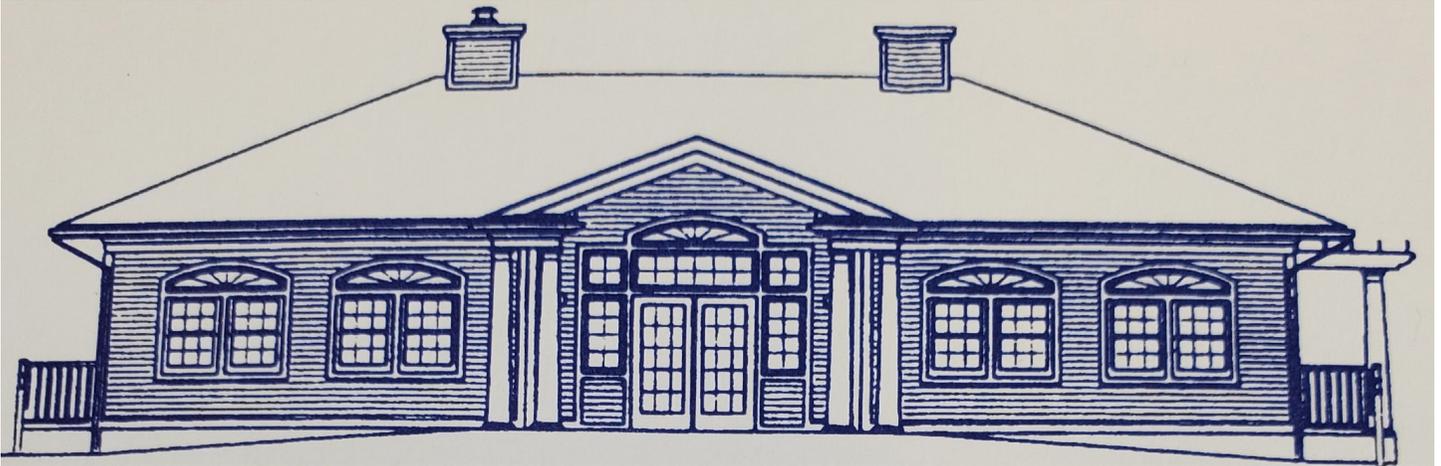


# Prospect Senior Center



(203)758-5300

6 Center Street  
Prospect, CT 06712

(203)758-3837 Fax

*March  
2026  
Issue*

**DIRECTOR**



**Susan DaSilva**

<b>Lori Anderson</b>	<b>Lirene Lorensen</b>	<b>Matt Kalitta</b>	<b>Tara Meglio</b>	<b>Neil Desena</b>	<b>France Collins</b>	<b>Gabriela Elderkin</b>
						
<b>STAFF</b>	<b>STAFF</b>	<b>STAFF</b>	<b>STAFF</b>	<b>STAFF</b>	<b>STAFF</b>	<b>STAFF</b>



**PLEASE NOTE: WINTER WEATHER CLOSING POLICY ON PAGE 7**

## Day-by-Day Schedule

## March 2026

### MARCH 1 (SUNDAY)

9:00am – Antiquing in Hudson Valley/Beekman Arms Tavern Brunch

### MARCH 2 (MONDAY)

9:15am – Senior Exercise (free)

9:30am – Texas Hold'em

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

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

10:00am – Haircuts with Andrienna

10:00am – Songbirds practice @ Senior Center

10:00am – Balance Class #1 with Brenda Martin - \$18/6 wks

10:00am – Wii Bowling League with Mary Henao

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

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

12:30pm – Origami with Ah Moi Yip

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

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

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

### MARCH 3 (TUESDAY)

9:15am – Exercise Class #2 with Susan

9:30am – Poker Club with Allen Thibodeau

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

10:00am – Art Class #6 with Dory

12:30pm – Setback (downstairs)

1:00pm – Jukebox Bingo with Liverpool Productions

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

### MARCH 4 (WEDNESDAY)

9:15am – Blue Man Group @ Palace Theater in Waterbury/Spartan's Restaurant

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

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 & Crocheting Group @ Community Center

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

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Group

### MARCH 5 (THURSDAY)

9:15am – Senior Exercise (free)

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

9:45am – Tai Chi Class #2 with Matt Dempsey (Upstairs)

10:00am – Book Club to Reread Books & More in Cheshire/Paul's Restaurant

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

11:00am – Zumba Class # 5 with Cookie

11:00am – Pilates Class # 2 with Matt Dempsey (Downstairs)

12:30pm – Advanced Piano Class #5 with Joe Guarino

12:30pm – Origami with Ah Moi Yip

1:00pm – Mahjong with Barb Duigan

1:30pm – Absolute Beginner's Piano Class # 5 with Joe Guarino

### MARCH 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 Lunch Buffet

11:30am – Chef Salad Soup and Chips - \$10

1:00pm – Birthday Bingo - \$2

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

7:00pm – Eaglemania @ Palace Theater Waterbury

### MARCH 7 (SATURDAY)

9:00am – Old Deerfield Spring Sampler Craft Fair @ Big E/Storowton Tavern Restaurant

### MARCH 8 (SUNDAY)

9:00am – Bread, Bourbon & Brunch

### MARCH 9 (MONDAY)

9:00am – Reflexology with Kim Stewart - \$35/30 mins, \$20/15mins

9:15am – Senior Exercise (free)

9:30am – Texas Hold'em

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

10:00am – Balance Class #2 with Brenda Martin

10:00am – Songbirds @ KindCare in Naugatuck

10:00am – Wii Bowling League with Mary Henao

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

12:00pm – Mat Yoga Class #6 with Shari Galvin

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

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

4:30pm – Big East Tournament @ Mohegan Sun

### MARCH 10 (TUESDAY)

9:15am – Exercise Class #3 with Susan

9:30am – Poker Club with Allen Thibodeau

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

10:00am – Art Class #7 with Dory

10:30am – St. Patrick's Celebration @ Aqua Turf

12:00pm – Village at East Farms presentation & Lunch

12:30pm – Setback (downstairs)

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

### MARCH 11 (WEDNESDAY)

9:30am – Fundamental Piano Class # 6 with Joe Guarino

10:00am – Wii Bowling League with Mary Henao

10:15am – Winter Wildlife Cruise @ Ct. River Museum

10:30am – Intermediate Piano Class #6 with Joe Guarino

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

11:30am – Elementary Piano Class # 6 with Joe Guarino

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

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Group

2:00pm – Culturally Curious Art Talk @ Litchfield Community Center

### MARCH 12 (THURSDAY)

9:15am – Senior Exercise (free)

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

9:45am – NO Tai Chi Class with Matt Dempsey (Upstairs)

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

11:00am – Zumba Class #6 with Cookie

11:00am – NO Pilates Class with Matt Dempsey (Downstairs)

12:30pm – Advanced Piano Class #6 with Joe Guarino

1:00pm – Mahjong with Barb Duigan

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

### MARCH 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 – St. Patrick's Luncheon with Mr. Motown and Mr. Doo Wop

1:00pm – NO Friday Bingo

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

### MARCH 14 (SATURDAY)

3:45pm – Michael Jackson Experience @ Danbury Palace Theater / Blue Colony Diner

4:30pm – Corned Beef Supper @ Hopeville Church

### MARCH 15 (SUNDAY)

9:00am – St. Patrick's Day Celebration @ Hare & Hound Restaurant

11:45am – Jim Calhoun @ Bushnell

### MARCH 16 (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 #3 with Brenda Martin

10:00am – Songbirds @ Village at East Farms – The Lodge

10:00am – Wii Bowling League with Mary Henao

11:00am – Motown Monday Class #6 with Cookie

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

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

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

### MARCH 17 (TUESDAY)

9:15am – Exercise Class # 4 with Susan

9:30am – Poker Club with Allen Thibodeau

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

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

10:00am – Art Class #8 with Dory

## Day-by-Day Schedule

## March 2026

10:30am – Ukulele Class with Julie Stephanek  
 12:30pm – Setback (downstairs)  
 1:00pm – Setback @ Community Center  
 1:00pm – Quilting Group with Darlene Bachand  
 1:30pm – Red Hatter's to Irishmor Restaurant

### MARCH 18 (WEDNESDAY)

9:30am – Fundamental Piano Class #1 with Joe Guarino - \$25/6 wks  
 10:00am – Wii Bowling League with Mary Henao  
 10:00am – Amazon Fulfillment Center tour/ Tunxis Grill  
 10:30am- Intermediate Piano Class # 1 with Joe Guarino - \$25/6 wks  
 11:00am – Lori's Cooking Class  
 11:30am – Elementary Piano Class # 1 with Joe Guarino - \$25/6 wks  
 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  
 4:30pm – Wine, Women & Wednesdays @ Griswold Inn

### MARCH 19 (THURSDAY)

9:15am – Senior Exercise (free)  
 9:30am – Intermediate Italian Class #3 with Joe Guarino  
 9:30am – Boscov's/ Lasse's Restaurant  
 9:45am – Tai Chi Class #3 with Matt Dempsey(Upstairs)  
 10:30am – Advanced Italian Class #3 with Joe Guarino  
 11:00am – Zumba Class #1 with Cookie - \$25/6 wks  
 11:00am – Pilates Class #3 with Matt Dempsey(Downstairs)  
 12:30pm – Advanced Piano Class #1 with Joe Guarino - \$25/6 wks  
 12:30pm – Origami with Ah Moi Yip  
 12:30pm – Dime Bingo with Lorraine Thibodeau  
 1:00pm – Mahjong with Barb Duigan  
 1:30m – Absolute Beginner's Piano Class # 1with Joe Guarino - \$25/6 wks

### MARCH 20 (FRIDAY)

9:00am – Paradise City Arts Festival/ Wayside Inn  
 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  
 11:30am – Beef Stroganoff over Noodles, Veggies and Salad - \$10  
 1:00pm – Friday Bingo - \$2  
 1:30pm – Chair Yoga Class #3 with Shari Galvin

### MARCH 21 (SATURDAY)

5:00pm – Bingomania

### MARCH 22 (SUNDAY)

10:30am – St. Patrick's Irish Parade in Mystic  
 1:15pm – The Corvettes @ Danbury Palace Theater/ Blue Colony Diner

### MARCH 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 @ Monarch in Southbury  
 10:00am – Balance Class # 4 with Brenda Martin  
 11:00am – Motown Monday Class #1 with Cookie - \$24/6 wks  
 12:00pm – Mat Yoga Class #2 with Shari Galvin  
 1:15pm – Cribbage with Don Ensero (Big Room)  
 1:30pm – Chair Yoga Class #2 with Shari Galvin

### MARCH 24 (TUESDAY)

9:15am – Senior Exercise Class #5 with Susan  
 9:30am – Poker Club with Allen Thibodeau  
 9:30am – Facials with Maria - \$25/20 mins  
 9:30am – Lessard Lanes  
 9:30am – Grocery Shopping at Labonne's , Stop & Shop, Big Y  
 10:00am – Art Class #1 with Dory - \$40/8 wks  
 10:30 am – Lori's Craft Class  
 12:30pm – Setback (downstairs)  
 1:00pm – Setback @ Community Center  
 1:00pm – Card Bingo with Shirley Beale and Barbara Derouin  
 1:00pm – Quilting Group with Darlene Bachand

### MARCH 25 (WEDNESDAY)

9:30am – Fundamental Piano Class #2 with Joe Guarino  
 9:30am – Free Chair Massage with Gabriela  
 10:00am – Wii Bowling League with Mary Henao  
 10:30am – Intermediate Piano Class #2 with Joe Guarino  
 10:30am - Wonders of Whales presentation with Tom Kosturko

11:30am – Elementary Piano Class # 2 with Joe Guarino  
 11:30am – Knitting & Crocheting Group @ Community Center  
 1:00pm – Rummikub with Bill Thibodeau & Lynn Noakes  
 1:00pm – Canasta with Bonnie Veillette  
 1:30pm – Line Dancing Class  
 5:00pm - Ladies Night at Mirabelle's Restaurant

### MARCH 26 (THURSDAY)

8:30am – Mohegan Sun Casino  
 9:00am – Breakfast @ Senior Center  
 9:15am – Senior Exercise (free)  
 9:30am – Intermediate Italian Class # 4 with Joe Guarino  
 9:45am – Tai Chi Class #4 with Matt Dempsey(Upstairs)  
 10:30am – Advanced Italian Class #4 with Joe Guarino  
 11:00am – Zumba Class #2 with Cookie  
 11:00am – Pilates Class #4 with Matt Dempsey (Downstairs)  
 12:30pm – Advanced Piano Class # 2with Joe Guarino  
 1:00pm – Mahjong with Barb Duigan  
 1:00pm – Mexican Dominoes with Gary Battel  
 1:30pm – Absolute Beginner's Piano Class #2 with Joe Guarino

### MARCH 27 (FRIDAY)

9:00am – Williams Farm Sugar House Breakfast & Tour  
 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  
 10:00am – Inspired Vibrations by JC  
 11:30am – Chicken Salad Sandwich, Chips, Cole Slaw & Soup - \$10  
 1:00pm – Pizza Bingo - \$2  
 1:30pm – Chair Yoga Class # 4 with Shari Galvin

### MARCH 28 (SATURDAY)

11:30am – Palace Theater Tour/ Spartans Restaurant  
 3:45pm – Linda Ronstadt @ Danbury Palace Theater/Blue Colony Diner

### MARCH 29 (SUNDAY)

10:00am – Water's Edge Brunch

### MARCH 30 (MONDAY)

9:15am – Senior Exercise (free)  
 9:30am – Texas Hold'em  
 9:30am – Bridge with Linda Favale @ Chapel Hall  
 10:00am – Songbirds @ Beacon Brook in Naugatuck  
 10:00am – Balance Class #5 with Brenda Martin  
 11:00am – Motown Monday Class #2 with Cookie  
 12:00pm – Mat Yoga Class #3 with Shari Galvin  
 1:00pm – CRL with Leslie Kingston  
 1:15pm – Cribbage with Don Ensero (Big Room)  
 1:30pm – Chair Yoga Class #3 with Shari Galvin

### MARCH 31 (TUESDAY)

9:15am – Senior Exercise Class # 6 with Susan  
 9:30am – Poker Club with Allen Thibodeau  
 9:30am – CIA Bocuse French Restaurant in Hyde Park, NY  
 9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y  
 10:00am – Art Class #2 with Dory  
 10:30am – Bocce Meeting  
 12:30pm – Setback (downstairs)  
 1:00pm – Cookie Decorating with Tara  
 1:00pm – Setback @ Community Center  
 1:00pm – Quilting Group with Darlene Bachand  
 6:00pm – Passion Play @ St. Luke's Church in Southington

## Special Activities Index

## March 2026

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March 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.

