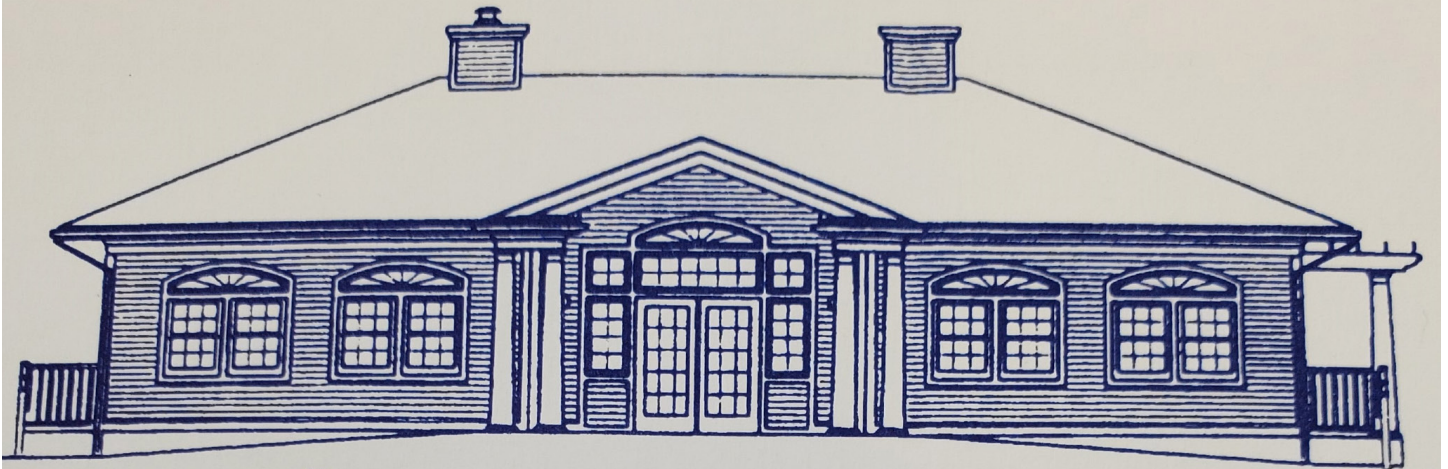


# Prospect Senior Center



(203)758-5300

6 Center Street  
Prospect, CT 06712

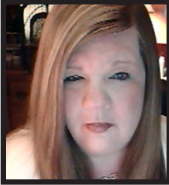

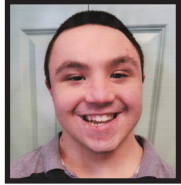
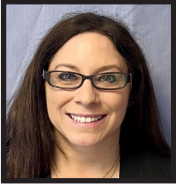
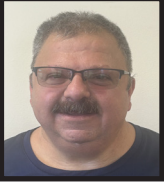


(203)758-3837 Fax

*April  
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>



## Day-by-Day Schedule

## April 2026

### APRIL 1 (WEDNESDAY)

9:30am – Fundamental Piano Class #3 with Joe Guarino  
 10:00am – Wii Bowling League with Mary Henao  
 10:30am – Intermediate Piano Class #3 with Joe Guarino  
 10:45am – Valley Diner & 2 Polish Stores  
 11:30am – Elementary Piano Class #3 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

### APRIL 2 (THURSDAY)

9:15am – Senior Exercise (free)  
 9:30am – Intermediate Italian Class #5 with Joe Guarino  
 9:45am – NO Tai Chi Class with Matt Dempsey (Upstairs)  
 10:00am – Stained Glass Class with Sarah Segovia @ Community Center  
 10:30am – Advanced Italian Class #5 with Joe Guarino  
 11:00am – NO Zumba Class with Cookie  
 11:00am – NO Pilates Class with Matt Dempsey  
 11:30am – Easter Luncheon with Danny Russo  
 12:00pm – AARP Drivers Safety Course  
 12:30pm – Stained Glass Class with Sarah Segovia @ Community Center

12:30pm – NO Advanced Piano Class with Joe Guarino  
 1:00pm – Mahjong with Barb Duigan  
 1:30pm – NO Beginner's II Piano Class with Joe Guarino

### APRIL 3 (FRIDAY)

Senior Center Closed for Easter Holiday  
 7:00pm – Diana Krall @ Palace Theater/Waterbury

### APRIL 4 (SATURDAY)

9:00am – Velvet Mills /Stonington

### APRIL 5 (SUNDAY)

### APRIL 6 (MONDAY)

9:15am – Senior Exercise (free)  
 9:30am – Texas Hold'em  
 9:30am – Bridge with Linda Favale @ Chapel Hall  
 9:30am – Songbirds practice @ Senior Center  
 10:00am – Balance Class #6 with Brenda Martin  
 10:00am – Wii Bowling League with Mary Henao  
 11:00am – Motown Monday Class #2 with Cookie  
 12:00pm – NO Mat Yoga Class with Shari Galvin  
 1:15pm – Cribbage with Don Ensero (Upstairs)  
 1:30pm – NO Chair Yoga Class with Shari Galvin

### APRIL 7 (TUESDAY)

9:15am – Exercise Class #1 with Susan - \$24/6 wks  
 9:30am – Poker Club with Allan Thibodeau  
 9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y  
 10:00am – Bocce  
 10:00am – Art Class #1 with Dory - \$40/8 wks  
 10:00am – Stained Glass Jewelry Class with Sarah Segovia @ Community Center  
 12:30pm – Setback (downstairs)  
 12:30pm – Stained Glass Jewelry Class with Sarah Segovia @ Community Center  
 1:00pm – Setback @ Community Center  
 1:00pm – Quilting Group with Darlene Bachand  
 4:15pm – Zuppardi's Pizza

### APRIL 8 (WEDNESDAY)

9:30am – Fundamental Piano Class #4 with Joe Guarino  
 9:30am – AQS Quiltweek @ CT. Convention Center  
 10:00am – Wii Bowling League with Mary Henao  
 10:30am – Intermediate Piano Class #4 with Joe Guarino  
 11:30am – Knitting & Crocheting Group @ Community Center  
 11:30am – Elementary Piano Class #4 with Joe Guarino  
 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  
 2:00pm – Culturally Curious Art Talk @ Litchfield Community Center

### APRIL 9 (THURSDAY)

9:15am – Senior Exercise (free)  
 9:30am – Culinary Institute of America - Caterina de'Medici Restaurant  
 9:30am – Intermediate Italian Class #6 with Joe Guarino  
 9:45am – Tai Chi Class #5 Matt Dempsey (Upstairs)  
 10:00am – Book Club with Mary Damulis  
 10:30am – Advanced Italian Class #6 with Joe Guarino  
 11:00pm – Zumba Class #3 with Cookie  
 11:00pm – Pilates Class #5 with Matt Dempsey (Downstairs)  
 12:30pm – Advanced Piano Class #3 with Joe Guarino  
 12:30pm – Origami with Ah Moi Yip  
 1:00pm – Mahjong with Barb Duigan  
 1:30pm – Beginners II Piano Class #3 with Joe Guarino

### April 10 (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  
 11:30am – Eggplant Parm, Meatballs, Salad and Garlic Bread Lunch - \$10

1:00pm – Birthday Bingo - \$2

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

### APRIL 11 (SATURDAY)

10:30am – Chamard Vineyard  
 3:45pm – Foreign Journey @ Danbury Palace Theatre

### APRIL 12 (SUNDAY)

9:00am – Fireplace Feast @ Salem Cross Inn  
 9:30am – CT. Cactus & Succulent Show @ Bristol Senior Center

### APRIL 13 (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

9:30am – Culinary Institute of America - Caterina de'Medici Restaurant

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

10:00am – Songbirds @ Shady Knoll in Seymour

10:00am – Wii Bowling League with Mary Henao

11:00am – Motown Monday Class # 3 with Cookie

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

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

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

### APRIL 14 (TUESDAY)

9:15am – Exercise Class #2 with Susan

9:30am – Poker Club with Allan Thibodeau

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

10:00am – Art Class #2 with Dory

10:30am – Rock n Roll Heaven! @ Aqua Turf

12:30pm – Setback (downstairs)

1:00pm – Facials with Maria - \$25/20 mins

1:00pm – Setback @ Community Center

1:00pm – Quilting Group with Darlene Bachand

1:00pm – Medicare Presentation with Doreen Distasio & Tom Arisco

### APRIL 15 (WEDNESDAY)

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

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

10:00am – Wii Bowling League with Mary Henao

10:15am – I'm Connecticut @ Ivoryton Playhouse

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

11:00am – Lori's Cooking Class

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

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

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

1:00pm – Canasta with Bonnie Veillette

1:30pm – Line Dancing Group

### APRIL 16 (THURSDAY)

9:15am – Senior Exercise (free)

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

9:45am – Tai Chi Class #6 with Matt Dempsey (Upstairs)

10:00am – New London Historical Society

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

11:00am – Zumba Class #4 with Cookie

11:00am – Pilates Class # 6 with Matt Dempsey (Downstairs)

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

12:30pm – Dime Bingo with Lorraine Thibodeau

1:00pm – Mahjong with Barb Duigan

1:30pm – Beginners II Piano Class #4 with Joe Guarino

## Day-by-Day Schedule

## April 2026

### APRIL 17 (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  
 11:30am – Shepherd's Pie, Salad and Bread Lunch - \$10  
 1:00pm – Friday Bingo - \$2  
 1:30pm – Chair Yoga Class # with Shari Galvin

### APRIL 18 (SATURDAY)

5:00pm - Bingomania

### APRIL 19 (SUNDAY)

9:00am – Bread, Bourbon & Brunch  
 11:15am – Red Hatters to Wooster Street/New Haven  
 6:00pm – Jim Breur – Find the Funny @ Palace Theater/Waterbury

### APRIL 20 (MONDAY)

9:15am – Senior Exercise (free)  
 9:30am – Texas Hold'em  
 9:30am – Bridge with Linda Favale @ Chapel Hall  
 10:00am – Songbirds @ Cheshire House in Waterbury  
 10:00am – Balance Class # 2 with Brenda Martin  
 11:00am – Motown Monday Class #4 with Cookie  
 12:00pm – Mat Yoga Class #5 with Shari Galvin  
 1:00pm – Western CT. Agency on Aging with Asia Patton  
 1:15pm – Cribbage with Don Ensero (Upstairs)  
 1:30pm – Chair Yoga Class #5 with Shari Galvin

### APRIL 21 (TUESDAY)

9:15am – Senior Exercise Class #3 with Susan  
 9:30am – Poker Club with Allen Thibodeau  
 9:30am – Lessard Lanes  
 9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y  
 10:00am – Art Class #3 with Dory  
 10:00am – Veterans Benefits with Ed Porto (appts necessary)  
 10:30am – Ukulele Class with Julie Stephanek  
 12:30pm – Setback (downstairs)  
 1:00pm – Setback @ Community Center  
 1:00pm – Quilting Group with Darlene Bachand  
 1:00pm – Card Bingo with Shirley Beale and Barbara Derouin

### APRIL 22 (WEDNESDAY)

9:30am – Fundamental Piano Class # 6 with Joe Guarino  
 9:30am – Miss Dallas Thrift Shop  
 10:00am – Wii Bowling League with Mary Henao  
 10:30am – Intermediate Piano Class #6 with Joe Guarino  
 11:30am – Elementary Piano Class #6 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

### APRIL 23 (THURSDAY)

9:00am – Breakfast @ Senior Center  
 9:15am – Senior Exercise (free)  
 9:30am – Harney Tea Tour  
 9:30am – Intermediate Italian Class #2 with Joe Guarino  
 9:45am – Tai Chi Class # 1 with Matt Dempsey (Upstairs) - \$24/6 wks  
 10:30am – Advanced Italian Class #2 with Joe Guarino  
 11:00am – Zumba Class #5 with Cookie  
 11:00am – Pilates Class #1 with Matt Dempsey (downstairs)  
 - \$25/6 wks  
 12:30pm- Advanced Piano Class #5 with Joe Guarino  
 1:00pm - Mahjong with Barb Duigan  
 1:30pm – Beginners II Piano Class #5 with Joe Guarino

### APRIL 24 (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 – Baked Chicken, Pineapple Rice, Veggies and Soup Lunch  
 - \$10  
 1:00pm – Pizza Bingo - \$2  
 1:30pm – Chair Yoga Class # with Shari Galvin

### APRIL 25 (SATURDAY)

7:30am – Stormville Flea Market  
 9:15am – Colorblends in Bridgeport

### APRIL 26 (SUNDAY)

11:30am – Halfway to Oktoberfest @ Harugari  
 1:15pm – A Grand Night for Singing @ Seven Angels

### APRIL 27 (MONDAY)

9:00am – Reflexology with Kim Stewart \$35/30 mind, \$20/15 mins  
 9:15am – Senior Exercise (free)  
 9:30am – Texas Hold'em  
 9:30am – Bridge with Linda Favale @ Chapel Hall  
 10:00am – Songbirds @The Summit in Plantsville  
 10:00am – Balance Class #3 with Brenda Martin  
 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  
 1:00pm – CRL with Leslie Kingston  
 1:15pm - Cribbage with Don Ensero (Big Room)  
 1:30pm – Chair Yoga Class #6 with Shari Galvin  
 5:00pm – Sea Shanty @ Griswold Inn

### APRIL 28 (TUESDAY)

9:15am – Senior Exercise Class # with Susan  
 9:30am – Poker Club with Allen Thibodeau  
 9:30am – Grocery Shopping at Labonne's, Stop & Shop, Big Y  
 10:00am – Art Class #4 with Dory  
 10:30am – Wellness Home Care with Debbie  
 12:30pm – Setback (downstairs)  
 1:00pm – Facials with Maria - \$25/20 mins  
 1:00pm – Setback @ Community Center  
 1:00pm – Quilting Group with Darlene Bachand

### APRIL 29 (WEDNESDAY)

9:30am – Fundamental Piano Class #1 with Joe Guarino - \$24/6 wks  
 9:30am – Free Chair Massages with Gabriela  
 10:00am – Wii Bowling League with Mary Henao  
 10:30am – Intermediate Piano Class #1 with Joe Guarino - \$24/6 wks  
 11:30am – Elementary Piano Class #1 with Joe Guarino - \$24/6 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 Class

### APRIL 30 (THURSDAY)

8:30am – Mohegan Sun Casino  
 9:15am – Senior Exercise (free)  
 9:30am – Intermediate Italian Class #3 with Joe Guarino  
 9:45am - Tai Chi Class #2 with Matt Dempsey (Upstairs)  
 10:30am – Advanced Italian Class #3 with Joe Guarino  
 11:00am – Zumba Class #6 with Cookie  
 11:00am – Pilates Class #2 with Matt Dempsey (Downstairs)  
 12:30pm - Advanced Piano Class #6 with Joe Guarino  
 1:00pm - Mahjong with Barb Duigan  
 1:30pm – Beginners II Class #6 with Joe Guarino

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Apr 2	EASTER LUNCHEON @ THE PSC	30	Jul 8	1776 @ IVORYTON PLAYHOUSE	47
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Apr 8	AQS QUILTWEEK - NEW ENGLAND	33	Aug 6	AARP DRIVER'S SAFETY COURSE	25
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Apr 25	"Colorblends" Copps Island Oyster Shack	31	Nov 3	JUKEBOX BINGO	35
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April 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.

