

BEACON FALLS SENIOR CENTER

57 N MAIN STREET, BEACON FALLS, CT 06403

beaconfalls-ct.org 203-723-2344

HOURS: MONDAY - FRIDAY 9 AM – 4 PM



APRIL 2024 NEWSLETTER

A NOTE FROM OUR DIRECTOR:

Dear All,

Happy Easter! 🌸 As the days grow warmer and the world bursts into bloom, I hope you're all relishing the joys of spring. The vibrant colors of flowers and the fresh green leaves on trees beckon us outdoors, inviting us to embrace the season.

Exercise Activities: Let's make the most of this delightful weather! I encourage each one of you to join our invigorating exercise sessions. Staying active is essential, especially as we gracefully navigate the golden years. Whether it's a brisk walk, gentle yoga, or a lively dance class, let's move together and keep our spirits high.

Your Voice Matters: Our suggestion box is eagerly waiting for your input! Have an exciting trip idea? Dreaming of a new activity? Want to explore uncharted territories? Kim, our friendly coordinator, is all ears. Drop your thoughts into the suggestion box, and let's shape our community's future adventures together.

Wishing you a season filled with warmth, laughter, and shared moments. 🌸



With warm regards,

ArtDaigle

NOTABLE APRIL DATES:

2nd - World Autism Awareness Day

Autism-friendly events and educational activities take place all through the month of April to increase understanding and acceptance and foster worldwide support.

2nd - International Children's Book Day

Held on or around Hans Christian Andersen's birthday, which is celebrated to inspire a love of reading and to call attention to children's books.

10th - Siblings Day

Based on traditional Indian festival of Rakshabandhan, which is hundreds of years old, honoring the relationships of siblings.

11th - National Pet Day

National Pet Day was created to celebrate the joy pets bring to our lives and to create public awareness about the plight of many kinds of animals awaiting a forever home in shelters and rescues all around the globe.

24th - Earth Day

Worldwide event to raise awareness of the environmental issues which face the whole of planet Earth. The Earth Day organization campaigns on environmental issues worldwide and promotes sustainability and reducing pollution.

22nd – 30th Passover

Passover, is one of the most important festivals in the Jewish calendar, commemorating the anniversary of the Exodus from Egyptian slavery.

SAVE the DATES:

Saturday, April 27th – Ron Barksdale Fishing Rodeo, Mathies Park 7 – 10AM, Bring the Grandkids, ages 3 to 15!!!

Sunday, May 19th – St. Michael Church (Beacon Falls) Fair

Thursday, June 27th – Saturday, June 29th – Beacon Hose Carnival

SENIOR CENTER MEMBERSHIP:

\$7.00 PER YEAR RESIDENTS

\$10.00 PER YEAR NON-RESIDENTS

OVER 90 YEARS OLD – FREE!!!

Connecting with others is so important, our weekly activities do just that along with our great friendly members. Our membership will renew in January 2024.



VOLUNTEERS MAKE THINGS HAPPEN:

Thank you to all who volunteer your time to the Center, we could not do it without you. We are always looking for volunteers. Please see Art or Kim if you are interested in volunteering.

WINTER WEATHER POLICY:



On days of inclement weather, if Region 16 Schools are closed, there will be NO transportation and NO scheduled classes or programs at the Center. The Senior Center will remain open unless we are advised to close by Town Hall. Call ahead before heading out. Watch WFSB, Channel 3, Eyewitness News

FRIDAY LUNCHES:

These have been a great success. If you are looking to try new places or even visit some of your favorite places and enjoy laughter and fun Friday Lunch is the place to do it. See the weekly sign-up sheet on the bulletin board at the Center. We have some great new places coming up in the next several months!!!

BINGO AND HOT DOGS - Every Thursday:

If you want to purchase a delicious Hummel hot dog, please wait until 12:15 PM to come into the Center so as not to interrupt the Yoga Class which runs from 11:00 AM – 12 PM.



SIGN UP REMINDER:

When signing up for a trip or event at the Center, payment is always due at the time of sign up or when posted on the sign-up sheet. If you are unable to come to the center in person, you may mail your check to:

***Beacon Falls Senior Center
57 N. Main Street
Beacon Falls, CT 06403***

Your name will be added to the event list when payment is received.