# 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.**

**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 HOT-LINE (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).

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**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 "**NEWS-LETTER**". 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.

**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.**

**WE HAVE TWO DEFIBRILLATORS AT THE PROSPECT SENIOR CENTER.**

**ONE IS LOCATED NEAR THE ELEVATOR (UPSTAIRS)**

**ONE IS LOCATED IN THE POOL ROOM (DOWNSTAIRS)**

March 2026

**IMPORTANT NOTICES**

**IMPORTANT: REMOVE BEFORE DRIVING**  
ACCESSIBILITY PARKING PERMIT



**P1**



SIGNATURE OF PERMIT HOLDER

LAST FIVE DIGITS OF ID

STATE OF CONNECTICUT  
DEPARTMENT OF MOTOR VEHICLES

2030	2025
2031	2026
2032	2027
2033	2028
2034	2029

EXPIRES

NEW APPLICATION REQUIRED UPON EXPIRATION

Dec NOV OCT SEPT AUG JULY JUNE MAY APR MAR FEB JAN

The AARP Senior Driving Class teaches that it is illegal to drive with this hanging from your mirror. Police officers say that anything hanging from your mirror obstructing your vision is illegal. They won't stop you but if you are involved in an accident you might be ticketed.

If you have one of these it **MUST BE DISPLAYED** while parking in a handicap space **EVEN IF THE BUSINESS IS CLOSED.**

When you join the Prospect Senior Center you agree to abide by ALL OF THEIR RULES. This includes obeying ALL signage re: parking, etc..

DO NOT EXIT THROUGH THE DRIVEWAY THAT IS THE MAIN ENTRANCE TO PSC. THE RULES APPLY EVEN WHEN THE SENIOR CENTER IS CLOSED.

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

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

**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.

**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)**

**ATTENTION:**

**PLEASE PARK IN THE BACK PARKING LOT FOR ANY TRIPS DURING THE WEEK, BETWEEN 9:00AM – 4:00PM. COME INSIDE TO THE FRONT DESK AND CHECK IN. THE BUS WILL BE OUTSIDE IN THE FRONT.**

**IF THE TRIP IS BEFORE 9:00AM PLEASE PARK IN THE BACK PARKING LOT AND STAY THERE. THE BUS WILL PICK YOU UP IN THE BACK LOT.**

**FOR TRIPS ON WEEKNIGHTS AND WEEKENDS, YOU CAN PARK IN THE UPPER PARKING LOT.**

**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.

**March 2026**

**NEW MEMBERS**

**Kathy Kersten  
Stan Kersten  
Keith Koonz  
Debbie Tutolo-  
Hennessey  
Julia Sebastian  
Patricia Battick  
Robin Marino  
Ted Lichaj  
Anna Lichaj  
Julie Smolski**

**Vitas Smolskis  
Wendy Fowler  
Michaela Jacquelin  
Sudeshna Ray  
Beverly Garceau  
Joan Cyr  
Brian Cyr  
Deborah Palledino  
Earle Sanford  
Nancy Dugbartey  
Maryanne Naylor**

**Antonette  
Gigantino  
Bernard Voyer  
Joseph Fratzel  
Constance Fratzel  
Dan DeCarlo  
Susan DeCarlo  
Marjorie Ouellette  
Sandy Howard  
Sherry Mancini  
John Hayward**

**Georgiana  
Hayward  
Stephen Palermo  
Diane Palermo  
Paul Mendyka  
Cathy Mendyka  
Janice Chisholm  
Kevin Stanford Sr.  
Daniel Rodriques  
Anthony Buonauto**

**WELCOME TO THE PROSPECT SENIOR CENTER**

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



**SUNSHINE LIST**



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**GET WELL SOON!!!**

## March 2026

### MARCH BIRTHDAYS

Anita Lavado	1	John Morrissey	8	Ken Tassmer	15	Nelson Abarzua	23
Doris Jegela	1	Pam LaCharity	8	Maureen Bentley	15	Bill Bassett	23
Joan Gauthier	2	Margaret		Carol Erlingheuser	15	John Salisbury	23
Shelbra Young	2	Lenkowski	8	Barbara McHale	15	Richard Chabot	24
Mary Kelly	2	Jan Pilat	8	Bill Maisto	16	Joan Druker	24
Sandy Sugrue	2	Clorinda Mirto	8	Joyce DiDonato	16	Paul Colby	24
Florence Violette	3	Thomas Dodson	9	Matt Kalitta	16	William Gaurish	24
Mary Ellen		Betti Hellman	9	Laurie Siraco	16	Robin Labansky	24
Baranowsky	3	Linda Parenteau	9	Kathy Murphy	16	Michael Santoro	24
Vincent		Richard Murray Jr.	9	Judith Ryan	16	Barbara Derouin	25
DiDominzio	3	William Stokes	9	John N. Raven	17	Lucinda Hicks	25
Pat Moon	4	Jose DaRocha	9	Leslie Kingston	17	Heidi Buchan	26
Frances Monroe	4	Jim Koonz	10	Carolyn Nemeth	17	Patricia Irizarry	26
William Grussi	4	Carol Morrissey	10	John Siwinski	17	Kathleen Beaulieu	27
Jeanette Richard	4	Debra Cappa	10	Deborah Palladino	17	Barbara Vezina	27
Thomas Verespie	4	Sherida Cocchiola	10	Marcia Roman	17	Dolores Proul	27
Barb Morine	5	RoseMarie McGrath	10	Patty Burgess	17	Cheryl D'Agostino	27
Linda Persico	5	Tammy Trumfio	10	Anna Luschenat	18	Lou Ruby	27
Deb Conte	5	Lorraine Hughes	11	Steven Holley	18	Larry Desena	27
Don Healy	5	Mary Lou Schiavone	11	Patricia Gormley	18	Paul Kaplan	27
Donald Pomeroy	5	Kerrie Ford	11	Pat DiBeneditto	18	Clare George	27
Karen		Bill Krupp	11	Fred Violette	19	Joanne Honeysett	27
Kleinschmidt	5	Ralph Acabbo	11	Guy Mauriello	19	Meredith Saguta	27
Ken Richardson	5	Vanessa Pritchett	11	Gilda Slomka	19	Verena Yarosis	28
Sue Mattero	5	Joe Varohola	11	Antoinetta Gugliott	19	Barbara D'Amelio	28
Larry Nassef	5	Marion Varanelli	12	Diane Cappiello	20	Pat Russell	28
Jean Meehan	6	Linda Goslin	12	Mary Damulis	20	Eileen Dubois	28
Patricia Sheedy	6	Richard Varanelli	12	Geri Thomas	20	Christina	
Robert Jacovino	6	Sherie Wilson	12	Lois Chicano	20	DeRienzo	29
Diane Bakstis	6	Donna Hyland-		Richard Slusarz Jr.	20	Sylvia Corbit	30
Ted Ellis	6	Passeck	13	Kathy Tierney	20	Barbara Houle	30
Robert Barone	6	Charlie Delavergne	13	Harry Jancis	21	Mary Jane	
Charles		Hal Afholderbach	13	Ann Tietjen	21	Monahan	30
Stronkowski	6	Patricia Cooney	13	Judy-Jo Barbash	21	Loretta Schmaltz	
Hala Jaser	6	Carol Surprenant	13	Jules Jodko	21	Hall	30
Mary Matsagas	6	Diane Gow	14	Linda Hamel	21	Marilyn	
Antonio Abrantes	7	Pat Tenney	14	Barbara		Gruszkowski	30
Trishia Silver	7	Helen Kobylenski	14	Scaramozza	21	Luisa Barile	31
Florence		Phyllis Zbikowski	14	Kathy Tummyol	22	Maureen Andolena	31
Famiglietti	7	Lee Walter	14	Rita Giannotti	22	Robert Nowicki	31
Shirley White	7	Connie Shea Copes	15	Thomas Royle	22	Wendy Blum	31
John Rinaldi	8	Lesley Salokas	15	Marion Montagno	22		
Adriano P. Silva	8	Lynn Kirdzik	15	Sue Gilmore	23		



**REGULAR**

**March 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 Guerrero  
at  
203-758-6707

**Texas Hold'em**

*Mondays at 9:30am*



**Canasta  
With  
Bonnie Veilette**

*Wednesdays 1pm*

**Cooking with Lori**

**Wednesday March 18th  
@ 11:00am**

**CARD  
BINGO**



with Shirley  
Beale  
and Barbara  
Derouin

*Tuesday 1pm  
March 24th  
Cost \$2*

**"DIME BINGO"**  
Lorraine Thibodeau

*March 19th*

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 March 24th  
@ 10:30 am**



**Chinese & American  
Mah Jong**

with Barbara Duigan

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

**PINOCHLE GROUP**

*Fridays*

*9:30am - 11:30am*

**@ Community Center**

**Call Bonnie Jones**

**for details**

**203-758-0886**



**Cribbage Card Game**

*Mondays 1:15pm*

*in big room*

**Call**

**Don Ensero**



**203-575-1511**

**BLOOD PRESSURE  
SCREENING**

**WEDNESDAYS**

*12:30am - 1:30pm*

**1st, 2nd and 4th Wednesday  
with Chesprocott Health Disrt-  
ict**



**Poker Club**

**with**

**Allen Thibodeau**

**Tuesdays**

**9:30am - 12:15pm**



**REGULAR**

**March 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



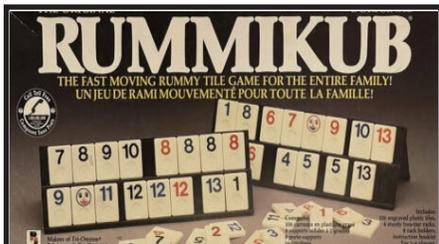
**Line Dancing Classes**  
with Teachers:  
**Barbara & Rita**

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



**CHAIR YOGA**  
6 Week Sessions

Monday March 16th @ 1:30pm

Friday March 6th @ 1:30pm

Cost \$20 for 6 weeks

No class on April 10th



**Gold**

taught by **Cookie**

Thursdays 11:00am

Cost \$24 for 6 weeks



**Billiards**

Monday thru Friday  
9am - 4pm

Ladies are welcome and encouraged to join in the fun!



**Senior Fitness Program**  
with **Susan**  
Tuesdays 9:15am

Bring weights, small ball & exercise band

Cost \$24 for 6 weeks



**MAT YOGA**  
6 Week Sessions

Monday March 16th  
@ 12:00pm

Upstairs in big room

Cost \$20 for 6 weeks



**Wii Bowling**

Mondays & Wednesdays @10am

**More bowlers needed!**

Call **Mary Henao**  
203-757-9190

**CRL Dice Game**



Hosted by  
**Leslie Kingston**

Monday  
March 30th  
@ 1:15pm

Cost \$2  
Please bring dimes...

**REGULAR**

**March 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 18th  
11:30am to 12:30pm  
Cost \$25 for 6 weeks

**Fundamental Class**  
(need 1 year of previous piano instructions)  
Wednesdays  
March 18th  
9:30am - 10:30am  
Cost \$25 for 6 weeks

**Intermediate Class**  
(need 2 years of previous piano instructions)  
Wednesdays  
March 18th  
10:30am to 11:30pm  
Cost \$25 for 6weeks

**Advanced Class**  
Thursdays  
March 19th  
12:30pm-1:30pm  
Cost \$25 for 6 weeks

**Beginner's II  
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

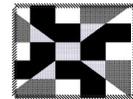
**The Happy  
Hookers**



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****March 2026****ACTIVITIES****Private Reflexology Sessions with****Kim Stewart, NSCR**  
Mondays Start at 9amMonday March 9th @ 9:00am  
Monday March 16th @ 9:00am  
Monday March 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.

