

THE COMPASS

OFFICIAL NEWSLETTER OF THE ROCKY HILL SENIOR/ COMMUNITY CENTER



JANUARY & FEBRUARY 2026

SENIOR SERVICES



Physical Location:

55 Church Street,
Rocky Hill, CT 06067



Mailing Address:

761 Old Main Street
Rocky Hill, CT 06067



Office Hours:

8:30am—4:30pm
Monday—Friday



Office Phone:

(860) 258-2786



Facebook:

[www.facebook.com/
RockyHillSeniorCenter/](http://www.facebook.com/RockyHillSeniorCenter/)



Website:

Rockyhillct.myrec.com

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MOTOWN MAGIC



Wednesday, January 21

12:00pm–2:00pm

Indulge in a delicious Hot Lobster Roll with Chips and Coleslaw. Enjoy the soul stirring performance by Tomaca featuring R&B, Motown and Jazz songs.

Cost: \$12M/\$15NM

Co-sponsor:



CUPID'S JUKEBOX BINGO



Wednesday, February 11

12:00pm–2:30pm

Luncheon will be Broiled Scallops, Roasted Potatoes, Green Beans and Garlic Knots. You will be treated to a FUN afternoon of Jukebox Bingo featuring popular Love Songs from the past to present day.

Cost: \$12M/\$15NM

Co-sponsor:



TRIBUTE TO DEAN MARTIN & PALS



Wednesday, February 25

12:00pm–2:00pm

Dine on Pot Roast with Gravy, Mashed Potatoes, Turnips and Dinner Roll while spending an afternoon with Jack Lynn. His "Dino" style and sound will take you back to the "Swingin" Rat Pack Years of the late 40's, 50's and 60's as he sings all the great tunes made famous by Dean Martin.

Cost: \$12M/\$15NM

Co-sponsor:



Inclement Weather Information

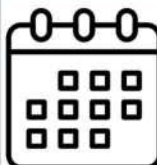
In terms of inclement weather cancellations, our Center follows the BOE school cancellation decision. In the event of:

Delayed Openings: Senior Center activities scheduled before 11:00am will be cancelled.

Early Dismissals: Senior Center activities scheduled after 1:00pm will be cancelled.

Full Day Cancellations: Senior Center activities will be cancelled for the entire day.

Please be sure to check our registration website: rockyhillct.myrec.com to find the current status of our programs/events.



Our facility will be closed:

Thursday, January 1 – New Year's Day
Saturday & Monday, Jan 17 & 19 – Martin Luther King Jr. Day
Saturday & Monday, Feb 14 & 16 – Presidents' Day



National Institute Of
Senior Centers

DIRECTOR'S MESSAGE

HAPPY NEW YEAR! We are excited to share our new, refreshed **COMPASS** newsletter for 2026. We have made a few tweaks that we hope you like.

We have added **Silver & Fit** to the approved Medicare Supplemental Insurance accepted for complimentary exercise classes. Please see page 13 for the complete list of classes, approved programs and registration policies.

Registration for **Income Tax Assistance Appointments** opens on January 12. This AARP sponsored program will be held on Mondays, February 9-April 13.

New class offerings listed in this issue include: Bling Workshop, HIIT & Tabata, Beginner Italian Language and Small Group Training.

Reminder to register early to avoid disappointment. Many of our programs and special events fill up quickly and have waitlists. Please add your name to the waitlist as quite often people cancel and a spot may open up.

There is a new Senior Center Golf League in the works. If you would be interested in playing, please leave your name at the front desk or register at rockyhillct.myrec.com.