April 2026

# IMPORTANT NOTICES

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

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

**DUES MUST BE PAID BY SEPARATE  
CHECK - do not combine with other  
payments.**

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

**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).

.....  
**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)**


April 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 2031 2032 2033 2034

EXPIRES

2025 2026 2027 2028 2029

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

NEW APPLICATION REQUIRED UPON EXPIRATION

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.

**April 2026**

**NEW MEMBERS**

**Linda Mayfield  
Joanne Sanzo  
Michelle Lablanc  
Kevin Stanford  
Coleen Campbell  
Sandi Stewart**

**Janice Chrisholm  
Lynn Saucier  
Fred Fasano  
Mary Fasano  
Mike Lane  
Bonnie Casertano**

**Sandra Dery  
Maria Pinheiro  
Karen DeFelice  
Kathy Plasky  
John Sanzo  
Sheila Merithew**

**Chuck Gimbrone  
Cathy Santos  
Anne Drost  
Wayne Ricard**

**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**

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

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

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

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

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

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

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

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

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

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

**Jan Pilat  
12 Kluge Rd.  
Prospect, CT 06712**

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

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

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

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

**GET WELL SOON!!!**

# April 2026

## APRIL BIRTHDAYS

Maryellen Lance	1	Richard Rotatori	10	Ruth Sullo	16	John Swensson	22
Patricia Rinckel	1	Alexander Masliuk	10	Sandra Close	16	Carolyn Poulin	22
Lisa Mitchell	1	Greg Knapp	10	Mary Allison King	16	Ginny Proto	23
Patricia Gambardella	1	Judith Campbell	11	Chanda Pitassi	16	Barbara Esposito	23
Joan Margiotta	1	Antonette Guantino	11	Joann Torre	16	Marianne Byrne	23
Ronald Goldfarb	1	Hazel Bordley	11	Carolyn Boyle	16	Judy Oppenheim	23
Maureen Doucette	2	Sharon Chouinard	12	Susan Falasco	16	Jon Krofssik Sr.	23
Marie Desena	2	Eleanor Flynn	12	Maria Pinheiro	16	Barbara Fraser	23
Francie Klesch	2	Suzanne Franson	12	Marybeth Rondinara	17	Barbara Masiulis	24
Janet Belval	2	Lucy Rischar	12	Catherine Scarpati	17	Frances Bellino	24
Les Proul	3	Patricia Coughlan	12	Paul Spillane	17	Suzanne Loftus	24
Magda Dias	3	Perry Mccowan	12	Babe Dinneen	17	Patricia Colby	24
Claudia Wright	3	Beverly Strileckis	12	Theresa Descault	17	Linda McMonigle	24
Linda Mayfield	3	Bob Hiscox	13	Debra Bodnar	17	Patti Scopino	24
Jose Maldonado	3	Margaret O'Neil	13	Lucille Bellemare	18	Donna Thompson	24
Patricia Lund	3	Robert Stanziano	13	MaryEllen Kaczmarek	18	Christel Beaumont	24
MaryAnn Panelli	3	Joan Bowyer	13	Suzanne Porzio	18	Lavalle	24
Cynthia Royle	3	Mary Jane Winne	13	Joy Godsil	18	Stella Rudaitis	25
James Borbas	4	Hazel Nace	13	Steve Primus	18	Kenneth Spencer	25
Cauna M. Silva	4	Jane Cammilletti	13	Robin Moon	18	Charles Sperrazza	25
Sharon Rotatori	4	Wendy Powell	13	Bill Saguta	18	Bonnie Mumma	25
Anna Spardone	4	Bruce Bartimess	13	Patricia Maloney	18	Jim Dunn	26
Barbara Brooks	5	Mary Torello	13	Maria Silva	19	Suzanne J. Foster	26
Ted Hanson	5	Linda Favale	14	Marilyn Ungaro	19	Deborah Dunn	26
Ann Sokoloff	5	David Elwell	14	Meg Nardozzi	19	Diane Sprung	27
Diane Chaconis	5	Judy Adamowicz	14	Helene Byrne	19	Linda Salvatore	27
Kevin Stanford	5	Lynn Griffin	14	Doree Jeffrey	19	Ginny Hanson	27
Amelia Alves	6	Rosemary Toletti	14	Crista Furtado	19	Jackie Meyer	27
Noreen Adams	6	Alfred Joyell	14	Bob Schirillo	19	David Giragosian	27
Joyce Cuddy	6	Beth Markette	14	Karen Grey	20	Barbara Beloin	28
Mary Lyng	6	Bob Gualtieri	14	Mary Jo Sweeney	20	Helen Bilodeau	28
Nancy Luddy	6	Pia Behlman	14	Cheryl Roshka	20	Judy McCowan	28
Linda Thornberg	6	Candice Snyder	14	Lori Pelletier	20	Dorothy Smolkis	28
Jeannette Grobosky	6	Claire Dileo	15	Steve Estes	20	Gloria Guerrero	28
Frank Lisowski	7	Jean A. Reilly	15	Ann Stein	20	Orion Peck	28
George Ravenscroft	7	Joel Meisel	15	Mary McVerry	20	Kathy Colby	28
Mary Pavlowski	8	Signe Powers	15	Jimmy Moore	21	Linda Jacovino	28
Patricia Ann Harmon	8	Lorraine Centrella	15	Shirley M. Burr	21	Loretta Stack	29
Joseph Thompson	8	Karen Georgia	15	Pat Delaney	21	Joanne Daponte	29
Debbie		Betty Ciriello	15	Karen Chicoine	21	Dori Hallaway	29
Tutolo-Hennessey	8	Bridget Maureen		Liz Parenteau	21	Sharon Richards	29
William Scarpati	8	O'Toole	15	Mary Saucier	22	Beth Whelan	30
Vivianne Fusco	9	Nancy Brazee	15	Abie Abrams	22	Edwina Tracy	30
Ronald Foley	9	Adele DeFrancesco	15	Deborah Scarmozzino	22	James Peragallo	30
Dolores Lahey	9	Maureen Mayo	16	Mike Hughes	22	Linda Brylewski	30
Diane Dewitt	9	Ronald Sprung	16	Charles Barnsley	22	Linda Wallinger	30
Sharon Voris	10	Linda Hanusick	16	Karen Kraveski	22		



**REGULAR**

**April 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 April 15th  
@ 11:00am**

**CARD  
BINGO**



with Shirley  
Beale  
and Barbara  
Derouin

*Tuesday 1pm  
April 21st  
Cost \$2*

**"DIME BINGO"**  
Lorraine Thibodeau

*April 16th*

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

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

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

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

**Cost \$1**

**LORI'S  
CRAFT PROJECT**

**No Craft Class in April**



**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**

**April 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 Exercise Class**  
Free  
Mondays & Thursdays  
9:15am



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

Bring weights, small ball & exercise band

Cost \$24 for 6 weeks



**Senior Weight Strengthening Class**

Fridays 9:30am



**CHAIR YOGA**  
6 Week Sessions

Monday May 4th @ 1:30pm  
Friday May 1st @ 1:30pm

Cost \$20 for 6 weeks

No class on April 10th




**MAT YOGA**  
6 Week Sessions

Monday May 4th @ 12:00pm

Upstairs in big room

Cost \$20 for 6 weeks




**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



**Gold**  
taught by **Cookie**


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



**Wii Bowling**  
Mondays & Wednesdays @10am

**More bowlers needed!**

Call Mary Henao  
203-757-9190




**RUMMIKUB**  
THE FAST MOVING RUMMY TILE GAME FOR THE ENTIRE FAMILY!  
UN JEU DE RAMI MOUVEMENTÉ POUR TOUTE LA FAMILLE!

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



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

Ladies are welcome and encouraged to join in the fun!



**CRL Dice Game**

Left, Center or Right - Don't lose your chips!

Hosted by **Leslie Kingston**

Monday April 27th @ 1:15pm  
Cost \$2  
Please bring dimes...

**REGULAR**

**April 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  
April 7th (experience required)

Cost \$40 for 8 weeks

NEW CLASS.....

INTERMEDIATE ITALIAN CLASS

CLASS BEGINS  
April 23, 2026 @ 9:30am

\$20/6 WEEKS

INSTRUCTOR: JOE GUARINO

**ANYONE LOOKING TO LEARN TO PLAY PINOCHE 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.**

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

**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

April 29th

11:30am to 12:30pm

Cost \$25 for 6 weeks

**Fundamental Class**

(need 1 year of previous piano instructions)

Wednesdays

April 29th

9:30am - 10:30am

Cost \$25 for 6 weeks

**Intermediate Class**

(need 2 years of previous piano instructions)

Wednesdays

April 29th

10:30am to 11:30pm

Cost \$25 for 6 weeks

**Advanced Class**

Thursdays

May 7th

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

May 7th

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  
April 23rd

Cost \$20 for 6 weeks

**The Happy Hookers**

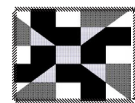


A knitting & Crocheting Group

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

MEET AT  
Community Center

Please bring all yarn donations to the Recreation Center



**Quilter's Group**  
Tuesdays  
1pm - 3pm  
Please Join US!

**REGULAR**

**April 2026**

**ACTIVITIES**

**Private Reflexology Sessions with**

**Kim Stewart, NSCR**  
Mondays Start at 9am

Monday April 13th @ 9:00am  
Monday April 27th @ 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.



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**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**

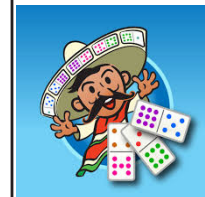
**\$24 for 6 weeks**



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

**Mohegan Sun Casino**

**April 30th**



**Mexican Train Dominos**

**April 9th @ April 23rd**



**Canasta with Bonnie on Wednesdays at 1:00pm**

**Bridge Hall with Linda Favale Monday at 9:30am**



**Origami Class with Ah Omi Yip**

**April 9th and April 23rd \$5 per class**

**BREAKFAST AT THE SENIOR CENTER THURSDAY, APRIL 23, 2026 \$4.00**

**We will have breakfast at the Senior Center on Thursday, April 23, 2026 at 9:00am. The cost of the breakfast is \$4.00.**

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

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

**REGULAR****April 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: 4/13, 4/20, 4/27,  
5/4, 5/11, 5/18**

**MOTOWN MONDAY - (UPSTAIRS)  
MONDAYS: 3/30, 4/6, 4/13,  
4/20, 4/27, 5/4**

**SENIOR EXERCISE - (UPSTAIRS)  
TUESDAYS: 4/7, 4/14, 4/21,  
4/28, 5/5, 5/12**

**ZUMBA - (UPSTAIRS)  
THURSDAYS: 3/19, 3/26, 4/9,  
4/16, 4/23, 4/30**

**CHAIR YOGA - (DOWNSTAIRS)  
MONDAYS: 3/16, 3/23, 3/30,  
4/13, 4/20, 4/27  
FRIDAYS: 3/6, 3/13, 3/20,  
3/27, 4/17, 4/24**

**MAT YOGA - (UPSTAIRS)  
MONDAYS: 3/16, 3/23, 3/30,  
4/13, 4/20, 4/27**

**TAI - CHI - (UPSTAIRS)  
THURSDAYS: 2/26, 3/5, 3/19,  
3/26, 4/9, 4/16  
4/23, 4/30, 5/7,  
5/14, 5/21, 5/28**

**PILATES - (DOWNSTAIRS)  
THURSDAYS: 2/26, 3/5, 3/19,  
3/26, 4/9, 4/16,  
4/23, 4/30, 5/7,  
5/14, 5/21, 5/28**

**NEW TIME  
STARTING FEBRUARY 19, 2026  
TAI CHI - 9:45AM- 10:45AM (UPSTAIRS)  
PILATES - 11:00AM - 12:00AM (DOWNSTAIRS)**

**INTERMEDIATE ITALIAN CLASS  
4/16, 4/23, 4/30, 5/7, 5/14, 5/21**

**ADVANCED ITALIAN CLASS  
4/16, 4/23, 4/30, 5/7, 5/14, 5/21**

**FUNDAMENTAL PIANO CLASS  
4/29, 5/6, 5/13, 5/20, 5/27, 6/3**

**INTERMEDIATE PIANO CLASS  
4/29, 5/6, 5/13, 5/20, 5/27, 6/3**

**ELEMENTARY PIANO CLASS  
4/29, 5/6, 5/13, 5/20, 5/27, 6/3**

**BEGINNER PIANO CLASS  
3/19, 3/26, 4/9, 4/16, 4/23, 4/30,  
5/7, 5/14, 5/21, 5/28, 6/4, 6/11**

**ADVANCED PIANO CLASS  
3/19, 3/26, 4/9, 4/16, 4/23, 4/30  
5/7, 5/14, 5/21, 5/28, 6/4, 6/11**

**DORY'S ART CLASS  
4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26**



**News From  
The Bocce  
Court**



Spring has arrived and it is time to play Bocce!