We have some new trips and are planning our events at the Center for April, May, and June. Please check the bulletin board at the Center so you do not miss out.

HAIR BY DONNA:

Hair Stylist specializing in formal hair color and cuts - \$10 Haircuts.

Call to schedule: 203-214-2884 / 203-929-5341 or Dohrng23@yahoo.com

MINIBUS REMINDER:

IF YOU ARE NEW TO THE BUS,

PLEASE FILL OUT FORM 5.

CONTACT KIM: 203-516-8498

Our free transportation service is available for Beacon Falls residents over the age of 60 or disabled adult residents who ARE UNABLE to drive and do not have a family member available to drive them.



We have a handicap accessible vehicle and can provide rides for medical appointments, shopping, and other needs (subject to availability).

SPECIAL PRESENTATION (re-scheduled):

Please join us for a Presentation at the Senior Center on Monday, April 15, 2024, at 1:00 pm sponsored by Albert Ruggiero. "Pearls from Carol" is available everywhere including in over 170 library catalogs in five states. Carol Ruggiero belonged to a writing group in Milford, CT for over twenty years. Upon her passing her devoted husband Albert Ruggiero felt her writing deserved a bigger audience, so he published a collection of her work in "Pearls from Carol". The presentation is designed to both engage and entertain please join to hear about Carol's life and her short, funny, and thought-provoking stories, poems, and essays. Also, Albert will have a musical interlude with a saxophone singing along so you do not want to miss this one!

SENIORS STAYING CONNECTED:

Saturdays 11:00 AM – 12:00 PM

**A great opportunity to have help with technology needs:
laptops, computers, iPad tablets, android, iPhones, etc.**

BE SURE TO BRING CHARGING CABLES FOR YOUR DEVICES!!!!

Please call the center to make an appointment.

LIBRARY CRAFT:

Monday, April 8th. 1:00PM

"Hello" Wreath

Sign up is required!!!

Please see sheet on

The Center Bulletin Board



MOBILE FOOD PANTRY:

Will be at the Beacon Falls Commuter Lot every other Wednesday 12 – 1 PM. The next dates are April 3rd and April 17th. Please bring your own bags. It is walk-up style. No registration, questions, or paperwork. Open to residents of all towns.

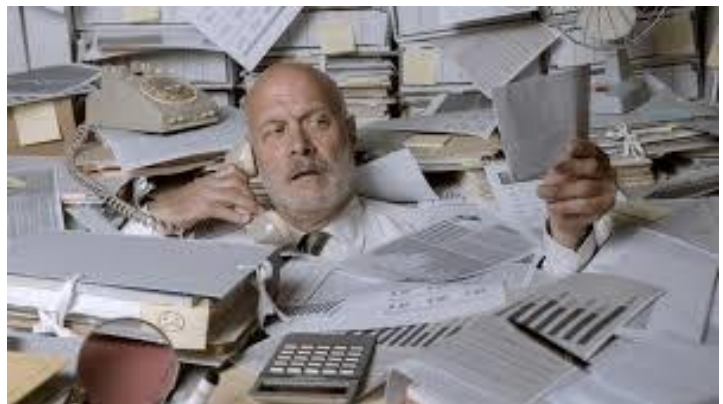
APRIL BIRTHDAYS:



| | |
|---------------------------|-------------------|
| <i>Robin Norton</i> | <i>April 3rd</i> |
| <i>Doris Engle</i> | <i>April 6th</i> |
| <i>Sandra Smerekanicz</i> | <i>April 6th</i> |
| <i>Donna Parzyck</i> | <i>April 8th</i> |
| <i>Elizabeth DeGeorge</i> | <i>April 16th</i> |
| <i>Michael Krenesky</i> | <i>April 21st</i> |
| <i>Katie Delvechio</i> | <i>April 26th</i> |
| <i>Ruth Pisani</i> | <i>April 28th</i> |
| <i>Pamela Bruckshaw</i> | <i>April 30th</i> |

INCOME TAX ASSISTANCE:

Connecticut free tax preparation is available if your household earned \$60,000 or less in 2023. You may be eligible for free tax filing with an IRS certified Volunteer Income Tax Assistance (VITA) preparer. The VITA Program will be held at the Center on Wednesdays starting 01/31/24. Appointments only, beginning at 5:30, 6:15 and 7:00.



