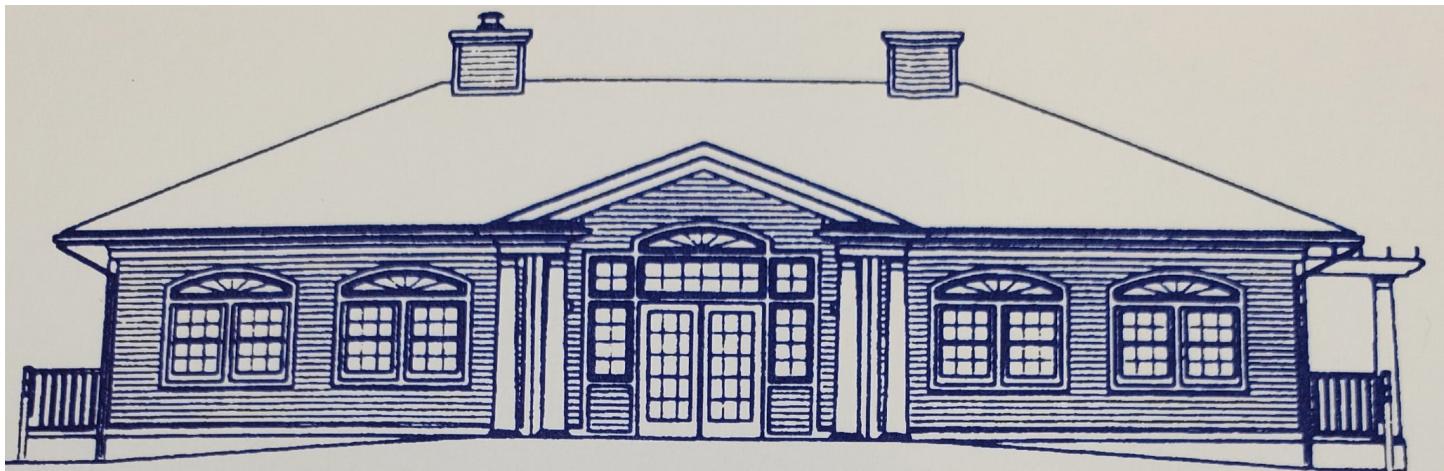


# Prospect Senior Center



(203)758-5300

6 Center Street  
Prospect, CT 06712

(203)758-3837 Fax

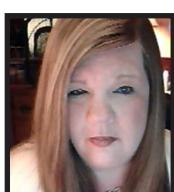
February  
2026  
Issue

## DIRECTOR



**Susan DaSilva**

**Lori  
Anderson**



**STAFF**

**Lirene  
Lorenzen**



**STAFF**

**Matt  
Kalitta**



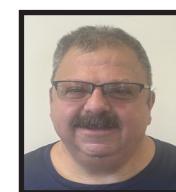
**STAFF**

**Tara  
Meglio**



**STAFF**

**Neil  
Desena**



**STAFF**

**France  
Collins**



**STAFF**

**Gabriela  
Elderkin**



**STAFF**

February

**PLEASE NOTE: WINTER WEATHER CLOSING POLICY ON PAGE 4**

**Day-by-Day Schedule****February 2026****FEBRUARY 1 (SUNDAY)**

10:00am – UCONN vs. Tennessee @ XL Center

**FEBRUARY 2 (MONDAY)**

9:15am – Senior Exercise (free)

9:30am – Texas Hold'em

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

10:00am – Songbirds practice @ Senior Center

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

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

1:30pm – Chair Yoga Class #3 with Shari Galvin

**FEBRUARY 3 (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 #3 with Dory

12:30pm – Setback (downstairs)

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

**FEBRUARY 4 (WEDNESDAY)**

9:30am – Fundamental Piano Class #3 with Joe Guarino

9:30am- Wegmans & Post Road Diner

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

10:00am – Wii Bowling League with Mary Henao

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

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

12:30 -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

**FEBRUARY 5 (THURSDAY)**

9:15am – Senior Exercise (free)

9:30am – Intermediate Italian Class #4 with Joe Guarino

10:00am – Book Club with Mary Damulis

10:30am – Advanced Italian Class #4 with Joe Guarino

10:30am – Tai Chi Class #5 with Matt Dempsey

11:00am –Zumba Class #2 with Cookie

11:30am – Pilates Class # 5with Matt Dempsey

12:00pm – AARP Drivers Safety Course

12:30pm – Origami with Ah Moi Yip

12:30pm – Advanced Piano Class # 2with Joe Guarino

1:00pm – Mahjong with Barb Duigan

1:30pm – Absolute Beginner's Piano Class # 2with Joe Guarino

**FEBRUARY 6 (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 & Edwina

10:15am – Wilcox Tech High School Buffet Lunch

11:30am – Dolly Chicken Casserole & Soup Lunch – \$10

1:00pm- Birthday Bingo - \$2

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

**FEBRUARY 7 (SATURDAY)**

10:00am – UCONN vs Butler @ XL Center

5:00pm - Schlachtfest

**FEBRUARY 8 (SUNDAY)**

9:00am – Bantam,Brunch & Bourbon

**FEBRUARY 9 (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 #6 with Brenda Martin

10:00am – Songbirds @ Glendale in Naugatuck

10:00am – Wii Bowling League with Mary Henao

11:00am – Motown Monday Class #4 with Cookie

12:00pm – Mat Yoga Class # 4 with Shari Galvin

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

1:30pm- Chair Yoga Class # 4 with Shari Galvin

**FEBRUARY 10 (TUESDAY)**

9:15am – Exercise Class #6 with Susan - \$24/6 wks

9:30am – Poker Club with Allen Thibodeau

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

10:00am – Art Class #4 with Dory

12:30pm – Setback (downstairs)

1:00pm – Heart Talk with Chesprocott Health Department

1:00pm- Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

**FEBRUARY 11 (WEDNESDAY)**

9:30am – New Britain Museum of American Art

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

10:00am – Wii Bowling League with Mary Henao

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

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

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

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

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

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

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Group

4:00pm – UCONN vs Creighton @ Gampel Pavillion

**FEBRUARY 12 (THURSDAY)**

Senior Center will be closed for Lincoln's Birthday

**FEBRUARY 13 (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 – Valentine's Day Luncheon - \$25

1:00pm - NO Friday Bingo

1:30pm – Chair Yoga Class # 6 with Shari Galvin

2:15pm – IKEA "That's Amore" dinner in New Haven

**FEBRUARY 14 (SATURDAY)**

10:30am – Red Hatter's to Chamard Vineyards

3:45pm – The Duprees @ Danbury Palace Theater

**FEBRUARY 15 (SUNDAY)**

12:00pm – Springfield RV, Camping and Outdoor Show

12:00pm – Hot Chocolate Festival @ White Silo Farm Winery

**FEBRUARY 16 (MONDAY)**

**Senior Center closed for Presidents' Day**

**FEBRUARY 17 (TUESDAY)**

9:15am – Exercise Class #1 with Susan

9:30am – Poker Club with Allen Thibodeau

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

10:00am – Veteran Benefits with Ed Porto – (appointments needed)

10:00am – Art Class #5 with Dory

12:30pm – Setback (downstairs)

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

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

**FEBRUARY 18 (WEDNESDAY)**

9:30am – American Bounty Restaurant @ Culinary Institute of America in Hyde Park, NY

9:30am – Fundamental Piano Class #4 with Joe Guarino

10:00am – Wii Bowling League with Mary Henao

10:30am – Intermediate Piano Class #4 with Joe Guarino

11:00pm – Lori's Cooking Class

11:30am – Elementary Piano Class # 4 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 Group

**FEBRUARY 19 (THURSDAY)**

9:15am – Senior Exercise (free)

9:30am – Intermediate Italian Class # 5with Joe Guarino

9:45am – CT. Flower & Garden Show @ CT. Convention Center

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

10:30am – Advanced Italian Class # 5with Joe Guarino

11:00am – Zumba Class # 3 with Cookie

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

12:30pm – Origami with Ah Moi Yip

**Day-by-Day Schedule****February 2026**

12:30pm – Advanced Piano Class #3 with Joe Guarino

1:00pm- Mahjong with Barb Duigan

1:30pm – Absolute Beginner's Piano Class #3 with Joe Guarino

**FEBRUARY 20 (FRIDAY)**

9:30am – Bible Study with Georgia Smolikis @ Community Center

9:30am – Pinochle with Mike &amp; Bonnie Jones @ Community Center

10:00am – Scrapbooking &amp; Card Making with Cindy and Edwina

11:30am – Meatloaf, Mashed Potatoes, Veggies and Salad Lunch -

\$10

1:00pm – Bingo - \$2

1:30pm – NO Chair Yoga Class with Shari Galvin

**FEBRUARY 21 (SATURDAY)**

1:00pm – SONO1492 Distillery in Norwalk

5:00pm – Bingomania

7:00pm – A Vivaldi &amp; Mozart Candlelight in Shelton

**FEBRUARY 22 (SUNDAY)**

10:00am – UCONN vs Providence @ Gampel Pavilion

11:30am – Nick Bosse @ Saltwater Farm Vineyard

**FEBRUARY 23 (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 @Village at East Farms- The Lodge

10:00am – Balance Class #1 with Brenda Martin

11:00am – Motown Monday Class #5 with Cookie

12:00pm- Mat Yoga Class # 5 with Shari Galvin

1:00pm – CRL with Leslie Kingston

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

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

**FEBRUARY 24 (TUESDAY)**

9:15am – Senior Exercise Class #2 with Susan

9:30am – Poker Club with Allen Thibodeau

9:30am – Facials with Maria - \$25/20 mins

9:30am – Lessard Lanes

10:00am – Art Class #6 with Dory

10:30am – Crafts with Lori

10:45am – Grocery Shopping at Labonne's, Stop &amp; Shop, Big Y

12:30pm – Setback (downstairs)

1:00pm – Setback @ Community Center

1:00pm- Quilting Group with Darlene Bachand

**FEBRUARY 25 (WEDNESDAY)**

9:30am – Fundamental Piano Class #5 with Joe Guarino

9:30am - Free Chair Yoga

10:00am – Wii Bowling League with Mary Henao

10:30am – Intermediate Piano Class #5 with Joe Guarino

11:30am – Elementary Piano Class #5 with Joe Guarino

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

1:00pm- Rummikub with Bill Thibodeau &amp; Lynn Noakes

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Class

**FEBRUARY 26 (THURSDAY)**

8:30am – Mohegan Sun Casino

9:00am – Breakfast @ Senior Center

9:15am – Senior Exercise (free)

9:30am – Intermediate Italian Class # 6 with Joe Guarino

9:30am – Free Chair Massages with Gabriela

9:45am – Tai Chi Class # 1 with Matt Dempsey (Upstairs)

10:30am – Advanced Italian Class #6 with Joe Guarino

11:00pm - Zumba Class #4 with Cookie

11:00am – Pilates Class #1 with Matt Dempsey

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

1:00pm – Mahjong with Barb Duigan

1:00pm – Mexican Dominoes with Gary Battel

1:30pm – Absolute Beginner's Piano Class #4 with Joe Guarino

5:30pm – UCONN vs Georgetown @ XL Center

**FEBRUARY 27 (FRIDAY)**

9:30am – Bible Study with Georgia Smolikis @ Community Center

9:30am – Pinochle with Mike &amp; Bonnie Jones @ Community Center

10:00am – Scrapbooking &amp; Card Making with Cindy and Edwina

11:30am – Ham Salad Sandwich, Beets and Soup Lunch - \$10

1:00pm- Bingo - \$2

1:30pm – NO Chair Yoga Class

**FEBRUARY 28 (SATURDAY)**

3:45pm – The Winslow @ Danbury Palace Theater

**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)**

**Special Activities Index****February 2026**

DATE	EVENT	PAGE	DATE	EVENT	PAGE
Feb 4	Wegman's Food Store Norwalk, Connecticut	27	Jun 4	AARP DRIVER'S SAFETY COURSE	24
Feb 4	STAINED GLASS CLASSES WITH SARAH SEGOVIA	24	Jun 5	FRIDAY BUFFET @ WILCOX TECH	24
Feb 5	AARP DRIVER'S SAFETY COURSE	24	Jun 6	ALL ABOUT JOEL @ DANBURY PALACE	44
Feb 6	FRIDAY BUFFET @ WILCOX TECH	24	Jun 28	SOMETHING ROTTEN @ SEVEN ANGELS	40
Feb 7	PSC ANNUAL VALENTINE'S LUNCHEON	26	Jul 4	STORMVILLE AIRPORT FLEA MARKET	38
Feb 7	"Schlachtfest"	27	Jul 7	DUKEBOX BINGO	32
Feb 10	HEART HEALTH TALK	26	Jul 14	NORTH COUNTY BAND!	41
Feb 11	STAINED GLASS CLASSES WITH SARAH SEGOVIA	24	Aug 6	AARP DRIVER'S SAFETY COURSE	24
Feb 11	"Norman Rockwell: From Camera to Canvas"	30	Aug 11	YOUNG AT HEART – FEET SO SMART	41
Feb 13	PSC Annual Valentine's Day Luncheon	26	Sep 1	DUKEBOX BINGO	32
Feb 13	"That's Amore" - IKEA	27	Sep 5	STORMVILLE AIRPORT FLEA MARKET	38
Feb 14	THE DUPREES @ THE DANBURY PALACE	43	Sep 8	DUKEBOX 45 SHOW BAND: DOO WOP SHOW	41
Feb 15	Springfield RV, Camping and Outdoor Show	29	Sep 12	THE AMERICAN RIDE TOBY KEITH TRIBUTE	42
Feb 15	HOT CHOCOLATE FESTIVAL	30	Sep 25	David Foster & Katharine McPhee@Palace	40
Feb 17	Veteran Benefits with Ed Porto	38	Oct 1	AARP DRIVER'S SAFETY COURSE	24
Feb 18	LUNCH@CULINARY INSTITUTE OF AMERICA	28	Oct 4	RAGTIME, THE MUSICAL	42
Feb 19	CT. FLOWER & GARDEN SHOW 2026	26	Oct 10	STORMVILLE AIRPORT FLEA MARKET	38
Feb 21	CT Gay Men's Chorus Presents... "Bingomania"	26	Oct 13	ROB ZAPPULLA CELEBRATESHERB ALPERT	41
Feb 21	SoNo 1420 Distillery Norwalk, Connecticut	27	Oct 24	The Ultimate Chicago Tribute Band	42
Feb 21	A Vivaldi & Mozart Candlelight Experience	29	Nov 3	DUKEBOX BINGO	32
Feb 22	Nick Bosse @ Saltwater Farm Vineyard	29	Nov 7	STORMVILLE AIRPORT FLEA MARKET	38
Feb 23	"Sea Shanty Night" at the Griswold Inn	31	Nov 10	SARAH THE FIDDLER'S MUSICAL JOURNEY	41
Feb 24	Hot Chocolate Bomb Making Class	36	Nov 24	TRANS-SIBERIAN ORCHESTRA TRIBUTE	42
Feb 24	MINI FACIAL WITH MARIA SCOTT	25	Dec 8	HOLIDAY CLASSICS WITH THE CARTELLS!	41
Feb 25	FREE CHAIR MASSAGES WITH GABRIELA	30	Dec 10	AARP DRIVER'S SAFETY COURSE	24
Feb 26	BREAKFAST AT SENIOR CENTER	12			
Feb 27	CHESHIRE HIGH SCHOOL CHOIR	36			
Feb 28	THE WINSLOW @ THE DANBURY PALACE	43			
Mar 1	Antiquing in the Hudson Valley	31			
Mar 2	STAINED GLASS CLASSES WITH SARAH SEGOVIA	24			
Mar 3	DUKEBOX BINGO	32			
Mar 4	BLUE MAN GROUP: BLUEVOLUTION	39			
Mar 6	FRIDAY BUFFET @ WILCOX TECH	24			
Mar 6	EAGLEMANIA @ PALACE THEATER	39			
Mar 7	Old Deerfield Spring Sampler Craft Fair	34			
Mar 8	FARCE OF NATURE @ SEVEN ANGELS	40			
Mar 10	ST. PATRICK'S DAY CELEBRATION	41			
Mar 11	"Winter Wildlife Cruise"	31			
Mar 13	St. Patrick's Day Luncheon	34			
Mar 14	MICHAEL JACKSON EXPERIENCE @ DANBURY PALACE	43			
Mar 18	AMAZON FULFILMENT CENTER TOUR	32			
Mar 18	WINE, WOMEN AND WEDNESDAYS	31			
Mar 20	Paradise City Arts Festival	34			
Mar 21	CT Gay Men's Chorus Presents "Bingomania"	26			
Mar 22	Mystic Irish Parade	34			
Mar 22	THE CORVETTES @ PALACE IN DANBURY	43			
Mar 28	LINDA RONSTADT TRIBUTE @ DANBURY PALACE	44			
Mar 28	TOUR OF PALACE THEATER	39			
Mar 31	PASSION PLAY @ ST. LUKES CHURCH	32			
Mar 31	LUNCH @ CULINARY INSTITUTE OF AMERICA	33			
Apr 1	Polish Luncheon @ "The Valley Diner"	36			
Apr 1	PASSION PLAY @ ST. LUKES CHURCH	32			
Apr 2	STAINED GLASS CLASSES WITH SARAH SEGOVIA	24			
Apr 2	AARP DRIVER'S SAFETY COURSE	24			
Apr 8	AQS QUILTWEEK – NEW ENGLAND	38			
Apr 9	LUNCH @ CULINARY INSTITUTE OF AMERICA	35			
Apr 11	FOREIGN JOURNEY @ Danbury Palace	44			
Apr 12	FIREPLACE FEAST @ SALEM CROSS INN	37			
Apr 14	ROCK N ROLL HEAVEN!!	41			
Apr 18	CT Gay Men's Chorus Presents... "Bingomania"	26			
Apr 19	Jim Breuer: Find The Funny @ Palace	39			
Apr 24	FRIDAY BUFFET @ WILCOX TECH	24			
Apr 25	STORMVILLE AIRPORT FLEA MARKET	38			
Apr 26	A GRAND NIGHT FOR SINGING @ 7 ANGELS	40			
Apr 27	DINNER OF THE MONTH @ HOLY TRINITY	38			
May 1	FRIDAY BUFFET @ WILCOX TECH	24			
May 3	PRETTY WOMAN, THE MUSICAL	42			
May 5	DUKEBOX BINGO	32			
May 9	DANCING DREAM A TRIBUTE TO ABBA	42			
May 9	NEW ENGLAND SPRING CRAFTS FAIR	36			
May 16	CT Gay Men's Chorus Presents... "Bingomania"	26			
May 16	Almost Queen @ Palace	40			
May 23	STORMVILLE AIRPORT FLEA MARKET	38			
May 30	STORY SONGS MUSIC OF THE 70'S	44			

**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)**

February 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.