©Regal Design and Image \* IllustrationsOf.com/977**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

**MOTOWN MONDAYS @ 11:00am****\$24 for 6 weeks****Weekly Bingo on Fridays \$2 at 1:00pm****Mohegan Sun Casino****March 26th****Mexican Train Dominos****March 12th & 26th****Canasta**

with Bonnie on Wednesdays at 1:00pm

**Bridge Hall**

with Linda Favale Monday at 9:30am

**Origami Class with Ah Omi Yip****March 5th and 19th \$5 per class****BREAKFAST AT SENIOR CENTER THURSDAY, MARCH 26, 2026****We will have breakfast at the Senior Center on Thursday, March 26, 2026 at 9:00am. The cost of the breakfast is \$4.00 Our menu will consist of English Muffin with Scrambled Eggs, Cheese & Bacon, Muffins, Fruit, Coffee or Tea.****If you are interested in joining us, please sign up and PAY as soon as possible.**

**REGULAR****March 2026****ACTIVITIES**

**PLEASE NOTE:  
PROPER FOOTWEAR IS REQUIRED FOR ALL  
EXERCISE CLASSES THAT REQUIRE FOOT-  
WEAR. NO SANDALS/FLIP FLOPS OR OPEN  
TOED SHOES ARE ALLOWED.  
THANK YOU.**

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

**BALANCE - (UPSTAIRS)  
MONDAYS: MAR 2, MAR 9, MAR 16,  
MAR 23, MAR 30, APR 6**

**MOTOWN MONDAY - (UPSTAIRS)  
MONDAYS: JAN 5, JAN 12, FEB 2,  
MAR 2, MAR 9, MAR 16  
MAR 23, MAR 30, APR 6,  
APR 13, APR 20, APR 27**

**SENIOR EXERCISE - (UPSTAIRS)  
TUESDAYS: FEB 17, MAR 3, MAR 10,  
MAR 17, MAR 24, MAR 31**

**ZUMBA - (UPSTAIRS)  
THURSDAYS: JAN 29, FEB 5, FEB 19,  
FEB 26, MAR 5, MAR 12  
MAR 19, MAR 26, APR 9,  
APR 16, APR 23, APR 30**

**CHAIR YOGA - (DOWNSTAIRS)  
MONDAYS: MAR 16, MAR 23, MAR 30,  
APR 13, APR 20, APR 27  
FRIDAYS: MAR 6, MAR 13, MAR 20,  
MAR 27, APR 17, APR 24**

**MAT YOGA - (UPSTAIRS)  
MONDAYS: MAR 16, MAR 23, MAR 30,  
APR 13, APR 20, APR 27**

**TAI - CHI - (UPSTAIRS)  
THURSDAYS: FEB 26, MAR 5, MAR 19,  
MAR 26, APR 9, APR 16**

**PILATES - (DOWNSTAIRS)  
THURSDAYS: FEB 26, MAR 5, MAR 19, MAR  
26, APR 9, APR 16**

**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 2026  
on Wednesdays @ 9:30am.  
If interested, please sign up.**

**INTERMEDIATE ITALIAN CLASS  
3/5, 3/12, 3/19, 3/26, 4/9, 4/16**

**ADVANCED ITALIAN CLASS  
3/5, 3/12, 3/19, 3/26, 4/9, 4/16**

**FUNDAMENTAL PIANO CLASS  
3/18, 3/25, 4/1, 4/8, 4/15, 4/22**

**INTERMEDIATE PIANO CLASS  
3/18, 3/25, 4/1, 4/8, 4/15, 4/22**

**ELEMENTARY PIANO CLASS  
3/18, 3/25, 4/1, 4/8, 4/15, 4/22**

**BEGINNER PIANO CLASS  
1/29, 2/5, 2/19, 2/26, 3/5, 3/12,  
3/19, 3/26, 4/9, 4/16, 4/23, 4/30**

**ADVANCED PIANO CLASS  
1/29, 2/5, 2/19, 2/26, 3/5, 3/12,  
3/19, 3/26, 4/9, 4/16, 4/23, 4/30**

**DORY'S ART CLASS  
1/20, 2/3, 2/10, 2/17, 3/3, 3/17, 3/24, 3/31,  
4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26**



**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. It will be Spring by then!! Copies of the schedule and rules will be available at the meeting. 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



Damn that groundhog! As I write this article, the flurries and flakes are flying fast on this late February morning. Clearly, spring has not yet sprung and nobody, “Ladies in Red” or anyone else, is having any warm weather fun!

Even as we continue to endure the extra six excruciating weeks of winter bequeathed to us by Punxsutawney Phil, on the evening of Tuesday, February 3rd, a coterie of “Ladies in Red” did enjoy an evening of sisterly

warmth when we visited “Zuppardi’s Apizza” in West Haven for a slice or two of pie and comradery. The iconic “Zuppardi’s Apizza” was originally owned and operated by Italian immigrant Domenic Zuppardi in 1932 and, to this day, continues to be run by generations of the Zuppardi family. Their award-winning “abeetz” was delicious and enjoyed by all.

Sadly, our planned excursion to the chic and charmingly continental Chamard Vineyards in coastal Clinton, scheduled for Valentine’s Day had to be cancelled due to a dearth of sign-ups. For those of you who lament the lack of wine and chocolate on Valentine’s Day, rest assured that both will be present in future “Ladies in Red” offerings this year!

On St. Patrick’s Day, Tuesday, March 17th, the “Ladies in Red” will be celebrating “the wearing of the green” with a visit to Inishmor Irish restaurant in Colchester. Inishmor is a 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 such as Shepherd’s Pie and Bangers and Mash and more. After our meal, we’ll make a brief 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.

On Thursday, March 26th, the “Ladies in Red” will celebrate the official arrival of spring (!) with what will be our fourth Italian progressive dinner in New Haven’s “Little Italy on Wooster Street. This time, by popular demand, we will be enjoying our appetizers at Pasta Eataliana Trattoria Naploetana, a modern, upscale Italian bistro. Next, we’ll stroll over to Gioia, an Italian market, for a quick bit of shopping. We’ll then head down the street for entrees at Tre Scalini, an award-winning, old school Italian ristorante that has been serving exceptional cuisine on Wooster Street since 1999. Our final stop of the evening, for espresso and dessert, will be at Libby’s Italian Pastry, a neighborhood bakery that has been owned and operated for four generations by the same family.

For this trip, we will be leaving the Senior Center at 3:00 PM. There is no charge for this trip but you must be a “Lady in Red” in good standing to attend.

On Saturday, April 4th, we will have the pleasure of attending “Spring Fling,” a gala event put on by the “Royal Scarlet Gadabouts” at the Hilton Garden Inn in South Windsor. The fun-filled afternoon will feature a Red Hat fashion show, raffles and prizes, dancing with “sounds by DJ ‘R & B Grove Master Larry’ and a delicious three course buffet. The cost of the event is \$65, with checks made payable Ambassador Grand Queen Maelene Williams. Maelene would like payment by March 6th, if possible. Ladies, it’s been a long time since our “Ladies in Red” have attended an official Red Hat gala. Please let’s do our best to get to this one! It is sure to be a fantastic time and it will be exciting to have the opportunity to socialize with other Red Hat ladies from throughout the State! For this event, we will be leaving the Senior Center at noon and should be back in Prospect by 7:00 PM.

On Saturday, April 19th, the “Ladies in Red” will make our first ever visit to the annual Cherry Blossom Festival in Wooster Square in New Haven. Wooster Square’s Cherry Blossoms have been celebrated each spring since 1973 when 72 Yoshino Cherry Blossom trees were planted by the New Haven Historic Commission in collaboration with the New Haven Parks Department and Wooster Square residents. The Festival attracts thousands to Wooster Square each year and features food vendors and local musicians. For this trip, we’ll be leaving the Senior Center at 11:15 AM. There is no charge for the trip.

Wednesday, May 13th will be a very special day for the “Ladies in Red” when we charter the magnificent schooner “Argia” for a private, two-hour cruise on the waters of Long Island Sound. Aboard the two-masted, gaff topsail vessel, we’ll be sailing along scenic coastlines and past historic lighthouses and storied islands. To add to the fun, we are encouraged to bring along snacks, beer or wine but hard liquor is prohibited.

After the cruise, we’ll stop for an al fresco lunch at the nearby Sea View Snack Bar, which serves all of our favorite summer seafood – chowders, lobster rolls, deep-fried seafood and shellfish, hamburgers, hot dogs and more. For dessert, there is an ice cream stand on the premises. The Prospect Senior Center has visited the Sea View on many previous occasions and has always enjoyed the delicious food, quick service, casual atmosphere and picturesque, waterfront setting.

All members of the Prospect Senior Center are invited to join us for this extraordinary day of sunshine, sailing and summertime fun. Non-members are also welcome but must provide their own transportation to and from Mystic. The cost of this memorable trip is \$59, discounted to

Continued on next page

## LADIES IN RED (continued)

\$54 for Red Hatters. Please sign-up as soon as possible to avoid disappointment as seating on the buses is limited.

In the month of May, the "Ladies in Red" also look forward to attending yet another performance of the always entertaining Piedmont Players at the Hopeville Church dinner theater in Waterbury. We have been attending the semi-annual performances of this talented, neighborhood theater troupe for many years now and have always enjoyed the tasty, home-style meal and the performance. As of this writing, neither the play nor the menu have been announced; look for more details in the next newsletter.

The "Ladies in Red" will begin the first official month of summer with a 1 ½ hour long, sunset cruise along the Connecticut River aboard the "Slipaway." The "Slipaway" is a 30 foot, Coast Guard inspected, pontoon boat powered by twin outboard engines. The vessel has a ramp for easy boarding and the ride is typically smooth and stable. Water and snacks will be available for purchase onboard but we are welcome to bring aboard our own refreshments. The cost of the cruise for seniors is \$27.

Prior to the cruise, we'll be appropriately stopping at "River" in Wethersfield for Happy Hour. "River" is a gorgeous, waterfront restaurant and bar that has been the recipient of numerous awards including the Best of Hartford "Best Outdoor Dining" award. It has also been acclaimed by Connecticut Magazine in its Best of Connecticut listing. During Happy Hours, "River" offers a variety of delicious, specially priced food items and discounted beverages. Members of the Prospect Senior Center have dined at "River" before and have been very favorably impressed!

Friday, June 19th is the day of the "Neil at the Wheel" trip to the annual Newport Flower Show at Rosecliff Mansion. Please contact me if you are interested in going as we will only be taking ten people and I already have a number of sign-ups.

With spring just around the corner and summer not too far away, now is a great to join the "Ladies in Red" or to renew your membership if you haven't already done so. This year, the "Ladies in Red" will be enjoying two members' only trips in each of the summer, fall and early winter months. Our annual dues are \$25, payment of which entitles you to attend all "Ladies in Red" trips and activities for one calendar year. New Sign-up sheets will soon will be available at the Senior Center front desk. For more information, I can be reached at [lchesinas2013@yahoo.com](mailto:lchesinas2013@yahoo.com) or 203-503-7427.

Happy Spring, Everyone,  
Lynn



### The "Bookwormers" Prospect Senior Center Book Club

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

On 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.

The book chosen for April 2nd is "The Librarianist" by Patrick deWitt. This is a 2023 novel about Bob Comet, a retired librarian in Portland, Oregon, who finds new purpose volunteering at a senior center, leading him to reflect on his solitary life, past adventures, and the nature of literature and connection. The story unfolds through flashbacks, revealing his childhood runaway experience during WWII, a lost love, and the quiet dignity of his life as a book lover, all told with deWitt's signature wit and melancholy.

The novel explores themes of literature, loneliness, connection, memory, and finding meaning in an ordinary life.

"Hold a book in your hand and you're a pilgrim at the gates of a new city"

- Anne Michaels, Canadian Poet, citing a Hebrew saying from her book "Fugitive Pieces".

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

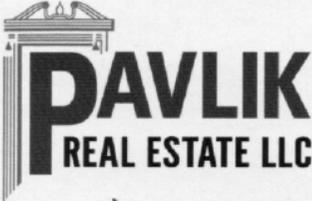
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**March 2026**

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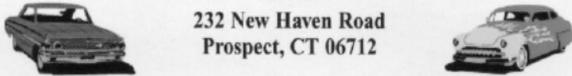
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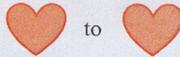
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a hand out!**

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

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

**Applicants must be actively registered  
parishioners or residents of Prospect.**

### **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.

### **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?  
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**New Opportunities**  
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### **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

## March 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 Tuesdays 10:30 until 1:30 and on Thursdays 1:00 p.m. to 4:00 p.m.

You can call the Prospect library at 203-758-3001 to check if there are any changes to the hours.

### 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.

### 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!**

### 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



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.

### 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.

## March 2026

### 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 [ArrayRxcad.com](http://ArrayRxcad.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 [ArrayRxcad.com](http://ArrayRxcad.com).

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### 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 tracks your progress.

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

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

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

#### Then am I done?

Everybody's identity theft is different. But your recovery plan from [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.

# March 2026



## PROSPECT HISTORICAL SOCIETY

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

- |           |                                    |
|-----------|------------------------------------|
| 80 Years  | Prospect Historical Society – 2025 |
| 80 Years  | Prospect Fire Dept – 2025          |
| 250 Years | United States of America – 2026    |
| 200 Years | Town of Prospect - 2027            |

AVAILABLE NOW!

\$15.00 PER ORNAMENT

CALL 203 758 5503 OR 203 758 5746



American  
Heart  
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

© 2024 American Heart Association - Also known as Heart Fund.  
RECYCLABLE R-25-I-EDU

## CASH FOR CHARITIES AT

# LaBonne's

MARKETS

HELP OUR SCHOOL EARN .5% WHILE YOU SHOP

IT'S PRETTY SIMPLE!

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

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

- 4.) SPREAD THE WORD! ANYONE CAN CONTRIBUTE (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.

## March 2026

**AARP**



**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, 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

**CORNER BEEF SUPPER**  
**@ HOPEVILLE CHURCH**  
**IN WATERBURY**

**SATURDAY, MARCH 14, 2026**

**DEPARTING @ 4:30PM \$15**

Hopeville Church will be having their St. Patrick's Day dinner on Saturday, March 14, 2026. The menu will consist of Corned Beef, Cabbage, Potatoes, Carrots, Irish Soda Bread, Dessert & Beverage.

We will be leaving from the Senior Center at 4:30pm. The dinner is at 5:00pm. Once dinner is over we will head back to Prospect. We should be in Prospect by 7:00pm.

