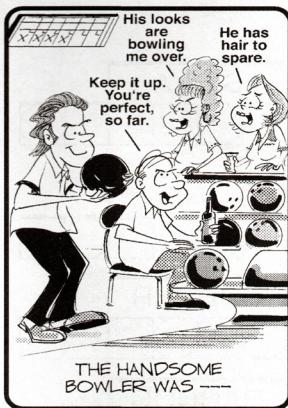
133



JUMBLE®

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

YTIKT	<input type="text"/>	<input type="text"/>	<input type="text"/>
GLICO	<input type="text"/>	<input type="text"/>	<input type="text"/>
LINTOO	<input type="text"/>	<input type="text"/>	<input type="text"/>
SARTYA	<input type="text"/>	<input type="text"/>	<input type="text"/>



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here



PUZZLE

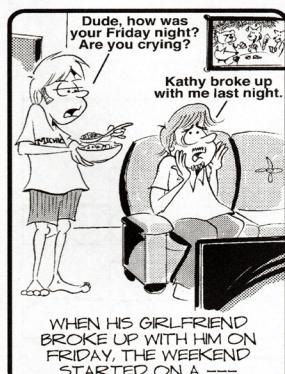
134



JUMBLE®

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

SIDYA	<input type="text"/>	<input type="text"/>	<input type="text"/>
SOREA	<input type="text"/>	<input type="text"/>	<input type="text"/>
CDENHR	<input type="text"/>	<input type="text"/>	<input type="text"/>
RACDOC	<input type="text"/>	<input type="text"/>	<input type="text"/>



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here



133. Jumbles: KITTY LOGIC LOTION ASTRAY
134. Jumbles: DAISY AROSE DRENCH ACCORD
Answer: The handsome bowler was—STRIKING
Answer: When his girlfriend broke up with him on Friday, the weekend started on a—“SADDER-DAY”

PUZZLE

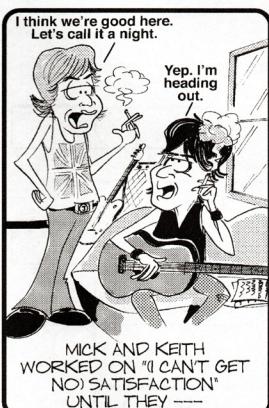
135



JUMBLE®

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

FINKE	<input type="text"/>	<input type="text"/>	<input type="text"/>
KAWET	<input type="text"/>	<input type="text"/>	<input type="text"/>
SERDYS	<input type="text"/>	<input type="text"/>	<input type="text"/>
RVAYIA	<input type="text"/>	<input type="text"/>	<input type="text"/>



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here



PUZZLE

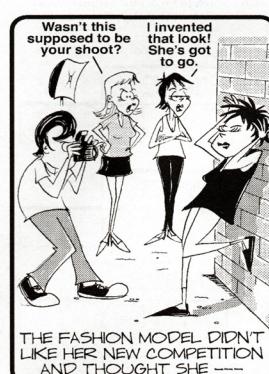
136



JUMBLE®

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

MOSTP	<input type="text"/>	<input type="text"/>	<input type="text"/>
LEERD	<input type="text"/>	<input type="text"/>	<input type="text"/>
PACTEC	<input type="text"/>	<input type="text"/>	<input type="text"/>
DARIHO	<input type="text"/>	<input type="text"/>	<input type="text"/>