## February 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](http://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](mailto: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](http://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](http://JULIEJASON.COM/COLUMN-RESOURCES)

## **IMPORTANT POLICY CHANGE....**

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

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

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

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

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

February 2026

## NEW MEMBERS

**Alexander Masliuk**  
**Debra Masliuk**  
**Laurel Rek**  
**Sharon Bailey**  
**Antonia Marek**  
**Gary Perrella**

**Kathy Hall**  
**Jose Maldonado**  
**Kathy Hall**  
**Marge George**  
**Michael Pelliccio**  
**Steve Johnson**

**Frederirk Centrella**  
**Katherine Palmieri**  
**Orphine Barrett**  
**Joseph A. Lipsky**  
**Marilyn S. Lipsky**  
**Jane Thurlow**

**Thomas Matthews**  
**Gail D. White**  
**Ronald White**  
**Eileen Esposito**  
**Frank J. Esposito**  
**Susan White**

## WELCOME TO THE PROSPECT SENIOR CENTER

## SENIOR CENTER TRANSPORTATION

There are a variety of transportation options available to Seniors in Prospect.

## PROSPECT MINI BUS

The Prospect Mini Bus is available to pick up and drop off residents of Prospect and bring them to doctors appointments, hair appointments, shopping on certain days and other appointments that may arise. Please contact the Senior Center for scheduling information and other inquiries on daily scheduled pick up and stops.

## GREATER WATERBURY TRANSIT DISTRICT

Free Dial-A-Ride Transportation is also available to Seniors in Prospect. This program allows disabled residents and senior citizens age 60 and over the opportunity to go shopping, make medical appointments, and visit other locations within the region's coverage area in Cheshire, Middlebury, Naugatuck, Prospect, Waterbury, Watertown and Wolcott.

The program is on a first come first serve basis. For more information, please contact the Senior Center at 203-758-5300.

## FOLLOW US ON FACEBOOK: PROSPECT CT. SENIOR CENTER



## SUNSHINE LIST



**Patti Moreno**  
**141 Butternut Ridge Road**  
**Waterbury, Ct. 06706**

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

**Marie Delage**  
**16 Nancy Mae Ave.**  
**Prospect, CT 06712**

**Ann Wooding**  
**333 Evening Star Drive**  
**Naugatuck, Ct. 06770**

**Barbara Porter**  
**Rockridge Rd.**  
**Waterbury, CT 06705**

**Fran Dupre**  
**187 East Johnson Avenue**  
**Cheshire, Ct. 06410**

**Mark Colina**  
**261 Hortin Hill Road**  
**Naugatuck CT 06770**

**Elaine Broderick**  
**19 Birch Lane**  
**Naugatuck, Ct. 06770**

**Gail Theroux**  
**18 Pond View Drive**  
**Prospect , CT. 06712**

**Marcia Rogers**  
**51 Delhurst Drive**  
**Waterbury , CT 06708**

**Jean Reilly**  
**179 Union City Road**  
**Prospect, CT 06712**

**Mary Henao**  
**202 Joseph Street**  
**Waterbury CT 06705**

**Paul Lussier**  
**75 Clark Hill Road**  
**Prospect CT 06712**

**Tammie Young**  
**80 Jersey Street**  
**Waterbury, Ct. 06706**

**Andy Riddle**  
**359 North Main St.**  
**Naugatuck CT 06770**

**Debbie Levasseur**  
**30 Seth Drive**  
**Naugatuck, CT. 06770**

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

**Martha Turiano**  
**Apple Rehabilitation Center**  
**35 Bunker Hill Road**  
**Watertown, Ct. 06795**

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

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

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

GET WELL SOON!!!

## February 2026

## FEBRUARY BIRTHDAYS

Maureen Arnone	1	Carolyn Proto	9	Betty Goggin	15	Karen Gerard	20
Claire Decker	1	Valerie Dombroski	10	Blanche Ranaudo	15	Joann Slavin	20
Lucylle Slokus	1	Angela Curtin	10	Claire B. Hughes	15	Eugene Seely	20
Elizabeth Morin	1	Gail Fay	10	Trudy Higgins	15	Shirley Falco	21
Ann Marie Swindon	1	Mike Pleines	10	Jerry Jerome	15	Carl Geminio	21
Barbara DeMaida	1	Lucia DiBenedetto	10	Liz Conrad	15	Jocelyn Miller	21
Kenneth Kaloustian	1	Erica Ritchie	10	Claudia Massie	16	Martha Rossi	22
Elaine Polomski	1	Joann Reilly	11	Maria Rodrigues	16	America Abrantes	22
Manuel A. Luis	2	Krl Battick	11	Scott Martin	16	Mike Trusiewicz	22
Ah Moi Yip	2	Barbara Genovese	11	Phyllis Cicerchia	16	Bill Murphy	22
Ellen Landry	2	Allen Gerard	11	Mary Tullo	16	Alberta Galvin	23
Vicki Case	2	Marianne Martins	11	Janet Pascucci	16	Victoria Corti	23
MaryEllen Pearce	2	Laurene Hebert	11	Susan Jefferson	16	Lois McGill	23
Adrienne Stosuy	3	Rosemarie		Ciro Franco	16	Marie Ursini	23
Pete Calandro	3	Sciarretto	11	John Kasinskas	17	Lois Ryan	23
William Margiotta	3	Charlene Strumpf	11	Sandy Banik	17	Theresa Siwinski	23
Colette Leblanc	3	Nancy Vander Eyk	11	Catherine Jordan	17	Salvatore Persico	23
Sebastian Mollica	3	Al Fermeglia	11	Nancy Via	17	Maria Silva	23
Don Snyder	4	Nanette		Connie Luciano	17	Linda Traver	24
Rose Mary		Commendatore	11	Joyce Ludecke	17	Lynn Dayton	24
Westcott	4	Shirley A. Tooth	11	Carol Muzzey	17	Fioria Anastasio	24
Kathy Darmody	5	Joan Gambino	11	Rinaldo Mattei	17	Cheryl Cocchiola	
Barbara Johnson	5	Laurene Hebert	11	Eileen		Ploski	24
Gina Bene	5	Marie Honeysett	11	Cunningham	17	Karen Dunn	24
Janice Flynn	5	Harriet Marini	11	Antoinette Towle	17	John Wasbes	24
Carol Womelsdorf	5	Theresa Moriarty	11	Sharon Hurlbut	17	Lucille Tagney	24
Cindy Zotter	5	Mary Cahill	11	Dave Bibeau	17	Mary Donahue	25
Lena Biladeau	5	Gene Sabados	12	Sarah Diaz	17	Darlene	
Anthony Battiste	5	Margaret Wilson	12	John Bozzuto	18	Novakowski	25
Joyce Sheehan	5	Elaine DiFronzo	12	Katherine Murphy	18	Denis Anctil	25
Cindy Garvin	6	Joyce Seraphin	12	Daniel Verderame	18	Donna Finelli	25
Karyn Soeters	6	Jean Beard	13	Joan Lownds	18	Kathy Shingara	25
Cookie Pelletier	6	Robert Gregorski	13	Jill Blewitt	18	Philip Benevento	25
Diane Angelino	6	Robert Covillion	13	Glenda Ruiz	18	Ann Graveline	26
Colette Casey	6	Ron Harris	13	NeNean		JoEllen Monahan	26
Maria DaRocha	6	Michael Lohne	13	Cofrancesco	18	Linda Rice	26
Johanna		Barbara Delucia	13	Maruta Jancis	18	Diane Perugini	26
Giragosian	6	Barbara		Michael Varrone	18	Adelino Francisco	26
Lucylle Young		Lamontagne	13	Maria Zagar	18	Deborah Carozza	26
Ladden	7	Theresa Duncan	13	Donna Ferrari	18	Mark Capuano	26
Henny Majeski		Winston Sharron	13	Robin Valente	18	David Merrill	26
Robert J. Majeski	7	Joan Murphy	13	Elda Garafola	19	Ann DiBenedetto	26
Bonnie Jones	8	Raymond Carrier	14	Elaine Carrier	19	Lori Imbimbo	27
James Menturweck	8	Rita DiMaria	14	Cecile Fortier	19	Michelle Guillet	27
Maddie Orsillo	9	Jeff Cooper	14	Marjorie Horzepa	19	Rita Ciccarelli	28
Norman Allard	9	Karen Laudate	14	Beverly Fortin	19	Christina Eggert	28
George		Rita Saucier	14	Cindy Blanchard	19	Karen Rousseau	28
Chateauneuf	9	Michael O'Connell	14	Johanna		Michael Mormile	29
Dolores Hensel	9	Lynn Lawson	14	Dubauskas	19	Kelley Skaarva	29
Linda Blinstrubas	9	Carol Miller	15	Lorraine Robbins	19		
Ken Priestley	9	Barbara Koshier	15	Betty Ensero	20		



**REGULAR****February 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 February 18th @ 11:00am**

**CARD BINGO**

with Shirley  
Beale  
and Barbara  
Derouin

*Tuesday 1pm  
February 17th  
Cost \$2*

**“DIME BINGO”**  
Lorraine Thibodeau*No Dime Bingo in February*

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**

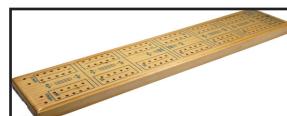
**Tuesday February 24th  
@ 10:30 am**

**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**

**Chinese & American Mah Jong**

**with Barbara Duigan**

**Every skill level welcome!  
Thursdays 1pm**

**Poker Club**

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



**REGULAR****February 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



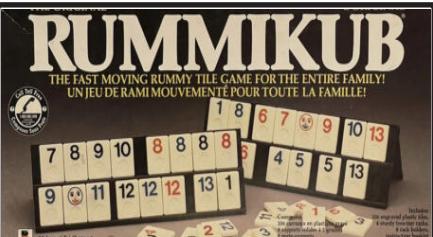
**Line Dancing Classes**  
with Teachers:  
Barbara & Rita

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



**CHAIR YOGA**  
6 Week Sessions

**Monday March 9th @ 1:30pm**

**Friday March 6th @ 1:30pm**

Cost \$20 for 6 weeks

No class on April 10th



**MAT YOGA**  
6 Week Sessions

**Monday March 9th @ 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**  
**February 23rd**  
**@ 1:15pm**  
**Cost \$2**  
**Please bring dimes...**

## REGULAR

February 2026

## ACTIVITIES



**Card Making 101**  
WITH  
Cindy, & Edwina  
  
FRIDAYS 10am-3pm  
(CLASS FULL)  
COST \$2

## Art Classes with Dory

Tuesdays  
10:00am to noon



Next 8 week session starts  
Mar. 17th (experience required)

Cost \$40 for 8 weeks

## NEW CLASS.....

## INTERMEDIATE ITALIAN CLASS

CLASS BEGINS  
March 5th, 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

March 11th

11:30am to 12:30pm

Cost \$25 for 6 weeks

### Fundamental Class

(need 1 year of previous piano instructions)

Wednesdays

March 11th

9:30am - 10:30am

Cost \$25 for 6 weeks

### Intermediate Class

(need 2 years of previous piano instructions)

Wednesdays

March 11th

10:30am to 11:30pm

Cost \$25 for 6 weeks

### Advanced Class

Thursdays

March 19th

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

March 19th

1:30pm to 2:30pm

Cost \$25 for 6 weeks

## Bible Study



with  
Georgia Smolkis

Fridays 9:30am

At the Community Center  
No sign ups necessary  
Just drop in



## Speaking Italian with Friends

with  
Joe Guarino  
Thursdays at 10:30am

Class starts  
March 5th

Cost \$20 for 6 weeks

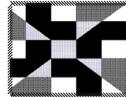


## The Happy Hookers

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

## February 2026

## ACTIVITIES

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

Monday February 9th @ 9:00am  
Monday February 23rd @ 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.

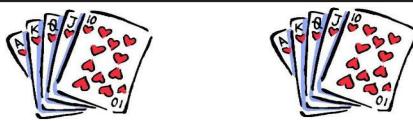
Space available on Tuesdays  
10:00am – 12:00pm

**MOTOWN MONDAYS @ 11:00am**

**\$24 for 6 weeks**

**Mohegan Sun Casino**

**February 26th**



**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**

**February 26th**



**Origami Class**  
with Ah Omi Yip

**February 5th and 19th**  
\$5 per class

**BREAKFAST AT SENIOR CENTER**  
**THURSDAY, FEBRUARY 26, 2026**  
**9:00AM** \$4

**We will have breakfast at the Senior Center on Thursday, February 26, 2026 at 9:00am. The cost of the breakfast is \$4.00.**

**Our menu will consist of Pancakes, Bacon, Sausage, Home Fries, Fruit, Juice, Coffee or Tea.**

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

## REGULAR

## February 2026

## ACTIVITIES

**NEXT 6 WEEK SESSION OF EXERCISE PROGRAMS:****BALANCE - (UPSTAIRS)****MONDAYS: FEB 23, MAR 2, MAR 9, MAR 16, MAR 23, MAR 30****MOTOWN MONDAY - (UPSTAIRS)****MONDAYS: JAN 5, JAN 12, FEB 2, MAR 2, MAR 9, MAR 16****SENIOR EXERCISE - (UPSTAIRS)****TUESDAYS: FEB 17, FEB 24, MAR 3, MAR 10, MAR 17, MAR 25****ZUMBA - (UPSTAIRS)****THURSDAYS: JAN 29, FEB 5, FEB 19, FEB 26, MAR 5, MAR 12****CHAIR YOGA - (DOWNSTAIRS)****MONDAYS: MAR 9, MAR 16, MAR 23, MAR 30, APR 13, APR 20****FRIDAYS: MAR 6, MAR 13, MAR 20, MAR 27, APR 3, APR 10****MAT YOGA - (UPSTAIRS)****MONDAYS: MAR 9, MAR 16, MAR 23, MAR 30, APR 13, APR 20****TAI - CHI - (UPSTAIRS)****THURSDAYS: FEB 26, MAR 5, MAR 19, MAR 26, APR 2, APR 9****PILATES - (DOWNSTAIRS)****THURSDAYS:****FEB 26, MAR 5, MAR 19, MAR 26, APR 2, APR 9****NEW TIME****STARTING FEBRUARY 19, 2026****TAI CHI - 9:45AM- 10:45AM (UPSTAIRS)  
PILATES - 11:00AM - 12:00AM (DOWNSTAIRS)****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, 1/29, 2/5, 2/19, 2/26****ADVANCED ITALIAN CLASS****1/8, 1/15, 1/29, 2/5, 2/19, 2/26****FUNDAMENTAL PIANO CLASS****1/14, 1/28, 2/4, 2/18, 2/25, 3/4****INTERMEDIATE PIANO CLASS****1/14, 1/28, 2/4, 2/18, 2/25, 3/4****ELEMENTARY PIANO CLASS****1/14, 1/28, 2/4, 2/18, 2/25, 3/4****BEGINNER PIANO CLASS****1/29, 2/5, 2/19, 2/26, 3/5, 3/12****ADVANCED PIANO CLASS****1/29, 2/5, 2/19, 2/26, 3/5, 3/12****DORY'S ART CLASS****1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10****News From The Bocce Court****It doesn't look like it now but Spring will be coming!**

There will be a meeting for all who want to play Bocce on Tuesday, March 31st at 10:30 a.m. The first games will be on April 7th. 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.