Please contact Kim at (203) 516-8498 or (203) 723-2344

SENIOR SERVICES LISTED ON THE TOWN WEBSITE:

beaconfalls-ct.org/senior-services

Farmers Market Nutrition Food

Health Information

Minibus Service

Naugatuck YMCA/ Beacon Falls Parks and Recreation

New England Young at Heart

Senior Caring Services

Senior Center Membership Information

Senior Discount List

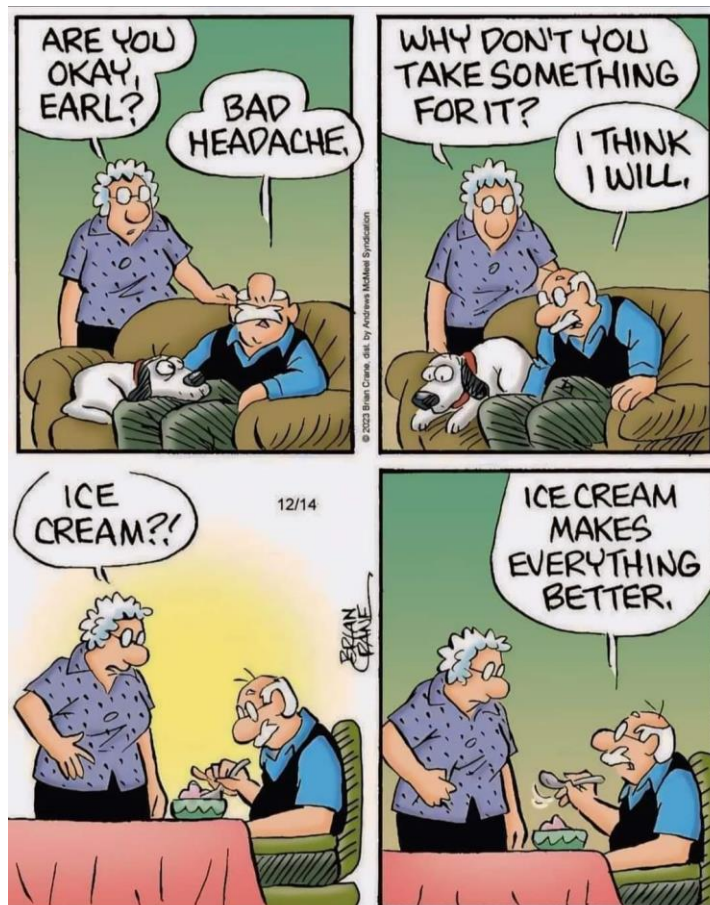
Senior Living Help

Silver Sneakers Health and Fitness Information

Tax Relief

Weekly Activities

Western Connecticut Agency on Aging



TODAYS HISTORY LESSON:



Fulton Market in Beacon Falls, ca. 1936 – 1940. Located on the corner of Bridge Street (now Depot Street) and South Main Street. The original black and white photo has been colorized.



**" Do not let age dictate
your worth; embrace the
wisdom that comes with
experience. "**

~ MARCUS AURELIUS
@ Life Philosophy and Lessons

WEEKLY ACTIVITIES:

MONDAY

9:30 AM – Tai-Chi with Ellen

Known for its slow, intentional movements, tai chi is a form of gentle exercise and moving meditation.

11:00 AM - TBD

12:00 PM - Canasta with Kim

1:00 PM – Pinochle

1:00 PM – April 8th, Library Craft

1:00 PM – April 15th, Albert Ruggerio, “Pearls from Carol”



TUESDAY

Grocery Shopping - sign up required as day may change.

9:30 AM - Exercise with Mary

1:00 PM – Pinochle

1:00 PM – April 2nd, movie of the month, “Miranda’s Victim”

WEDNESDAY

12:00 PM - Senior Lunch - sign up required. CHANGED FROM 12:30!!!