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here

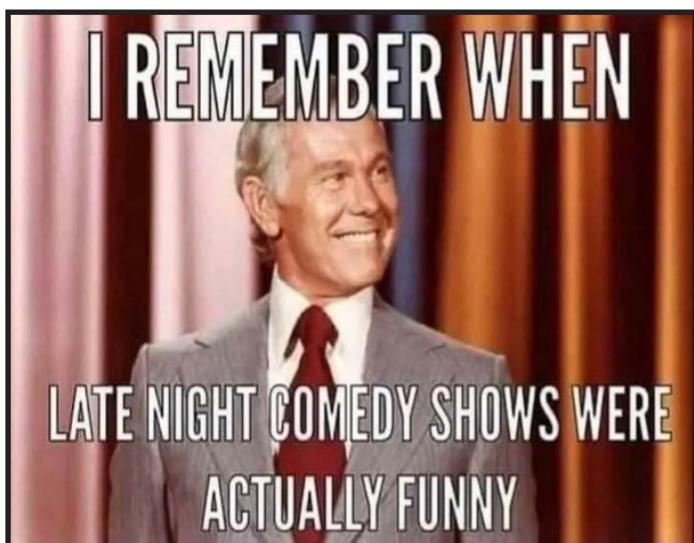
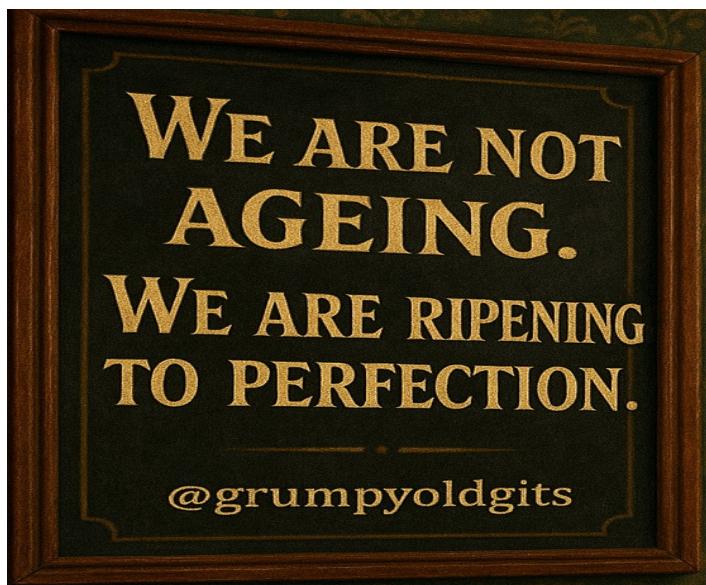
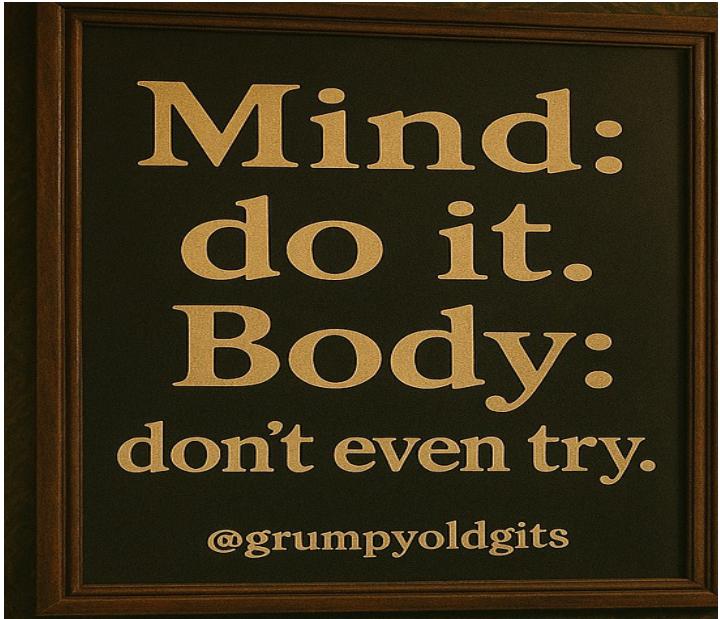


135. Jumbles: KNUF TWEAK DRESSY AVIARY
136. Jumbles: STOMP ELDER ACCEPT HAIRDO
Answer: Mick and Keith worked on “(I Can’t Get No) Satisfaction” until they—WERE SATISFIED
Answer: The fashion model didn’t like her new competition and thought she—POSED A THREAT

JOKES

January 2026

JOKES



NOTHING
MAKES ME
FEEL OLD
LIKE WATCHING
SOMEONE TEXT
WITH BOTH
THUMBS.