**Bocce = fun, laughs, friends!**

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

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

## LADIES IN RED



One year ago, in my February 2025 newsletter article, I was able to report “the frigid temperatures of the first month of 2025 did not forestall Prospect’s “Ladies in Red” from having fun.” Unfortunately, the frosty days, frigid nights and frightening forecasts of January 2026 did, indeed, force the “Ladies in Red” to forego our festivities this January.

On Tuesday, January 20th, the “Ladies in Red” had plans to party hearty at the legendary Zuppardi’s Apizza in West Haven. Sadly, an ominous forecast of single digit temperatures that evening precipitated a postponement of our pizza party. After all, nobody likes FROZEN pizza, even if it is Zuppardi’s pizza. We’ll try again on the evening of Tuesday, February 3rd, when the temperature is expected to above freezing and the chance of precipitation is only 5%.

In 1932, Dominic Zuppardi, after having learned the trade of bread making in his native 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 in 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.

Despite the short notice, I encourage all “Ladies in Red” to join for this winter evening of comradery and a slice or two of fabulous pizza. Zuppardi’s serves many varieties of traditional, New Haven style thin-crusted pizza as well as salads and desserts. Wine and beer are available. As we will be sharing the cost of food and drink, bringing cash is recommended. For this trip, we will be leaving the Senior Center at 4:15 PM. Zuppardi’s does not accept reservations, so be prepared for a short wait. As we will be visiting Zuppardi’s early on a (cold) weekday evening, hopefully, the restaurant should not be too crowded!

As of this writing, we anticipate a day of snow and ice and everything not nice on Sunday, January 25th, the day on which the “Ladies in Red” had planned to enjoy a delicious dinner at Pelicci’s, an old school, traditional Italian restaurant that has flourished serving authentic Italian cuisine in Stamford since 1947. Alas, this trip will also be postponed. On the yet-to-

be-determined new date, we will be enjoying a meal of 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 included, will be \$34. Please let me know if you want to go and I will try to set a date that will work for you.

Sunday, February 2nd, is the day that Punxsutawney Phil will have the opportunity to redeem himself after his despicably disappointing performance of last year. Remember Phil, the only ice that the “Ladies in Red” like is the cubes in our cocktails! We’re waiting for spring to be sprung so we can have some fair weather fun!

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.

After lunch at Chamard, we’ll head to the quaint village of Essex for a taste of Valentine’s Day chocolate treats at two exquisite chocolate shops: “Chocolate Geeks” across the street from the historic Griswold Inn and “Joy Chocolate Co,” a shop opened by retired oncology nurse and chocolatier Claire Ariyan in the historic Farmham-Parmelee house 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 chocolate shop. At 4:45 PM, we’ll board the bus for the return trip to Prospect. There is no charge for this trip but all food and drink is, of course, at your own expense.

Friday, February 27th is the day set for the next “Neil at the Wheel” adventure. This time, we’ll be traveling to Boston and visiting Boston’s iconic “Haymarket” outdoor produce market, the newer indoor Boston Public Market and the “Little Italy” of Boston in the historic North End. Dating back almost 300 years, the Haymarket is well-known for its incredibly low prices on fruit and vegetables and its sometimes brusque and irascible vendors. Once in the North End, we’ll have time to stroll the streets and shop the shops, bakeries and markets of “Little Italy.” In addition, on the day of our visit, “Dine Out Boston” will

**Continued on next page**

## REGULAR ACTIVITIES

February 2026

*LADIES IN RED  
(continued)*

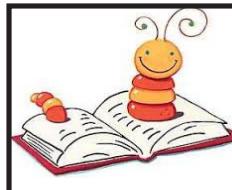
offering special prix fixe luncheons at many of Boston's fine restaurants. We'll end our day with cocktails at the rooftop bar "Mare" whose espresso martini has repeatedly been voted "the best in America." The cost of this trip is \$79 per person. We will be traveling in a luxury Ford transit van with "Neil at the Wheel" and be departing from the Cross Exit commuter lot off Route 8.

On St. Patrick's Day, Tuesday, March 17th, the "Ladies in Red" will be celebrating "the wearing of the green" with a visit to the Inishmor Irish restaurant in Colchester. Inishmor is family-owned Irish Pub that, for several years, has earned the distinction of "Best Irish Pub" in Connecticut. Inishmor serves farm-to-table cuisine and uses locally sourced ingredients whenever possible. In addition to the ubiquitous Corned Beef and Cabbage, their menu features Irish fare selections such as Shepherd's Pie and Bangers and Mash. After our meal, we'll make a stop at Quality Consignments, an upscale group shop with a large assortment of vintage and antique merchandise. For this trip, we'll be departing the Senior Center at 1:30 PM.

In the month of April, the "Ladies in Red" will be attending "Fling into Spring," a gala event hosted by the Royal Scarlet Gadabouts on Saturday, April 4th and the Wooster Square Cherry Blossom Festival on the second or third Sunday in April. More information on both events will be available in the March and April newsletters. In May, we will once be chartering the schooner "Argia" out of Mystic for a private cruise of Long Island Sound.

If your New Year's resolutions include making new friends, having more fun, going on fabulous trips and broadening your horizons, I'm happy to announce that the "Ladies in Red" continue to welcome new members to join us for a year of fun, friendship and fantastic activities. Our yearly dues are \$20 and new sign-up sheets will soon be available at the Senior Center front desk. As always, I can be reached by telephone at 203-503-7427 or by email at lchesinas2013@yahoo.com.

Happy Valentine's Day and a Fabulous February 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.

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.

On March 5th we will be going to ReRead Used Bookstore in Cheshire for our meeting. There is a nice little cafe where we can enjoy a beverage during the meeting. The book we will be discussing is the historical fiction novel "Dictionary of Lost Words" by Pip Williams. In 1901, the word 'Bondmaid' was discovered missing from the Oxford English Dictionary. This is the story of the girl who stole it. Esme's mother died giving her birth, so she is brought up by her father. She spends her childhood under the table in the Scriptorium, where James Murray and his team of lexicographers, including her father, are compiling the Oxford English Dictionary. Over time she discovers that words in common use, particularly those used by and about women, are not included.

The van will leave the Senior Center at 10:00 a.m. to go to ReRead and pick us up after the meeting to go to Paul's Restaurant in Cheshire for lunch. We will have a sign up sheet at the February meeting.

"One glance at a book and you hear the voice of another person, perhaps someone dead for 1,000 years. To read is to voyage through time."  
- Carl Sagan, American Astronomer

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

**Mary Damulis, Coordinator**



## Professional Services

February 2026

**DEBORAH PAVLIK RIDOLFI**  
Manager/Realtor

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CELL: 203-910-2858

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February 2026



## Prospect Memorial

The Palmerie Family Funeral Home



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[www.prospectmemorial.com](http://www.prospectmemorial.com)

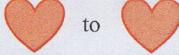
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If you are a senior willing to permanently foster a senior cat (over 10) all expenses will be paid: food, veterinary care, and litter.

**ASK US FOR AN APPLICATION TODAY!**

Contact: Whiskers Pet Rescue @ (203) 586-1666 or [WhiskersPetRescue.org](http://WhiskersPetRescue.org)



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February 2026

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## February 2026



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

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**EMAIL: [CONTACT@ANIMALSFORLIFE.ORG](mailto: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](http://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

## February 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!



### New Day Bereavement Group

St. Anthony Church is offering a 9-week program where individuals can share their grief stories and learn about the grieving process and its tasks for healing.

Sessions are conducted by trained facilitators, who have experienced grief in their own lives, and are able to help you move through the tasks of grief. It will not be a therapy session, but an opportunity to share with others who have experienced losses themselves. All denominations are welcome.

The sessions begin Wednesday, March 25, 2026 from 6:30 to 8:30 pm. There is no cost for the program.

Books in the group are generously donated by Prospect Memorial/The Palmerie Family Funeral Home.

Registration is needed, as space is limited. For information, call Charlotte Scaviola 203-758-5711, Jill Blewitt 203-758-5599, or Carrie Sturdevant 203-768-5334.

### 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](http://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](http://ArrayRxcards.com).

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**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](http://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](http://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 Historical Society – 2025
- 80 Years Prospect Fire Dept – 2025
- 250 Years United States of America – 2026
- 200 Years Town of Prospect - 2027

**AVAILABLE NOW!**  
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CALL 203 758 5503 OR 203 758 5746



American  
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Association.

## 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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- 3.) SEND THEM IN WITH YOUR CHILD OR MAIL TO THE ADDRESS BELOW

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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](http://www.heart.org/hope) for more information.

## February 2026



### 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

##### LADIES NIGHT

@ MIRABELLE'S RESTAURANT

WEDNESDAY, FEBRUARY 25, 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

##### GRILLED CHICKEN PRIMAVERA

Grilled chicken topped with onion, mushroom, spinach, roasted red pepper, garlic & mozzarella cheese. Side of penne

##### CHICKEN MARSALA

Side of penne

##### VEAL & EGGPLANT PARMESAN

Side of Penne

##### BAKED TORTELLINI & SAUSAGE ALLA VODKA

Topped with mozzarella cheese

##### DESSERT

Black Raspberry Sherbet or Molten Lava Cake

#### FRIDAY BUFFET

@ WILCOX TECH HIGH SCHOOL

at Silver City Bistro!

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.

**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. Appointments are not necessary .**

#### NEW ITEM

##### ATTENTION MUSICIANS

The Naugatuck Community Band is looking for new members. We are a local brass ensemble of approximately 25 members.

We practice on Thursday evenings at City Hill Middle School in Naugatuck from 7-9pm. Any musical ability is appreciated.

If interested or further information required, please contact Suzann @ 203-558-9771 or Gil

February 2026



# 2025-26 UCONN WOMEN'S BASKETBALL SCHEDULE

Date	Opponent	Location	Time	TV
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**

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

DATE	OPPONENT	TV	SITE	TIME
<b>FEBRUARY</b>				
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.
<b>MARCH</b>				
Sat 7	at Marquette *	FOX	Fiserv Forum, Milwaukee, Wis.	12:30 p.m.
11-14	<b>BIG EAST Tournament</b>	TBD	<b>Madison Square Garden, New York, N.Y.</b>	

### NEW ITEM

**MINI FACIAL WITH MARIA SCOTT**  
**TUESDAY, FEBRUARY 24, 2026**  
**APPT STARTING @ 9:30AM**  
**\$25/20 MINUTES**

Maria will be doing mini facials on Tuesday, February 24, 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.

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

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.

## February 2026

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

**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.

**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.

**Prospect Senior Center  
Annual Valentine's Day Luncheon  
Friday, February 13, 2026**

**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.

Liverpool Productions will be the entertainment for the day. Charles 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.

## February 2026

**“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 Riippchen (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**

**“That’s Amore”**  
**IKEA, New Haven**

**Friday, February 13, 2026**

**Departing @ 2:15PM** **\$21.50**

In celebration of the Valentine’ Day holiday, IKEA is hosting a one-night only dinner event featuring a three course dinner and live music. The meal will consist of salad, choice of entrée, dessert and a bottle of sparkling Kristian Regale to share. In addition to the live musical entertainment, IKEA will be raffling off a \$100 gift certificate to one lucky winner. At the time of this writing, no further information on this event is available; however, members of the Prospect Senior Center attended last year’s Valentine’s Day event at IKEA and gave it a resounding thumbs up!

For this event, we’ll be departing the Senior Center at 2:15 PM and will be arriving at IKEA by 3:00 PM when “That’s Amore” begins. Although the gift certificate will be awarded at 5:00 PM, the event continues until 6:00 PM with music and dessert. As our minibus will be picking us up at 7:00 PM, we will have approximately one hour to browse the store and make purchases at the Swedish food shop. We should be back in Prospect by about 7:45pm.

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

**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 ½ 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.

**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 and PAY as soon as possible.

## February 2026

## NEW ITEM

**LUNCH @ CULINARY INSTITUTE OF AMERICA  
IN HYDE PARK, NY  
AT AMERICAN BOUNTY RESTAURANT  
WEDNESDAY, FEBRUARY 18, 2026  
DEPARTING @ 9:30AM  
LUNCH @ 11:30AM  
BACK @ 4:00PM**

**3 COURSE MEAL INCLUDES: APPETIZER, ENTRÉE, &  
DESSERT BEVERAGES NOT INCLUDED  
\$44 (INCLUDES TAX & STUDENT SUPPORT SERVICE  
CHARGE)**

With a focus on the seasons and products of the Hudson Valley, contemporary and traditional regional dishes are brought to life at the American Bounty Restaurant in an honest and flavorful way. Rounded out with a first-class American wine list and comfortable warm service, this casually elegant restaurant sets the stage for an unparalleled dining experience in New York's Hudson Valley.

**Lunch Menu****APPETIZERS****BUTTERNUT SQUASH SOUP**

Roasted Pear, Toasted Pepitas, Ginger Crips, Spiced Pecans, Point Reyes Blue Cheese Crumble, Cheddar Biscuit

**SMOKED POTATO LEEK SOUP**

Pickled Heritage Apples, Shallots, Sourdough Sage Croutons, Toasted Pepitas, Bacon Lardons

**RIGATONI**

Honey Squash & Porcini Ragù, Toasted Hazelnuts, Sage Oil

**SUNDRIED TOMATO GNOCCHI**

Wild Mushrooms, Heirloom Cherry Tomatoes, Parmesan Emulsion

**ROASTED APPLE SALAD**

Aged Cheddar, Crispy Quinoa, Spiced Walnuts, Maple Vinaigrette

**HEARTY GREENS**

Caramelized Pears, Sourdough Croutons, Spiced Pistachios, Tahini-Curry Dressing

**CHICKEN LIVER CROSTINI**

Grilled Sesame Semolina Crostini, Seasonal Chutney, Spicy Walnuts

**SPICY COD FRITTERS**

Avocado-Lime Crema, Fresno Chilis, Pickled Red Onions, Crispy Plantain Threads

**LAMB MEATBALLS**

Smoked Eggplant Purée, Green Harissa, Feta, Grilled Crostini

**SHRIMP & GRITS**

Sharp Cheddar Grits, Andouille Sausage

**CHARRED OCTOPUS**

Roasted Delicata Squash Purée, Pickled Red Onions, Lemon Oil

**BOUNTY'S BUTCHER BOARD**

Selection Of Cured Meats, Seasonal Jam, Housemade Pickles, Grilled Semolina

**MAIN COURSES****BRAISED LAMB SHANK**

Braised Greens & White Beans, Brussels sprouts Gremolata, Pickled Jimmy Nardello Peppers, Lamb Jus

**GRILLED STRIP LOIN +5**

Black Barley Butternut Risotto, Charred Broccolini, Roasted Baby Carrots. Red Wine Black Garlic Jus

**LOCAL ROASTED CHICKEN**

Upstate Abundance Mashed Potatoes, Herb Roasted Acorn Squash, Thyme Veloute

**BOUNTY BURGER**

50/50 Mushroom Blended Burger, Maple Cut Bacon, Smoked Cheddar, Caramelized Onions, Potato Bun, Housemade Chips

**ROASTED DUCK BREAST**

Spiced Glazed, Sweet Potato Purée, Herb Roasted Brussels Sprouts & Parsnips, Port Gastrique

**BRAISED MUSSELS**

Saffron Mussels, Braised Fennel, Roasted Pee Wee Potatoes, Black Garlic Crostini

**MARKET FISH**

Caraflex Cabbage, Smoked Dakota Dawn Potatoes, Pickled Shallots, Whole Grain Mustard Cream Sauce

**PAN SEARED TROUT**

Wild Mushroom Farro, Roasted Baby Carrots, Calabrian Chili Herb Butter

**GRILLED MARINATED EGGPLANT (VEGAN)**

Quinoa Salad, White Bean Purée, Roasted Vegetable Ragù, Pistachios, Ras el Hanout Vinaigrette

**DESSERT****BANANA CARAMEL**

Peanut Crèmeux, Vanilla Bavaroise, Phyllo Dough, Caramelized Bananas

**WHISKEY CHOCOLATE CAKE**

Bourbon Ice Cream, Coffee Mousse, Dark Chocolate Whiskey Ganache, Whiskey Crèmeux

**TAPIOCA PUDDING**

Speculoos Cookie, Apple Cider Cake, Apple Butter, Caramel Sauce

**CONFECTION PLATE**

Rainbow Cookie Coated Almonds, Kaffir Lime Chocolate Cherries, Espresso Malt Balls, Popcorn Chocolate Bar

**ASSORTED NEW YORK CHEESE PLATE**

Seasonal Housemade jam, Grilled Bread

**SEASONAL ICE CREAM**

Selections Change Daily

\*Consuming raw or undercooked animal products may increase your risk for food-borne illness.