Gina Cristalli Marino, Director

(860) 258-2786 | gmarino@rockyhillct.gov

Navigating the Compass

- 03.....Transportation
- 04.....Lunch/Health Services
- 05.....Educational Programs
- 6-8.....Instructional Programs
- 09.....Art Programs & Fitness
- 10.....January Lunch Calendar
- 11.....February Lunch Calendar
- 12.....Medicare Supplement Classes
- 13.....SilverSneakers
- 14.....Special Events
- 15.....Special Events
- 16.....Trips & Travel
- 17.....Open
- 18.....Games / Indoor Gym
- 19.....Human Services / Public Works
- 20.....Library



Café Coffee Sponsors December:

Marilyn Swepson,
Cara & Bruce Whitaker

January:

Anna Lisa Johnson

Thank you!
TO OUR SPONSORS

Volunteers are serving
complimentary

Coffee, Tea, Hot Chocolate. Grab a quick beverage before one of your activities or relax at our coffee bar and enjoy good conversation with friends!

**Open Monday – Friday
8:30am–2:00pm**

Support Your Senior Center by becoming a Café Coffee Sponsor

Join the Café Coffee Club & help provide refreshments to our patrons with a \$50 donation towards the Coffee Club or Gifts of Gratitude.



The Landing Gift Shop in the Rocky Hill Senior Center showcases an ever-changing array of hand-crafted items created by our seniors such as knitted items, cards, wreaths, paintings, soaps, and jewelry. It also carries local maple syrup and home-made jams, jellies, honey & pickles. This volunteer-led shop is usually open Monday through Thursday from 10:00am–2:00pm. Friday 10:00am–12:00pm. Please email rhscgiftshop@gmail.com for vendor application or if interested in volunteering. Stop by and visit us! **VOLUNTEERS NEEDED!**

**Thinking
of You**

Please let the office know of any Senior Center Member who would benefit from a hand-made get well, sympathy or thinking of you card created by our Community Crafters.

**GIFTS OF
GRATITUDE**

Donation program made in Honor of a Special Person, Event or Remembrance.

Your name here!

Rocky Hill Mini-Buses

Rocky Hill transportation services are available to residents age 60 and older, or to any adult with a disability. Transportation is provided to clients utilizing the following programs:

Rocky Hill Mini-Buses: Town operated mini-buses help clients get to medical appointments in Rocky Hill and Wethersfield, Monday thru Friday, and to appointments in Hartford and Glastonbury on Mondays and Wednesdays. In addition, rides are provided to local grocery and department stores, banks, beauty salons, barber shops, restaurants and Senior Center. Clients are limited to one ride per day.

Ambassador Transportation: A Tri-Town state grant provides transportation to medical appointments throughout most of Hartford county. To schedule a ride, please call (860) 258-2701 one working day in advance between 8:30 am and 10:30 am, Monday thru Friday. Service is "curb to curb." Therefore riders requiring assistance getting to and from the curb should plan to travel with a companion who can provide this help. Clients who travel in wheelchairs and are unable to operate their wheelchair independently must have an assistant travel with them. Please call Charlene at (860) 258-2701 for more information or to schedule a ride.

Our new vehicle has arrived! Thanks to a State grant from Department of Transportation, the Town of Rocky Hill now has a brand new 2026 Ford-E 350 passenger van for our mini-bus transportation program.



ADVENTURES IN DINING - BACK BY POPULAR DEMAND!

In January and February, our "Adventures" will return to two previous "Fan Favorite" restaurants.

TUESDAY, JANUARY 27- THE CHEESECAKE FACTORY, WEST HARTFORD- Select from an extensive menu, offering a wonderful variety of over 250 freshly prepared, made to order dishes. Be sure to save "room" for a slice of their famous, amazing cheesecakes for dessert!

TUESDAY, FEBRUARY 24- LAVA HIBACHI AND SUSHI, ROCKY HILL- The Chinese New Year is in February and what better way to celebrate than by participating in a fun Hibachi experience? Enjoy watching the chef prepare your food in an entertaining way.

Reservations at both restaurants are at 5:00 pm and individual checks will be provided to participants. There is a \$5.00 registration fee, whether you're taking the bus or driving on your own. Space is limited. Online registration is available at rockyhillct.myrec.com. Please call (860) 258-2701 with any questions.