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

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

**FRIDAY, 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. Ap-**  
**pointments are not necessary .**

#### 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**

## March 2026

### JUKEBOX BINGO WITH CHARLES OF LIVERPOOL PRODUCTIONS

**TUESDAY, MARCH 3, 2026 < new date**  
**TUESDAY, MAY 5, 2026**  
**TUESDAY, JULY 7, 2026**  
**TUESDAY, SEPTEMBER 15, 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

**Boscov's**  
**Lasse's Restaurant**  
**Thursday, March 19, 2026**  
**Departing @ 9:30 AM                      No Charge**

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

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

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



### Owning a pet is costly... BUT NOT IF YOU PARTICIPATE IN **WHISKERS SENIOR-TO-SENIOR** **“Forever Foster Program”**

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

## March 2026

### The Connecticut Gay Men's Chorus Presents...

#### "Bingomania"

**Saturday, March 21, 2026**

**Saturday, April 18, 2026**

**Saturday, May 16, 2026**

**Departing @ 5:00pm \$25**

The Connecticut's Gay Men Chorus hosts monthly BINGOMANIA! at the Annex Club at 554 Woodward Avenue in New Haven, just off of I-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.

### "WINE, WOMEN AND WEDNESDAYS"

**@ THE GRISWOLD INN, ESSEX**

**WEDNESDAY, MARCH 18, 2026**

**DEPARTING @ 4:30PM**

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.

### "Winter Wildlife Cruise"

**The Connecticut River Museum**

**Wednesday, March 11, 2026**

**Departing @ 10:45 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. The cruise will be from 2:00pm - 4:00pm.

Before 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 the cruise, 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.

### 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.

## March 2026

**PASSION PLAY  
@ ST. LUKES CHURCH  
IN SOUTHLINGTON, 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

**Williams Farm Sugarhouse  
Deerfield, Massachusetts  
Friday, March 27, 2026**

**Departing @ 9:00 AM No Charge**

The Williams family has been tapping sugar maple trees and making maple syrup for five generations. Milton Hubbard Williams began the tradition in the 1800's, followed by his son Kenneth Sanderson Williams. The original sugarhouse was one of fourteen located on Mount Toby in Sunderland, MA.

In his diary, Milton Hubbard Williams, wrote "March 6, 1853 commenced sugaring. March 25, 1953 traded sugar for coat and pants in Amherst." Thirty-six years later, he was still sugaring and on April 1, 1889, we wrote "Gathered 20 bls (barrels) for four successive days, had the best week I ever knew. I have sold 100 gallons of syrup in glass at Amherst for 30 cts a quart or 1.00 a gal in tin. Syrup sells readily."

In the 1960's, amidst growing success and realizing the need for a better retail location, Kenneth Jr. and his brother Milton moved the sugarhouse off the mountain to scenic Route 47 in North Sunderland.

The final move came in 1994, when the Williams family built a sugarhouse near their family farm in Deerfield. Today, that sugarhouse also contains retail space that sells syrup and other maple specialties and a rustic restaurant that serves pancakes, waffles and French toast with their delicious maple syrup.

On our trip to the Williams Farm Sugarhouse, we'll have the opportunity to enjoy a delicious breakfast, at your own expense, and may even be able to watch the Williamses boil sap to make their maple syrup. We'll have time at the sugarhouse to purchase syrup, maple donuts, cream and candies, and other sweet treats. After our time at the sugarhouse, before heading back to Prospect, we'll make a final stop at Richardson's Candy Kitchen, just up the road from the sugarhouse.

We'll begin our "sweet" day in Deerfield with a 9:00 AM departure from the Senior Center. We'll be back in Prospect by 3:00 PM.

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

## 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.

## March 2026

### NEW ITEM

**CULTURALLY CURIOUS ART TALK  
@LITCHFIELD COMMUNITY CENTER  
FIERCE FEMALES: WOMEN IN ART, PART IV  
WEDNESDAY, MARCH 11, 2026  
DEPARTING @ 2:00PM      NO CHARGE**

The revolutionary spirit of women artists continues to transform our understanding of what art can be and who gets to create it, from the neoclassical elegance of Angelica Kauffman's mythological scenes to Yayoi Kusama's mesmerizing infinity rooms that challenge our perception of space itself. This program celebrates the fearless creativity and determination of women who refused to be confined by expectations. Through exploring the diverse voices and groundbreaking techniques of these visionary women, we witness the ongoing revolution that refuses to let talent be silenced by tradition, helping to ensure that future generations inherit a more complete and inspiring vision of artistic greatness.

**About the presenter:**

Jane O'Neil is a sought-after speaker, educator, and independent art historian. Jane curates and delivers engaging art appreciation programs through her company Culturally Curious, founded in 2017. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University.

We will be leaving from the Senior Center at 2:00pm. The presentation is from 3:00pm – 4:00pm. Once the talk is over we will board our bus for our return trip back to Prospect. We should be back in Prospect at about 5:00pm.

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

### NEW ITEM

**CULTURALLY CURIOUS ART TALK  
@ LITCHFIELD COMMUNITY CENTER  
AMERICAN ART AT 250:  
MASTERWORKS OF A NATION  
WEDNESDAY, APRIL 8, 2026  
DEPARTING @ 2:00PM      NO CHARGE**

Join us in celebrating America's extraordinary artistic legacy as we commemorate our nation's 250th anniversary with a curated exploration of the masterworks that have defined our cultural identity. From the luminous landscapes of the Hudson River School to the bold innovations of Abstract Expressionism, this program showcases the diverse voices and revolutionary spirits that have shaped American art across two and a half centuries. Through intimate encounters with iconic works by artists like Edward Hopper, Georgia O'Keeffe, Jackson Pollock, and Jean-Michel Basquiat, we'll discover how American artists have continuously redefined not only our visual culture, but art itself on the world stage.

**About the presenter:**

Jane O'Neil is a sought-after speaker, educator, and independent art historian. Jane curates and delivers engaging art appreciation programs through her company Culturally Curious, founded in 2017. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University.

We will be leaving from the Senior Center at 2:00pm. The presentation is from 3:00pm – 4:00pm. Once the talk is over, we will board our bus for our return trip back to Prospect. We should be back in Prospect at about 5:00pm.

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

### NEW ITEM

**SPRING COOKIE DECORATING CLASS  
WITH TARA  
TUESDAY, MARCH 31, 2026  
1:00PM      \$5**

Tara will be teaching how to decorate cupcakes, oreo cookies and chocolate dipped pretzels.

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

### NEW ITEM

**EASTER LUNCHEON  
@ THE PROSPECT SENIOR CENTER  
ENTERTAINMENT BY DANNY RUSSO  
THURSDAY, APRIL 2, 2026  
11:30AM      \$25**

Join us for our annual Easter Luncheon celebration. We will be dining on Ham, Mashed Potatoes, Sweet Potatoes, Veggies, Soup and Dessert.

Danny Russo will be the Entertainment for the day. He 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.

## March 2026

### NEW ITEM

**“One Big, Beautiful Brunch”  
Water’s Edge Resort Westbrook, CT.  
Sunday, March 29, 2026 Departing @ 10:00 AM  
\$72(Inclusive of tax and tip)**

**Pay at Restaurant  
Please have exact change**

When it comes to decadently lavish brunch buffets, nothing trumps the over-the-top, award-winning all-you-can-eat Sunday brunch buffet at the ocean-front Water’s Edge Resort in Westbrook. On Sunday, March 29th, members of the Prospect Senior Center will have the pleasure of partaking of this spectacular feast.

The bountiful brunch includes traditional breakfast items, waffle, crepe and omelet stations, charcuterie, a salad station, hot entrees and sides, an attended carving station, an extensive raw bar with dazzling ice sculptures, fresh fruits and desserts. The Water’s Edge brunch is elaborate, elegant, enticing ENORMOUS and exquisite! After enjoying our brunch in the resort’s fireside Seaview Bistro, time and weather permitting, we may be able to a brief springtime stroll along the beach!

For this trip, we’ll be departing the Senior Center at 10:00 AM and will be arriving at Water’s Edge in time for our 11:00 AM reservation. We’ll have until 1:00 PM to enjoy the sumptuous buffet. The \$72 cost, which includes tax and 20% tip and is payable at the restaurant, is an extraordinary value considering the quality and quantity of food offered on the buffet. We expect to be arriving back in Prospect by 2:00 PM.

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

### NEW ITEM

**Zuppardi’s Apizza  
West Haven, Connecticut  
Tuesday, April 7, 2026**

**Departing @ 4:15 PM** **No Charge**  
Join us for an evening of comradery and a slice or two of pie when we travel to the legendary Zuppardi’s Apizza on Tuesday April 7th.

In 1932, Domenic Zuppardi, having learned the trade of bread-making on the southern coast of his native Italy, opened a bakery in New Haven, making artisan breads as well “abeetz,” now known to all as “pizza.” In 1934, he moved his expanding business to Union Avenue in West Haven. In 1946, after Dominic became too ill to run the business, his son Anthony, having served as a cook in the Navy, took over the bakery and decided to focus on making “apizza.” In 1947, he changed the name of the business to “Zuppardi’s Apizza.” For decades, Anthony and his family worked passionately to build the business and the restaurant became a cornerstone among the acclaimed 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 family business to this day.

Zuppardi’s serves up many varieties of very good, traditional, New Haven style thin-crust pizza as well as clams, salads and desserts. They also serve beer and wine. For this trip, we will be departing the Senior Center at 4:15 PM. Zuppardi’s does not take reservations, so be prepared for a short wait. As we will be visiting on a weekday evening, the restaurant, despite its popularity, should not be too crowded. Bringing cash is highly recommended as many of you will be choosing to share pizza pies! It is expected that we will be arriving back in Prospect within the 7 o’clock hour.

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

### NEW ITEM

**ST. Patrick’s Day  
Hare and Hound Irish Pub  
Sunday, March 15, 2026**

**Departing 9:00 AM** **No Charge**

Join us in our celebration of “the wearing of the green” and the St. Patrick’s Day holiday at the Hare and Hound Irish Pub in Putnam. In addition to the ubiquitous corned beef and cabbage, The Hare and Hound offers tradition Celtic cuisine with Galway Bay salmon, Guinness stew, bangers and mash, lamb shepherd’s pie and colcannon on the menu. At the time of our visit, the Hare and Hound will be serving both brunch and dinner as well as a selection of Irish-themed cocktails including the Emerald Lights, the Mayor’s Mule, the Irish Mai Tai and the Chocolate Macaroon Martini. As St. Paddy’s Day is the favorite holiday of the pub-loving Irish, we can expect a lively and festive atmosphere at the Hare and Hound this weekend.

Prior to our noontime meal at the Hare and Hound, we’ll have the opportunity to explore the shops in picturesque mill town of Putnam, the most famous of which is the 22,000 square foot Antiques Marketplace which features the wares of over 200 vendors selling antiques, collectibles, jewelry and apparel on 4 floors. Also nearby are Jeremiah’s Antiques, Kluttered Klossets consignments and Sawmill Pottery.

For this trip, the bus will be departing the Senior Center at 9:00 AM and arriving in Putnam around 10:45 AM. Our reservation at the Hare and Hound is for 12:00 PM. We’ll be departing Putnam immediately after eating and should be back in Prospect within the 3 o’clock hour.

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

## March 2026

### NEW ITEM

**41st ANNUAL SHOW & SALE  
PRESENTED BY THE CONNECTICUT CACTUS  
AND SUCCULENT SOCIETY  
@ BRISTOL SENIOR COMMUNITY CENTER  
SUNDAY, APRIL 12, 2026**

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

Discover a world of fascinating plants and expert cultivation techniques in this engaging series of programs at the CCSS 40th Show and Sale on April 12, 2026 at Bristol Senior Community Center! Admission is free and there will be lots of sale and lots to do for the whole family. Whether you're looking to enhance your succulent collection or create stunning landscapes, we've got something for everyone:

- **Essential Cactus and Succulent Care:** Learn the key practices for growing thriving cacti and succulents, indoors and outdoors. From watering and lighting to pest control, this session is packed with tips that will benefit both beginners and seasoned plant enthusiasts.

- **Groundbreaking Techniques for Growing Non-Hardy Succulents in the Landscape:** Say goodbye to pots! Explore innovative methods for planting non-hardy succulents directly in the ground, with expert advice on how to overwinter them and keep them flourishing year after year.

**Exploring the Living Stones:** Dive into the fascinating world of South Africa's Living Stones – desert plants that perfectly mimic rocks. See live specimens, learn how to grow them indoors, and uncover their secrets to success in your own home.

- **Space-Saving Secrets for Plant Lovers:** Running out of space for your growing collection? Learn how to miniaturize your plants and keep them thriving in smaller pots for years. Discover how patience and the right care can allow your plants to remain compact and beautiful for decades.

- Whether you're a beginner or a second grower, these programs offer valuable insights and practical advice for nurturing your plants to their full potential. Don't miss out on this opportunity to grow your knowledge and collection!

- We will be leaving from the Senior Center at 9:30am. Once at our destination you will have until 12:00pm to browse and shop. At 12:00pm we will board our bus for a lunch stop at Bell City Diner in Bristol. We should be back in Prospect by about 3:00pm.

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

### NEW ITEM

**CULTURALLY CURIOUS ART TALK  
@ LITCHFIELD COMMUNITY CENTER  
THE LANDSCAPE AS CANVAS: EARTH ART  
WEDNESDAY, JUNE 10, 2026  
DEPARTING @ 2:00PM NO CHARGE**

The 1960s and 70s witnessed a radical shift as artists like Robert Smithson, Nancy Holt, and Ana Mendieta moved beyond gallery walls to create powerful works directly in nature, using the earth as both canvas and material. Delve into the social and artistic currents that sparked this environmental art revolution and examine the distinctive approaches of influential artists, from the movement's pioneers to contemporary innovators like Andy Goldsworthy.