Prices are subject to change to bring you the best and freshest ingredients possible. Not all ingredients are listed on the menu. Please inform your server if you have an allergy so that we may accommodate your requests.

A key component of the education process at CIA is learning how to deliver outstanding service. Students at the Culinary Institute of America are not permitted to accept tips, in accordance with IRS regulations and the CIA Student Code of Conduct. We thank you for honoring the "no tipping" policy, and for giving our students the opportunity to serve you. However, we do include a 20% Student Support Surcharge on each check which is returned to our students through scholarships. Thank you for helping to support the educational mission of CIA.

We will be leaving the Senior Center at 9:30am. Our reservations are made for 11:30am. You will have an additional ½ hour to stop at the bakery. We will leave from the bakery at 2:00pm. We should be back in Prospect by about 4:00pm.

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

## February 2026

### NEW ITEM

**Springfield RV, Camping and Outdoor Show  
@ The Big E  
Storowton Tavern  
Sunday, February 15, 2026  
Departing @ 12:00 PM \$15**

We may be old but we are not too old to enjoy the Springfield RV, Camping and Outdoor Show. While pitching a tent in the backyard or sleeping under the stars amidst the bears may no longer be to our liking, many of us harbor cherished memories of a time when summer in New England meant a family camping trip or a scout camporee or dream of a bucket list RV excursion. The Camping Show at the Big E has something for everyone whether you are interested in exploring the newest RV's, checking out the myriad of campgrounds scattered along the byways of New England, discovering the Great Outdoors or even just shopping for Girl Scout cookies or specialty items from the show's multitude of vendors. The show brings together over 200 exhibitors in three heated buildings spanning over 270,000 square feet.

Departing the Senior Center at noon and arriving at the Big E on or before 1:00 PM, we'll have approximately three hours to explore the show. At 4:00 PM, we'll head to the historic Storowton Tavern located in Storowton Village on the grounds of the Big E for a fireside supper. The circa 1879 tavern serves traditional New England fare at reasonable prices in colonial comfort and ambience. Members of the Prospect Senior Center have dined here on a number of previous occasions and have given the restaurant a thumbs up!

The \$15 is the admission price to the Camping show; all food and drink at the Storowton Tavern is at your own expense. Departing West Springfield, immediately after dinner, we expect to be back in Prospect by 7:00 PM.

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

### NEW ITEM

**"A Vivaldi & Mozart Candlelight Experience"  
Church of the Good Shepherd  
Shelton, Connecticut  
Saturday, February 21, 2026  
Departing @ 7:00 PM \$27.50**

Experience a magical night of timeless music when the internationally renowned "Lumos" orchestra performs the works of Vivaldi and Mozart in the glow of thousands of flickering candles in the historic Church of the Good Shepherd in nearby Shelton, Connecticut. "Lumos" believes that music should be more than just heard; it should be felt. The orchestra strives to remind people of the power of music to heal and bring joy; they believe that the glow of candlelight makes every note special. The combination of the timeless, classical music of Mozart and Vivaldi and a magnificent, historic church illuminated entirely by candlelight is sure to create an enchanting, unforgettable experience.

For this concert, we will be leaving the Senior Center at 7:00 PM and will be arriving in Shelton in time for the 8:00 PM concert. We should back in Prospect before 10:00PM. Don't miss this once-in-a-lifetime experience.

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

### NEW ITEM

**Nick Bosse  
Saltwater Farm Vineyard  
Sunday, February 22, 2026  
Departing at 11:30 AM No Charge**

Did you love Nick Bosse's outdoor concert this summer at South Farms Social or his Halloween Eve performance at Saltwater Farm Vineyard? If so, you won't want to miss his return appearance at Saltwater Farm Vineyard on Sunday afternoon, February 22nd.

For those of you who haven't had the pleasure of attending a Nick Bosse concert before, he is a Connecticut based singer-songwriter who espouses traditional country music and rejects the pop-style of country music that is currently being promoted by the corporate music industry. He favors the music of Willy Nelson, Waylon Jennings, Johnny Cash and other country music icons of yesteryear. Nick put on fabulous shows in the summer and fall; the upcoming show at Saltwater Farm Vineyard is sure to be a good time for fans of traditional country music and wine lovers alike.

Saltwater Farm Vineyard sits on land which was originally established as a farm by Walter Palmer in 1653. In the late 1930's, William J. Foster opened a small community airport on the property. There, Foster built a hangar designed by John W. Lincoln, who lived in Stonington and also designed the Quonset hut. Foster Field, also known as Westone Airport, functioned for several years as an airport before the entry of the U.S. into World War II, when the government closed the airport to public use.

In 1945, as the war ended, Foster leased the property to Henry R. Palmer, Jr., who used it for commercial air service and flight training. His venture lasted only a few years and the hangar, now the Tasting Room was haphazardly used through subsequent decades as a warehouse, a restaurant, a factory and a home to squatters.

In 2001, Michael M. Connery bought the long dormant property and the story of Saltwater Farm Vineyard began. Saltwater Farm Vineyard, on which five varieties of grapes are planted, is now an award-winning winery. The aging hangar is now the impeccably restored Tasting Room and the former runway is an expansive, grassy lawn with Adirondack chairs on which patrons can sit and enjoy Saltwater Farm's fine wines.

Prior to the concert, we will be stopping for lunch at Dog Watch Café which overlooks Stonington Bay. There's nothing like steaming bowl of hot chowder to warm the body on a frosty February day as we watch the wintry winds wallop the frozen shore. If it's spirits that warm your soul, Dog Watch Café has a full bar. In February, oysters "r" in season and Dog Watch has them, along with lobster rolls and Stonington Bay scallops. Landlubbers will also delight in Dog Watch's menu as it has a long list of sandwiches, burgers and daily specials.

For this trip, we will be leaving the Senior Center at 11:30 AM and enjoying a 1:00 PM lunch. Immediately after lunch, we'll head to our reserved table at Saltwater Farm Vineyard for the afternoon's main event. We will be leaving the Vineyard right after the show.

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

## February 2026

## NEW ITEM

**“Norman Rockwell: From Camera to Canvas”**  
**New Britain Museum of American Art**  
**Wednesday, February 11, 2026**  
**Departing@9:30 AM** **\$18**

“I’ve always been known as the Kid with the Camera Eye.” –Norman Rockwell

Before Norman Rockwell’s paintings, came Norman Rockwell’s photographs. For more than forty years, photographs were the building blocks of Norman Rockwell’s art. In the first half of the 20th century, photographs were an essential tool for illustrators and commercial artists; Norman Rockwell perfected the art of using carefully staged camera studies to capture the concepts which he would later transfer to canvas. He went to elaborate lengths to create photographs which portrayed his concepts exactly. His thousands of reference photographs are exceptional in their scope, detail and nuance. “Norman Rockwell: From Camera to Canvas” features over 150 photographs, tear sheets, paintings and drawings that span Rockwell’s prolific career.

On the morning of Wednesday, February 11th, members of the Prospect Senior Center will have the opportunity to enjoy a docent-led tour of this extraordinary exhibit at the New Britain Museum of American Art. For this trip, we will be departing the Senior Center at 9:30 AM. Our tour is from 10:00 AM to 11:00 AM.

We will have until noon to explore the exhibit and enjoy all that the Museum has to offer. We’ll then board our bus and head to the “Little Poland” of New Britain where our reserved table at the “Belvedere Café and Restaurant” will be awaiting our arrival. Owned and operated by Ela Konferowicz, who grew up in Poland and learned to cook there, Belvedere serves authentic Polish and European comfort food. **Lunch at Belvedere is at your own expense** as the fee for the trip covers the tour only. Departing New Britain immediately after lunch, we should be back in Prospect by 3:00 PM.

## NEW ITEM

**FREE CHAIR MASSAGES**  
**WITH GABRIELA**  
**WEDNESDAY, FEBRUARY 25, 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, February 25, 2026 starting at 9:30am.

If you are interested in relaxing, book your appointment.

## NEW ITEM

**HOT CHOCOLATE FESTIVAL**  
**@ WHITE SILO FARM WINERY**  
**IN SHERMAN, CT.**  
**SUNDAY, FEBRUARY 15, 2026**  
**LEAVING @ 12:00PM** **\$35 (incl. tax & tip)**

This year our Hot Chocolate Festival will be both weekend days February 14th and February 15th from 1 - 4 PM. We will be serving five Hot Chocolates - White, Milk, Dark, Mexican and VEGAN Hot Chocolate. Top off your cups with homemade marshmallows, whipped cream, chocolate sprinkles, and other fixins’. This year we are adding S’mores. Bring your friends and enjoy a WARM afternoon in our winery. Special food items to pair with your hot chocolate will be available to purchase. The price is \$35 per person and includes one glass of wine or non alcoholic beverage to sip with your hot chocolate(s).

We will be leaving from the Senior Center at 12:00pm. The festival is from 1-4pm. At 4:00pm we will board our bus for our return trip back to Prospect. We should be in Prospect by about 5:00pm.

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

## NEW ITEM

**Hot Chocolate Bomb Making Class**  
**Isabel et Vincent French Bakery**  
**Fairfield, Connecticut**  
**Tuesday, February 24, 2026**

**Departing @ 3:30 PM** **\$45**

Join Eloise at the fabulous Isabel et Vincent French Bakery for a cozy, hands-on experience where creativity meets chocolate! Some of you may remember making Eloise’s acquaintance in October when members of the Senior Center attended her Champagne and Macaron Pairing Class at Isabel et Vincent; a good time was had by all! In her latest interactive class, Eloise will be teaching us how to craft delicious hot chocolate bombs from start to finish. With Eloise’s guidance, we’ll discover how to mold chocolate shells, fill them with cocoa and marshmallows, seal them to perfection and finish by decorating them with a festive flair.

Each of us will be taking two hand-crafted, exquisitely decorated hot chocolate bombs. Adding to the fun, Eloise will be serving savory snacks throughout the workshop. For this trip, we’ll be departing the Senior Center at 3:30pm and be returning by 8:00pm.

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

## February 2026

### NEW ITEM

#### **“Sea Shanty Night”**

**The Tap Room at the Griswold Inn**

**Monday, February 23, 2026**

**Departs at 5:00 PM**

**No Charge**

“Sea Chanteys Tonight” reads the banner that flies above the Griswold Inn in the village of Essex every Monday. On Monday evening, February 23rd, members of the Prospect Senior Center will have the pleasure of enjoying a fireside dinner at the historic Griswold Inn followed by a rousing performance of seafaring music by “Jovial Crew.” “Jovial Crew” is a maritime band that has been a Monday Night fixture at “The Gris” for over five decades. Be prepared for a night of foot stomping, stout slugging and sloshing and singing along as the Prospect Seniors stake claim to the seats in the Inn’s historic Tap Room for this time honored Monday Night tradition.

Our evening will begin with a dinner at 6:00pm is the Inn’s Gun Room, which adorned with an assortment of colonial artillery, is adjacent to the Tap Room. Commencing at 8:00pm, the performance by “Jovial Crew,” with its cult-like following, is extremely well-attended so we will be arriving early in order to secure seats in the Tap Room. The band plays on until 11:00pm, but as this beyond most of our bedtimes, we’ll be leaving when the yawning begins, which is expected to be 9:30pm. Our expected arrival time back in Prospect is 10:30pm.

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

### NEW ITEM

#### **“Winter Wildlife Cruise”**

**The Connecticut River Museum**

**Wednesday, March 11, 2026**

**Departing @ 10:15 AM \$50**

On Wednesday, March 11th, members of the Prospect Senior Center will have the opportunity to escape the winter doldrums and experience the beauty and solitude of the Connecticut River in winter when we embark upon a Winter Wildlife Cruise aboard the Connecticut River Museum’s “River Quest.” As the river, lakes and ponds to the north freeze up, eagles make their way to the lower Connecticut River in search of fish for sustenance until the spring thaw. From the comfort of a heated cabin, on our two hour cruise, we’ll view eagles, grebes, fox, swans, mergansers, gulls, hawks, loons, deer, coyotes and maybe even seals and an occasional bobcat. A naturalist will be onboard to make sure that we don’t miss a thing. **Complementary tea and coffee will be provided to ward off the winter chills.**

After the cruise, we’ll head up the street to the historic Griswold Inn for some hot tavern fare in their fireside dining room. **Please note that the \$50 fee for this trip covers only the fare for the cruise; lunch at “The Gris” is at your own expense.** Departing Essex immediately after lunch, we expect to back in Prospect by 5:00pm.

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

### NEW ITEM

#### **Antiquing in the Hudson Valley**

**Tavern at the Beekman Arms Sunday Brunch**

**Sunday, March 1, 2026**

**Departing @ 9:00 AM**

**\$51.25(tax and tip included)**

**Pay at Restaurant**

Join us on Sunday, March 1st, for a delightful day of dining and antiquing in the historic Hudson Valley. Our first stop of the day will be at The Tavern at Beekman Arms where we’ll be enjoying a bountiful brunch buffet. The Tavern at Beekman Arms is a colonial restaurant and bar which currently has notoriety as a hangout of “The Real Housewives of New York City.” For centuries prior, as America’s oldest inn, it hosted presidents, statesmen and celebrities including George Washington, Benjamin Harrison, Franklin Delano Roosevelt and Bill Clinton, Alexander Hamilton and Aaron Burr, Elizabeth Taylor, Lauren Bacall and Frank Sinatra and Billy Joel, Bon Jovi and Miley Cyrus. The Inn’s spectacular brunch buffet includes breakfast fare and features an omelet station, two carving stations a Bottomless Mimosa Bar and more.

After brunch, we’ll head to the Beekman Arms Antique Market, which is located directly behind the Beekman Arms Hotel. Set in a classic two-story barn, with over 300 dealers, the market has a wide variety of high quality merchandise. We’ll have approximately one hour to shop the Beekman Arms Antique Market.

Our final stop of the day will be at The Antique Center at Rhinebeck, which is the Hudson Valley’s largest antique venue. The emporium’s collection includes furniture, antique, costume and estate jewelry, silver, porcelain, paintings, oriental rugs and tapestries. We’ll spend approximately our hour at this shop before heading back to Prospect, with an expected arrival time of 5:00 PM.

### NEW ITEM

#### **“WINE, WOMEN AND WEDNESDAYS”**

**@ THE GRISWOLD INN, ESSEX**

**WEDNESDAY, MARCH 18, 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.

## February 2026

### **JUKEBOX BINGO WITH CHARLES OF LIVERPOOL PRODUCTIONS**

**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!

### **NEW ITEM**

#### **PASSION PLAY**

**@ ST. LUKES CHURCH  
IN SOUTHBURY, CT.**

**TUESDAY, MARCH 31, 2026**

**WEDNESDAY, APRIL 1, 2026**

**DEPARTING @6:00pm**

**NO CHARGE**

#### **Mission Statement**

We are a community of people from various places, walks of life, and religious expressions of Christian faith who gather under the auspices of Saint Luke Parish to reenact the Passion, Death and Resurrection of our Lord and Savior Jesus Christ through the "Passion Play".

Our goal is to build the Christian community of Southington through the gathering of prayer, by producing a theatrical offering of thanksgiving to God by using our talents for His Glory and for the sake of the Gospel.

We wish to accomplish this by offering a safe, dignified, respectful, and loving community. All who wish to participate in this prayer are welcome. No one will be judged for where they are in their walk with the Lord. We discriminate against no one. We value all aspects of participation, and every sacrifice made to our common goal. We do not offer our identities in either our public literature or to the media.

We seek to offer a true and heart-filled prayer to God in thanks for the offering of His Son, as well as the blessing of community through the Father, The Son, and The Holy Spirit.

We will be leaving from the Senior Center @ 6:00PM. The show starts at 7:00pm. We should be back in Prospect by about 10:00pm. There is no charge for this performance, but donations are welcome.

If you are interested in joining us, please sign up as soon as possible. Please specify which day you want to go on the trip.

### **NEW ITEM**

#### **AMAZON FULFILMENT CENTER TOUR IN WINDSOR, CT.**

**WEDNESDAY, MARCH 18, 2026**

**DEPARTING @ 10:00AM**

**NO CHARGE**

Come meet us and find out for yourself! Did you know that Amazon fulfillment centers are far more than a traditional warehouse? Some of our buildings are as large as 28 football fields, and can hold millions of products at one time. They are bright, huge buildings with orange robots transporting towers of goods, miles of conveyor belts carrying inventory in every direction, and shipping labels practically flying onto boxes, blown by puffs of air. On a tour, you will see how products in your online shopping cart get from Amazon to you. It's a symphony of people and technology that allows us to deliver orders quickly and efficiently to customers around the world. Amazon Tours allow you to see different types of robots in action and explain how they make the fulfillment process more efficient! Robots not only benefit the people who work alongside them, by reducing the distance we walk. They also improve the shopping experience for our customers by allowing us to hold more inventory and process orders more quickly.