Our meeting was on March 31st and schedules were handed out. If you missed this meeting, please stop by the office for a schedule or call your Captain. The first games will be on April 7th.

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

**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.**

## LADIES IN RED



For the second consecutive year, that pesky, persnickety groundhog Punxsutawney Phil has precipitated a six week long delay in the much awaited arrival of spring. However, other, more skilled, weather prognosticators are predicting temperatures in the 50's and even the 60's for the month of April. Spring has sprung and Prospect's "Ladies in Red" are ready for some fun in the sun.

In March, the "Ladies in Red" celebrated St. Patrick's Day with a visit to the Inishmor Irish restaurant in Colchester. This eatery has earned the distinction of "Best Irish Restaurant in Connecticut" by Connecticut Magazine and serves some of the best corned beef to be found anywhere. Despite the restaurant being packed to capacity with boisterous merrymakers, we all had a great time.

On Saturday, April 4th, a delegation from the "Ladies in Red" will be attending the "Fling into Spring" gala at the Hilton Garden Inn in South Windsor. This event is being put on by the "Royal Scarlet Gadabouts," a group of Red Hatters who really know how to throw a party! Have fun, Joan, Ellen and Leslie!

Friday, April 17th is the date for the first "Neil at the Wheel" springtime trip. We'll be spending the day in Boston, with stops at the iconic Haymarket and the North End, Boston's "Little Italy." We end the day with espresso martinis at "Mare," a rooftop restaurant and bar that overlooks the city. The trip costs \$79 and, as of this writing, seats are still available.

On Sunday, April 19th, the "Ladies in Red" will make our first ever visit to the annual Cherry Blossom Festival in New Haven's Wooster Square. 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 and will be arriving in New Haven in time for the festival's opening at noon. The festival lasts until 4:30 PM, at which time we'll be boarding the bus for the return trip to Prospect.

On Thursday, April 30th, we'll be returning to Wooster Square for what will be our fourth Italian progressive dinner in New Haven's "Little Italy." This time, by popular demand, we will be enjoying our appetizers at Pasta Eataliana Trattoria Napoletana, 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 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 departing the Senior Center at 3:00 PM.

Sadly, this trip was originally scheduled for Thursday, March 26th and had to be rescheduled due to a lack of response. I am requesting that you let me know as soon as possible if you are planning on attending so that I will know whether or not to make reservations.

Friday, May 8th is the date for "A North Shore Ramble," a "Neil at the Wheel" trip on which we'll

visit several towns on Boston's North Shore. Our first stop will be at Russell Orchards in Ipswich, a working farm and orchard that has a bakery and a farm stand, a winery and a cider mill and farm animals. We'll then travel through Essex and Gloucester. Our final stop of the day will be at Bearskin Neck in Rockport for the Rockport Art Museum, shopping and dinner at Ray Moore's Lobster pound. The cost of the trip is \$79.

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 and 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 a variety of favorite summertime food – chowders, hot and cold lobster rolls, deep-fried seafood, hamburgers, hot dogs and more. For dessert, there is an ice cream stand on the premises. Members of the Prospect Senior Center have visited the Sea View on many previous occasions and have enjoyed the delicious food, quick service, casual atmosphere and picturesque, waterfront views.

All members of the 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 excursion is \$59, discounted to \$54 for Red Hatters. Please sign-up as soon as possible to avoid disappointment as seating on the buses is limited.

On Friday, May 15th, the "Ladies in Red" will have the privilege of attending yet another performance by the always entertaining Piedmont Players at the Hopeville Church in nearby Waterbury. The evening's presentation will "The Butler Did It," a murder mystery by Todd Wallinger in which the butler is wrongly suspected of killing a dinner guest and must discover the real culprit to prove his innocence. As of this writing, the evening's menu is yet to be announced but I'm sure the food will, as usual, be homemade and delicious. For this trip, we will be departing the Senior Center at 5:00 PM. The cost is \$30.

Two days later, on Sunday, May 17th, the "Ladies in Red" will have the opportunity to attend yet another theatrical production when we travel to Branford for a matinee performance of "Nonsense" at the Legacy Theatre. Waterbury's own Semina DeLaurentis will be performing as Sister Mary Amnesia in this hilarious musical, in which the Little Sisters of Hoboken stage a fundraiser to raise money to bury sisters accidentally poisoned by the convent cook, Sister Julia, Child of God.

Tickets are \$41.50, discounted to \$36.50 for Red Hatters. I have reserved two rows of handicap accessible seats for this show. The deadline for signing-up and paying for your ticket for "Nonsense" is Thursday, April 16th, after which date our seats will be released to the public.

After the performance, we will be enjoying dinner at Guilford's "The Place," an unusual outdoor dining venue at which patrons sit on tree stumps and all food is prepared over a crackling wood fire. As the restaurant is BYOB and also BYO salads and desserts, prior

Continued on next page

## REGULAR ACTIVITIES

April 2026

## LADIES IN RED (continued)

to dinner we'll be making a brief stop at Bishop Farms to purchase salads, pastries and wine to accompany our meal.

For this delightful Sunday afternoon excursion, we'll be departing the Senior Center at 12:30 PM.

The "Ladies in Red" will begin the first official month of summer with a 1½ 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 our own refreshments. The cost for the cruise 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 with spectacular views of the Connecticut River. It has been the recipient of numerous awards including the Best of Hartford "Best Outdoor Dining" award. During Happy Hour, it offers a variety of delicious, specially priced food items and discounted beverages.

The cruise is tentatively scheduled for Wednesday, June 17th, a change from the original date of June 3rd. Please sign up as soon as possible as tickets for the "Slipaway" cruises are going fast.

Friday, June 19th is the day of the "Neil at the Wheel" trip to the annual Newport Flower Show at Rosecliff Mansion. After enjoying the Flower Show, we'll have time at Bowen's Wharf for a late lunch and shopping before heading back to Connecticut. The cost of the trip is \$115, which includes transportation and admission to the Flower Show. The Deadline for signing up is April 7th as I will be purchasing tickets on April 8th. The cost is \$115.

The evening of Tuesday, June 30th will be a night of "Sea Shanties and Sails" when the "Ladies in Red" return to the Connecticut River Museum in the village of Essex for an outdoor concert by "My Druthers," a New England musical duo well-known for their spirited renditions of rebel songs of Ireland and maritime music. After the concert on the Museum's expansive waterfront lawn, we'll have the opportunity to continue the fun when, with "My Druthers" onboard, we set sail aboard the "Onrust," the Museum's historical replica of the vessel built by Adriaen Block of Block Island fame in 1614. You are welcome grab a snack at the tavern at "the Gris" before the concert of to bring a picnic basket. For this trip, we'll be departing the Senior Center at 3:30 PM. The cost is expected to be \$25-\$30.

In the month of July, the "Ladies in Red" will be attending The International Sea Glass Festival at the Mystic Seaport while "Neil at the Wheel" will be inviting all members of the Senior Center to join us on trips to the Our Lady of Mount Carmel feast in Williamsburg, Brooklyn and the Wickford Arts Festival in Rhode Island. Dates are to be announced.

The "Ladies in Red" are delighted to invite all women of the Prospect Senior Center to join us for a year of fun, friendship and fabulous activities. Our yearly dues are \$25. New sign-up sheets will soon be available at the Senior Center front desk. As always, for more information on any of our trips, I can be reached by telephone at 203-503-7427 or by email at lchesinas2013@yahoo.com.

**Happy Spring, Everybody,  
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.

Because the first Thursday of April is Holy Thursday, the Book Club will meet on Thursday, April 9th. The book chosen for this meeting 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.

On May 7th we will discuss "The Borrowed Life of Frederick Fife" by Anna Johnston. This is a heartwarming debut novel about a lonely, impoverished elderly man who is mistaken for a missing resident at a nursing home and decides to "borrow" the man's life, leading to unexpected connections, forgiveness, and second chances for himself and others. The story follows Fred as he navigates life as Bernard Greer, bringing joy to the facility while trying to mend Bernard's broken relationships, particularly with his estranged daughter, and finding a new sense of purpose and family.

This book explores themes of aging, loneliness, grief, forgiveness, redemption, found family, and the power of kindness. It is described as a funny, clever, and heartwarming story with a bitter-sweet and hopeful tone, often compared to books by Fredrik Backman and Shelby Van Pelt.

Anna Johnston is an Australian author who previously worked in aged care, which inspired her writing.

"When I look back, I am so impressed again with the life-giving power of literature. If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young." - Maya Angelou

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

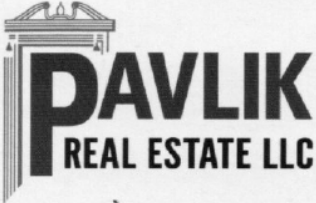
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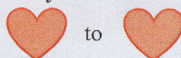
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If you are having difficulty meeting your monthly expenses, maybe we can help, please call 203-758-4056. All calls are confidential. Or visit stanthonyprospect.org and follow the link to HOPE Ministry for an application.

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.

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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

## April 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-

### 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.

## April 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.
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### 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).

**Handmade Fleece Dog Coats  
and Rain Coats.  
Keep your dog(s) warm and dry all year.  
I can make any size.  
You can also send pictures.**



### 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.

# April 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, UNCLAS, 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.

## April 2026



### Safer Driving May Save You Money

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

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

**AARP DRIVER'S SAFETY COURSE**  
**THURSDAY, 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

**FREE MEDICARE EDUCATIONAL WORKSHOP FOR SENIORS CONFUSED ABOUT MEDICARE WITH DOREEN DISTASIO AND TOM ARISCO**  
**TUESDAY, APRIL 14, 2026**

**1:00PM**

**NO CHARGE**

Topics that will be covered:

- When and how to enroll
- What Medicare covers (and what it doesn't)
- Medicare Advantage vs. Medicare Supplement plans
- Tips to help reduce out-of-pocket costs

This event is perfect for:

- Individuals turning 65
- Anyone already on Medicare who wants to review their options
- Caregivers helping a loved one

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

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

**FRIDAY, APRIL 24, 2026**

**FRIDAY, MAY 1, 2026**

**FRIDAY, JUNE 5, 2026**

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

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

This is open to staff and the public, so reservations are recommended. As usual, we will open at 10:45 - 12:20. We need to have the dining room clear of guests by 12:30 at the latest. The buffet will cost \$15 all-inclusive\*. We will run the same format each week, changing the offerings weekly. \*All-inclusive means lunch, bread, water, coffee and 1 dessert. **Please do not ask for to-go containers to take extra food home from the buffet.**

We will be leaving at 10:15 am from the Senior Center. We should be back in Prospect by about 1:00pm.

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

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

**The nurse will be located in the office near the elevator. Appointments are not necessary .**

### 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

**April 2026**

**NEW ITEM**

**LADIES NIGHT  
@ MIRABELLE'S RESTAURANT  
WEDNESDAY, APRIL 29, 2026  
STARTING @ 5:00PM  
\$24 (PAY AT RESTAURANT)  
DRIVE ON YOUR OWN**

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

**Baked Scrod**  
Lemon, butter, white wine, garlic, ritz crackers  
Side of penne

**Chicken Saltimboca**  
Topped with prosciutto & mozzarella cheese in a sherry wine sauce  
Side of penne

**Veal & Eggplant Parmesan**  
Side of penne

**Tortellini Norcina**  
Sausage, mushrooms, spinach & garlic in a scampi sauce

**Dessert**  
Black Raspberry Sherbet or Chocolate Peanut Butter Pie

**NEW ITEM**

**FREE CHAIR MESSAGES  
WITH GABRIELA  
WEDNESDAY, APRIL 29, 2026  
APPTS STARTING @ 9:30AM**

A chair massage is a quick, seated upper-body massage that focuses on the neck, shoulders, back and arms. It typically involves techniques like kneading and compression, is performed over clothing with oils (neck & hands), and lasts 15 minutes. The goal is to relieve muscle tension and stress in a short amount of time. Gabriela will be doing chair massages on Wednesday, April 29, 2026 starting at 9:30am.

If you are interested in relaxing, book your appointment.

**NEW ITEM**

**MINI FACIAL WITH MARIA SCOTT  
TUESDAY, APRIL 14, 2026  
TUESDAY APRIL 28, 2026  
APPT STARTING @ 1:00PM  
\$25/20 MINUTES**

Maria will be doing mini facials on Tuesday, APRIL 14, 2026 and Tuesday, April 28, 2026. She will be cleansing, steaming and massaging your face, doing a face mask, massaging your neck, shoulders, arms and hands. This mini facial will take about 20 minutes.

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

If you have any allergies, please let Maria know.