**About the presenter:**

Jane O'Neil is a sought-after speaker, educator, and independent art historian. Jane curates and delivers engaging art appreciation programs through her company Culturally Curious, founded in 2017. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University.

We will be leaving from the Senior Center at 2:00pm. The presentation is from 3:00pm – 4:00pm. Once the talk is over, we will board our bus for our return trip back to Prospect. We should be back in Prospect at about 5:00pm.

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

### NEW ITEM

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

Monday, March 2, 2026

Thursday, April 2, 2026

April 7, 2026

May 4, 2026

June 2, 2026

August 4, 2026

September 1, 2026

October 5, 2026

November 2, 2026

December 1, 2026

## March 2026

### NEW ITEM

**“Pathways and Blooms”-  
Garden Tour & Plant Sale  
In South Windsor, Ct.  
Sunday, June 14, 2026**

**Departing @9:00am \$20**

Pathways and Blooms—A South Windsor Garden Tour & Plant Sale” will be held on Sunday June 14, 2026, from 9:30 am to 4:00 pm. Presented by the Down to Earth Garden Club and Wood Memorial Library & Museum, the tour will feature 8 beautiful gardens, including one on historic Main Street. Each garden features its own unique design and character reflecting the natural terrain of the landscape as well as the interests and creativity of the garden owners. Plants from Club members’ own gardens will be on sale at the Wood Memorial Library located at 783 Main Street, South Windsor.

We will be leaving from the Senior Center at 9:00am. We should arrive at the Wood Memorial Library by 10:00am to shop for plants. They have a large selection to choose from and they do sell out quickly. Once we are done at the plant sale we will head over to the Garden Tour. Our mini bus will take you around to all the sights. After the last stop we will continue on to the Union Tavern in Windsor. We have dined here before and have been very happy with their food and service. The cost of your meal is your responsibility.

Bring your cameras, there will be plenty of beautiful flowers to take pictures of during the day.

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

### NEW ITEM

**“Colorblends”  
Copp’s Island Oyster Shack  
Saturday, April 25, 2026**

**Departing @ 9:15 AM No Charge**

Join us as we delight in the daffodils and tip-toe through the tulips at “Colorblends” in Bridgeport on Saturday, April 25th.

When one hears mention of the City of Bridgeport, elaborate, designer spring gardens do not immediately come to mind. However, Colorblends, a hidden gem tucked away in the city’s Stratfield Historic District has gorgeous, designer gardens that are free for all to enjoy.

Schipper & Company, the parent company of Colorblends, originated in the Netherlands in 1912, when telephones were a rarity, radios were used only for ship-to-ship communications and televisions had yet to warm a single living room with their glow. Cornelius Schipper brought Dutch bulbs to the United States after World War II and sold flowering bulbs to his neighbors from his car. Today, Colorblends is still a family-owned business with Cor’s youngest son Tom at the helm.

Colorblends has, on the south side of its property, a four-tenths of an acre, car-stopping display garden which was planted in collaboration with distinguished Dutch landscape designer Jacqueline van der Kloet. Fifty thousand bulbs were planted in the garden’s first two years and another eight thousand bulbs are

planted each subsequent year. A stroll through the garden on a spring day is not only a delight but also an inspiration, as the garden is a source of ideas that gardeners can incorporate in their home gardens.

In addition to our stroll through the tulips, we’ll have the opportunity to tour Colorblends’ exquisitely restored Colonial Revival mansion. At the time of your visit, Colorblends will be hosting an art exhibit in the mansion.

Arriving at Colorblends at approximately 10:00 AM, we’ll have until 11:30 AM to enjoy the gardens and explore the mansion. At 11:30 PM, we head to nearby Stratford for a delicious, al fresco lunch from the fabulous Copp’s Island Oyster Shack Shuck Truck at Brown’s Marina. The extensive menu includes all of the best of New England summertime seafood – Oysters fresh from their farm in Norwalk, hot and cold lobster rolls, raw bar selections, fried seafood and even menu items for landlubbers. It’s BYOB so bring your favorite brew, bubbly or vino.

For this trip, we’ll be departing the Senior Center at 9:15 AM and returning by about 2:00 PM. There is no charge for this trip but **the cost of your meal is, of course, at your own expense.**

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

### NEW ITEM

**“Chamard Vineyards”  
“Chocolate Geeks”  
“Joy Chocolate Company”  
Saturday, April 11, 2026**

**Departing @ 10:30 AM No Charge**

On Saturday, April 11, the Prospect Senior Center will be visiting 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 our noontime lunch in the bistro, we will head to the village of Essex where we will visit two exquisite chocolate shops: “Chocolate Geeks” across the street from the historic Griswold Inn and famous for their sumptuously delicious “Chocolate Shots” and “Joy Chocolate Company,” a shop opened by retired oncology nurse and chocolatier Claire Ariyan in 2022 in the historic Farnham-Parmelee house on North Main Street. We will stay one hour at each chocolate shop to browse and buy before boarding the bus at approximately 4:45 PM for the return trip to Prospect. Although there is no cost for this trip, **all food and drink is at your own expense.**

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

## March 2026

### NEW ITEM

#### "The Velvet Mill"

**Saltwater Farm Vineyard, Stonington, CT  
Saturday, April 4, 2026**

**Departing @ 9:00 AM                      No Charge**

On Saturday, April 4th, when we travel to the quaint, seaside Borough of Stonington, we will have the opportunity to tour two historic structures which, after years of abandonment, neglect and disrepair, have been transformed into vibrant, thriving centers of creative activity.

The Velvet Mill was constructed in 1888 as a means of enticing industry to the sleepy, fishing village of Stonington. A. Wimpfheimer & Brothers, originally wholesaled velvet imported from abroad but, in 1981, the McKinley Act made it possible to manufacture velvet in this country. At first, the Wimpfheimers manufactured their velvet on Long Island Sound but soon relocated their factory to the Mill in Stonington. The Wimpfheimers were extremely proud of both their process and their product; for many years, the Velvet Mill in Stonington was the largest producer of velvet in the United States, employing 450 workers and operating 300 looms. By the end of the 20th century, rising labor and manufacturing costs forced the Wimpfheimers to move their mill operations to the more business friendly State of Virginia.

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

We will have until approximately 12:45 PM to meander the historic halls of the Velvet Mill, at which time we'll board the bus destined for the nearby Saltwater Farm Vineyard. Just as the Velvet Mill brought new life to an abandoned mill building, Saltwater Farm Vineyard invigorated an old WW II era airplane hangar.

In 1653, Walter Palmer established a farm on the land which is now the Saltwater Farm Vineyard. In the late 1930's, William J. Foster opened a small community airport on the property. There, Foster built a hangar, designed by architect 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 for public use.

In 1945, as the war ended, Foster leased the property to Henry R. Palmer Jr., who used for commercial air service and flight training. His venture lasted only for 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 is now an award-winning winery on which are planted five varieties of grapes. The aging hangar is now an impeccably restored Tasting Room and the former runway is an expansive, green lawn with Adirondack chairs on which patrons can sit and enjoy Saltwater Farm's fine wines.

We will have until 3:00PM to explore the vineyard's 100 panoramic acres, bordered by tidal marshes with vistas of Long Island Sound, to sample the award-winning wines and nibble on artisan cheeses and charcuterie before boarding the bus for our return trip to Prospect.

For this trip, we will be departing the Senior Center at 9:00 AM and returning at approximately 4:00 PM. There is no charge for this trip but the cost of all food drink is, of course, at your own expense.

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

### NEW ITEM

**Harney & Sons Tea Fine Tea Company Tour  
Lunch at "The Millerton Shop"**

**Thursday, April 23, 2026**

**Departing @ 9:30 AM                      No Charge**

Connecticut has the famous Bigelow Tea Company; New York has the equally prestigious Harney & Sons Tea Company. Four decades ago, in 1983, founder John Harney developed a passion for fine teas. He began his journey in mastering the art of tea blending in his basement. The proprietor of the historic White Hart Inn at the time, John Harney served his six original distinctive blends to his guests and the rest is history.

Embracing the company cornerstones of quality, tradition and innovation, his sons Michael and Paul Harney carried the torch passed onto them by their father. Today, despite the company's expansion to a new, larger factory, two warehouses, a bottling plant and a tasting room, a third generation of Harney family remains true to the company's promise to deliver only the finest quality tea possible to customers.

On Thursday, April 23rd, members of the Prospect Senior Center will have the unique opportunity to enjoy a guided tour of the Harney & Sons Tea Company factory in Millerton, New York. For our 11:00 AM tour, upon arrival, we will need to remove all jewelry and closed toed shoes are required. All participants will be provided with a hairnet. After the tour, our minibus will bring to the Company's "Millerton Shop," a tea bar, tasting room and lounge, where we'll enjoy lunch **at our own expense** before heading back to Prospect. We should be back in Prospect by about 4:00pm.

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

## March 2026

### NEW ITEM

**Miss Dallas' Shop  
Lasse's Restaurant  
Wednesday, April 22, 2026**

**Departing @ 9:30 AM                      No Charge**

**“Enter as strangers, Leave as friends.”**

Known as “Milford’s Best Kept little Secret” and acclaimed “Best of the Milford are in 2025” by the Milford Chamber of Commerce and as “The best Consignment Shop” by the Ct Insider/New Haven Register, Miss Dallas’ shop is not, contrary to popular belief, owned by a woman named Miss Dallas. Miss Dallas was, in fact, a beloved rescue German shepherd owned by Lynda Kilgore, the real shop owner. The 4,000 square foot consignment shop, which is known for its friendly and accommodating staff, was featured on Channel 12 “We’re Here,” and has also been written up in Milford City Lifestyle.

On Wednesday, April 20th, members of the Prospect Senior Center will have the pleasure of meeting owner Lynda Kilgore and of shopping at Miss Dallas’ Shop. The store has a large selection of new and consigned items and also displays the works of local artisans. Just in time for the start of the spring gardening season, the shop carries a large selection of garden décor items. There is something for everyone. We will have until noon to browse and buy at Miss Dallas Shop; then, we’ll head to Lasse’s Restaurant for lunch. Lasse’s is a landmark, family-owned eatery that has, over the past few years, become a favorite dining destination of members of the Prospect Senior Center.

For this trip, we will be departing the Senior Center at 9:30 AM and will be returning by 2:30 AM. Although there is no cost for the trip, **all food and drink is at your own expense.**

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

### NEW ITEM

**“My Druthers”  
Saltwater Farm Vineyard  
Sunday, March 8, 2026**

**Departing at 11:30 AM                      No Charge**

On an evening in June, 2025, members of the Prospect Senior Center had the pleasure of listening to the music of “My Druthers” on the expansive lawn of the Connecticut River Museum. After the concert, we sailed with the band aboard the “Onrust,” a replica of the vessel built by Dutch explorer Adriaen Block in 1614. For those of you who haven’t before had the pleasure of attending a concert by “My Druthers,” they are a very popular Connecticut-based, Sea Shanty band who perform Irish rebel music and lively songs of the sea. On the afternoon of March 8, they will be performing at Saltwater Farm Vineyard in North Stonington.

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 March day as we watch the wintry winds wallop the frozen shore. If it’d spirits that warm your soul, Dog Watch Café has a full bar. In March, 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.

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

### NEW ITEM

**LADIES NIGHT  
@ MIRABELLE RESTAURANT  
WEDNESDAY, MARCH 25, 2026**

**STARTING AT 5:00PM                      \$24**  
**Served with salad, choice of Entrée & Dessert  
and served with a glass of House Wine  
Red or White  
No Substitutions**

**Chicken & Eggplant Parmesan  
Side of penne**

**Chicken Margarita  
Grilled chicken tossed with broccoli,  
roasted red peppers, garlic, fresh  
mozzarella & tortellini in a scampi sauce**

**Baked Ravioli alla Vodka  
Topped with mozzarella cheese**

**Baked Scrod  
With lemon, butter, white wine, garlic & ritz  
crackers.  
Side of penne**

**Dessert  
Black Raspberry Sherbet or Key Lime Pie**

## March 2026

### 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  
SERVICE 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 Crémeux | 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. 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.

## March 2026

### 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.

### Mystic Irish Parade Sunday, March 22, 2022

**Departing @ 10:30 AM      No Charge**

**"Cead Mile Failte"  
"La Fheile Pdraig 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.

### 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 fire-side 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.

### 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.

## March 2026

**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.

### MENÙ 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  
**Braciolo**  
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 Bavaois, 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.

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 at 9:45am. Our reservations are for 11:45am. 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.

## March 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.

### 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!

## March 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 its worth the trip from anywhere!

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

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

### AQS QUILTWEK - 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.

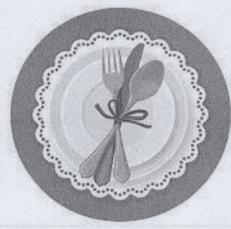
All proceeds help to support the

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



\$45 per person  
Includes hors  
d'oeuvres, beer & wine &  
a family style meal

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

### VETERANS COFFEE HOUSE

**WITH EDWARD PORTO**

**3RD TUESDAY EACH MONTH**

**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.

## March 2026

### 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

#### 2026 TWIN LOBSTERS

@ THE LOG CABIN, HOLYOKE, MA.