The robots are incredibly smart, but they aren't competing for jobs—they're creating them. Robots enable more inventory to pass through our fulfillment centers, which means more employees are needed for handling that inventory. Since 2012, we have added tens of thousands of robots to our fulfillment centers, while also adding hundreds of thousands of full-time jobs globally.

We will be leaving from the Senior Center at 10:00am. Our first stop will be for lunch at Tunxis Grill in Windsor, CT. **The cost of your meal is your responsibility.** Our private tour is scheduled for 1:00pm. The tour will last approximately 1 hour. We should be back in Prospect by about 3:30pm.

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

## February 2026

## NEW ITEM

**LUNCH @ CULINARY INSTITUTE OF AMERICA  
IN HYDE PARK, NY  
AT THE BOCUSE FRENCH RESTAURANT  
TUESDAY, MARCH 31, 2026  
DEPARTING @ 9:30AM**  
**LUNCH @ 11:30AM BACK @ 4:00PM**  
**3 COURSE MEAL INCLUDES: APPETIZER,  
ENTRÉE, & DESSERT**  
**BEVERAGES NOT INCLUDED \$44**  
**(INCLUDES TAX & STUDENT SUPPORT SER-  
VICE CHARGE)**

Sleek and strikingly contemporary, this French restaurant is named for the most famous chef in France, Paul Bocuse. The Bocuse Restaurant reimagines the execution of classic French cuisine through the lens of ultra-modern cooking techniques, brings a new style of casual yet sophisticated service, and offers a breathtaking architectural interior design.

## LUNCH MENU

## FIRST COURSE

## Truffle Soup V.G.E

Chicken Consommé | Foie Gras | Root Vegetables | Black Truffles | Mushrooms | Puff Pastry

## Escargot "Petit Gris"

Butter | Shallots | Garlic | Parsley

## Horseradish Cheesecake

Caviar | Truffle Blinis | Cucumber | Del Piquillo Gel | Dill Oil

## Cider-Steamed Mussels

Celeriac | Cipollini Onions | Leeks | Apple Foam

## Endive Salad

Watercress | Apples | Clementines | Blue Cheese | Candied Walnuts | Mustard-Cider Vinaigrette

## Salmon-Lobster Soufflé

Lobster | Shrimp | Mussels | Clams | Crustacean Bisque

## Ricotta-Truffle Gnocchi

Butternut Squash | Cipollini Onions | Beans | Truffle-Parmesan Cream Essence

## Beetroot "Du Jardin"

Goat Cheese Foam | Pistachio Dukkah | Macerated Blackberries | Honey Tuile | Banyuls Vinaigrette

## Bocuse "Tasting"

Stuffed Grape Leaves | Hummus | Labneh | Tomato Dip | Red Pepper Jam | Olive-Feta | Pita

## Charcuterie "Du Moment"

Daily Preparation

## SECOND COURSE

## Monkfish

Shrimp Dumplings | Potatoes | Pickled Red Onions | Mushrooms | Yuzu-Ginger Emulsion

## Fettuccine

Beluga Lentils Bolognese | Olives | Squash | Mushrooms | Jalapeño-Herb Oil

## Market Fish

Silky Cauliflower Purée | Baby Turnips | Leeks | Sunchokes | Blood Orange Hollandaise

## Braised Duck Leg Bourguignon

Garlic Mashed Potatoes | Mushrooms | Root Vegetables | Bacon | Sage

## Chicken

Phyllo Wrapped Salsify | Serrano Ham | Endive | Silky Mushroom Cream

## Pork Tenderloin

Brussels Sprout-Fingerling Gratin | Soubise | Sweet Potato Purée | Charcutière Sauce

## THIRD COURSE

## Dark Chocolate Bar

Dark Chocolate Mousse | Vanilla Bavarian Cream | Sea Buckthorn Sauce | Blood Orange Raspberry Sorbet

## Crème Brûlée

Toasted Coconut Tuille | Fresh Berries

## Mont Blanc Verrine

Chestnut Cream | Cassis Crèmeux | Crème Fraîche Cake | Cassis Meringue | Candied Chestnuts

## Rice Pudding

Kataifi | Black Sesame Seeds | Grapefruit

## Seasonal Ice Cream

Selection Changes Daily

## Selection of Cheeses

Seasonal Accompaniments

\*Consuming raw or undercooked animal products may increase your risk for food-borne illness.

Prices are subject to change to bring you the best and freshest ingredients possible.

Not all ingredients are listed on the menu. Please inform your server if you have an allergy so that we may accommodate your requests.

A key component of the education process at CIA is learning how to deliver outstanding service. Students at the Culinary Institute of America are not permitted to accept tips, in accordance with IRS regulations and the CIA Student Code of Conduct. We thank you for honoring the "no tipping" policy, and for giving our students the opportunity to serve you. However, we do include a 20% Student Support Surcharge on each check which is returned to our students through scholarships. Thank you for helping to support the educational mission of CIA.

We will be leaving from the Senior Center @9:30am. Our reservations are made for 11:30am. You will have an additional 1/2 hour to stop at the bakery. We will leave the bakery at 2:00pm. We should be back in Prospect by about 4:00pm.

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

## February 2026

## NEW ITEM

**Old Deerfield Spring Sampler Craft Fair**  
**Saturday, March 7, 2026****Departing @ 9:00 AM \$7**

Spring is springing up all over and it's once again time for the Prospect Senior Center to head to the old Deerfield Spring Craft Sampler on the grounds of the Big E in West Springfield. Each year, Old Deerfield Craft Fairs presents three juried craft shows, the proceeds from which benefit the Pocumtuck Valley Memorial Association, a non-profit dedicated to the preservation of the historic Deerfield area.

The Old Deerfield Craft Fairs have earned prestigious accolades. Yankee Magazine has named the craft fair as one of the top 20 events in New England and one of the top 3 in Massachusetts. Sunshine Artist Magazine has ranked the Old Deerfield Craft Fairs as among the best in the country for many years.

The spring show will feature the works of 120 talented artists and artisans in the fields of specialty foods, pottery, decorative painting, wood working, fine art sculpture, fiber and apparel, soaps and lotions, jewelry, mixed media and more. Live music and family fun activities will add to the festivities.

For this trip, we'll be departing the Senior Center at 9:00 AM and arriving at the craft fair at 10:00 AM when it opens. We'll have approximately three hours to shop and enjoy the show. At 1:00 PM, our bus will bring us to the historic Storowton Tavern where our reserved table awaits us. Storowton Tavern serves up traditional New England fare at reasonable prices in fireside, colonial ambiance; over the past few years, it has become a favorite dining venue of members of the Senior Center. Departing West Springfield immediately after lunch (at your own expense), we expect to be back in Prospect at or before 4:00 PM.

## NEW ITEM

**Mystic Irish Parade**  
**Sunday, March 22, 2026****Departing @ 10:30 AM No Charge**  
**"Cead Mile Failte"****"La Fheile Padraig Sona"**

The Mystic Irish Parade Foundation bids us "A Hundred Thousand Welcomes" and wishes us all "A Happy St. Patrick's Day." Each year, the foundation, a volunteer non-profit dedicated to celebrating Irish heritage while giving back to the community, puts on a fabulous parade which, with over 2,000 participants, draws crowds in excess of 25,000 spectators who come to enjoy floats, Celtic dancers, fife and drum corps, marching bands, bagpipers and maybe even a leprechaun or two.

Join members of the Prospect Senior Center as we celebrate "the wearing of the green" in the seaside village of Mystic on Sunday, March 22nd. For this festive event, we'll be leaving the Senior Center at 10:45 AM and will be arriving in Mystic in plenty of time to set up our chairs along the parade route which extends from the South Parking Lot of Mystic Seaport to the Mystic Museum of Art on Water Street. The parade commences at 1:00 PM. After the parade, we'll have approximately two hours until 5:00 PM to grab a bite to eat and perhaps enjoy a green beer. Slainte! Our expected arrival time back in Prospect is 6:00 PM.

## NEW ITEM

**Paradise City Arts Festival**  
**Royal Plaza Trade Center**  
**Marlborough, Massachusetts**  
**Longfellow's Wayside Inn**  
**Sudbury, Massachusetts**  
**Friday, March 20, 2026****Departing @ 9:00 AM \$16**

Spend a day in Paradise! On Friday March 20th, members of the Prospect Senior Center will have the opportunity to "Spend a day in Paradise" when we travel to the Paradise City Arts Festival at the Royal Plaza Trade Center in Marlborough, Massachusetts. Every fall, the Marlborough show draws thousands of attendees, seeking to browse and buy contemporary crafts and fine arts from 175 visionary artists, artisans and makers from across the country. Far more than an abundance of awe-inspiring artistry, the Paradise City Arts Festival is a nirvana for shopaholics and an introduction to the magnificence of fine artistry and its unique ability to lift us out of the banality of everyday life and transport us to a place of contentment. In addition to the art and crafts exhibits, this upscale exhibition features live music, a silent auction and two cafes serving pastry, soups, sandwiches, coffee, tea and wine. We will have until 12:30 PM at the festival to browse, shop and enjoy.

After our time at the Paradise City Arts Festival, we'll travel back in time to the year 1716, when the historic Longfellow's Wayside Inn had its humble beginnings as a simple family home hosting weary travelers along the Old Boston Post Road. Today, the historic inn, where we'll have the pleasure of dining in colonial ambiance, continues the timeless tradition of American hospitality. Delicious, traditional American cuisine is served within the Inn's charming historic rooms; you may, if you so choose, enjoy a colonial cocktail in the historic tap room.

For this trip, we'll be departing the Senior Center at 9:00 AM. Arriving at the Paradise City Arts Festival at approximately 10:30 AM, we'll have until 12:30 PM to enjoy the show. Our reservation at the historic Longfellow's Wayside Inn, where we'll enjoy a fireside meal in our private dining room, is for 1:00 PM. After lunch, we'll have a brief time to explore the Inn's historic rooms, displays cases and gift shop. We should be back in Prospect by 4:30 PM.

## NEW ITEM

**ST. PATRICK'S LUNCHEON**  
**ENTERTAINMENT BY**  
**MR. MOTOWN & MR. DOO WOP**  
**FRIDAY, MARCH 13, 2026****11:30AM \$25**

We will be having a traditional Irish meal at the Senior Center. The meal will consist of corned beef, cabbage, potatoes, carrots, Irish soda bread and dessert.

The entertainment will be with Mr. Motown and Mr. Doo-Wop. We had the two of them play at our Holiday Party in December. They will be here 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 spot without payment. These holiday parties fill up quickly, so do not hesitate to sign up.

## February 2026

## NEW ITEM

**LUNCH @ CULINARY INSTITUTE OF AMERICA  
IN HYDE PARK, NY  
AT RISTORANTE CATERINA DE' MEDICI  
ITALIAN RESTAURANT  
THURSDAY, APRIL 9, 2026  
DEPARTING @ 9:45AM  
LUNCH @ 11:45AM  
BACK @ 4:00PM**

**3 COURSE MEAL INCLUDES:  
APPETIZER, ENTRÉE, & DESSERT  
BEVERAGES NOT INCLUDED  
\$44 (INCLUDES TAX & STUDENT SUPPORT  
SERVICE CHARGE)**

Truly authentic regional Italian cuisine takes center stage at Ristorante Caterina de' Medici, a sophisticated dining room overlooking a stunning herb and rose garden, and the Hudson River. Dining at this grand Tuscan-style villa is a culinary escape to another world without ever having to leave the beautiful Hudson Valley.

## MENÚ DELLA PRANZO

## ANTIPASTI

**Pizza Bianca**

Ricotta, Mozzarella, Garlic, Extra Virgin Olive Oil

**Cavoletti di Bruxelles**

Wood Oven Roasted Brussels Sprouts, Aged Balsamic, Toasted Hazelnuts, Parmigiano Reggiano

**Pizza Carne**

Tomato, Mozzarella, Italian Sausage, Pepperoni, Roasted Red Onions

**Polpette E Polenta**

Beef and Pork Meatballs, Polenta, Parmigiano Reggiano, Fonduta, Basil Oil

**Pizza Margherita**

Tomatoes, Fresh Mozzarella, Basil

**Cozze al Calabrese**

P.E.I Mussels, White Wine, Calabrian Chiles, Confit Garlic, Herbs, Focaccia

**Zuppa Del Giorno**

Seasonal Soup Prepared Daily

**Tortellini in Brodo**

House-made Tortellini, Whipped Ricotta, Duck and Mushroom Brodo

**Insalata Caesar**

Romaine, Focaccia Croutons, Parmigiano Reggiano

**Gamberi E Fagioli**

Seared Shrimp, Cannellini Beans, Lemon, Chili Oil, Grilled Focaccia

**Insalata Infernal**

Radicchio, Escarole, Fennel, Citrus, Toasted Almonds, White Balsamic Vinaigrette

**SECONDO PIATTO****Porchetta**

Slow Roasted Herb Crusted Pork, Sweet Potatoes, Brussels Sprouts

**Rigatoni alla vodka**

Rigatoni, Creamy Tomato-Vodka Sauce, Stracciatella, Basil

**Risotto all Zucca**

Creamy Risotto, Roasted Squash, Sage, Brown Butter, Parmigiano Reggiano

**Bucatini Con Salsiccia**

Bucatini, Sweet Italian Sausage, Broccoli Rabe, White

**Wine, Pecorino Romano, Lemon Wood Oven Baked Cannelloni**

Mushrooms, Impastada, Spinach, Mornay

**Braciole**

Parmigiano Reggiano, Herb Stuffing, Celeriac Purée, Winter Greens

**Pollo alla Parmigiana**

Crispy Chicken Cutlet, Mozzarella, Pomodoro, Market Salad

**Verdure Invernali**

Roasted Brussels Sprouts, Sweet Potatoes, Caramelized Onions, Cannellini Bean Purée, Winter Greens

**Merluzzo alla Puttansca**

Market Fish, Olives Capers, Tomatoes, Chili Flakes, Soft Polenta, Escarole

**DOLCE****Vanilla Espresso**

Vanilla Bavarois, Espresso Crèmeux, Coffee Crunch, Almond Tuile, Caramel Sauce

**Yogurt Mousse**

Vanilla Bean Yogurt, Oranges, Pistachio Crumble, Filo Dough, Candied Hibiscus

**Cannoli Flight**

Pistachio Lemon, Chocolate Cherry, Vanilla Chocolate Chip

**Chocolate Hazlenut Budino**

Dark Chocolate Mousse, Hazelnut Chocolate Spread, Salted Hazelnut Crumble, Chocolate Curls

\*Consuming raw or undercooked animal products may increase your risk for food-borne illness.

Prices are subject to change to bring you the best and freshest ingredients possible.

Not all ingredients are listed on the menu. Please inform your server if you have an allergy so that we may accommodate your requests.

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We will be leaving from the Senior Center at 9:45am. Our reservations are for 11:45am. You will have an additional ½ hour to stop at the bakery. We will leave the Bakery at 2:15pm. We should be back in Prospect by about 4:00pm.

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

## February 2026

### NEW ITEM

**Polish Luncheon @ "The Valley Diner"  
Europol Deli and Gifts  
"Lasowiak"**

**Wednesday, April 1, 2026  
Departing a 10:45 AM  
\$36(tax and tip included)**

Just in time for the Easter Holiday, the Prospect Senior Center will be making an encore visit to the Polish markets in Ansonia and Derby and to the Valley Diner. In preparation for Easter on Sunday, April 5th, the markets will be chockfull of chocolate and sugar Easter eggs, babka, butter lambs and the fresh Easter Kielbasa that comes around only once a year.

Our first stop, at 11:15 AM, will be at Europol Deli & Gifts, a market with old country charm and a remnant of the Valley's Polish heritage where Polish is still the language most spoken. Europol sells everything Polish, from newspapers and personal care products to kielbasa, soups and prepared foods. This market is likely to have the butter lambs for your Easter table, the fresh kielbasa and a large selection of Easter confections. We'll have until noon to shop at Europol.

Our next stop will be at "Lasowiak" in Derby, a much smaller, but equally authentic, Polish market which is known for their excellent kielbasa and is packed with all manner of Polish goods. You may want to bring a cooler!