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

**NEW ITEM**

**THE GUT (SECOND BRAIN) –  
BRAIN CONNECTION AND WHY IT MATTERS  
PRESENTATION WITH DEBBIE HUGHES  
OF WELLNESS HOME CARE  
TUESDAY, APRIL 28, 2026  
10:30AM NO CHARGE**

Debbie will be discussing the following:

- What is the Gut/Brain Axis
- Key Players Your Gut Microbiome
- How Gut Health's Impacts your Mental Well-being
- Gut Health's Role in Overall Brain Function
- Signs your Gut-Brain Axis might be out of Balance
- Practical Steps to Heal the Gut-Brain Connection

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

## April 2026

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

**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 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.

### 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.

## NEW ITEM

# Join us!

**Tuesday, May 26th**  
1:00PM – Upstairs Hall  
Prospect Senior Center



**STEPS TO SAFETY™**  
PREVENT FIRE & FALLS AT HOME



## PRESENTATION

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

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

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

Parking in front or back of the Senior Center, 6 Center Street, Prospect. For more information, please call the Prospect Fire Marshal's office at (203) 758-3370.



### "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.

## April 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.

## April 2026

### NEW ITEM

#### “Rhinebeck Crafts Festival 2026”

**Sunday, June 7, 2026**

**Departing @ 8:30 AM                      \$10**

On Sunday, June 7th, the Prospect Senior Center will be returning to the beautiful and bucolic Dutchess County Fairgrounds in Rhinebeck, New York for yet another wonderful show. This weekend, the Fairgrounds will be hosting “Rhinebeck Crafts Festival 2026” produced by Artrider. This show is considered one of the most unique shopping opportunities in the area. Each year, it draws visitors from all over the state and beyond.

The “Rhinebeck Crafts Festival 2026” will showcase homemade and uncommon items from 200+ artists and artisans. Original fashions, jewelry, home décor, furniture, photography and fine art as well as functional and sculptural works in ceramics, glass, metal, wood and mixed media will be on display. There will also be craft demonstrations, gourmet specialty food sampling and tastings from local distilleries. Food trucks will be offering lunch.

For this trip, we will be leaving the Senior Center at 8:30 AM. We will have until 1:00 PM to shop and have lunch. After the show, we’ll be making a brief stop at Rhinebeck’s iconic Del’s Roadside for a taste of their amazing ice cream. Made from the milk of their own cows and using locally sourced ingredients, they offer unique flavors like lemon poppyseed, lavender honey blueberry and maple snickerdoodle. We will be departing Rhinebeck at 1:45 PM and should be back in Prospect by 4:00 PM.

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

browse the Antique Center, which has 2,000+ items in their store, from Polish Pottery to Uranium Glass, From old Postcards to Records, Antique books, ceramics, figurines, MCM lamps and Hollywood Regency decorations...

At 1:30pm we will board our bus for a lunch stop at Belvedere’s in East Windsor. Belvedere of East Windsor stands as a vibrant hub for those seeking authentic Polish and Eastern European cuisine, expertly merging traditional flavors with modern culinary practices. This establishment is renowned for its extensive selection of Polish foods, including mouthwatering sandwiches, delectable meats, and essential grocery items that transport patrons to the heart of Poland. The inviting atmosphere is complemented by friendly service from dedicated staff who ensure each visit feels special and welcoming. The menu boasts signature dishes such as brisket sandwiches served on soft rye bread layered with house-made pastrami, alongside sides like baked beans and coleslaw that complete the experience. Guests appreciate the generous portions at reasonable prices without compromising quality or taste—a hallmark of Belvedere’s commitment to customer satisfaction. Moreover, Belvedere takes pride in being a community-oriented deli where everyone can feel connected to their heritage through food. With clean surroundings easily accessible near major highways and ample parking available, it has become an ideal spot for both casual dining experiences and meal prep shopping trips alike.

After lunch, we will board our bus for a return trip to Prospect. We should be back in Prospect by about 3:30pm.

### NEW ITEM

**WINDSOR ART CENTER  
TWO CHEFS ANTIQUE CENTER  
LUNCH @ BELVEDERE’S RESTAURANT  
IN EAST WINDSOR  
SATURDAY, APRIL 18, 2026  
DEPARTING @ 10:00AM                      NO CHARGE**

The Windsor Art Center celebrates creativity and inspires an appreciation for diverse artistic cultures by showcasing the visual and performing arts. Windsor Art Center is a place for the visual and performing arts located in Windsor, Connecticut. Begun in 2007, the Center is housed in a former freight house adjacent to the Amtrak line in downtown Windsor. Windsor Art Center presents visual art exhibitions and music performances showcasing artists from throughout New England and beyond year round.

Admission is free to browse the art gallery & gift shop.

We will be leaving the Senior Center at 10:00am. We should arrive at Windsor Art Center by 11:00am. We will have one hour to browse the art gallery. At 12:00pm we will board our bus for a stop at Two Chefs Antique Center. You will have one hour to

### NEW ITEM

**“Sea Shanty Night”  
The Tap Room at the Griswold Inn  
Monday, April 20, 2026  
Departs at 5:00 PM                      No Charge**

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

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

## April 2026

**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.

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

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

**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.

**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.



## April 2026

### "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.

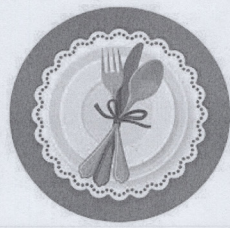
For this trip, we will be departing the Senior Center at 9:00 AM and returning at approximately 4:00 PM. There is no charge for this trip but the cost of all food drink is, of course, at your own expense.

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

**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



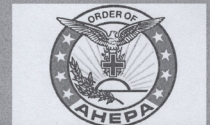
\$45 per person  
Includes hors  
d'oeuvres, beer & wine &  
a family style meal

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

## April 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 QUILTWEED - 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.

### 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!

### 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.

## April 2026

### FIREPLACE FEAST @ SALEM CROSS INN & BROOKFIELD ORCHARDS STORE SUNDAY, APRIL 12, 2026

**DEPARTING @ 9:00AM \$89**

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

The Salem family is proud to say that everything is prepared fresh each day while incorporating heirloom vegetables and herbs grown in their gardens.

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

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

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

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

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

Your Early American Fare Includes:

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

**CHOWDER OF THE SEA**\ Help prepare our traditional New England chowder in a cast iron cauldron over a crackling fire.

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

**FRESH FROM THE OVEN**\ Homemade rolls and muffins.

**FROM THE KEEPING CELLAR**\ Herbed roasted potatoes and fresh butternut squash.

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

Fireplace Feast Activities Include:

- Delicious Early American Fare for your consumption...you can even enjoy seconds!
- Pie making, mulling and chowder demonstrations
- Horse drawn wagon ride, weather permitting
- Casual dress is a must for this event!

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

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

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

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

The cost of this trip is \$89. We will be using our Senior Bus for transportation.

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

### NEW 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.

## April 2026

### NEW ITEM

**CHOCOLATE EXPO  
@ MOHEGAN SUN  
SATURDAY, MAY 30, 2026  
DEPARTING @ 9:00AM \$20**

The Chocolate Expo will feature tastings and sales of chocolates, baked goods, specialty foods, cheeses, teas, coffees and much more, plus entertainment, demonstrations and celebrity appearances throughout the day. The cast of the original Willy Wonka & the Chocolate Factory movie will be our special guests in honor of the 55th Anniversary of that classic and will participate in a Panel Discussion with audience Q&A at 11:00am each day (included with admission). Cast members will be available at other times throughout the day to sign autographs and take photos with guests for an additional fee set by the actors.

There will be a SPECTACULAR Wonka-themed balloon display by internationally-known balloon artist Robbie Furman, and at 5:00pm on Sunday *only... guests (particularly children) will be able to take part in our "balloon popping party."* For children, our famous Kidz Zone provides incredible face painting & balloon twisting activities (included with admission).

*We will be leaving from the Senior Center at 9:00am. Once there, you will have until 3:00pm. At 3:00pm we will head back to Prospect. We should be in Prospect by about 4:30pm.*

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

### NEW ITEM

**ANNUAL MOTHER'S DAY LUNCHEON  
@PROSPECT SENIOR CENTER  
FRIDAY, MAY 8, 2026  
11:30AM \$25**

Join us at the Senior Center as we celebrate Mother's Day and all our very special moms at our annual holiday luncheon. The menu for the day will be a ½ Roasted Chicken, Mashed Potatoes, Corn on the Cob, Salad and Strawberry Shortcake. After lunch we will be entertained by Boogie Boys.

If you are interested in joining us, please sign up and PAY as soon as possible. We cannot hold your seat without payment. Please remember that our holiday celebrations fill up quickly. Sign up early!

### NEW ITEM

**MEMORIAL DAY PARTY  
@ THE SENIOR CENTER  
FRIDAY, MAY 22, 2026  
11:30AM \$25**

Join us as we celebrate the Memorial Day holiday with a wonderful picnic fare lunch at the Senior Center. We will be feasting on Pulled Pork, Cole Slaw, Potato Salad, Strawberry Salad, Watermelon and Ice Cream. This lunch is prepared by the Senior Center staff that you won't want to miss! Entertainment with Charles of Liverpool Productions will follow the lunch.

If you would like to attend, please sign up and PAY as soon as possible. Our holiday parties fill to capacity very quickly. Sign up early!

### NEW ITEM

**High Stakes Bingo  
Foxwoods Resort Casino  
Wednesday, May 6, 2026  
Departing @ 8:00 AM**

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

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

For this trip, we will be departing the Senior Center the extremely early hour of 7:30 AM so that, after our naps on the bus, we will have ample time at the Casino to purchase cards and video tablets before the start of the games at 10:30 AM. The games last for 3 to 3 ½ hours, with an intermission at the halfway point. We expect to be departing Foxwoods by 2:45 PM and be arriving back in Prospect at about 4:00 PM.

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

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

### JUKEBOX BINGO WITH CHARLES OF LIVERPOOL PRODUCTIONS

**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!

## April 2026

### NEW ITEM

**BLU POINTE RESTAURANT  
IN NEWBURGH, NY  
SUNDAY, MAY 24, 2026  
DEPARTING @ 9:30AM  
\$60.15 (PAY AT RESTAURANT)  
INCLUDES TAX & TIP**

#### AN INCREDIBLE FINE DINING EXPERIENCE IN THE HUDSON VALLEY

Blu Pointe, on the Newburgh waterfront, proudly showcases locally-influenced, seasonal dishes for your dining pleasure. Each ingredient is hand selected by our executive chef and prepared fresh to capture every mouthwatering flavor. Combined with our extensive wine list of local and imported bottles, Blu Pointe is the premier fine dining experience in the Hudson Valley.

We will be enjoying Sunday Brunch at the Blu Pointe Restaurant on May 24, 2026. Their extensive brunch menu consists of Breakfast, Made to Order, Cold Salads & Appetizers, Carvery, Hot Entrees, Italian Station and Desserts. The all-inclusive price includes coffee, tea and soft drinks. All other enhancements are an additional price.

We will be leaving from the Senior Center at 9:30am. We should arrive at the Blu Pointe Restaurant by 11:00am, just in time for them to open. The Sunday Brunch is from 11:00am – 2:00pm. Once brunch is over, 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 as soon as possible.

#### 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

**The "Argia"  
Mystic, Connecticut  
May 13, 2026  
Departing @ 7:30 AM  
\$59  
(\$54 Red Hatters)**



Wednesday, May 13th will be a very special day for the Prospect Senior Center's "Ladies in Red" when we charter the magnificent schooner "Argia" for a private, two-hour cruise on the waters of Long Island Sound. The "Argia" is a Coast Guard inspected two-masted, gaff topsail vessel built in 1986 as a replica of a 19th century ship. Aboard the "Argia," 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 and beer or wine.

After the cruise, we'll stop for an al fresco lunch at the waterfront Sea View Snack Bar, which serves all of our favorite summertime foods – chowders, lobster rolls, deep fried seafood and shellfish, hamburgers, hot dogs and more. For dessert, there is an ice cream stand on the premises.

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 adventure is \$59, discounted to \$54 for Red Hatters. Please sign-up as soon as possible to avoid disappointment as seating on the buses is limited.

### NEW ITEM

#### THE WONDERS OF WHALES WITH TOM KOSTURKO OF COMPASSION CARE WEDNESDAY, MAY 6, 2026

**10:30AM NO CHARGE**

Tom Kosturko will be here on discussing fun facts about whales:

- .Eating habits
- .Mating habits
- .Migration patterns where and why
- .Specifications including size and weight
- .Classifications of Whales
- .Characteristics and between of Whales and why
- .Whale Tales: Stories about whales, some locally here in Connecticut and elsewhere
- .Whales now extinct and why, Endangered Whales and why
- .Fun whale trivia
- .How global warming has affected Whales
- .Slideshow presentation of most all whales
- .His presentation will last approximately 90 minutes.

## April 2026

### “Gardens by the Sea” Stonington Village Sunday, June 14, 2025

**Departing @ 9:00 AM                      \$50**

Every three to four years, the Stonington Garden Club presents an outstanding horticultural event entitled “Gardens by the Sea.” “Gardens by the Sea” is a self-guided walking tour through the historic Borough of Stonington during which participants visit ten privately owned gardens, all within one mile of each other. On the tour, we will have the rare opportunity to experience the beauty hidden behind Stonington’s picturesque garden gates and to explore waterfront vistas, terraced landscapes and enchanted pocket gardens, ranging from eclectic to formal in design.