@grumpyoldgits

*Something no one ever said
in the 70s*

"I've lost my phone"



**Looters have it easy
today. It was a lot
harder to run with a
Color TV in 1968.**



Me looking for all the girls my grandma said I'd have to fight off when I'm older because I'm so handsome



*"Sad Thing About This Joe... Is In 70 Years
We'll Be Doing The Same Thing and
Still Be Bald and No Teeth and Wearing Diapers!"*

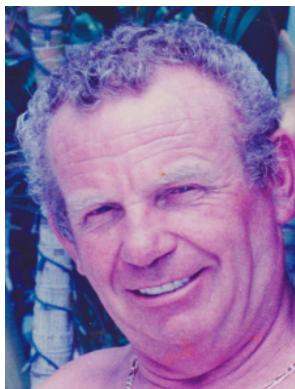


OBITUARIES

January 2026



JANICE B. ULRICHSEN



PAUL W. NACE, SR.

Naugatuck - Janice Ulrichsen, 86, passed away on Wednesday, December 10, 2025, at the Glendale Center. She was the wife of the late Richard Ulrichsen.

Mrs. Ulrichsen was born July 29, 1939, in Waterbury, the daughter of the late Patrick and Helen (Shea) Buckley. She was a longtime Naugatuck resident where she was a communicant of St. Francis of Assisi Church. She graduated from Naugatuck High School in 1957 and was employed at the Risdon Manufacturing Company. After her time at Risdon, she started her own printing company Sharp Office Services.

She is survived by her son Kevin Ulrichsen and his wife Beth; her grandchildren Sarah and Erik Ulrichsen; her sister Hazel Danby; as well as many nieces and nephews. In addition to her husband and her parents, she is predeceased by her siblings Helen (Buckley) Laone, Lorraine (Buckley) Robbins, Raymond Buckley, Edmond Buckley, and Dennis Buckley.

Arrangements – Visitation WAS held on Monday, December 15, 2025 from 5 to 7 pm at the Buckmiller Ford Mengacci Funeral Home, 82 Fairview Ave. On Tuesday, her funeral procession left the funeral home at 9:30 am and proceeded to St. Francis Church for a Mass of Christian Burial at 10 am. Burial followed in St. James Cemetery. Memorial contributions may be made to Naugatuck Woman's Club care of Cheri Bottacari, 35 Cadbury Place, Naugatuck, CT 06770.

To order memorial trees or send flowers to the family in memory of Janice B. Ulrichsen, please visit our flower store.



Paul W. Nace, Sr., of Bethany, CT passed into the next life on Saturday, December 6, 2025. He leaves behind his beloved wife Hazel, children Ginnie (Ed), Kelly (Brian) and Paul Jr.; his grandchildren Lisa (Bugsy), Robert (Annie), Brianna and Gabby; great grandchildren Joseph, William, and Samuel; Brothers Norman Wentz (Helen) and John Nace; sisters Mary Ruby and Ethel Nace; and several nieces, nephews and loving friends. Paul is predeceased by his parents Lucy and Horace, brother Charles Nace, and great-granddaughter Makenna.

Paul was born in Spring Grove, York County, Pennsylvania, in 1940. He grew up on a farm and quickly learned to fix anything and everything. There wasn't much Paul couldn't fix or do. He became a master mechanic by trade, making a career of working on Heavy Duty Construction equipment as his specialty. He was a 50-year member of the International Union of Operating Engineers Local 478. He could fix anything with a motor and many things without!

Paul was a proud army veteran who served with the 82nd Airborne Division, earning his Expert Infantry Badge and his Paratrooper Jump Wings.

Paul loved working on cars, building things, traveling, hitting it big at the casino on his birthday, and his nightly ritual of having a bowl of ice cream before bed. Paul was one of a kind and will be missed by all. A memorial service will be planned for a later date.

Prospect Memorial/The Palmerie Family Funeral Home is honored to care for Paul and assist his family during this difficult time. Please leave your condolences, memories, and words of comfort on Paul's Tribute Wall on this page. To send flowers to the family or plant a tree in