**FEATURING THE CORVETTES**

**"50's AND 60's DOO WOP"**

**THURSDAY, JULY 16, 2026**

**DEPARTING @ 10:00AM \$97**  
**(PRIME RIB OR TWO LOBSTERS)**

Back by Popular Demand, this High Energy Doo Wop Show is the best in New England!

Join us for a sox hoppin' good time with this fun filled afternoon that will transport you back to the 50's & 60's!

The Corvettes Doo Wop show will perform all the classics we love such as, Whole Lotta Shakin Goin On - At the Hop - The Twist - Earth Angel - Rock Around The Clock - Runaround Sue - Splish Splash - Shake Rattle & Roll And many more!

You are sure to enjoy this extremely talented group. Wear your dancing shoes!

The food choice will be Twin Lobsters, freshly steamed with Drawn Butter OR Prime Rib of Beef. Please make your selection when you sign up. Also included with the Luncheon will be Hors D' Oeuvre's, Signature Bread, Clam Chowder, Baked Potato, Corn, Dessert, Coffee and Tea.

We will be leaving from the Senior Center at 10:00am. Lunch will be served at 12:00pm. The Corvettes will perform at 1:45pm. We will be departing the Log Cabin at 3:15pm. 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.

### NEW ITEM

#### OKTOBERFEST

@ THE LOG CABIN, HOLYOKE, MA.

**THURSDAY, OCTOBER 15, 2026**

**DEPARTING @ 10:00AM \$87**

Laugh and enjoy the interactive German-influenced entertainment as our award winning band takes you through an afternoon of music and song! Participate in dances and German and Polka Music. Delight in a delicious German buffet!

The German meal will consist of: Beer & Potato Soup, Mixed Green Salad, German Potato Salad, Sauerkraut, Bratwurst, Knockwurst, Braised Cabbage, Buns & Fixings, Apple Strudel, Coffee or Tea.

We will be leaving from the Senior Center at 10:15am. Lunch starts at 12:00pm. The show starts at 1:45pm. We should be leaving at 3:00pm. We will be back in Prospect at about 4:30pm.

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

### NEW ITEM

#### "SONGS ACROSS AMERICA" IN HONOR OF VETERANS DAY FEATURING JIMM MAZZ AT THE CARRIAGE HOUSE (STORROWTON TAVERN) ON THE BIG E GROUNDS

**THURSDAY, NOVEMBER 12, 2026**

**DEPARTING @ 10:00AM \$79**

The talented, entertaining and handsome Jimmy Mazz will perform "Songs Across America".

He starts off with the beautiful Neil Diamond hit "Sweet Caroline" and works his way west to Detroit with some classic Motown and then on to Chicago. He then "stops in San Francisco" for some Tony Bennett and then makes his way to Las Vegas before arriving in Texas and Nashville for some Country favorites! A little Jazz in New Orleans will be on hand before the show makes its way back East to NYC for some "Old Blue Eyes" Frank Sinatra and of course, those well known and loved patriotic songs in celebration of the U.S.A!!

The meal will consist of: Fresh Garden Salad, Entrée Choices: Yankee Pot Roast, Baked Scrod (topped with herb cracker crumbs), Chicken Pot Pie (potato & vegetable), Dessert, Coffee and Tea. Please make your meal choice when you are signing up.

We will be leaving from the Senior Center at 10:00am. We should be back in Prospect at about 4:30pm.

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

March 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 arrange-



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

\$31

Get ready to experience a whole new beat with BLUEEVOLUTION, 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 BLUEEVOLUTION 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.

**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.

## NEW ITEM

**DIANA KRALL  
FRIDAY, APRIL 3, 2026  
DEPARTING @ 7:00PM**

\$58

Diana Krall is the only jazz singer to have eight albums debut at the top of the Billboard Jazz Albums chart.

To date, her albums have garnered two Grammy® Awards, ten Juno® Awards and have also earned nine gold, three platinum and seven multi-platinum albums. Krall's unique artistry transcends any single musical style and has made her one of the most recognizable artists of our time. As The New York Times recently noted Krall possesses, "A voice at once cool and sultry, wielded with a rhythmic sophistication"

Born in Nanaimo, British Columbia, which is outside of Vancouver, Krall grew up in the western part of Canada and began studying the piano when she was four years old. By the time she was 15, she was performing jazz locally and with the encouragement of her father, a stride pianist with a vast knowledge of such Twenties and Thirties keyboard masters as Fats Waller, James P. Johnson, and Earl Hines, she devoted herself to music. "I think Dad had every recording Fats Waller ever made," she says, "and I tried to learn as many as I could."

Diana Krall's recordings have been included in several film soundtracks, and she has expanded upon her role as a performer to include songwriting, producing and arranging and has brought her talents to collaborate with many other artists including Paul McCartney, Barbra Streisand, and Tony Bennett. She tours extensively around the globe to sold out audiences, appearing at premiere jazz festivals and concert halls throughout North America, Europe, Asia and Australia.

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

March 2026

THEATER

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



**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.

**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 time is 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.

**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.

March 2026

THEATER

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



556 Mulberry Street-Plantsville, Ct.

**ST. PATRICK'S DAY CELEBRATION  
WITH THE MCLEAN AVENUE BAND &  
IRISH STEP DANCERS!**

**TUESDAY, MARCH 10, 2026  
DEPARTING @ 10:30AM \$57**

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

Corned Beef & Cabbage/Baked Cod will be served.

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

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

**ROCK N ROLL HEAVEN!!  
TUESDAY, APRIL 14, 2026**

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

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

Chicken Kathryn/Baked Ham will be served.

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

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

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

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

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

BBQ Chicken Thighs/ Baked Cod will be served.

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

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

**YOUNG AT HEART - FEET SO SMART  
WITH RICHIE MITNICK  
TUESDAY, AUGUST 11, 2026**

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

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

Baked Cod/Chicken Marsala will be served.

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

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

**JUKEBOX 45 SHOW BAND: DOO WOP SHOW  
TUESDAY, SEPTEMBER 8, 2026**

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

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

Roast Beef/ Chicken Francaise will be served.

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

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.

March 2026

THEATER

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



**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 by about 6:00pm.

**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.

**THE AMERICAN RIDE  
TOBY KEITH TRIBUTE  
SATURDAY, SEPTEMBER 19, 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 by about 10:30pm.

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

**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.

**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.

**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.

March 2026

THEATER

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# THE PALACE



# DANBURY

**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.

**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.

**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.

**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.

March 2026

THEATER

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# THE PALACE DANBURY



**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.

**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.

**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.

March 2026

THEATER

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### NEW ITEM

**CT GAY MENS CHORUS PRESENTS  
LIGHTS. CAMERA. ACTION.**

**SUNDAY, MAY 3, 2026**

**DEPARTING @10:15 \$39**

**Grab some popcorn and take your seat!**

Lights. Camera. Action. offers a vibrant, energetic tribute to the soundtracks of the silver screen, from unforgettable film moments to Academy Award-winning songs you know and love.

It's an exciting, entertaining evening filled with big harmonies, standout vocals, and music that instantly sparks recognition.

Why do certain movie songs stay with us forever? Because they're tied to first dates, late nights, scenic journeys, and moments when a film perfectly captured our emotions. In Lights. Camera. Action., the Connecticut Gay Men's Chorus celebrates those songs — the heartwarming, the uplifting, the unexpected, and yes, even a few delightfully surprising award winners.

This concert isn't about replaying films — it's about the songs cinema chose to remember, and how they continue to resonate with us long after the credits roll.

Warm, funny, nostalgic, and brimming with energy, Lights. Camera. Action. brings the magic of the movies to life — onstage and in full voice.

We will be leaving from the Senior Center at 10:15am. Our first stop is at Mirsina's Restaurant for brunch. The restaurant is located not far from The Kate Theater. Once brunch is over, we will head to the theater for the 2:00pm show. We should be back in Prospect at about 5:30pm.

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

### NEW ITEM

**Golden Girls The Tribute Show!**

**A Drag Parody**

**Thursday, June 25, 2026**

**Departing @ 5:00pm \$45**

An evening of hilarious fun with Dorothy, Rose, Blanche, and Sophia! Live scenes with big laughs, interactive Golden Girls Bingo & Trivia with prizes, musical performances, sing-alongs, a photo-op with the cast, and more!

We will be leaving at 5:00pm from the Senior Center. The show starts at 7:00pm. We should be back in Prospect by about 10:00pm.

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

### NEW ITEM

**A SELECTION SUNDAY SIT DOWN  
WITH JIM CALHOUN & DOM AMORE**

**@ THE BUSHNELL**

**SUNDAY, MARCH 15, 2026**

**DEPARTING @11:45AM \$16**

Join us for an exclusive conversation and book signing with Hall of Fame Coach Jim Calhoun and Hartford Courant sportswriter Dom Amore. Go beyond the playbooks to hear how values, relationships, and a culture of caring fueled the UCONN basketball dynasty — and shaped generations of players on and off the court. Calhoun and Amore will share firsthand stories, insights, and reflections that get to the heart of leadership, legacy, and what it truly takes to build a winning culture.

We will be leaving from the Senior Center at 11:45pm. The presentation starts at 1:00pm. After the presentation we will stop at Primavera Restaurant in Hartford for dinner. **The cost of your meal is your responsibility.** We should be back in Prospect by about 6:00pm.

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

### NEW ITEM

**ANNUAL TRAVELERS CHORALE**

**SPRING CONCERT**

**THURSDAY, MAY 14, 2026**

**DEPARTING @ 6:00PM**

**(DONATION OF NON-PERISHABLE FOOD ITEM)**

The Travelers Chorale was founded in 1924. It is the oldest company-affiliated, eight-part choral group in America. They have performed on the prestigious Bushnell Auditorium stage annually since its historic opening in 1930.

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

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

On Thursday, May 14, 2026 we will be traveling to the Bushnell Theater to see this group's free annual Spring Concert. In lieu of admission, please bring a bag of non-perishable food items to benefit the Greater Hartford community.

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

**March 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**

March 2026

## 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.



American  
Heart  
Association

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/>

P-254-CPR10

March 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
Hypertensive crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

### Preventing and managing HBP

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

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



R-25-LHBP10

## 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.

March 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.

## March 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 satiated, which helps with weight maintenance and may help your body regulate inflammation. Sprinkle chia seeds on your cereal or add them to a smoothie; make sure whole grain is the first ingredient in your bread; and snack on almonds or fresh fruits and veggies.



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

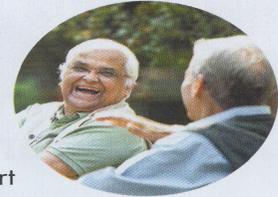
beta-casein protein. Most U.S. milk comes from cows that also produce A1 beta-casein, which has been linked to more inflammation.

### 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.



March 2026

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,

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



### 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.

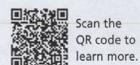
VITAS® Healthcare is looking for volunteers to sew Memory Bears. Join us in providing comfort and loving care to the families we serve in hospice.

"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)

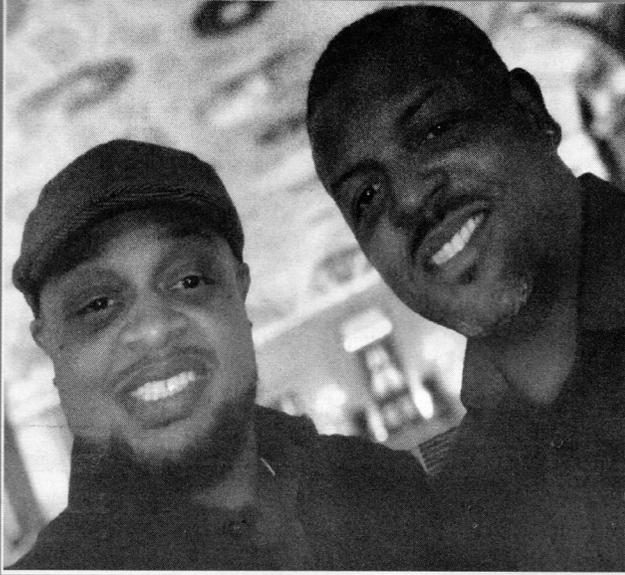
Contact Your Local Volunteer Manager:

Peter Korzenik  
[peter.korzenik@vitas.com](mailto:peter.korzenik@vitas.com)  
203.437.3112



## March 2026

**“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.

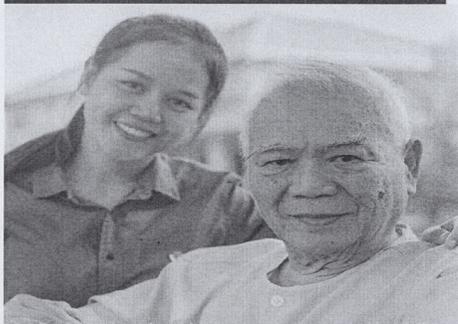
[www.heart.org/campaign](http://www.heart.org/campaign)



# March 2026

## 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



VA



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



## Medical Foster Home Program

VA



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.