At 1:00 PM, we'll have the pleasure of enjoying, in our private dining room, a Polish luncheon prepared by the Valley Diner's own Polish chef, who is the son of the diner's previous Polish chef and is delighted to prepare this special meal for us. Our lunch will begin with a choice of soup du jour, dinner salad or cucumber salad. The diner's homemade fresh bread will be served. Each guest will be served a plate which will include kielbasa, stuffed cabbage, pierogis and a potato pancake. Coffee, tea or soda is included.

**Alcoholic beverages will be available at your own expense.**

Departing the lower Naugatuck Valley immediately after lunch, we expect to be back in Prospect on or before 3:30 PM. Please remember to sign-up and pay early for this trip to avoid disappointment. Wesolych Swiat to all!

### NEW ITEM

**NEW ENGLAND SPRING CRAFTS FAIR  
@ MOHEGAN SUN  
SATURDAY, MAY 9, 2026**

**DEPARTING @ 8:30AM \$15**

Celebrate Mother's Day weekend and the beauty of springtime at the spectacular New England Spring Craft Festival at Mohegan Sun! Dive into a world where artistry meets gourmet delights at this unique fusion of a craft festival and food showcase.

Stroll through vibrant aisles featuring over 275 artisans, each showcasing their handmade wonders from stunning crystal home accessories to beautifully designed floral centerpieces. As you explore these artistic treasures indulge your taste buds with an array of specialty foods, perfectly curated to enhance the artisanal experience. From handcrafted salsas to luscious pastries, every bite is a tribute to flavor and craftsmanship.

Discover the perfect gift for every mom in your life. Treat mom, grand-mom, and all your mom friends to a weekend of boutique-style shopping, delectable food sampling, and unforgettable memories as we embrace the vibrant spirit of spring in style.

The fun at the New England Spring Craft Festival isn't just for moms or women—everyone is invited to enjoy this extraordinary event! Bring along friends, family, and anyone who would relish a day of shopping, entertainment, and supporting local artisans. Join us for a memorable Mother's Day weekend out at Mohegan Sun!

We will be leaving from the Senior Center at 8:30am. We should be at the Mohegan Sun by about 10:00am. You will have until 2:30pm to enjoy the crafts fair. At 2:30pm we will board our bus for our return trip back to Prospect. We should be back in Prospect at about 4:00pm.

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

### NEW ITEM

**CHESHIRE HIGH SCHOOL CHOIR  
SENIOR SHOWCASE AND POPS CONCERT  
AT CALVERY LIFE FAMILY WORSHIP CENTER  
FRIDAY, FEBRUARY 27, 2026**

**DEPARTING @ 9:30AM NO CHARGE**

The Cheshire High School Choir Senior Showcase and Pops concert is an annual tradition where the choir performs songs from radio, movies, television, and Broadway. All of our seniors are also given the opportunity to perform solos or duets of their choosing. The entire concert lasts approximately 90 minutes, and admission is free.

We will be leaving from the Senior Center at 9:30am. We should be back in by 12:00pm.

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

## February 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.

**Cheshire High School Choir**

## **POPS CONCERT & SENIOR SHOWCASE 2026**

**Free Community Concert**

**Friday, February 27th at 10 a.m.**

**Calvary Life Family Worship Center**

**174 East Johnson Ave. Cheshire CT**

**FOR MORE INFORMATION**

please contact Greg Bell

at [gbell@cheshire.k12.ct.us](mailto:gbell@cheshire.k12.ct.us)

## February 2026

### 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 it's 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.

### AQS QUILT WEEK - 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.

### 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.

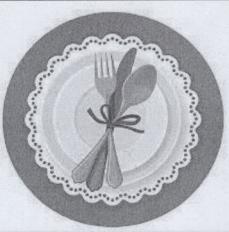
Included in the price are hors d'oeuvres, beer, wine and a family style meal.

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

937 Chase Parkway, Waterbury | 203.754.5189 | office@holytrinitywaterbury.org

## NEW ITEM

### VETERANS COFFEE HOUSE WITH EDWARD PORTO

**3RD TUESDAY EACH MONTH**

**STARTING ON TUESDAY, FEBRUARY 17, 2026  
APPTS STARTING @ 10:00AM**

Ed wants to establish this outreach station that would create opportunity for veterans to come in and discuss their individual claims or concerns and even assist them with filing claims or other assistance that they're seeking.

Ed will be here every 3rd Tuesday starting at 10:00am. He will be able to meet with each individual one on one. Any questions you may have, please bring them with you.

If you are interested in meeting with Ed, please sign up and specify which time slot you would like.

February 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  
WATERBURY**

**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.

**NEW ITEM**

**TOUR OF PALACE THEATER  
SATURDAY, MARCH 28, 2026  
DEPARTING @ 11:30AM \$10**

Get a Behind-the-Scenes Look - explore ten decades of onstage history and backstage mystique during the Palace Theater's guided venue tours. Each tour is led by a specially trained group of engaging volunteers well-versed in the theater's rich history, architectural design and entertaining anecdotal information.

In addition to exploring the theater, lobby spaces and Poli Club, patrons will also have the opportunity to walk across the stage (when available), visit the star dressing rooms, and view the venue's hidden backstage murals.

We will be leaving from the Senior Center at 11:30am. Our first stop will be at Spartans Restaurant in Waterbury for lunch. After lunch, we will head to the Palace Theater. Our tour time is for 2:00pm. It will last approximately 90 minutes. We should be back in Prospect at about 4:00pm.

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.

February 2026

## THEATER

**REMEMBER:**  
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**Almost Queen**  
**Saturday, May 16, 2026**  
**Departing @ 7:00pm** **\$41**

They don't just pay tribute to the legendary band, Almost Queen transports you back in time to experience the magic and essence of Queen themselves.

Almost Queen's concerts are a true testament to the band's love for Queen's music. Fans often travel long distances just to experience Almost Queen's carefully curated setlist featuring Queen's best-loved songs, like "Somebody to Love," "Don't Stop Me Now," "Fat Bottomed Girls," and "Radio Ga Ga." Almost Queen occasionally plays some lesser-known album tracks, such as "Flash," "Spread Your Wings," "Love of My Life," as well as other hidden gems. And of course, no Queen tribute concert would be complete without classics like "Bohemian Rhapsody," "We Will Rock You," and "We Are the Champions!" It's no wonder fans keep coming back for more, attending again and again to experience the music of Queen in a manner that only Almost Queen delivers.

We will be leaving from the Senior Center at 7:00pm. 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**

**DAVID FOSTER & KATHARINE MCPHEE**  
**FRIDAY, SEPTEMBER 25, 2026**

**DEPARTING @ 6:00PM** **\$57**

16-time Grammy award-winning musician, songwriter, and producer David Foster and acclaimed singer, television and Broadway star, Katharine McPhee are bringing their live show on the road.

This intimate-show, with the powerhouse duo, will be packed with David's hits from Chicago, Whitney Houston, Celine Dion, Josh Groban, Michael Buble and Katharine's biggest songs from American Idol, Smash and Waitress. Plus, some of their favorites that they just love!

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

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



**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.

February 2026

## THEATER

**REMEMBER:**  
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**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.

February 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.

February 2026

## THEATER

# THE PALACE



# DANBURY

## NEW ITEM

## THE DUPREES

**SATURDAY, FEBRUARY 14, 2026**  
**DEPARTING @3:45PM** **\$49**

For more than six decades, The Duprees have been celebrated for their smooth harmonies, romantic sound, and heartfelt interpretations of timeless love songs. Known as "New Jersey's Ambassadors of Love Songs," they continue to bring new life to classic hits while honoring the music that began on a New Jersey street corner and grew into something truly timeless.

Featuring Tommy Petillo, Jimmy Spinelli, and Shawn Stevens, the group continues to showcase the signature style that has defined The Duprees for generations. While the roster has evolved over the years, the classic Duprees sound remains as timeless as ever.

Through every era, The Duprees have stayed true to their East Coast roots, recognizing and honoring the music that has captured hearts for over half a century. Their commitment to preserving these classics, sharing them with new audiences, and keeping this iconic sound alive continues to shine every time they step onstage.

And with a Valentine's Day performance on February 14, there's no better way to spend an evening filled with timeless love songs and classic harmonies.

We will be leaving from the Senior Center at 3:45pm. Our first stop will be at the Blue Colony Diner for lunch. After lunch we will board our bus for the Danbury Palace Theater. The show starts at 7:30pm. Immediately after the show we will board our bus for our return trip back to Prospect. We should be in Prospect by about 10:30pm.

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

## NEW ITEM

## THE WINSLOW

**The East Coast's  
Greatest Eagles Tribute Band**  
**Saturday, February 28, 2026**

**Departing @3:45pm** **\$ 34**

From their unmistakable harmonies to their expertly crafted instrumentation, Winslow captures the heart of what made the Eagles a standout force in rock history. With an unwavering dedication to authenticity, Winslow brings to life the energy, musical complexity, and timeless appeal that defined The Eagles' groundbreaking career, earning them a lasting place among the greats of American music.

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

We will be leaving from the Senior Center @ 3:30pm. We will stop at the Blue Colony Diner in Newtown for dinner. **The cost of your meal is your responsibility.** After dinner we will head to the Palace Theater in Danbury. The show starts at 7:30pm. 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

## THE ULTIMATE

**MICHAEL JACKSON EXPERIENCE**  
**SATURDAY, MARCH 14, 2026**  
**DEPARTING @1:15PM**

**\$38**

UMX, The Ultimate Michael Jackson Experience starring Joby Rogers, celebrates the music and dancing of the Legendary 'King of Pop', Michael Jackson.

This multimedia theatrical experience takes audiences on a Visual and Musical Journey through the life of the greatest entertainer of all time.

"UMX" is a high-energy production dedicated to preserving the Legacy and Spirit of the Iconic Michael Jackson. Starring Joby Rogers, the only Tribute Artist to ever appear 'as Michael' on the Cover of "Rolling Stone Magazine" {credited}. "UMX" has performed to sold-out audiences in theaters, casinos, and arenas all over the world for over two decades, including every state in the USA, Worldwide in 13 Countries on 4 Continents.

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 at about 8:00pm.

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

## NEW ITEM

## THE CORVETTES

**SUNDAY, MARCH 22, 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.

February 2026

## THEATER

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

# THE PALACE



# DANBURY

**NEW ITEM**

**THE ULTIMATE LINDA RONSTADT  
TRIBUTE CONCERT**  
**SATURDAY, MARCH 28, 2026**

**DEPARTING @ 3:45PM \$37**

The unmistakable voice of Linda Ronstadt first broke through in the mid-1960s with The Stone Poneys' hit "Different Drum," launching a career that would span decades and dominate the charts. From "You're No Good" and "Blue Bayou" to "When Will I Be Loved," "Heat Wave," and "Poor Poor Pitiful Me" Ronstadt's catalog helped define an era of American music.

Ronstadt Rewind celebrates that body of work live on stage, starring singer-songwriter Katherine Winston. A New England native with a background in country, folk rock, and pop, Winston brings a powerful, emotionally grounded vocal style shaped by influences like Stevie Nicks, Brandi Carlile, and Ronstadt herself.

You may also recognize her from American Idol Season 14, where she reached the semi-finals.

Backed by a seasoned ensemble with deep musical roots, Katherine captures the sound, spirit, and songs that made Linda Ronstadt a lasting force in music—delivering a concert that puts the focus where it belongs: on the songs, the voice, and a remarkable legacy.

We will be leaving from the Senior Center at 3:45pm. Our first stop will be at the Blue Colony Diner for dinner. After dinner we will head to the Danbury Palace Theater for the show. Show time is at 7:30pm. 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**

**FOREIGN JOURNEY  
THE ULTIMATE TRIBUTE TO  
FOREIGNER & JOURNEY**  
**SATURDAY, APRIL 11, 2026**

**DEPARTING @3:45PM \$39**

FOREIGN JOURNEY delivers a powerhouse tribute to the timeless hits of Foreigner and Journey, covering all the classic anthems and deep tracks that fans love. From Foreigner's unforgettable ballads to Journey's soaring rock anthems.

One of the Tri-State area's fastest-rising tribute acts, FOREIGN JOURNEY has earned acclaim for their High-energy stage presence and dedication to giving audiences a memorable show.

With a setlist packed with the hits, FOREIGN JOURNEY promises an evening that fans won't soon forget.

We will be leaving from the Senior Center at 3:45pm. Our first stop will be for dinner at the Blue Colony Diner in Newtown. After dinner we will head to the Palace Theater for the show. Show time is at 7:30pm. 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**

**STORY SONGS  
MUSIC OF THE 70'S**  
**SATURDAY, MAY 30, 2026**

**DEPARTING @ 3:45PM \$34**

Step back in time to the golden era of music—the 1970s—when songs weren't just melodies, but powerful stories. Join New England singer/songwriter Tom DiMenna for a night of unforgettable classics that capture the spirit of the '70s. With his soulful voice and expert guitar skills, Tom will perform iconic songs by Gordon Lightfoot, Cat Stevens, Harry Chapin, and others, each filled with vivid storytelling and emotion. From heartfelt ballads to timeless anthems, this is a chance to relive the music that defined a generation.

We will be leaving from the Senior Center @ 3:45pm. Our first stop will be at the Blue Colony Diner in Newtown. After dinner, we will head to the Danbury Palace Theater for the show. Show time is at 7:30pm. 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**

**ALL ABOUT JOEL**  
**SATURDAY, JUNE 6, 2026**

**DEPARTING @ 3:45PM \$44**

Step into the world of Billy Joel with ALL ABOUT JOEL, an extraordinary live tribute starring accomplished singer, pianist, and showman David Clark. With uncanny vocals, dazzling piano chops, and a striking resemblance to the Piano Man himself, Clark doesn't just perform the music—he channels it.

From "Piano Man" to "Uptown Girl" and everything in between, this show is packed with the hits, the heart, and the humor that define a Billy Joel concert. Backed by years of experience and passion, Clark delivers each song with authenticity and soul, creating a nostalgic journey through one of the greatest songbooks in rock and pop history.

We will be leaving from the Senior Center at 3:45pm. Our first stop will be at the Blue Colony Diner in Newtown. After dinner, we will head to the Danbury Palace Theater for the show. Show time is at 7:30pm. 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.

February 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-25-1CPR10

February 2026

# 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
<b>Hypertensive crisis</b> (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](http://www.heart.org) for more information about cardiovascular disease.



R-25-HBP10

# 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.

February 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.

## February 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**  
**2024**

**The Village**  
AT EAST FARMS

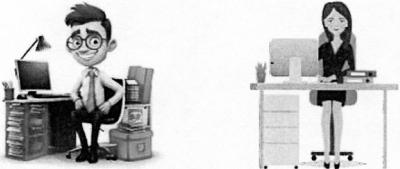
Are you caring for someone with a diagnosis of Alzheimer's Disease or dementia?  
Are you burnt out? Overwhelmed? Run down? In need of relief?  
If so, you may be eligible for the **Connecticut Statewide Respite Care Program**



Please visit our website at [WCAAA.org](http://WCAAA.org) or give us a call at 203-757-5449 Option 6 for more information

**WCAAA** Western Connecticut Area Agency on Aging  
AN AGING AND DISABILITY RESOURCE CENTER

**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](mailto: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.

Contact Your Local Volunteer Manager:  
Peter Korzenik  
[peter.korzenik@vitas.com](mailto:peter.korzenik@vitas.com)  
203.437.3112

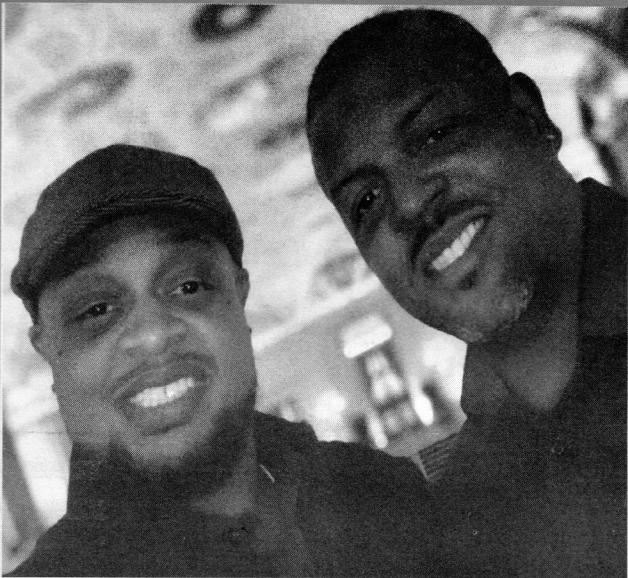
"Sewing VITAS Memory Bears has been a wonderfully rewarding and fulfilling experience for me. I do what I love while also contributing to the quality of life of others in my community." — VITAS Volunteer Susan P.

Learn more about this rewarding opportunity! For VITAS Volunteer Services or to apply, visit [VITAS.com/Volunteer](http://VITAS.com/Volunteer)

**VITAS**  
Healthcare  
[VITAS.com/Volunteer](http://VITAS.com/Volunteer)   
Since 1980

Scan the QR code to learn more.