Stonington Garden Club tours are distinguished by the botanical plant labels in every garden. Additionally, this year, many gardens will feature an on-site educator, such as a Master Gardener, horticulturalist or landscape designer who will share insights and answer questions. “Plein Air” artists will be painting in selected gardens. Finally, there will be a tented “Marketplace on Wadawanuck Square” featuring a wide variety of vendors offering garden-inspired items, clothing, jewelry, home décor and the Garden Club’s new cookbook “Nature’s Bounty.”

For this delightful trip, we will be departing the Senior Center at 9:00 AM. We will have until 3:00 PM to stroll “Gardens by the Sea.” **If you are planning to enjoy a meal in Stonington, a restaurant reservation well in advance is advised as the Borough gets very congested during this event.** Tickets for “Gardens by the Sea” at the discounted price of \$50 must be purchased by June 7th so early sign-up and payment is required for the trip.

### NEW ITEM

#### United Congregational Church Strawberry Festival Monroe

**Sunday, June 21, 2026  
Departing 9:30 AM No Charge**

In Connecticut, the month of June is strawberry season. For over half a century, The Monroe United Congregational Church has celebrated the arrival of the red, ripe rapturously delicious native strawberries with its annual festival on the green. In past years, over two tons of strawberries have been used for the festival with most of the strawberries being hand-picked at the nearby Jones Farm. This year’s festival will feature the crafts of over 100 juried artisans, live music, games and children’s activities and, of course, strawberries in the form of pies, jams, chocolate covered strawberries and the church’s famously delicious strawberry shortcake. Additionally, hamburgers and hot dogs will be sizzling on the grill. The church’s Mustard Seed resale shop will also be open for business during the festival.

For this trip, we will be departing the Senior Center at 9:30 AM and should be at the festival when it opens at 10:00 AM. We’ll enjoy three hours at the festival and should be back in Prospect by 1:00 PM.

### NEW ITEM

#### “Olde Mistick Village Strawberry Festival” Saturday, June 13, 2026 Departing @ 11:00 AM No Charge

On the weekend of June 13th, Old Mistick Village will be celebrating all things STRAWBERRY. The pathways of the quaint New England shopping village will be lined with over 60 vendors offering, among other things, strawberry jams and pies, strawberry wine, strawberry blonde shortcakes and chocolate covered strawberries. Some of the vendors who will be at the festival are Dondero Farms, Oronoque Farms, Yankee Cider Company and the Colossal Kielbasa food truck. Additionally, all the permanent Olde Mistick Village shops will be open for business.

At 2:45 PM, we will board the bus and head to Chef Adam Young’s fabulous “Mix” Restaurant and Rooftop Bar for an afternoon meal. At the time of our visit, “Mix” will be serving Happy Hour fare including \$10 menu selections and discounted beverages. Members of the Senior Center have visited “Mix” on several previous occasions and everyone enjoyed the restaurant’s eclectic, upscale cuisine and fireside, rooftop ambience.

For this trip, we’ll be departing the Senior Center at 11:00 AM. At 5:00pm we will board our bus for our trip back to Prospect. We should be returning to Prospect by 6:30 PM at the latest. There is no charge for this trip but **the cost of food and beverages is your responsibility.**

### NEW ITEM

#### SHOPPING AT STONE BRIDGE IN CHESHIRE, CT. YHURSDAY JUNE 4, 2026

**DEPARTING @ 9:45AM                      NO CHARGE**

**What you’ll find at Stone Bridge  
These are the stores, restaurants and  
businesses:**

**Barnes & Noble, Birdcode, Blender Bar,  
Chase Bank, Chipotle ,  
Choice Pet, Club Pilates,  
Hartford Health Care GoHealth Urgent Care,  
Harvey Lewis Opticians, J. Crew,  
Market Place Kitchen & Bar,  
Mercato Italian Kitchen & Bar,  
Paris Baguette, Saybrook Home, Shake Shack,  
T.J. Maxx, Verizon, Whole Foods.**

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

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

## April 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

**"Fairfield Dogwood Festival"  
Sunday, May 10, 2026**

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

Every year for the past 88 years, the women and men of the Greenfield Hill Congregational Church have hosted Fairfield's Dogwood Festival, a celebration of the blossoming of the town's dogwood trees and the arrival of spring. Among the fair's offerings are arts and crafts vendors, live musical throughout the day, a plant and garden boutique selling herbs and potted plants, a church bake sale, a food court and food trucks. Fairgoers can enjoy a variety of live musical acts at several locations throughout the day. On the day of our visit, the main event will be the blessing of the animals at noon.

Prior to arriving at the Dogwood Festival, we'll have the opportunity to "step into Paris" when we stop at the charmingly continental "Isabel et Vincent" French bakery, which members of the Senior Center have visited on two previous occasions and where we have enjoyed the made-from-scratch authentic European pastries and delightful Parisian atmosphere. At 11:00 AM, we'll head to the festival and have until 1:30 PM to enjoy the all that the festival has to offer. Our expected arrival time back in Prospect is 2:30 PM.



**In memory of Tammie Young with the Songbirds**

## April 2026

### NEW ITEM

#### “Legacy, Laughs and Lobster” “Nunsense” at the Legacy Theatre “The Place”

Sunday, May 17, 2026

**Departing @ 12:30 PM \$41.50**

On the afternoon of Sunday, May 17th, Prospect’s “Ladies in Red” will have the opportunity to laugh at the Legacy Theatre and feast on lobster at “The Place” when we attend a matinee performance “Nunsense” followed by an alfresco dinner. Although this trip is sponsored by the “Ladies in Red” and Red Hatters have priority, we invite all members of the Senior Center to join us for this special event as long as seats remain.

“Nunsense,” a musical by David Goggin, is the story of the Little Sisters of Hoboken as they put on a fundraiser to raise money to bury sisters accidentally poisoned by the convent cook, Sister Julia, Child of God. Legacy Theatre’s rendition of “Nunsense” is updated with new jokes, two new arrangements, additional lyrics and a new song “A hail of fun and frolic.”

Legacy Theatre’s production of “Nunsense” is very special because of the inclusion of Waterbury’s own Semina DeLaurentis in the cast. She will be reprising her role from decades ago as the unforgettable Sister Amnesia. Legacy Theatre’s Artistic Director Eric Santagata says about the casting “We are overjoyed to bring Semina to our stage. Her performance as Sister Mary Amnesia is nothing short of exquisite and we can’t wait for our audience to experience it first-hand.” Commenting on her return to the role, DeLaurentis says “To have the opportunity to re-create Amnesia again is such a gift. I am so grateful to Eric and Legacy for asking me.”

After the 2 ¼ hour performance, we’ll be enjoying dinner at Guilford’s “The Place,” an unusual outdoor dining venue at which patrons sit on tree stumps and all food is prepared over a crackling wood fire. As the eatery is BYOB and also BYO salads and desserts, prior to dinner we’ll be making a brief stop at the nearby Bishop Farms to purchase salads, pastries and wine to accompany our meal. You can, if you wish, bring tablecloths and non-perishable items from home

but please don’t bring anything that requires refrigeration. The month of May can be hot! We do not want any of our members to suffer the fate of the unfortunate Little Sisters of Hoboken!

For this delightful Sunday afternoon excursion, we’ll be departing the Senior Center at 12:30 PM and will be arriving in Branford in time for the 2:00 PM matinee performance. We should be eating by 5:00 PM and will be heading back to Prospect immediately after dinner. Please note that the \$41.50 fee (discounted to \$36.50 for Red Hatters) includes only the theatre ticket and all food and drink is at your own expense.

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

**“The deadline to purchase tickets is Thursday, April 16, 2026.”**

### NEW ITEM

#### Captain’s Cove Seaport Wednesday, June 10, 2026

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

Captain’s Cove Seaport is a family-owned and operated marina, restaurant, bar and boardwalk located in Southwestern Connecticut along historic Black Rock Harbor. The Cove began as the dream of former commercial lobsterman and fisherman Kaye Williams. In 1982, Kaye, his wife Vivian, family and friends began the transformation of a vacant, weed-choked lot into one of the State’s premier tourist attractions and marina complexes. Today, Captain’s Cove is home to a two-story, summertime food restaurant, a lively bar, and a dozen quaint, boardwalk shops and host to a myriad of live concerts.

On our trip to The Cove, we’ll be leaving the Senior Center at 10:00 AM and arriving in time to enjoy a \$10.99 Senior Lunch or the \$8.99 Fish Fry at the restaurant. We’ll then have time browse the boardwalk shops or just enjoy the seaside view until it is time to leave at 2:00 PM. We will be back in Prospect by 3:00 PM. There is no charge for this trip but the **cost of food and drink is, of course, at your own expense.**

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



## HAPPY BIRTHDAY JAN PILAT

## April 2026

### NEW ITEM

#### Spring Crafts at Lyndhurst Saturday, May 2, 2026

**Departing @ 9:00 AM      \$14.50**

On the first weekend in May, Artrider Productions will be presenting "Spring Crafts at Lyndhurst," a juried crafts show featuring over 200 crafts people of the highest caliber, on the grounds of the Gothic revival Lyndhurst Mansion in Tarrytown, New York.

In addition to the crafts show, the event will offer tastings from New York State distilleries and wineries and will provide access to Lyndhurst's sprawling 67 acres with breathtaking scenic views of the Hudson River, rose garden, a carriage house, the nation's first steel-framed conservatory and America's first bowling alley. Tours of the Gothic Lyndhurst Mansion will be available for an additional fee. Food and drink options, including but not limited to BBQ, seafood, burgers and vegetarian items, will be available for purchase.

For this trip, we'll be departing the Senior Center at 9:00 AM. We'll have until 2:30 PM to shop, eat and explore Lyndhurst Mansion. We will be back in Prospect before 4:00 PM.

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

### NEW ITEM

#### "Fair on the Green" Milford, Connecticut Saturday, June 6, 2026

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

In its 53rd year, "Fair on the Green," hosted by the Mary Taylor United Methodist Church, is Milford's longest running arts and crafts fair. The event showcases the wares of over 100 of the finest arts and crafts people from the East Coast.

But wait, there's more... Each year, the ladies of the church set up a garden-themed booth that sells, at reasonable prices, plants and perennials, many of which are from their own gardens. Next to the garden booth, is a church bake sale with home-baked cakes, cookies and pies, also at reasonable prices. Across the street, in the church basement, is "Laura's Treasure Trove," a thrift shop offering a variety of new and used articles, not the least of which are a collection of costume and fine jewelry and a selection of vintage china and glassware. Live musical entertainment is provided throughout the day in the gazebo. The highlight of the day is the food – grilled hot dogs and hamburgers, homemade funnel cakes and fresh strawberry shortcake and more...

For this trip, we'll be leaving the Senior Center at 9:30 AM. We'll have until 1:30 PM to shop and eat. We will be back in Prospect by 2:30 PM.

### NEW ITEM

#### The Hempstead Houses Captain Scott's Lobster Dock New London, Connecticut Thursday, May 7, 2026

**Departing @ 9:30 AM      \$10**

The 1678 Joshua Hempstead House in New London is one of New England's oldest and best documented dwellings. Home to the Hempstead family until 1937, the wood frame house was extensively restored by Connecticut Landmarks. Adjacent to the Joshua Hempstead House is the stone house built in 1759 for Nathaniel Hempstead by Acadian exiles. Both structures survived the 1781 burning of New London by Benedict Arnold and stand today as testaments to 17th and 18th-century daily life.

Born in the house that bears his name in 1678, Joshua Hempstead, the 2nd, kept a diary from 1711 until his death in 1758. His diary reveals that, in September of 1727, Joshua Hempstead purchased Adam Jackson, a farmer who had been born into slavery for the sum of 85 pounds. Adam Jackson would live and work at the property for more than three decades.

Today, the Hempstead Houses stand not only as a chronicle of colonial life but also, like the Whitfield House in Guilford, as a testament to the existence of northern slavery. An exploration of Colonial history through the Hempstead Houses, while establishing while establishing our country's foundation of "liberty and justice for all," does, unfortunately, also reveal the roots of the inequities and injustices that still exist in our society today.

For this trip, we'll be departing the Senior Center at 9:30 AM. Our guided tour of the Hempstead House is scheduled for 11:00 AM. We'll have until 12:30 PM to explore the museum grounds. We'll then head to Captain Scott's Lobster Dock for lunch.

Captain Scott's is an al fresco, waterfront eatery that offers up delicious, New England seafood at reasonable prices. Famous for their lobster rolls and hot boiled lobster dinners, they also serve a variety of fried seafood items and landlubber selections. The restaurant is BYOB and **they do accept credit cards**. Members of the Senior Center have dined at Captain Scott's on many previous occasions and Captain Scott's become a favorite seasonal destination of ours. Departing New London immediately after lunch, we expect to be back in Prospect by 3:00 PM.

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

## April 2026

**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.

**"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.

### NEW ITEM

**WICKED TULIPS**  
**IN PRESTON, CT.**  
**WEDNESDAY, MAY 6, 2026**  
**DEPARTING @ 9:30AM \$20**

#### FROM ECOTULIPS TO WICKED TULIPS

Their first blooming business was called EcoTulips. It began in 2009 when Keriann, a self-described "green girl", met Jeroen Koeman, who hailed from a Dutch family of tulip growers. They fell in love, got married, and started Eco Tulips LLC.

In September 2015, they moved from Central Virginia to Rhode Island and started their new endeavor, Wicked Tulips LLC. In 2018, they combined everything under the Wicked Tulips Flower Farm name. Keriann is a native New Englander - Rhode Island's proximity to family and cold climate made it perfect for a tulip farm, a long-time dream of Jeroen's.

They host the largest u-pick events in New England at two locations! You can tiptoe through the acres of tulips and experience the sights, sounds, and smells of spring. Bring home a fresh-picked bouquet of the most amazing tulips you've ever seen.