**March 2026**

## **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!**

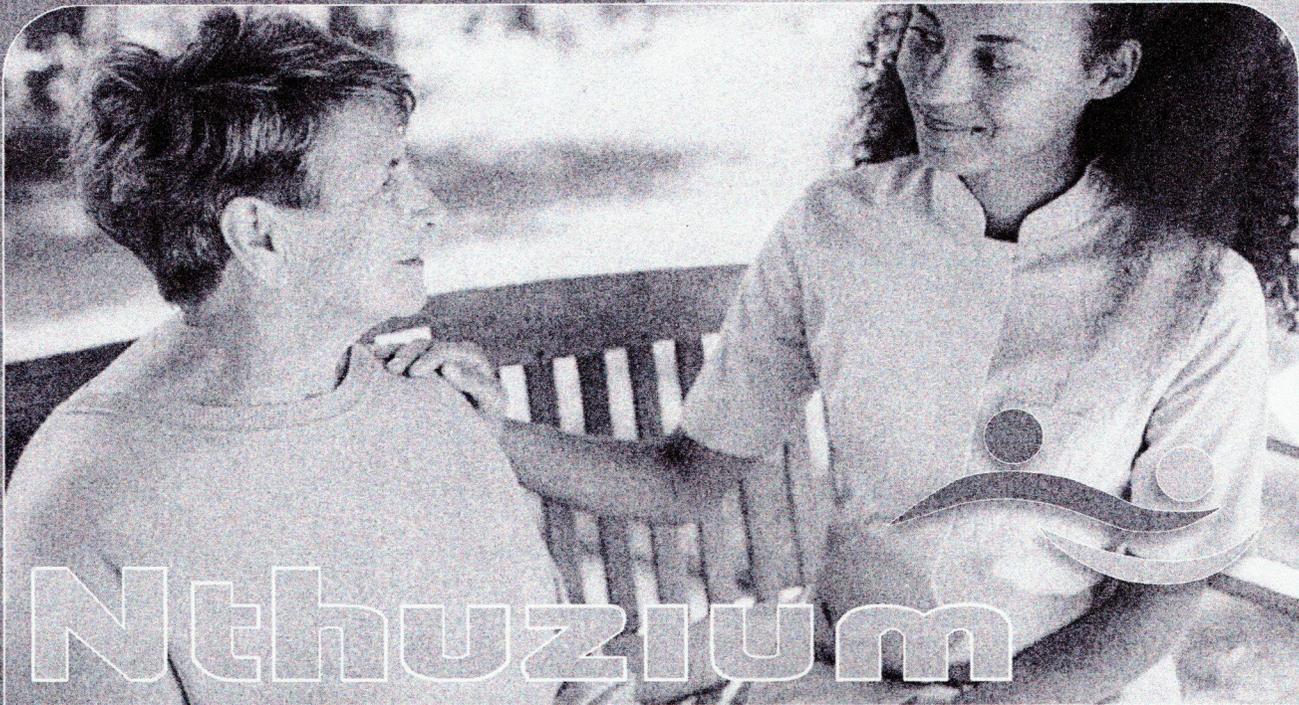
**Please share this fact sheet with your friends and family today. For answers to your Parkinson's questions and referrals, call our Helpline at 1-800-4PD-INFO (473-4636).**

March 2026

# Home Care You Can Trust!

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

## 24-hour Live-in care & hourly care



# Nthuzium

## COMPASSIONATE CARE

### Where Care Meets Kindness

23 Cedar Street, Naugatuck, CT 06770

# (203) 208-7030

[compassionatecare@nthuzium.com](mailto:compassionatecare@nthuzium.com)

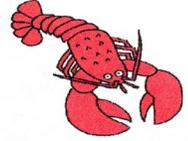
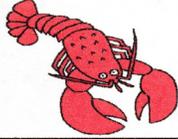


March 2026

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 Island



Voted Best Blueberry Pie

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

**\$250 Deposit due at Sign Up**

Balance due: 30 days prior to Travel

**Cancellation Protection included**

**To Reserve Seats Call**

**Linda Soto**

**203-591-1407**

*raylin@currently.com*



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

COMPLETE FORM BELOW AND MAIL OR EMAIL TO:  
**RAYLIN TRAVEL**



Name: \_\_\_\_\_ Traveling With: \_\_\_\_\_ # in Party \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

ALLERGIES FOOD \_\_\_\_\_ MEDICAL \_\_\_\_\_ OTHER \_\_\_\_\_ CLAMBAKE MEAL CHOICE LOBSTER \_\_\_\_\_ CHKN \_\_\_\_\_

Boothbay Harbor, ME August 18-20, 2026

March 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.

March 2026

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**



**\$639.** Double

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

**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

**For more information**

**Linda Soto**

**203-591-1407**

**raylin@currently.com**



**Cruise to Martha's Vineyard**



**Bus Departs 8:00am**

**Prospect Senior Center  
 Prospect, CT**



## March 2026



### 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 | SLIEVE 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.

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 today's 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

## 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.**

## Hotels

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

# March 2026



## 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): \_\_\_\_\_

Roommates Name (as on passport): \_\_\_\_\_

Passport # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Passport # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

(A valid US Passport is required - valid for 6 months beyond date of travel.)

(A valid US Passport is required - valid for 6 months beyond date of travel.)

American Citizen  Y  N • Gender  M  F • D.O.B. \_\_\_\_\_American Citizen  Y  N • Gender  M  F • D.O.B. \_\_\_\_\_Address: \_\_\_\_\_  
(Street)Address: \_\_\_\_\_  
(Street)

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

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

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

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

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

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

Room Type:  Twin (2 beds)  Double (1 bed)  
 Single Supplement \$4,618 - Limited Availability

**Roommate is sending deposit with separate application:**  
 YES  NO

Meal Restrictions / Allergies / Mobility Needs:  Y  N

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

**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.

March 2026



SHIP

State Health Insurance  
Assistance Program

**Review.  
Compare.  
Enroll.  
Save.**

Your Medicare questions answered -  
all in one place.

# SHIP CAN HELP YOU!

## STATE HEALTH INSURANCE ASSISTANCE PROGRAM...

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

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

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

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

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

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



**March 2026**

**NEW ITEM**

# BIG NEWS: Medicare Savings Program Updates

## New Monthly Income Limits

**Effective March 1, 2026**

Eligibility is based on your gross monthly income.

Medicare Saving Program	Single	Married	What it Pays For
QMB	\$2,807	\$3,806	Part B premiums, deductibles, & co-insurance
SLMB	\$3,073	\$4,166	Medicare Part B premiums
ALMB	\$3,272	\$4,437	Medicare Part B premiums

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Any Question?  
Call: 203-757-5449 option 4  
Email: [usinfo@wcaaa.org](mailto:usinfo@wcaaa.org)



March 2026

NEW ITEM

HOLY TRINITY GREEK ORTHODOX CHURCH  
937 CHASE PKWY, WATERBURY, CT 06708

HOSTED BY DAUGHTERS OF PENELOPE

MARCH | 19 | 2026

DOORS OPEN AT 5:00 PM  
GAMES BEGIN AT 6:00 PM



# GUYS & GALS FOR

# BAGS & BUCKS

*Door Prize  
50/50  
Raffle  
Basket  
Raffles*

*BYOB  
&  
Refreshments*

\$40 INCLUDES...  
12 GAMES

1 RAFFLE TICKET FOR DOOR PRIZE  
CHANCE TO WIN KATE SPADE, COACH...& GIFT  
CARDS GALORE!

*♡ A portion of the proceeds to support the Waterbury Leever Center ♡*



★ SILENT AUCTION ★



DISCOVER HIDDEN TREASURES: PRE-LOVED & VINTAGE DELIGHTS!

Tickets purchased through Venmo

Maria: @Maria-Forte-9 or Despina: @despinatsetsos

2-DAY CASH-ONLY PRE-GAME TICKET SALES @ HOLY TRINITY

SATURDAY 2/28 & 3/7 @ 10-12



ALL SALES ARE FINAL - NO SALES AT THE DOOR

(MUST BE 18 YEARS OR OLDER)

**March 2026**



# 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**

*The*  
**Village**  
AT EAST FARMS

*A Benchmark Senior Living Experience*

March 2026



# 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**.

  
**AT EAST FARMS**

*A Benchmark Senior Living Experience*

March 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**.

 *The*  
**Village**  
AT EAST FARMS

*A Benchmark Senior Living Experience*

March 2026



## 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**.

 *The*  
**Village**  
AT EAST FARMS

*A Benchmark Senior Living Experience*

**March 2026**

# 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

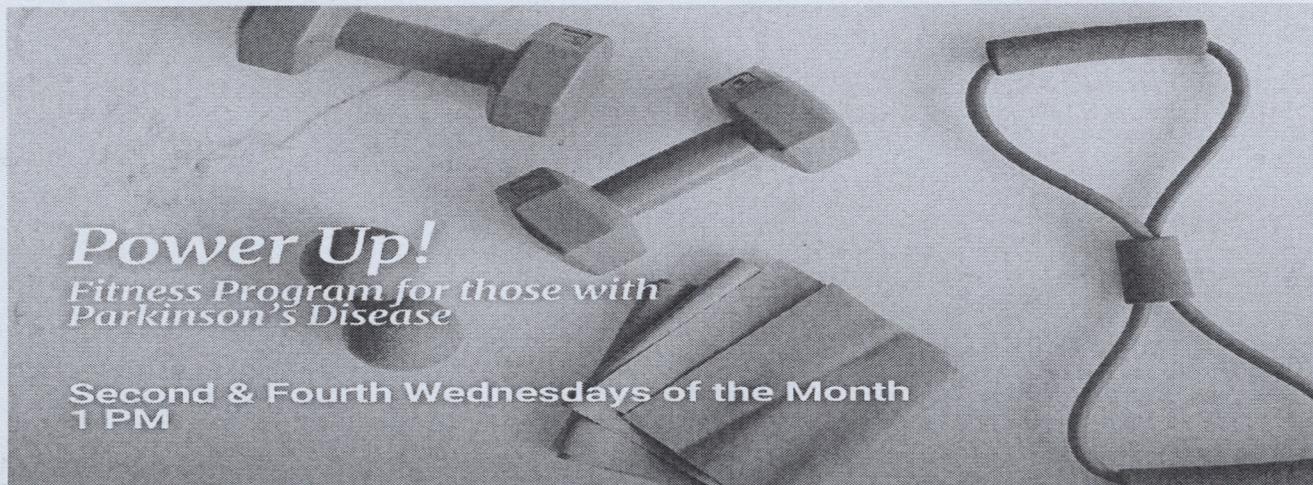
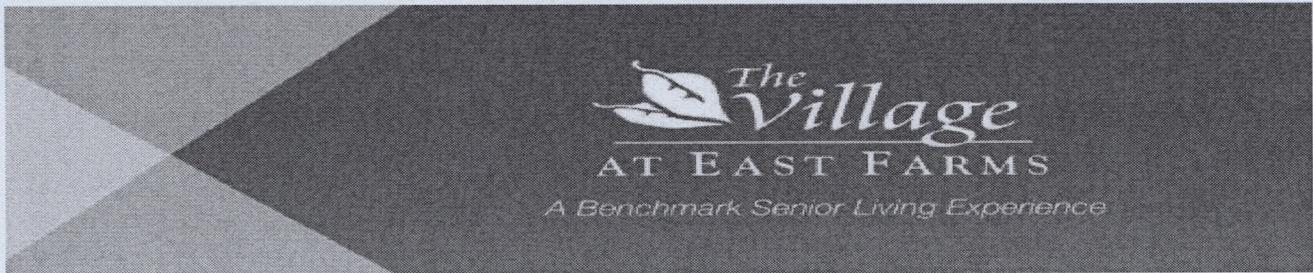
**RSVP to Randi Bellemare by emailing [rbellemare@benchmarkquality.com](mailto:rbellemare@benchmarkquality.com) or call 203.841.8607.**

 *The*  
**Village**  
AT EAST FARMS  
A Benchmark Senior Living Community

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



**March 2026**



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:

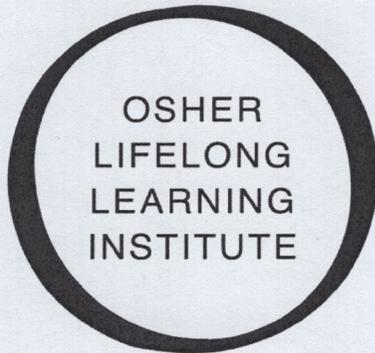
- January 14 and 28

### **WHERE:**

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

**March 2026**

**NEW ITEM**



**UConn**

*March 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 semester starts March 2**

it's not too late to register for classes! We also have online and in person classes that start in April.

#### **Community Presentations**

Southington Senior Center, 388 Pleasant St, Southington, CT 06489, March 16, 1PM. Do you know somewhere that would like us to give a presentation? Ask them to contact us!

#### **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.

 <https://olli.uconn.edu>

 [osher@uconn.edu](mailto:osher@uconn.edu)

 203-236-9924

**March 2026**

**NEW ITEM**

Take  
Control



## **FREE! Live Well Workshop for Chronic Health Conditions**

Feel  
Better

*Are you an adult age 60+ with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who is? This workshop can help you be in control and feel better!*



**Join this free 6-week workshop and learn how to better manage your ongoing health condition.**

**\*\*Participants will need a computer or tablet and a reliable internet connection for these Zoom sessions.\*\***

A technology training **session 0** will be provided on 3/6/26.

Energize

### **Connect with others weekly and explore:**

- Action planning and problem solving
- Decision-making and communication skills
- Overcoming difficult emotions
- Working effectively w/ healthcare providers
- Healthy lifestyle choices

Live

Enjoy

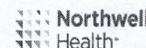
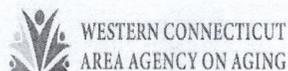
**Sessions will be held 10am – 12pm  
Fridays, March 13, 20, & 27 & April 10, 17, & 24**

**To register:**

**Contact Abbey Ellner at [aellner@WCAAAA.org](mailto:aellner@WCAAAA.org)**

**or at (203) 757-5449**

***Materials for the workshop will be sent directly to participants!***



Nuvance Health is joining Northwell

Sponsored by the Western Connecticut Area Agency on Aging,  
the Bureau on Aging and Disability Services ~ State Unit on Aging and  
Nuvance Health.