**"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](http://www.heart.org/campaign)



American  
Heart  
Association.

## 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!**

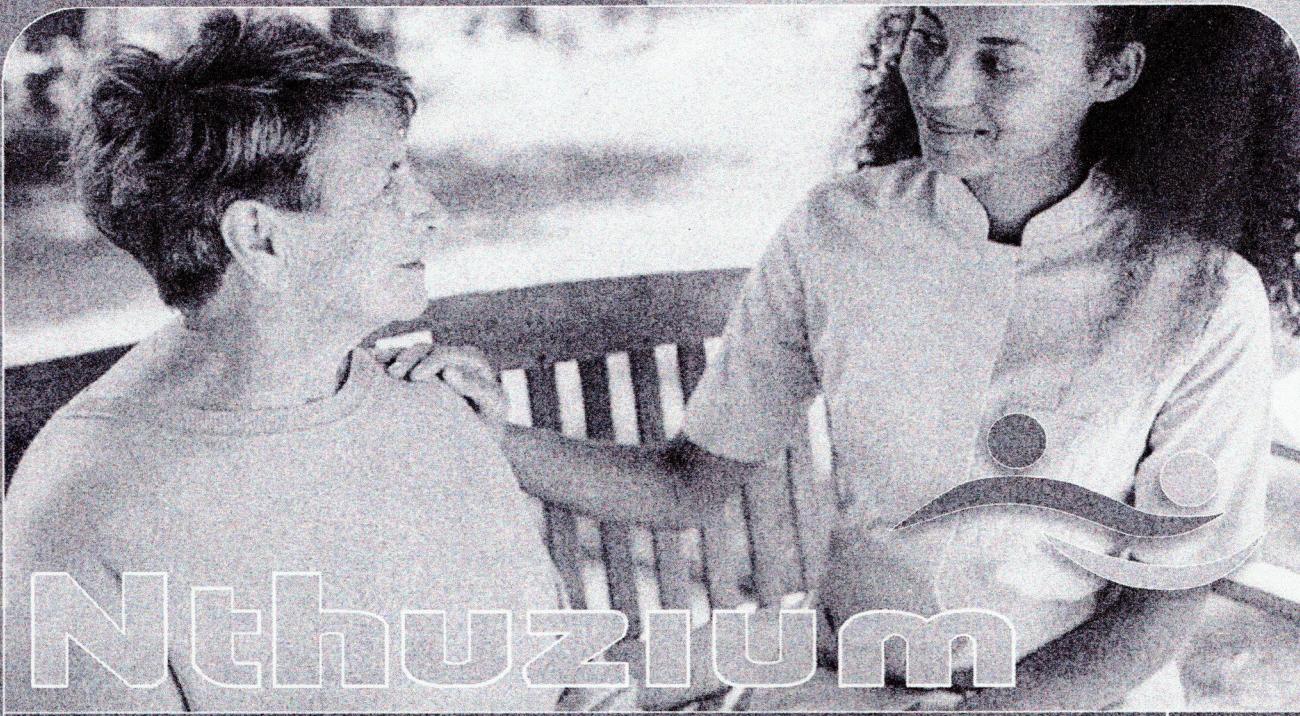
**Please share this fact sheet with your friends and family today. For answers to your Parkinson's questions and referrals, call our Helpline at 1-800-4PD-INFO (473-4636).**

February 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](mailto:compassionatecare@nzthuzium.com)

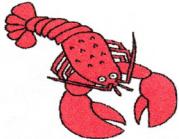
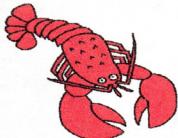


February 2026

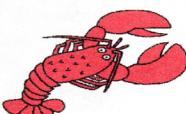
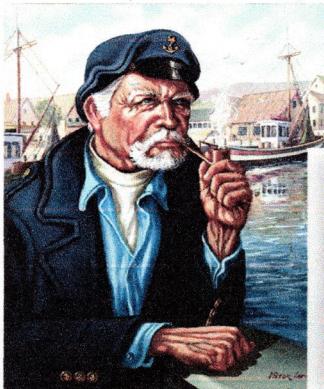
RAYLIN TRAVEL proudly presents ....

**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 IslandVoted Best  
Blueberry PieCOMPLETE 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 \_\_\_\_\_



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

Boothbay Harbor, ME August 18-20, 2026

February 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**

**VITAS**  
 Healthcare  
 VITAS.com/Volunteer  
 f in @ | Since 1980

**TIME?**

Give back as a hospice volunteer.  
 Hold a hand, lend an ear, make a difference.

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

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

To learn more, contact:  
 Peter Korzenik  
 peter.korzenik@vitas.com  
 203-437-3112



Scan the  
 QR code to  
 learn more.

February 2026

NEW ITEM

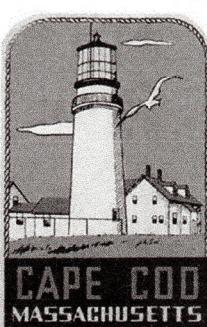
Raylin Travel presents an **EXCLUSIVE** Event....

## **MARGARITAVILLE on CAPE COD**

At the new Resort in Hyannis, MA

**2 SHOWS - The Edward Twins and Kenny & Dolly**

**3 Day Tour - September 21-23, 2026**



### **PACKAGE INCLUDES:**

- Roundtrip Deluxe Motor Coach
- 2 Nights at the new Margaritaville Resort
- 2 Buffet Breakfast at the Resort
- 2 Dinners Shows at the ALL NEW Resort
- THE AMAZING EDWARD TWINS Show (1st night)
- KENNY ROGERS & DOLLY Tribute Show (2nd night)
- CASINO Visit
- Free time on Main Street, Hyannis (Shops)
- Martha's Vineyard Visit
- Guided Tour of Hyannis
- Baggage Handling & All Meal & Hotel Tax

**\$639.** Double

\$609 Triple \$809. Single  
**PRICES ARE PER PERSON**  
*Cancellation protection available  
 \$49 pp at sign up only \*\**

### **For more information**

**Linda Soto**  
**203-591-1407**  
**[raylin@currently.com](mailto:raylin@currently.com)**



Cruise to Martha's Vineyard



**Bus Departs 8:00am**

**Prospect Senior Center**  
**Prospect, CT**



February 2026

NEW ITEM

**The Irish Rose Tour**  
September 30th - October 9th, 2026

**\$3,549 Per Person Sharing LAND ONLY**  
**\$4,618 Single Supplement - Limited Availability**

Travel Insurance is Optional and Recommended

**DAY 1: WEDNESDAY | DUBLIN - MONAGHAN - OMAGH - DONEGAL**  
Arrive at Dublin Airport where you will be met by your driver/guide and start your tour. We travel northwest via County Monaghan, formally part of the ancient territory of Oriel, once known as the dominant MacMahon county. We will stop for a tea/coffee break and to shake off our jet lag before continuing via Omagh in County Tyrone, then onto County Donegal. Here we enjoy dinner and overnight at our hotel in the town of Ballybofey. [D]

**DAY 2: THURSDAY | GIANTS CAUSEWAY & DERRY TOURING**  
A fantastic day awaits as we head out to explore the Antrim Coast and visit the Giant's Causeway and Museum. These iconic volcanic columns were formed from active lava more than 60 million years ago, and are featured prominently in Irish fables & folklore. An incredible experience filled with myths and legends. On our return, we stop in the walled city of Derry where we embark on a guided historic walking tour of the walled city. We continue back to Ballybofey and our hotel for dinner and overnight. [B,D]

**DAY 3: FRIDAY | SLEIVE LEAGUE, BELLEEK, SLIGO & WESTPORT**  
The road leads south along Donegal Bay to Killybegs and the spectacular Slieve League Cliffs looking out over the Atlantic. Slieve League translates to "mountain of stone pillars," and our minibus transfer allows up-close access to revel in their dramatic beauty and take in the scenic views of Malin Bay. Our tour continues with a visit the famed Belleek China showroom to see the iconic Irish pottery that's been made here since 1884, then southwest to the long, sandy beaches of Rosses Point, overlooking Sligo Bay, continuing to County Mayo and the coastal town of Westport! This lively town will not disappoint, with lively pubs and charming restaurants and shops. Dinner is included at our hotel this evening. Overnight in Westport. [B,D]

**DAY 4: SATURDAY | ACHILL ISLAND TOURING**  
A leisurely departure from our hotel, as we head out and explore some of the most breathtaking scenery on the Wild Atlantic Way, Achill Island and the Corraun Peninsula in County Mayo. Marked by rugged mountains and peat bogs, the island is known for its tall sea cliffs and clean beaches. Its breezy shoreline makes it a popular spot for water sports. The strand (beach) at Keem Bay inspired visiting writers Heinrich Böll and Graham Greene. Keel, the island's main village, has a sandy surf beach. A relaxed day with a return to Westport where you have time to enjoy the town and enjoy dinner independently this evening. Overnight in Westport. [B]

**DAY 5: SUNDAY | CLIFFS OF MOHER, ADARE & KILLARNEY**  
Morning departure from Westport. We travel south via the majestic Cliffs of Moher, where we pause and enjoy spectacular views. Continue along the western coastline, as we make our way to charming Killarney town via Lahinch and Adare. In Killarney, we enjoy dinner at our hotel this evening.

## Tour Includes

- 9 nights of first class and superior first-class hotels
- Full Irish breakfast daily, except day of arrival
- 5 hotel dinners & 1 dinner show in Dublin
- Full sightseeing by deluxe touring motor coach
- Professional Irish driver/guide to escort you.
- Panoramic city tour of Dublin and scenic drives of Achill Island and the Ring of Kerry

- Historic guided walking tour of Derry
- Visits to: Slieve League Cliffs, Giant's Causeway, Cliffs of Moher, Gaelic Roots, the House of Waterford, EPIC & the Guinness Storehouse
- Porterage of 1 suitcase per person.
- Celtic Tours flight bag and portfolio of travel documents.
- Tips and taxes in Ireland. **NOTE: Gratuities to the driver/guide are not included.**

Killarney is an excellent location to enjoy traditional music, pub entertainment. Included tonight is Gaelic Roots, a traditional top rated Irish Cabaret Show. Overnight in Killarney. [B,D]

**DAY 6: MONDAY | RING OF KERRY DAY TOUR**  
We depart on one of Ireland's most popular and beautiful drives, the Ring of Kerry. Traveling from Killarney, we come to the town of Killorglin, famous for its traditional Puck Fair, and from here we commence the ring tour. Our drive is along the coastline of the broad Iveragh Peninsula, through the towns of Glenbeigh, Cahirciveen, Waterville, and Sneem. The scenery is spectacular as wind-swept cliffs, still lakes, lost valleys, and rocky mountains blend in awesome beauty before we circle back to Killarney. Tonight venture out independently and enjoy one of the many restaurants Killarney has to offer. Overnight in Killarney. [B]

**DAY 7: TUESDAY | KILLARNEY - BLARNEY - WATERFORD**  
Depart Killarney, with a stop in Blarney, where we pause for optional visits to the Blarney Woollen Mills and Blarney Castle, perhaps to kiss the famed Blarney Stone. Leaving Blarney, we travel the short distance to Cobh (Queenstown), the last port of call for the Titanic. Optionally time allowed to stop into the heritage center, or simply enjoy the coastal town, before departing to make our way to the city of Waterford. In Waterford, we enjoy dinner and an overnight stay. [B,D]

**DAY 8: WEDNESDAY | WATERFORD - DUBLIN**  
Morning brings a visit to the House of Waterford before making our way to Dublin via Kildare. An afternoon check-in to our Dublin hotel allows for time to relax before attending a traditional Irish cabaret and dinner show this evening at the Merry Ploughboys Pub. A late night, we return to our hotel at approximately 10:30PM. Overnight in Dublin. [B,D]

**DAY 9: THURSDAY | DUBLIN DAY TOUR**  
On todays sightseeing tour we visit EPIC, The Irish Emigration Museum. A fantastic interactive experience, which uncovers the dramatic and inspiring stories of the Irish who traveled the world, from early times to the modern day. Next we make our way to the Guinness Storehouse for a visit culminating in a pint in the Gravity Bar overlooking the city. The remainder of your afternoon is free to enjoy the capital city. Tonight, enjoy dinner on your own before our final overnight in Ireland. [B]

**DAY 10: FRIDAY | DUBLIN - TOUR ENDS**  
An early morning transfer takes you to Dublin Airport for your return flight home. Pick up any last-minute gifts at the duty-free shops before boarding, you will arrive home the same day.  
[B]

Services Provided By  
 Celtic Tours  
VACATIONS

## Hotels

- DONEGAL - 2 Nts.**  
Jacksons Hotel
- WESTPORT - 2 Nts.**  
Castlecourt Hotel
- KILLARNEY - 2 Nts.**  
Hotel Killarney
- WATERFORD - 1 Nt.**  
Dooley's Hotel
- DUBLIN - 2 Nts.**  
Sandymount Hotel

February 2026

## NEW ITEM



**TOUR COST: LAND ONLY \$3,549 Per Person Sharing  
Single Supplement \$4,618**

Optional Travel Insurance: \$313 pp sharing / \$397 single

Please Print

Booking #121966

## RESERVATION APPLICATION

Please reserve \_\_\_\_\_ seat(s) on "the Irish Rose Tour" September 30th - October 9th, 2026

\*\*\*A COPY OF YOUR U.S. PASSPORT IS REQUIRED AS SOON AS POSSIBLE\*\*\*

Applicants Name (as on passport):

Passport # \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
(A valid US Passport is required - valid for 6 months beyond date of travel.)American Citizen  Y  N • Gender  M  F • D.O.B. \_\_\_\_\_Address: \_\_\_\_\_  
(Street)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Phone (Home/Cell): \_\_\_\_\_

Email: \_\_\_\_\_

Room Type:  Twin (2 beds)  Double (1 bed)  
 Single Supplement \$4,618 - Limited AvailabilityMeal Restrictions / Allergies / Mobility Needs:  Y  N

Please Describe: \_\_\_\_\_

Roommates Name (as on passport):

Passport # \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
(A valid US Passport is required - valid for 6 months beyond date of travel.)American Citizen  Y  N • Gender  M  F • D.O.B. \_\_\_\_\_Address: \_\_\_\_\_  
(Street)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Phone (Home/Cell): \_\_\_\_\_

Email: \_\_\_\_\_

**Roommate is sending deposit with separate application:**  
 YES  NO**OPTIONAL TRAVEL INSURANCE:**  
\$313 Per Person Sharing or \$397 Single YES  NO Initial if Declining \_\_\_\_\_

(Must be purchased with your deposit, NON-REFUNDABLE)

## FURTHER INQUIRIES, PLEASE CONTACT:

**Linda Soto**

Email: raylin@currently.com

Phone: (203) 591-1407

**PAYMENT SCHEDULE:**

Initial Deposit of \$300 per person (plus insurance if taking)

**Final Payment Due June 26th, 2026**

All Major Credit Cards Accepted. I have read the terms and conditions per the brochure/flyer and understand that I may incur service charges, penalties and/or cancellation fees in the event of cancellation or change in my itinerary for any reason. Make checks payable to Celtic Tours at 1860 Western Ave. Albany NY, 12203

I \_\_\_\_\_ authorize Celtic Tours (Murphy Tours) to charge \$ \_\_\_\_\_ on my Credit Card.

Card Number: \_\_\_\_\_ Expiration. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**FOR AUTO PAYMENTS SIGN HERE:**

I authorize Celtic Tours (Murphy Tours) to charge my initial payment of \$300 per person (plus insurance if taking) and FINAL PAYMENT due June 26th, 2026

To guarantee a private coach tour a minimum of 16 passengers is required. If numbers fall below this, then the group will no longer be a private coach and will be combined with our public tour. Our public tour requires a minimum of 10 passengers to operate.

**Cancellation – Land Penalty:** Written cancellation notice is required for all cancellations and if received by Celtic Tours more than 125-96 days prior to departing, a processing fee of the LAND PORTION of \$300 per person will apply, plus any non-refundable fees for land portion of tours. From 95 to 66 days prior to departure a cancellation fee of \$350 per person will apply, plus any non-refundable fees. From 65 to 46 days prior to departure a cancellation fee of 50% of the tour cost will apply. Within 45 days of departure date 100% cancellation fee applies. Single room supplement will be required when a shared room is converted to single room due to a cancellation. Cancellations must be made during Celtic Tours business hours, Monday – Friday, 9am to 5pm EST. Travel Insurance is available at an additional cost p.p. and is recommended. Travel insurance must be purchased with initial reservation/deposit in order to cover pre existing conditions. Due to the current worldwide financial markets, exchange rates are currently fluctuating much more rapidly than normal. This does have an affect on international travel. At 125 days prior to your departure the exchange rates will be reviewed and guaranteed. Any applicable rate changes (higher or lower) will be advised for final payment in 30 days. Rates will only change if exchange rates vary by more than 3% in either direction of the quoted rate. Celtic Tours will do everything within its power to keep rates consistent with quoted rates, but there are times it may be beyond our control.