1:00 PM – Pinochle

2:00 PM - Wii Bowling

THURSDAY

9:30 AM - Exercise with Mary

11:00 AM – Co-ed Chair Yoga (Silver Sneakers / Naugy YMCA) CANCELED 4/18

12:30 PM - Bingo & Hot Dogs - DOORS OPEN at 12:15, Bingo starts at 1:00

FRIDAY

“Lunch on your own” - every Friday a different restaurant is chosen, seating is limited, sign-up sheet located at Senior Center. Time may vary check sign-up sheet.

8:00 AM – Yoga

1:00 PM – Pinochle

HEALTHY TIPS:

Spring has sprung and we are pleased that much of the state of Connecticut has safely returned to normal amid the post pandemic mania. Spring 2024 is to be filled with events, activities, and ways to enjoy the warm, floral months, and with most of our senior centers across the state open again, it's an exciting time to get involved, see old friends, make new ones, and more.

Now that the weather is warmer and you're newly retired like my wife and I, wondering, "what is there to do?" Like Nike's slogan, "Just do it", and try the things you've always wanted to. Just because you're retired doesn't mean you can't learn a new skill or pick up a new hobby. Connecticut offers plenty of activities for its retired residents with numerous educational and volunteer opportunities, physical activity classes, workshops, and other events. Here are the top ten best retirement activities in the state.

Learn a new language and explore a cultural awakening.

Volunteer to walk dogs at a local Humane Society.

Become tech savvy by taking a computer class.

Join a local senior center and sign up for Yoga classes.

Start a book club and invite new acquaintances.

Sign up for a cooking class.

Make pottery and clay creations.

Journey on guided trail walks.

Join seated stretching and upper body conditioning exercise classes.

Take art classes at your local senior center.

While setting out on new paths and new journeys may initially have you feeling sprung, remember these are the moments you dreamed of – relaxing days, restful nights, sipping coffee at midday while planning to pull the weeds from the garden. Stay flexible and be ready to change plans at any given moment by jumping out there and living life. Keep a positive attitude to live a full life and be grateful for how far you've come. And when you need more tips, just let your fingers do the walking and check out the local events in your area by using the following link to Age Well CT. <https://agewellct.org/events-calendar/>

MAINTAINING A HEALTHY HEART:

People who don't exercise are almost twice as likely to get heart disease as people who are active. The best way to keep your heart healthy is to do aerobic exercise. The American Heart Association recommends 30 minutes of moderate to vigorous aerobic exercise on most days of the week. Even if you divide your exercise time into ten- or fifteen-minute blocks throughout the day, you still get the benefits. Aerobic exercise improves heart and lung function and can reduce many of the risk factors for heart disease.

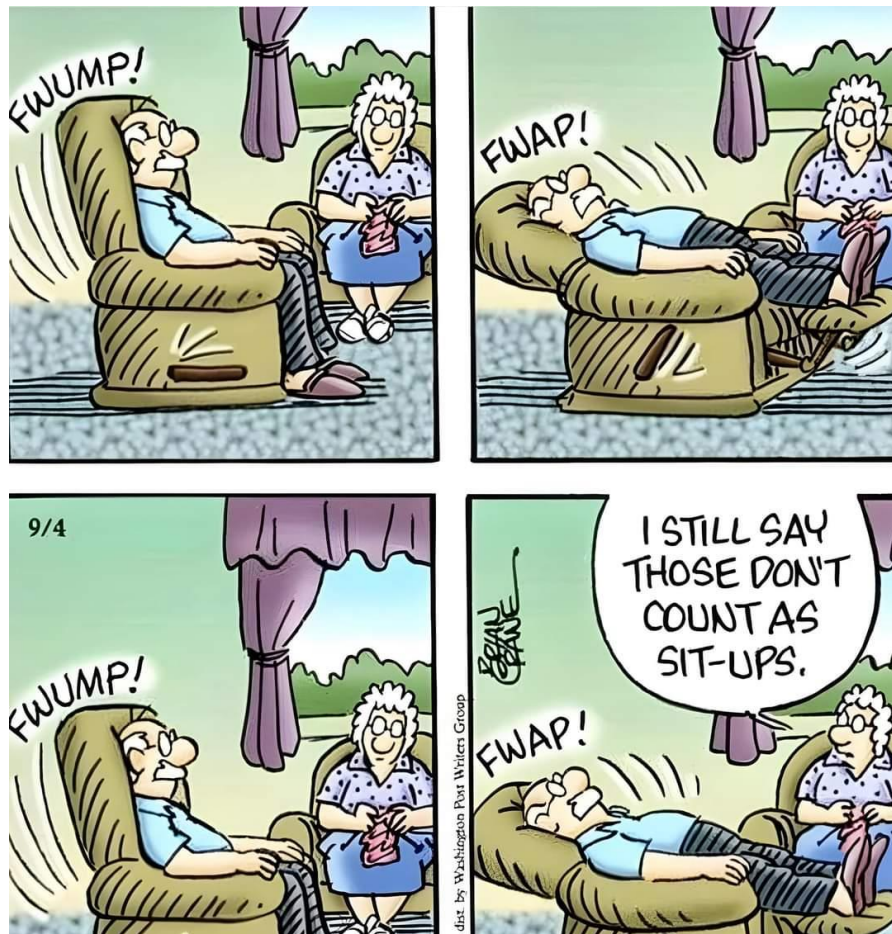
Aerobic exercises are those that keep your heart rate elevated in a continuous, steady manner over a period. To get the most benefit from aerobic exercise, aim for 50 to 85 percent of your maximum heart rate. To estimate your maximum heart rate, subtract your age from 220. If you don't want to stop to count heartbeats, you can assume that you're in your target rate if you can have a conversation while exercising without being too out of breath. You can also measure your heart rate with a heart rate monitor or fitness watch.