We will be leaving from the Senior Center at 9:30am. We will have 2 hours at the farm to pick your tulips. The price includes 10 tulips. Additional tulips are \$1.50 per stem. Please bring garden tools and your own basket to hold your flowers. At 1:00pm we will board our bus for a lunch stop at La Stella Pizzeria in Norwich, Ct. We have dined there in the past and enjoyed the food. 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.

### 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.

April 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-



**PALACE  
T H E A T E R  
WATERBURY**

**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.

**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.

April 2026

THEATER

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



THE BUSHNELL

**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.



**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.

April 2026

## THEATER

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



556 Mulberry Street-Plantsville, Ct.

**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.

April 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.

April 2026

THEATER

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# THE PALACE DANBURY

## 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.

## 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.

## 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.

## NEW ITEM

### THE MUSIC OF THE BEACH BOYS FEATURING: PET SOUND LIVE SATURDAY, JULY 18, 2026

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

Wouldn't it be nice to hear The Beach Boys' music live in concert? The band Pet Sounds Live celebrates Brian Wilson's groundbreaking album Pet Sounds, a recording that changed the course of rock & roll.

This immersive show takes audiences inside the studio as the legendary album is recreated live on stage. Through live music, narration, and multimedia, the songs unfold alongside the story behind one of the most influential recordings ever made.

More than a tribute, Pet Sounds Live brings the remarkable harmonies and classic songs of The Beach Boys to life.

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 Theatre. The show starts at 7:30pm. We should be back in Prospect by about 10:30pm.

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

## NEW ITEM

### MAMMA MANIA THE AMERICAN TRIBUTE TO ABBA SATURDAY, AUGUST 15, 2026 DEPARTING @ 3:45PM \$43

"You can dance... you can jive..." — and with Mamma Mania — The American Tribute to ABBA, you can relive the music that made ABBA famous around the world.

With dazzling costumes, soaring vocals, and tight harmonies, Mamma Mania brings this timeless music to life on stage, capturing the spirit and sound that made ABBA one of pop music's most beloved groups. From "Dancing Queen" and "Mamma Mia" to "Take a Chance on Me," "Waterloo," and more, the band performs the hits that made ABBA a worldwide sensation—inviting longtime fans and new listeners alike to celebrate the music of one of pop's most beloved groups.

Bring your friends and enjoy a night celebrating the music of ABBA.

We will be leaving from the Senior Center at 3:45pm. We will stop at the Blue Colony Diner in Newtown for dinner. After dinner, we will head to the Danbury Palace Theatre. The show starts at 7:30pm. We should be back in Prospect by about 10:30pm.

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

April 2026

## THEATER

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## NEW ITEM

**I'M CONNECTICUT  
WEDNESDAY, APRIL 15, 2026**

**DEPARTING @ 10:15AM \$48**

A Wacky, sweet, romantic comedy by CT native Mike Reiss who has been making us all laugh for years as a writer with the Simpsons. Why does sweet, kind Marc struggle to find love? Because he comes from Connecticut – land of steady habits, sanity and politeness. A must see comedy for anybody from the Nutmeg State!

We will be leaving from the Senior Center at 10:15am. Our first stop will be at The Black Seal Seafood Grille in Essex for lunch. After lunch, we will head to the Ivoryton Playhouse. The show starts at 2:00pm. We should be in Prospect by about 5:30pm.

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

## NEW ITEM

**LADY DAY AT EMERSON'S BAR AND GRILL  
WEDNESDAY, MAY 20, 2026**

**DEPARTING @ 10:15AM \$48**

Step back in time to South Philadelphia in 1959. Lady Day at Emerson's Bar and Grill is a Tony award-winning play that brings to life the soul and struggles of jazz legend, Billie Holiday. Featuring a selection of Billie's iconic songs including "Strange Fruit" and "God Bless the Child", this acclaimed play with music transports the audience on a spellbinding journeys for one of the jazz legends final concerts.

We will be leaving from the Senior Center at 10:15am. Our first stop will be for lunch at . After lunch, we will head over to the Ivoryton Playhouse. The show starts at 2:00pm. We should be in Prospect by about 5:30pm.

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

## NEW ITEM

**1776  
WEDNESDAY, JULY 8, 2026**

**DEPARTING @ 10:15AM \$48**

Celebrating America 250 with the founding fathers who come alive in 1776 – this classic, award-winning Broadway musical. Join John Adams, Benjamin Franklin, and Thomas Jefferson as they fight for independence against a deadlocked Continental Congress in a retelling filled with humor, romance, pathos, and nail-biting tension. It's revolutionary!

We will be leaving from the Senior Center at 10:15am. Our first stop will be at the Griswold Inn for lunch. After lunch, we will head to the Ivoryton Playhouse. The show starts at 2:00pm. We should be back in Prospect by about 5:30pm.

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

## NEW ITEM

**COME FROM AWAY  
WEDNESDAY, AUGUST 19, 2026**

**DEPARTING @ 10:15AM \$48**

Come From Away tells the true story of 7,000 airline passengers stranded in the remote town of Gander, Newfoundland in the aftermath of September 11, 2001. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community of Gander pulls together and strangers become friends. Through music, humor and heart this show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times, and affirms that hope can arise in the unlikely of places.

We will be leaving from the Senior Center at 10:15am. Our first stop will be at Noah's 63 Main in Essex for lunch. After lunch, we will be heading to the Ivoryton Playhouse. The show starts at 2:00pm.

We should be back in Prospect by about 5:30pm.

## NEW ITEM

**A PIECE OF MY HEART  
WEDNESDAY, OCTOBER 21, 2026**

**DEPARTING @ 10:15AM \$48**

This poignant drama follows the true stories of 6 women, nurses, a Red Cross volunteer and an entertainer – who served in Vietnam. The significant role that women played in the war is often unacknowledged. Their stories and their music are powerful and remind us of the human cost of war and the scars that still remain.

We will be leaving from the Senior Center at 10:15am. Our first stop will be at Debs Restaurant for Breakfast/Brunch. After Breakfast/Brunch, we will head to the Ivoryton Playhouse. The show starts at 2:00pm. We should be back in Prospect by about 5:30pm.

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

April 2026

THEATER

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**NEW ITEM**

**PLAYHOUSE HOLIDAY JAMBOREE  
WEDNESDAY, DECEMBER 16, 2026  
DEPARTING @ 10:15AM \$48**

Continuing the Playhouse tradition, our own holiday show features festive tunes, family stories, some new surprises and so much more. Inspired by classic radio shows and old time musical revues, this is the perfect holiday show for the whole family.

We will be leaving from the Senior Center at 10:15am. Our first stop will be at Pizzeria Da Vinci in Higganum for lunch. After lunch, we will head over to the Ivoryton Playhouse. The show starts at 2:00pm. We should be back in Prospect by about 5:30pm.

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



**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.

**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.

**April 2026**



**Are you interested in being a specialist in Medicare?**

**Become a certified CHOICES Counselor**

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

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



**SHIP**

State Health Insurance  
Assistance Program

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

**FRIDAY NIGHT BINGO NAUGATUCK LODGE OF ELKS #967**

**758 RUBBER AVENUE 203-729-7967**

**Two Progressive Pots, Winner Take All, Sealed Ticket Games, Raffles**

**\$15 Entry - \$1 Specials - Snacks Available**

**Every Friday night**

**Doors open at 4:30pm - Games begin at 7:00pm**

## CPR - WHAT YOU NEED TO KNOW

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

### WHY IS CPR IMPORTANT?

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

### HOW IS CPR PERFORMED?

There are two commonly known versions of CPR:

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

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

**Hands-Only CPR**  
consists of two easy steps:

# 2 STEPS TO SAVE A LIFE



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

### ABOUT HIGH-QUALITY CPR

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

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

### THE GENDER DIFFERENCE: MEN VS. WOMEN

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

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

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

## HEART ATTACK VS. CARDIAC ARREST

*The Difference You Should Know:*

### Cardiac Arrest:

Occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is an “ELECTRICAL” problem.

### Heart Attack:

Occurs when blood flow to the heart is blocked.

A heart attack is a “CIRCULATION” problem.



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/>

April 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.

April 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.

## April 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

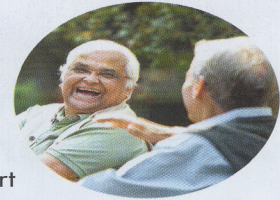
beta-casein protein. Most U.S. milk comes from cows that also produce A1 beta-casein, which has been linked to more inflammation.

### 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.

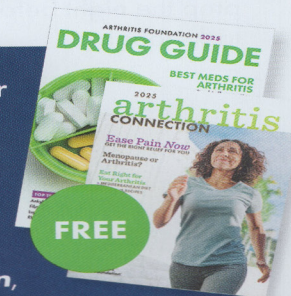
**21. Laugh more.** Not only does a good belly laugh distract you from pain, but it also reduces levels of inflammation in your body and triggers the release of feel-good chemicals. So cue up your favorite episode of *Seinfeld* and let laughter be your medicine.

**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.



# April 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

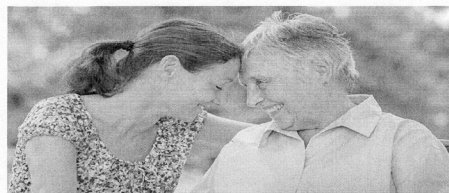


Randi Bellemare  
203-841-8607  
rbellemare@benchmarkquality.co,

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 [WCAA.org](http://WCAA.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

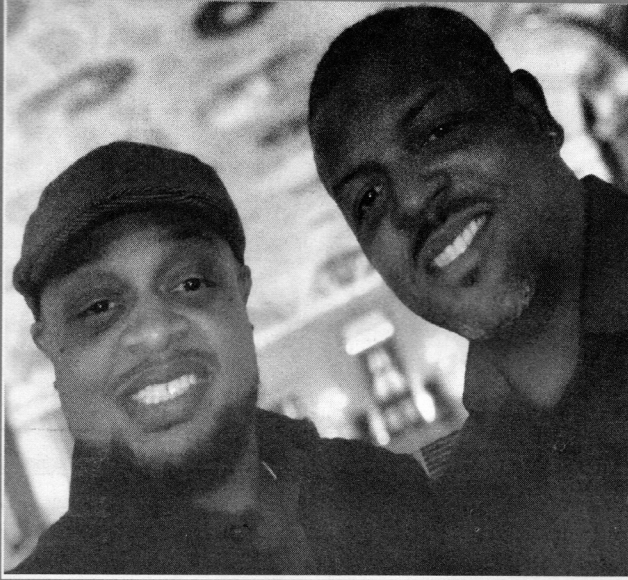


Scan the QR code to learn more.

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

**April 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.

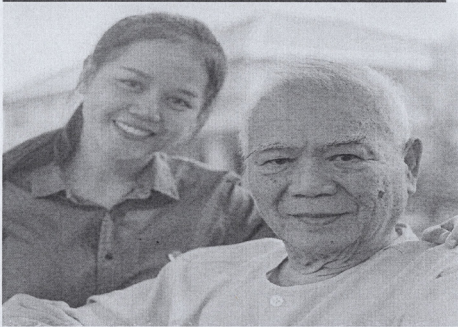
[www.heart.org/campaign](http://www.heart.org/campaign)



# April 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.

**April 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!**

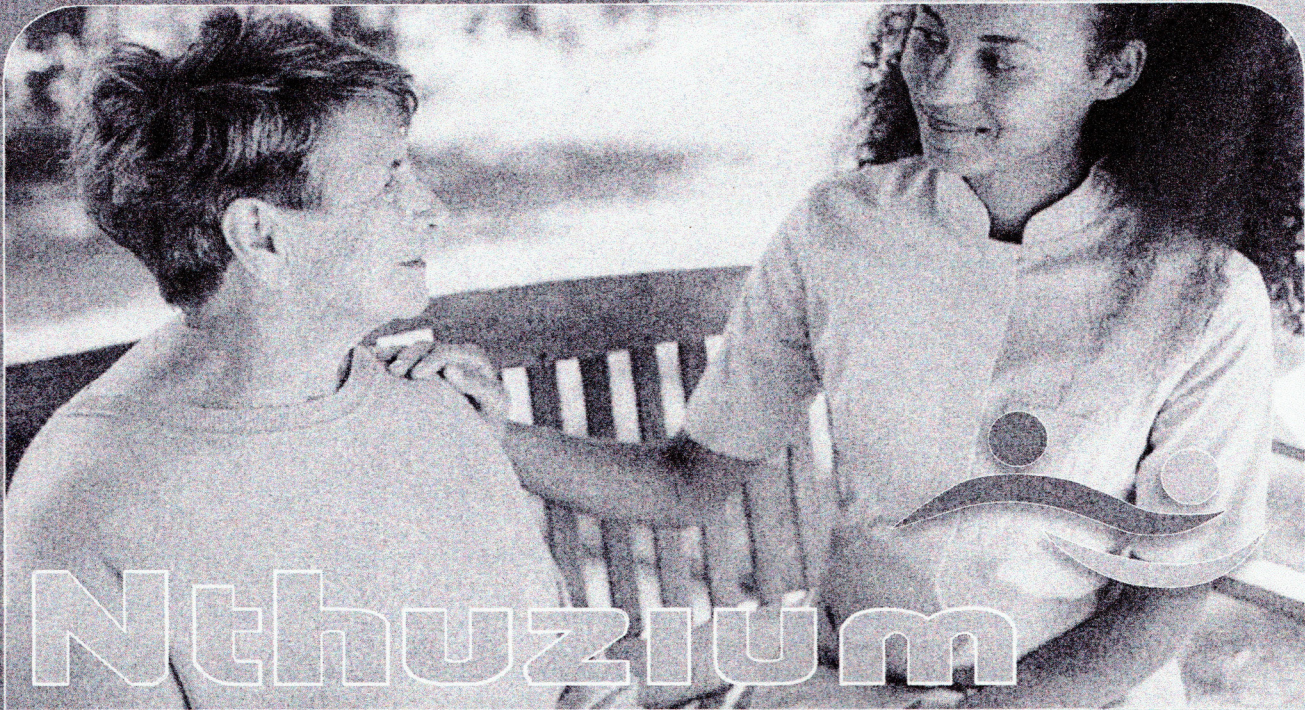
**Please share this fact sheet with your friends and family today. For answers to your Parkinson's questions and referrals, call our Helpline at 1-800-4PD-INFO (473-4636).**