Workshops are evidence based self-management programs developed at Stanford U.

March 2026

NEW ITEM

# The Waterbury Chorale

*Joseph Jacovino, Music Director*

*Susan Anthony-Klein, Accompanist*

*Waterbury Chorale Festival Orchestra*

*Presents*



## “Let Freedom Sing”

*A Celebration of 250 Years of  
American Music & Composers*

*Sunday April 19, 2026 4:00pm*

*St. John's Episcopal Church, On the Green, Waterbury, CT*

Tickets \$25 in advance, \$30 at the door. In advance: call (860) 945-6890, or go to [waterburychorale.org](http://waterburychorale.org)

PUZZLE

143

JUMBLE

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

NEYAH  
 TTTCAR  
 LURBYR  
 UTDUGU

Print answer here



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

PUZZLE

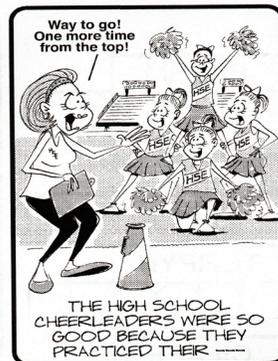
145

JUMBLE

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

LYSET  
 MENVO  
 VIRITA  
 MONCIE

Print answer here



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

PUZZLE

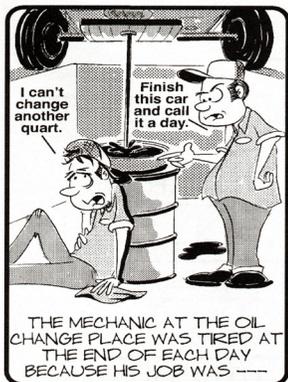
144

JUMBLE

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

UNANL  
 NKULF  
 DIDUGE  
 RIJYUN

Print answer here



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

PUZZLE

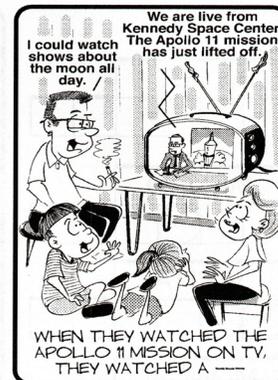
146

JUMBLE

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

RAYRM  
 ESEGE  
 TORPYH  
 CIPAE

Print answer here



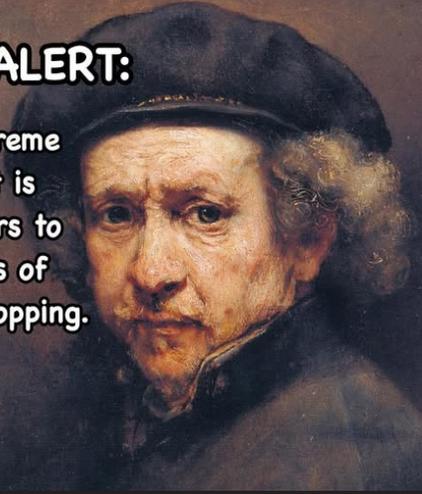
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

- 141. **Jumbles:** GUARD MOOSE SURELY KERNEL
- Answer:** What the starter said to my wife right before the couples' piggyback race—ON YOUR MARK
- 142. **Jumbles:** ABATE SLASH HARDER DRIVER
- Answer:** Chewie's biggest worry isn't Stormtroopers or Sith Lords... it's—HAIRBALLS

- 143. **Jumbles:** HYENA TRACT BLURRY DUGOUT
- Answer:** To learn his rope tricks, the magician had—
- 144. **Jumbles:** ANNUL FLUNK GUIDED INJURY
- Answer:** The mechanic at the oil change place was tired at the end of each day because his job was—DRAINING

**WEATHER ALERT:**

Due to the extreme cold, Walmart is urging customers to wear two pairs of pajamas while shopping.



**WHOA! WINTER STORM ALERT! BE CAREFUL WHO YOU TAKE HOME TONIGHT!**

**YOU COULD BE STUCK WITH THEM FOR A FEW DAYS!**



The black charger I want-



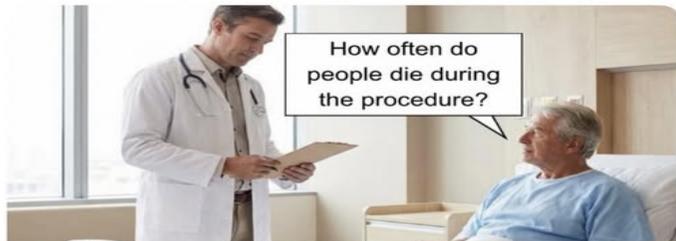
Black charger I have-



**Denmark is ready!**



My type of humor 😏



**I MAY SOUND OLD, BUT I'M HAPPIEST WHEN I'M HOME ALL DAY WITH NOWHERE I NEED TO GO.**



JOKES

March 2026

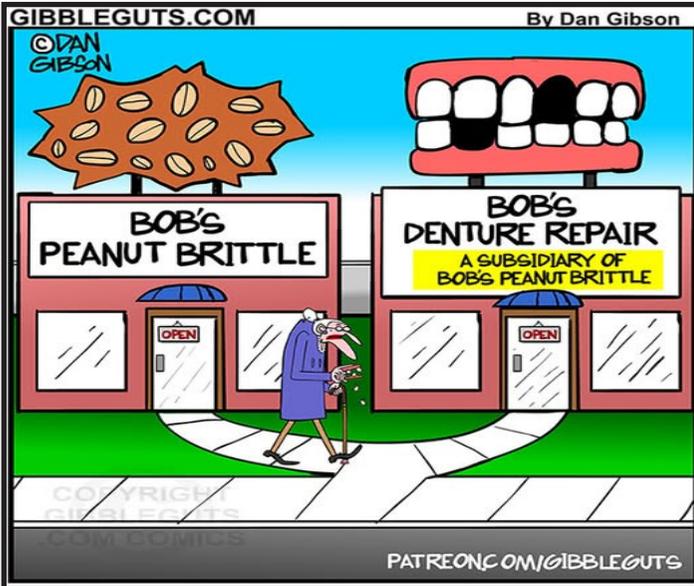
JOKES

Excuse me Doctor.  
Can i ask you something?  
What happens when we die?



We give your bed  
to somebody else.

Even if you never had one of these  
draped over the back of your couch  
you knew someone who did.

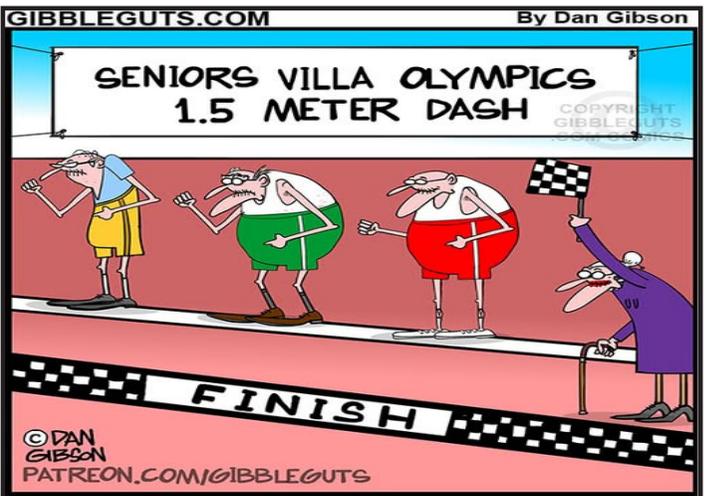


When you can't find your  
reading glasses!



My spouse just said  
"It's freezing in here."

Let the annual  
Thermostat Games  
begin.





**Robert J.  
"Bobby"  
Knight Sr.**

**WATERBURY** - It is with profound sadness and heavy hearts that the family of Robert J. "Bobby" Knight Sr. age 72 of Waterbury, shares the news of his peaceful passing on Saturday January 31, 2026 in the Vitas In-patient Unit of St. Mary's Hospital after a brief illness. He was the devoted husband of Barbara (Manganaro) Knight.

Bobby was born on July 28, 1953 in Waterbury, the son of the late Harris and Johanna (Naylor) Knight. He was educated in local schools and proudly graduated from Crosby High School. Known for his easy manner and welcoming spirit, he was an affable and likeable man who made friends wherever he went—and he made them easily and in great number. If one looks back on his life, two things stand out above all else: his deep devotion to his family and his love of work. He was especially proud to work alongside his son, Rob, at RKJR Trucking. There was no time clock for Bobby — he worked seven days a week, year-round — not out of obligation, but because he genuinely loved being there. Even when his wife insisted on well-earned vacations, he was always happiest, surrounded by family or seated in the cab of a dump truck, doing what he loved.

A lifelong enthusiast of NASCAR, NHRA, and anything with wheels and an engine, Bobby lived a life as bold and vibrant as his spirit. He embraced each day with energy, purpose, and an unmistakable joy for living. Above all, he was a fiercely loyal husband, a devoted father and grampi, and a steadfast friend, with a heart capable of boundless love. Though he has left us all, far too soon, his wife and children remain deeply grateful for the life they shared — the love that surrounded them, the memories they created together, and the many blessings they experienced as a family. They are equally thankful for the kindness, friendship, and support shown by the many friends whose lives he touched so deeply. His legacy is one of hard work, loyalty, love, and enduring friendship—one that will be remembered with affection and respect by all who know him.

Left to honor his legacy and cherish his memory besides his loving wife Barbara of 48 years, his children Robert J. Knight Jr and his wife Jana of Prospect, Rebecca Senez and her husband Matthew of East Sandwich MA, his brother Christopher Knight and his wife Joan of VA, his sisters; Debra Battista and her husband Joseph of Bristol and Kathleen Wheeler of E. Dover VT and his brother-in-law Charles Manganaro and his wife Debra of Fort Pierce FL. Bobby and Barbara were blessed with four adoring grandchildren; Scarlett Senez, Devyn Knight, Demi Knight and Sawyer Senez. He also leaves several cousins, nieces, nephews, extended family members and many friends. He was predeceased by his brothers; John (Jackie) Knight and Kevin Knight.

Funeral services for Mr. Knight were held on Friday February 6, 2026 at 10:00 a.m. when a Mass of Christian Burial was celebrated at the Basilica of the Immaculate Conception 74 West Main St Waterbury CT. Burial will be held at the convenience of his family. Relatives and friends are invited to pay their respects and visit with Bobby's family on Thursday, February 5, 2026 from 4:00 until 7:00 p.m. at Casey's Eastside Memorial Funeral Home and Cremation Care, 1987 East Main St, Waterbury, CT 06705. Loving kindness is always welcome, and it only takes a moment to offer a message of condolence, words of comfort, or share a memory with the family and friends of someone important to you on the funeral home website at [www.caseyfunerals.com](http://www.caseyfunerals.com). For expressions of sympathy, flowers, memorial trees or other gifts of condolence, please visit the website listed above.

To order memorial trees or send flowers to the family in memory of Mr. Robert "Bobby" Knight Sr., please visit our flower store.





**Earl Louis Obst**



In lieu of flowers, donations may be made to the Epilepsy Foundation of America, a charity near and dear to his heart. [www.epilepsy.com](http://www.epilepsy.com)

To send flowers to the family or plant a tree in memory of Earl Louis Obst, please visit our floral store.



It is with heavy hearts that we share the passing of Earl Louis Obst of Prospect, formerly of Plantsville. Earl died peacefully at Hartford Hospital on February 16, 2026 while surrounded in the love of his family. He was born April 12, 1941 in Waterbury, the son of the late Louis and Ruth (Fassett) Obst. Earl met and married the love of his life Marjorie (Coe) Obst in July of 1965. For sixty blessed years, Earl considered himself the luckiest man in the world.

Earl loved his country and proudly served in the United States Air Force, in Morocco and England, during the Vietnam War. Prior to his military service he earned the prestigious rank of Eagle Scout, a distinction that shaped his dedication to leadership, community and integrity. As a youth he spent weekends and summers working on his uncle's farm, Fassett's Farm, where he met his future bride. After his service, he went on to earn his bachelor's degree from the University of Bridgeport. As an accountant, he worked 30 years as a Fiscal Administrator for the State of Connecticut D.O.T. Many of those 30 years were also spent dedicating his time and talent to Plantsville Congregational Church as their Treasurer.

While recalling the highlights of his life with his family, Earl shared his four most cherished events: getting married, having kids, having grandkids and traveling. Family summers were spent on Bantam Lake, swimming, canoeing, and cooking blueberry pancakes over an open fire. During retirement Earl and Marge set out on travels across continents and cultures, turning places on a map into treasured memories. Some of his favorite trips included Australia, Greece, Italy, Switzerland and annual trips to Aruba.

Earl leaves behind to mourn his loss besides his wife Marjorie, his daughters Tracey and her husband Fred Bonvicini of Torrington, Heather Karpiej and her husband Ken of Torrington and Gretchen Obst of Prospect, sisters Sylvia Clymer of NC and Linda Taschereau of Southington, three grandsons Benjamin, Matthew and his wife Emma and Joseph Bonvicini as well as many nieces, nephews and wonderful friends.

A Funeral Service will be celebrated for Earl on Wednesday, March 4, 2026 at 11:00 am at Plantsville Congregational Church, 109 Church Street, Plantsville followed by military honors. Family and friends are kindly asked to meet directly at the Church. Visitation will be held on Tuesday, March 3 from 4:00 pm to 7:00 pm at Prospect Memorial/The Palmerie Family Funeral Home 122 Waterbury Rd. Prospect. Prospect Memorial Funeral Home is honored to be entrusted with all arrangements and invites you to share your favorite photos, memories and words of comfort on Earl's tribute wall on this website.