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Assistance Program

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Compare.  
Enroll.  
Save.**

Your Medicare questions answered -  
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# SHIP CAN HELP YOU!

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confidential, and pressure-free guidance** through  
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- Learn how to maximize your Medicare benefits.
- Get screened for additional state benefits and entitlements

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

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



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



# 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](mailto:rbellemare@benchmarkquality.com)  
or call 203.841.8607.



A Benchmark Senior Living Experience

February 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](mailto: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](mailto: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.

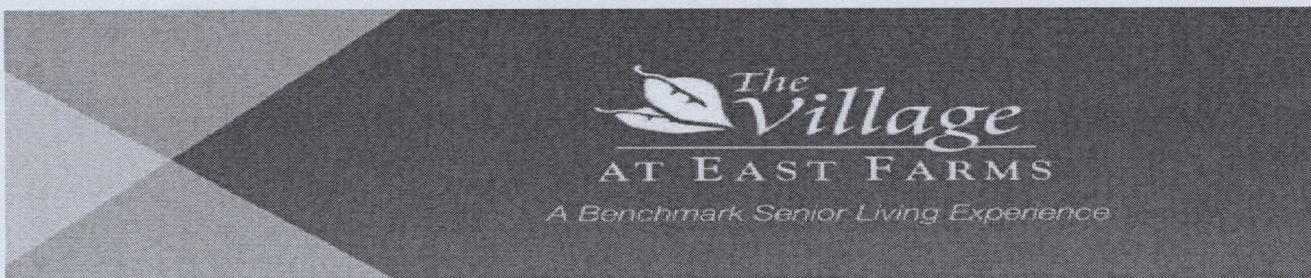
1st Wednesday of each month at 11:00 AM

RSVP to Randi Bellemare by emailing [rbellemare@benchmarkquality.com](mailto:rbellemare@benchmarkquality.com) or call 203.841.8607.



180 Scott Road  
Waterbury, CT  
203.757.7660  
[VillageAtEastFarms.com](http://VillageAtEastFarms.com)





## **Power Up!**

*Fitness Program for those with  
Parkinson's Disease*

**Second & Fourth Wednesdays of the Month  
1 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 wellbeing. 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

### **THE DETAILS**

#### **WHEN:**

Second and Fourth Wednesdays of each month at 1 PM

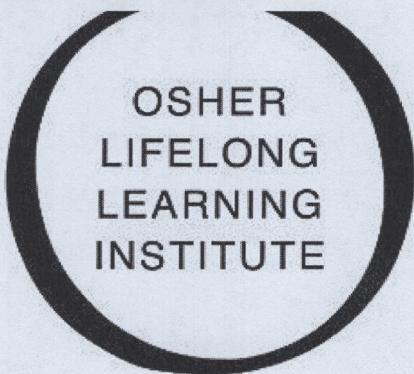
**Next Classes:**

- January 14 and 28

#### **WHERE:**

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

February 2026



# UCONN

February 2026

## Monthly Newsletter

OLLI at UConn is a member-driven lifelong learning program offering courses, lectures, and special events for people 50+ who want to engage socially and intellectually. We offer classes, activities and events throughout the year, in-person at UConn Waterbury and online. All are welcome!

### UPCOMING EVENTS & EXCITING ANNOUNCEMENTS

#### Spring 2026 Registration is Open!

Scan the QR code to the left to read the full catalog or email us at [osher@uconn.edu](mailto:osher@uconn.edu) and we'll mail you a catalog.

#### Course Spotlight

**Photography for Everyone** - this course is led by a professional photographer. It's designed to teach you how to take great photos using your camera or cellphone!

#### Financial Assistance Program

Our Financial Assistance Program is available to anyone who would like to be an OLLI member but may not have the financial resources for the membership fee of \$65. Funds are available for annual membership only. This program was made possible by donations to OLLI at UConn. Contact us for more details.



Scan the QR code to see the Spring catalog

#### COME AND SEE FOR YOURSELF!

Want to check us out? Email or call us for a chat and a tour of the campus.

## JUMBLE PUZZLES

February 2026

PUZZLE

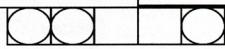
137



## JUMBLE

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

MFIYL



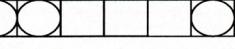
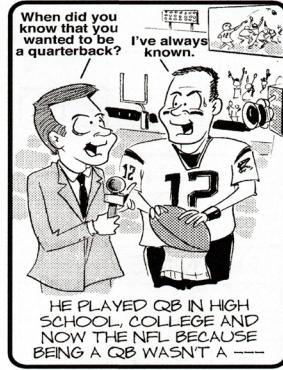
NALGC



SAFCIO



NARPIS


[Print answer here](#)


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

PUZZLE

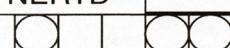
138



## JUMBLE

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

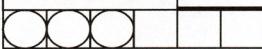
NERTD



GIRDN



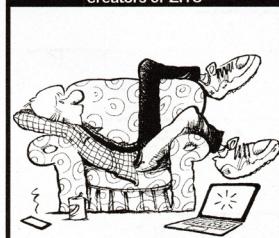
HAYMME



SECASC


[Print answer here](#)

Today's Guest JUMBLERS are Jerry Scott &amp; Jim Borgman creators of ZITS



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

PUZZLE

139



## JUMBLE

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

SOGEO



FARCS



DULHED



VITACE


[Print answer here](#)

Today's Guest JUMBLER is MARIA SCRIVAN creator of HALF FULL



THE ONLY REASON FIDO IS ALLOWED IN A RESTAURANT IS BECAUSE HE IS A \_\_\_\_

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

PUZZLE

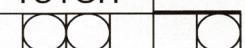
140



## JUMBLE

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

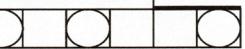
TUYOH



IYDEC



LARPIS



ASEWES



Today's Guest JUMBLER is BRIAN CRANE creator of PICKLES



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

137. Jumbles: FILMY CLANG FIASCO SPAIN  
Answer: He played QB in high school, college and now the NFL because he's being a QB wasn't a—PASSING FANCY  
138. Jumbles: TENDR GRIND MARYHEM ACCESS  
Answer: How the teenager killed time while the internet was down—"DAYSTREAMING".

139. Jumbles: GOOSE SCARF HUDDLE ACTIVE  
Answer: The only reason Fido is allowed in a restaurant is because he is a—SERVICE DOG  
140. Jumbles: YOUTH DICRY SPIRAL SESSAW  
Answer: Nappling came so naturally for him, he could do it with \_\_\_\_ with—HIS EYES CLOSED

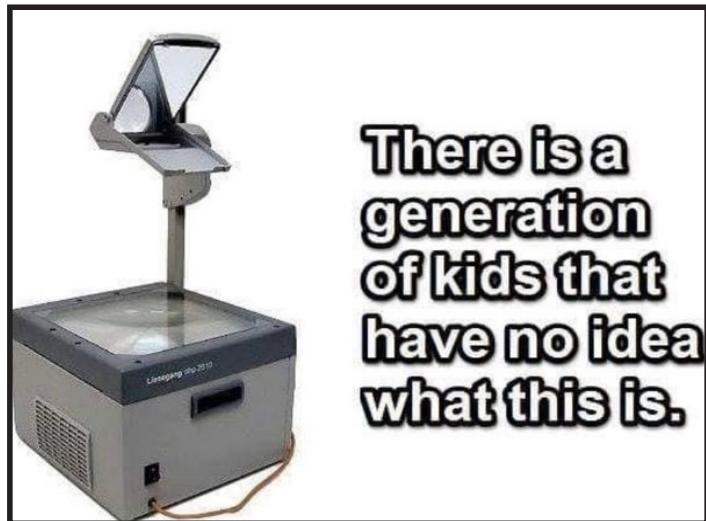
## JOKES

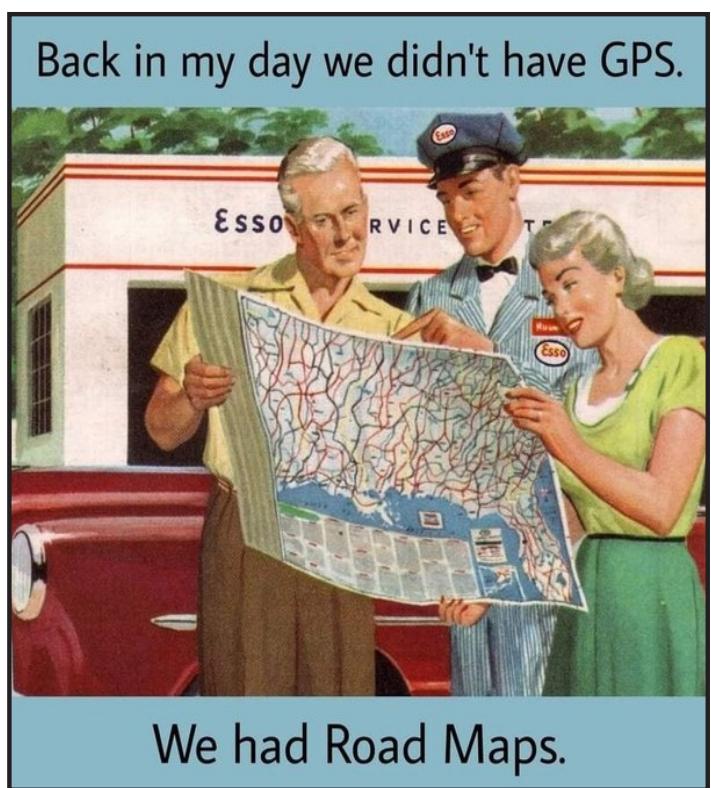
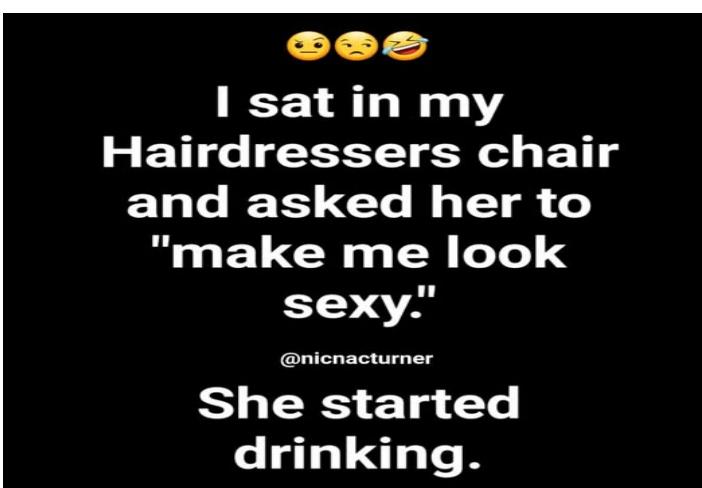
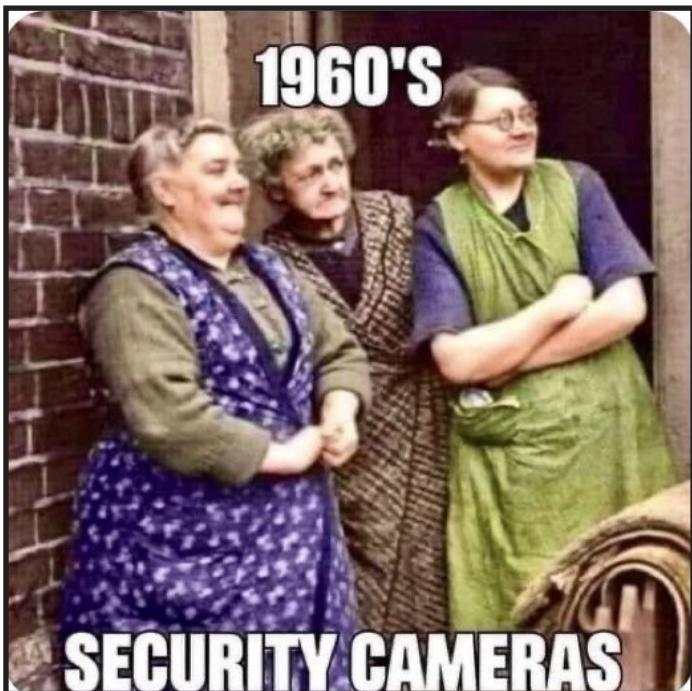
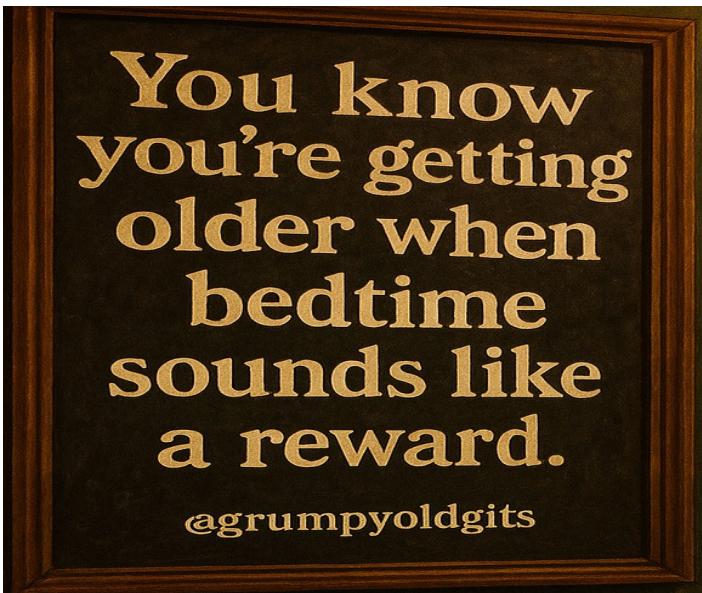
February 2026

## JOKES

**Listen here, you furry meteorologist...**

**In less than two weeks, they're gonna ask about your shadow. You better NOT see it. I'm done with this winter garbage.**

**PEOPLE WHO COMPLAIN ABOUT STEPPING ON LEGOs...****HAVE NEVER HEARD OF JACKS!****I KNOW WHAT I'M DOING THE NEXT TIME IT SNOWS**



## OBITUARIES

February 2026


**Maria  
Marchitto**

**Maria Marchitto**, 93, of Waterbury, was reunited with her husband in heaven on Monday, December 29, 2025, at Waterbury Hospital. She was the beloved wife to the late **Anthony Marchitto**.

Born on December 19, 1932, in Chieti, Italy, Maria was the beloved daughter of the late Achille and Assunta (Cappelletti) Delfino. In 1957, she immigrated to the United States aboard the Cristoforo Colombo, settling in Waterbury, Connecticut, where she would build a full and vibrant life.

Later that same year, she married **Anthony Marchitto**. Together they shared 50 years of marriage and raised two children, their son **Vincent** and daughter **Karen**. She worked for many years as a quality control inspector, including a long tenure at Duracell International, where she was known for her strong work ethic and attention to detail.

A true person, she had a gift for making friends wherever she went—whether bowling, playing cards, visiting the hair salon, or traveling. She remained sharp, energetic, and adventurous throughout her life, enjoying trips back to Italy, visits to casinos, and cruises well into her later years.

Family was the center of her world. She took pride in keeping everyone connected, well fed, and entertained, creating memories that will be cherished for generations.

She was predeceased by her parents, Achille and Assunta Delfino; her brother Ercole “Lino” Delfino and his wife Amalia; her dear aunt Esterina Delfino; her aunt Auralia, whose encouragement brought her to the United States; and her beloved husband, **Anthony Marchitto**.

She is survived by her son **Vincent Marchitto** and his wife **Mary Ellen**, her daughter **Karen Marchitto** and her husband **Henry**; her grandchildren **Keri Marchitto**, **David Marchitto**, **Erin Fink** and her husband **Justin**; and her great-grandchildren **Gavin** and **Emilia Blanco** and **Avery Fink**. She is also lovingly remembered by her grand-dog, **Harley**.

She will be deeply missed by her extended family and friends throughout Connecticut and in Abruzzo, Italy, and by all who were fortunate enough to know her.

**Arrangements:** Funeral services for Maria were held on Tuesday, January 6, 2026 at 12 p.m. at Chase Parkway Memorial/Albini Family Funeral Home, 430 Chase Parkway. Entombment will be private and at the convenience of her family. Friends and family gathered at the funeral home on Tuesday morning from 10 a.m. until the service at 12 p.m.

In lieu of flowers, Memorial contributions may be made to: Saint Jude’s Children’s Research Hospital, 501 Saint Jude Place, Memphis, TN 38105, <https://www.stjude.org/> or to ASPCA, P.O. Box 96929, Washington, DC 20090-6929, <https://www.aspca.org>