April 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)



**April 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

**Save The Date:**

**Fosters ClamBake (Maine): June 23, 2026**  
**Boston Ducks & Quincy Market: July 7, 2026**

**I LOVE LUCY: September 7, 2026**

**Charleston Riverboat & Cheesecake Factory: July 21, 2026**  
**Bethlehem & Lancaster, (Joshua): November 16, 2026**  
**White Mountain Resort, December 15, 2026**

**For pricing & information: Call Linda Soto, RayLin Travel : 203-591-1407**

April 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**

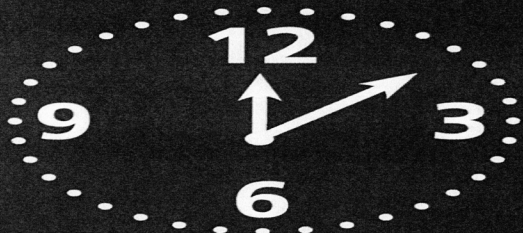


**YES, everyone gets \$50**  
**in Slot play AND \$50 in Food**  
**Plus... TWO Shows at the**  
**TROPICANA RESORT!**  
**The BEST Casino value!!**



**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

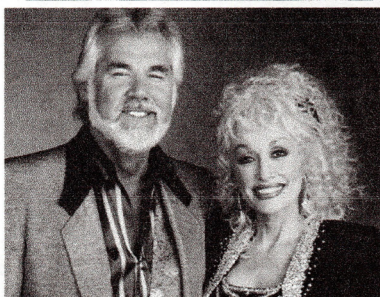


Scan the QR code to learn more.

April 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

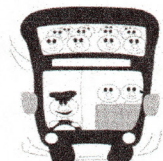
PRICES ARE PER PERSON

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**

# April 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  
**Celtic Tours**  
VACATIONS

## 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 Nts.**  
Dooley's Hotel
- DUBLIN - 2 Nts.**  
Sandymount Hotel

# April 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.

April 2026



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Your Medicare questions answered -  
all in one place.

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*...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.



April 2026

# BIG NEWS: Medicare Savings Program Updates

## New Monthly Income Limits

Effective March 1, 2026

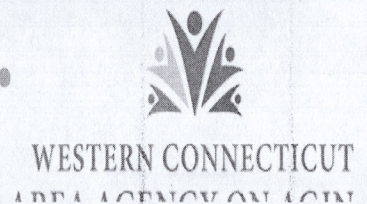
Eligibility is based on your gross monthly income.

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

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. 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.



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



April 2026

NEW ITEM

# Grief Support Group Open to All

**Tuesdays, starting: April 7, 2026. – June 2, 2026  
from 6 - 7 P.M at  
Prospect Memorial/ The Palmerie Family Funeral  
Home**

122 Waterbury Rd. Prospect CT 06712

No Fee, however reservation required, please call 203-758-6008 or email  
[prospectmemorial@gmail.com](mailto:prospectmemorial@gmail.com)

Discussion, education and support

Learning to live in the sunshine of their life instead of dark shadow of  
their death- *unknown*



**April 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*

April 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*

**April 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*

**April 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*

**April 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)



**April 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

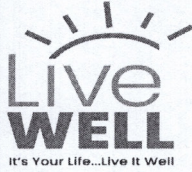
### **WHERE:**

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

**April 2026**

**April 2026**

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

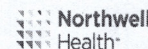
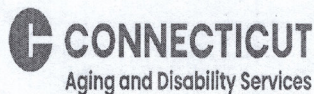
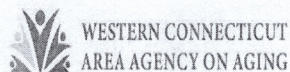
**Sessions will be held 10am – 12pm  
Fridays, March 13, 20, & 27 & April 10, 17, & 24**

**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.

April 2026

# 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)



April 2026

NEW ITEM

# ANNUAL Easter Flower SALE



at The Prospect Fire Department

*Sponsored by the Prospect  
Fire Dept. Ladies Auxiliary*

**FRIDAY, April 3rd  
9:00AM-4:00PM  
SATURDAY, April 4th  
9:00AM-4:00PM**



## *Grinder Sale*

Saturday, April 4th~11am-2pm



Meatball, BBQ Chicken,  
Ham, Turkey w/lettuce & tomato.  
Choice of Cheese:  
Provolone or American



26 NEW HAVEN ROAD - PROSPECT - CONNECTICUT

April 2026

NEW ITEM

# ANNUAL Easter Flower SALE



at The Prospect Fire Department

*Sponsored by the Prospect  
Fire Dept. Ladies Auxiliary*

FRIDAY, April 3rd

9:00AM-4:00PM

SATURDAY, April 4th

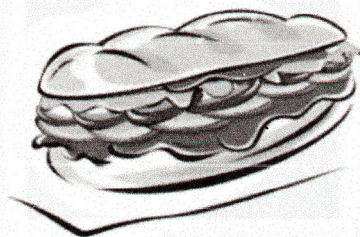
9:00AM-4:00PM

## Grinder Sale

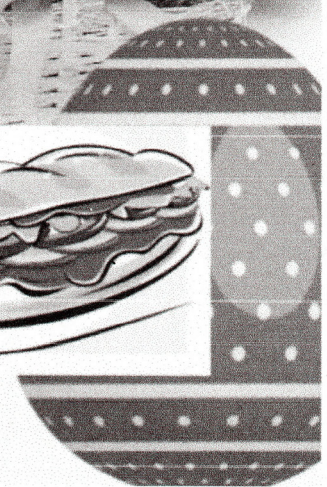
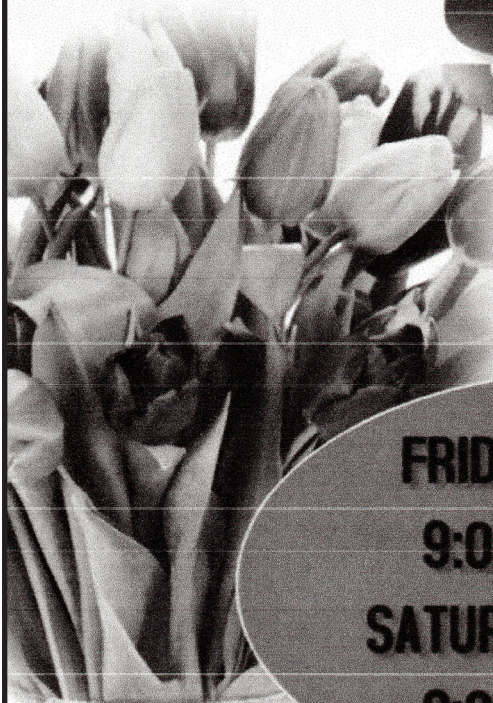
Saturday, April 4th~11am-2pm



Meatball, BBQ Chicken,  
Ham, Turkey w/lettuce & tomato.  
Choice of Cheese:  
Provolone or American



26 NEW HAVEN ROAD - PROSPECT - CONNECTICUT



**April 2026**

**NEW ITEM**



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a welcoming program for older adults who want to feel more confident, steady, and active. In eight small-group classes, participants learn simple ways to reduce fear of falling, stay active, and feel more in control of their safety. Participants will set small goals, learn easy tips to make their home safer, and practice gentle exercises to improve strength and balance. The program includes friendly group conversations, hands-on activities, and take-home tools to support confidence, independence, and everyday well-being.

## What To Expect

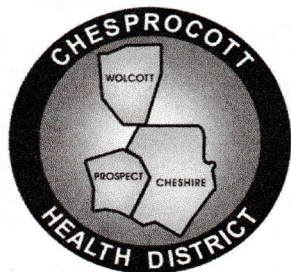
- **This is a FREE program open to ALL community members**
- Feel steadier and more confident
- Learn simple fall-prevention tips
- Build strength and balance
- Set small goals to stay active
- Make easy, safe changes at home
- Get everyday self-care tools
- Stay independent and connected

**Tuesdays & Thursdays**

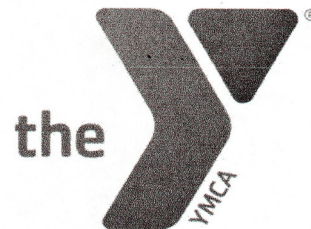
**10am-12pm**

**April 21-May 14**

**435 N. Brooksvale Rd. Cheshire, CT 06410**



Questions: Brandon Riollano  
Health & Wellnes Director  
Cheshire Community YMCA  
203-272-3150 x511  
[briollano@sccymca.org](mailto:briollano@sccymca.org)



April 2026

NEW ITEM



JOIN US  
**PROSPECT  
SPRING FLING**

VENDORS & FOOD TRUCKS

MAY 16<sup>TH</sup> 2026

RAIN DATE MAY 17<sup>TH</sup> 2026

11AM- 3PM

PROSPECT TOWN GREEN,  
12 CENTER ST

For more information,

Please Call, Prospect Park and Rec

203-758-0036

OR

[recreation@townofprospect.org](mailto:recreation@townofprospect.org)

April 2026

**NEW ITEM**



**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: April 8 and 22**

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

**To register and RSVP, call Randi at 203-841-8607.**

PUZZLE  
147

# JUMBLE

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

SUHL\$

LIMYD

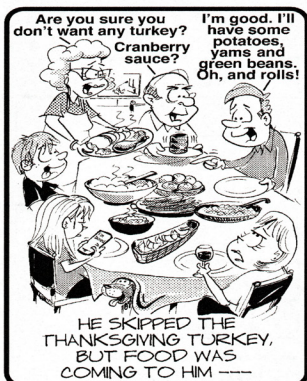
LEFWOL

HETGAR

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

PUZZLE  
149

# JUMBLE

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

GEDWE

NITUP

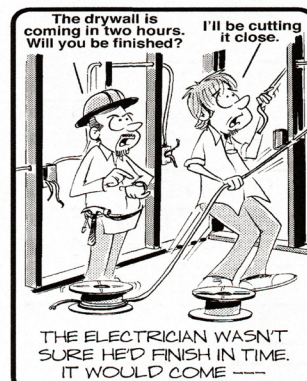
WHYROT

HORYNT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

PUZZLE  
148

# JUMBLE

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

HNUCK

TURET

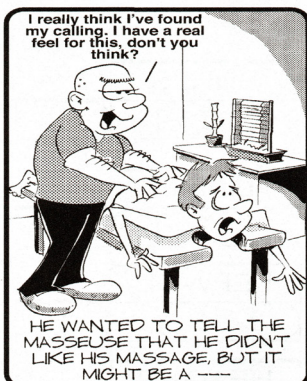
BIRSEC

PAJLOY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

Print answer here

PUZZLE  
150

# JUMBLE

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

KEHIR

DUMYD

CETINE

RAPORU

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

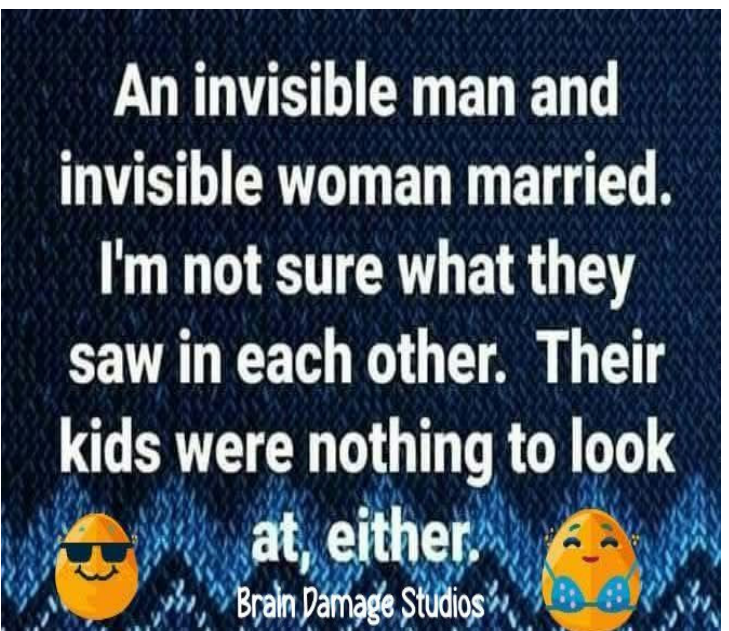
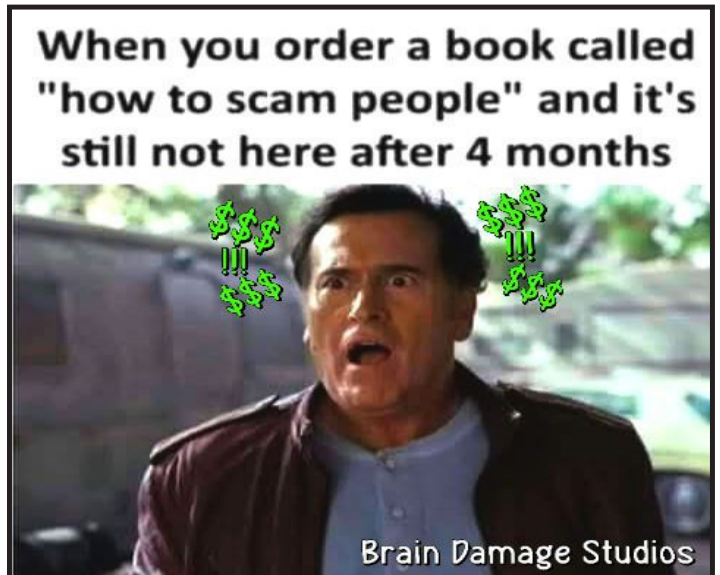