The most effective aerobic exercises you can add to your routine to keep your heart healthy include the following:

- 1. Walking is probably the easiest and most convenient exercise you can do to keep your heart in shape. It's free, you don't need fancy equipment, and it's easy to fit into a busy day. You can squeeze in walking time by walking to work, walking and talking on the phone, or walking your dog around your neighborhood.**
- 2. Stair climbing is an easy way to get your heart rate up into that target range quickly. You can climb any staircase at home or at work or use a stair machine in the gym.**
- 3. Biking is a great way to get your heart rate up and avoid impact. A mountain, road, or a stationary bike will give you these benefits. Pedaling a stationary bike at home can put you on the road to heart health when it's too cold or too wet to cycle outside.**
- 4. Swimming is another one of the best aerobic exercises. It's the third most popular sports activity in the United States, according to the Centers for Disease Control and Prevention. Two and a half hours of swimming per week will give you all the aerobic heart health benefits you need. Swimming is also great because it doesn't put any stress on your bones and joints. That can be especially helpful if you're a little overweight or have a joint condition such as arthritis.**
- 5. Elliptical training machines are one of the fastest-growing aerobic exercise options. These machines are available in most gyms and can also be purchased for exercise at home. The ellipticals with arm and leg movement handles are the best to get blood flowing to your upper and lower body at the same time, which means your heart will have to work twice as hard.**

6. **Dancing** is a fantastic form of aerobic exercise. It's fun and you can do it anywhere. All you need is good music and a little space. You can also take dance classes such as Zumba or salsa at a club. Any type of dance that gets your heart beating will work.
7. **Weightlifting** can be an aerobic exercise if done correctly. When you do a circuit (different exercises in a row with no rest in between), you can elevate your heart rate and work out your muscles at the same time. Think CrossFit style workouts or nonstop fitness classes.

Regular aerobic exercise has so many benefits beyond just heart health. In addition to helping to control blood pressure, aerobic exercise reduces stress and depression, improves cholesterol levels, helps weight loss, decreases diabetic blood sugars, increases muscle and bone strength, and helps prevent blood clots. Remember to always check with your doctor before beginning a new exercise regime. The key is to find aerobic exercises you enjoy and do them consistently.



All The World's Alive Again

by Jennifer Gunner

The rabbit hops its gentle step
The lark sings lyric songs
All the world's alive again
Spring rights the winter wrongs.

Mother hen protects her chicks
White blossoms are in bloom
All the world's alive again
No snowy clouds to loom.

A kitten chirps her tiny mew
The child blinks his eyes
All the world's alive again
A new world crystalized.