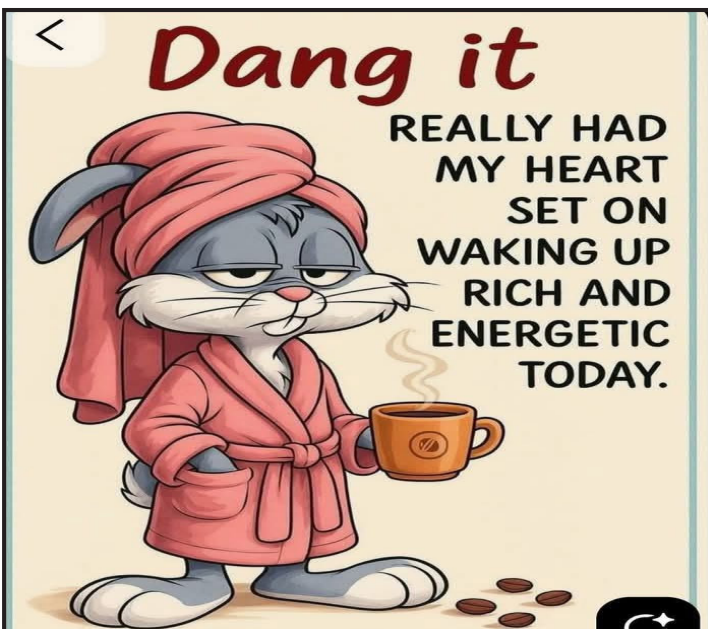
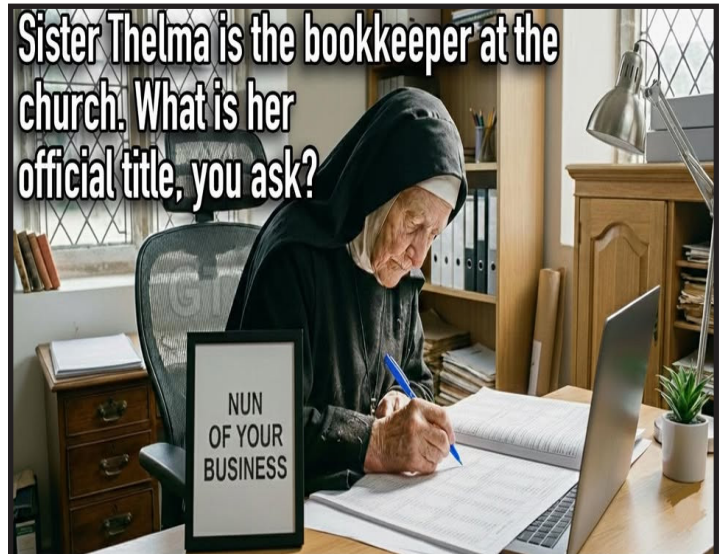
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here

147. **Jumbles:** SLUSH DIMLY FELLOW GATHER coming to him—FROM ALL SIDES  
**Answer:** He skipped the Thanksgiving turkey, but food was message, but it might be a—TOUCHY SUBJECT  
**148. Jumbles:** CHUNK UTTER SCRIBE JALOPY  
**Answer:** He wanted to tell the masseuse that he didn't like his

149. **Jumbles:** WEDGE INPUT WORTHY THORNY come—DOWN TO THE WIRE  
**Answer:** The electrician wasn't sure he'd finish in time. It would remember it, he—"RE-CHORD-ED" IT  
**150. Jumbles:** HIKER MUDDY ENTICE UPROAR  
**Answer:** The guitarist thought up a new melody and, to





## OBITUARIES

April 2026



**Anthony S.  
Gwiazdowski, Jr.**



Anthony S. Gwiazdowski, Jr., 87, of Cheshire, CT, passed away peacefully at his home surrounded by his family on Saturday, February 28, 2026. He was the loving husband of Catherine (Summa) Gwiazdowski for 59 years.

Anthony was born on June 26, 1938 in Waterbury, CT to the late Anthony Sr. and Caroline (Schieffer) Gwiazdowski. He graduated from Cheshire High School and went on to proudly serve in the US Navy aboard the USS Intrepid, being honorably discharged in 1962. Tony worked as a corrections officer at Cheshire Correctional Facility, retiring after 28 years of service. He was a longtime member at St. Aloysius Church in Plantsville and a volunteer firefighter for Engine Company 4 in Marion for many years. Tony loved animals and being outdoors; fishing, bow hunting, chopping wood and feeding the birds. He was a master gardener and master beekeeper and a member of the Sportsmen's Club in Southington. He was also member of the American Legion, Kiltonic Post 72.

In addition to his wife Catherine, Tony is survived by four children; Carol Francis of FL, Michael Gwiazdowski and wife Jamie of FL, Amy Boudle and husband Leonard of Cheshire and Todd Gwiazdowski and wife Liz Gendreau of Southington; nine grandchildren, Emily Whipple (Jim Faroni), Anthony Whipple, Evan and Emma Schuster, Szymon and Sera Francis and Nicholas, Nathan and Alex Gwiazdowski and one cherished great-granddaughter, Juliette. In addition to his parents, he was predeceased by a brother, Joseph Schieffer and wife Shirley.

In lieu of flowers, donations in Tony's memory may be made to The Alzheimer's Association, 225 N. Michigan Ave., Floor 17 Chicago, IL 60601 (<https://www.alz.org/>).

Funeral services were held on Wednesday, March 4, 2026 at 10 a.m. from the Plantsville Funeral Home, 975 S. Main St., Plantsville with an 11 a.m. Mass of Christian Burial at St. Aloysius Church, 254 Burrill St., Plantsville. Military honors followed. Calling hours were from 4 – 7 p.m. on Tuesday, March 3, 2026 at the Plantsville Funeral Home. For online condolences and directions, please visit [www.plantsvillefuneralhome.com](http://www.plantsvillefuneralhome.com).

To order memorial trees or send flowers to the family in memory of Anthony S. Gwiazdowski, Jr., please visit our flower store.



**Doris Lewis  
Carroll**

Naugatuck – Doris L. Carroll, 74, passed away unexpectedly at her home on Saturday, February 21, 2026. Doris was born on December 7, 1951, to the late Theodore Lewis and Doris E. (Walker) Lewis in Scranton, PA.

Doris was a graduate of Scranton Technical High School, before earning an associate's degree in business from Lackawanna Junior College, and a bachelor's of science degree from Marywood College, majoring in accounting, where she was recognized as a Scholastic All-American. In the summer of 1988, Doris and her four boys relocated to Naugatuck as she began her distinguished career at IBM in Southbury. Doris was a beloved member of the Congregational Church of Naugatuck, where she held many roles over the years. Doris enjoyed spending time with her family, traveling, and game nights with her friends, and she will be remembered as a kind and welcoming soul.

Surviving are four sons, John, and wife Heidi, Scott and wife Dawn (Anderson), Mike and wife Jill, Steve and wife Kim; grandchildren Alexandra Nash, Lindsey Scurrah, Justin Carroll, Bethany Carroll, McKenna Carroll and Thomas (TJ) Carroll; a great-grandchild expected this spring; a brother, Ted Lewis and wife Mary Lewis; two sisters, Cheryl Cosgrove, Jeanette Walsh and husband Patrick Walsh; many nieces and nephews; great-nieces and great-nephews; her pet parakeets Milky Way and Cookie; and her cherished friends and neighbors.

A celebration of life ceremony will be scheduled this spring at the Congregational Church of Naugatuck. In lieu of flowers, memorial contributions may be made to the Congregational Church of Naugatuck, 9 Division Street, Naugatuck, CT 06770 – [www.congonaug.org](http://www.congonaug.org).

To order memorial trees in memory of Doris Lewis Carroll, please visit our tree store.





**James A.  
Thibodeau**



Naugatuck - James Amede Thibodeau, beloved husband of Lorraine (Canaperi) Thibodeau, passed away peacefully Saturday, March 14, 2026 surrounded by his family. He was 79 years old and a member of St. Vincent Ferrer Church.

Born in Waterbury, CT on October 21, 1946, he was the son of the late Amede and Calista (Blanchette) Thibodeau. He was a longtime Naugatuck resident and had worked at McGuire Manufacturing as a shipping manager for more than 30 years until his retirement. Jim was a proud veteran of the United States Air Force and served in Vietnam. On May 11, 1969, as a Flight Engineer on the Jolly Green 15, he bravely rescued his friend and brother Capt. Gary L. Bain in the face of enemy fire and prevented further injury and the chopper from being shot down. Jim was recognized and awarded for this heroic effort.

He was a proud veteran whose life was marked by generosity, patience, and quiet dedication to those around him. He found great joy in the simple pleasures of life—decorating enthusiastically for Halloween and Christmas, listening to music, and reminiscing with classic shows like Leave It to Beaver and old game shows. He loved spending time duckpin bowling, playing setback and cribbage, trips to the casino, lotto scratchers, and sharing laughter during visits to the Prospect Senior Center. Known for his warm heart and steady presence, he always made time for others and gave freely of himself.

His greatest joy was spending time with his beloved wife, family, friends, and especially his grandchildren, who lovingly called him “Poppy.” He fiercely loved his wife—so much so that he even agreed to try square dancing just to share in something she enjoyed. He could often be found proudly attending dance recitals and sporting events, cheering on his grandchildren with enthusiasm. Family gatherings were made even more lively with the occasional “competitive” game of Rummikub or Skip-Bo. The moments he shared with those he loved most were the ones he treasured above all else.

In addition to his wife Lorraine of 53 years, he leaves his family to honor his memory, daughters Laura Ward (Michael), Lisa Lamson (Robert), and Lianna Urso (Sean); his seven grandchildren Patrick and Stella Lamson, Michael and Jack Ward, Layla Urso, and Cole and Chase Roberts; his brothers and sisters-in-law Virginia Paolino, Harvey Piazza, Sally Canaperi, Linda Favale (Michael), and John Canaperi (Cheryl); many nieces and nephews, and his longtime best friend Don DiDonato (Joyce) who he enjoyed comparing scratch-off results. He was predeceased by his brother Edward Thibodeau, his brothers and sisters-in-law Elizabeth Tremaglio, Donald Canaperi, Harold Canaperi Jr, Carol Piazza, and Doris DiStefano.

The family would like to thank the VA Healthcare System, Bright On Hospice, Always Best Care Senior Services, Elara Caring Home Care, and Dr. Ralph Tremaglio for the care and compassion shown to James over the last three years.

Visitation will be held on Saturday, March 21 at 8:30 - 10 a.m. at the Naugatuck Valley Memorial/Fitzgerald Zembruski Funeral Home on 240 North Main Street, Naugatuck, followed by a Mass of Christian Burial at 10:30 a.m. at St. Vincent Ferrer Church, 1006 New Haven Road, Naugatuck. Members of the Naugatuck Veterans Council will meet at 9:30 a.m. at the funeral home. Burial with military honors will be in St. James Cemetery. In lieu of flowers, donations can be made in his name to Boxes to Boots (<https://boxestoboos.org/>), the VA Healthcare System, or simply thank a veteran. To send an online condolence or share a memory, please visit [www.naugatuckvalleymemorial.com](http://www.naugatuckvalleymemorial.com)

To send flowers to the family or plant a tree in memory of James A. Thibodeau, please visit our floral store.



**Tammie L. Young  
Beloved Grandmother,  
Mother, Sister and  
Friend**

Tammie L. Young, 59, of Waterbury, passed away suddenly on March 17, 2026, leaving behind a legacy of love, compassion, and unwavering devotion to her family and to those she served throughout her life.

Born on July 5, 1966, in Rocky Mount, Virginia, Tammie was the beloved daughter of Harry D. and Betty L. Young. From an early age, she carried a deep passion for music, her voice, warm and unmistakably beautiful, became one of the many ways she shared her light with the world. Whether singing for others or simply filling her home with melody, music was her constant companion and a reflection of her generous spirit.

Tammie dedicated her entire career to caring for others, serving as a nurse with compassion, strength, and an unshakeable commitment to those in need. Her work was more than a profession; it was an extension of her heart. Countless lives were touched by her kindness, her patience, and her ability to bring comfort during life's most difficult moments.

To her family, she was a source of strength, laughter, and unconditional love. To her friends, she was a bright presence whose warmth could fill any room.

She is survived by her children, Tristan L. Young (Veronica), and Chelsie E. Young; her cherished grandchildren Cameron Young (10), Kadence Young (7), and Kaleb Young (1); and her siblings Harry D. Young Jr., Shelbra J. Young, Wayne D. Young, Steven R. Young (Sherry), Frankie D. Young, her niece Samantha E. Young and great niece and nephew Julianna and Jaden.

For all who knew her, Tammie's spirit, generosity, and radiant light will be forever missed and remembered.

A Homegoing Celebration will be held at Living Faith Christian Church (69 Prospect Rd, Waterbury, CT 06706) at a later date. Please check back here for more information.