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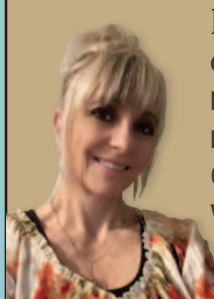
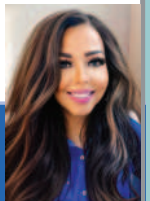
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WILLIAM RAVEIS

LUNCH

The Senior Center is serving a hot lunch for seniors 55 years and better. Meals are catered by Mitchell's Restaurant and are available Monday – Friday from 12:00–12:30pm. The cost for lunch is \$5 for residents and \$10 for non-residents. Reservations must be accompanied by payment and need to be made at least 3 business days in advance before 10:00am. Cancellations should be called in as early as possible and anyone arriving after 12:30pm is considered a “no show.” No Refunds. Credit may be applied for medical reasons only. A vegetarian option is available with advance notice for those with religious or dietary restrictions. Special events are excluded. Food is not allowed to be taken home.



Thank you to Big Y & Westside Market for their generous dessert donations!
Low sugar fruit cups are available for diabetics or those looking for a healthier option.
Please alert staff at check in.

WEST SIDE
Marketplace

Join us and share your noon time meal with old friends and make new friends. Our daily senior meal is subsidized by the Town and the fees we collect do not cover the expense of the program. If you are able to contribute more for your own lunch or would like to donate towards this wonderful cause, please feel free to give any amount. Your generosity is appreciated!

Financial Donation: Ronald & Irene Gingras

HEALTH SERVICES & PROGRAMS

BLOOD PRESSURE CLINIC

Weekly clinic will be held at the Center co-sponsored by Masonicare at Middlewoods of Newington and Masonicare at Greenridge Place. No appointments needed, just drop in.

Day: Tuesdays **Time:** 10:30am–11:30am

FOOT CARE

Pamela Rowe, RN will provide this service by appointment. Please pay provider at time of visit.

Date: Wednesdays, 1/14, 1/28, 2/11, 2/25

Time: 10:00am–2:30pm **Fee:** \$30 Home visit: \$50

HEARING SCREENING

Free Screening is provided by Nova Hearing and includes videoscope ear wax checks, hearing aid cleanings and adjustment, all make hearing aid repair services, batteries, complete testing and evaluations. Please call for an appointment.

Date: Thursday, 1/8, 2/5 **Time:** 1:00pm–3:00pm

MASSAGE

Join LMT Connie Drake for a Therapeutic Massage. Enjoy the many benefits of massage: relaxation, stress relief, decreased muscle tension, better sleep, increased awareness of balance, greater range of motion and reduced pain. Please call for an appointment and pay provider at time of visit. Massages are reserved for members only and held on select Wednesdays and Fridays. Due to high demand, Massages are limited to (2) per month per person.

Time: 9:00am–2:00pm

Fee: 15 Minute Chair Massage \$15

30 Minute Table Massage \$28 (\$30 after January 2026)

60 Minute Table Massage \$55 (\$60 after January 2026)

DEMENTIA CAREGIVER SUPPORT GROUP

Join Mary Klatt, Certified Dementia Specialist, for monthly discussions on types of dementia including Alzheimer's, tips for handling behaviors, and available support for caregivers. Complimentary boxed lunch provided. Please preregister by the preceding Friday

Date: Tuesday, 1/20 & 2/17 **Time:** 12:00pm–1:00pm

NOTARY SERVICE

Notary service provided by a representative of Gordon, Muir & Foley, LLC, is available on the second Thursday of the month. Members may take advantage of this FREE service for documents that require a notarized signature. Please bring photo identification along with the documents to be signed. Please register for a 10 minute appointment.

Dates: Thursday, 1/8, 2/12 **Time:** 11:30am–12:30pm

REIKI SESSIONS

Reiki is a Japanese technique for stress-reduction and relaxation. It promotes physical and emotional healing in the body. It is a holistic approach that removes blocks to the flow of energy in the body. Reiki is effective in promoting physical and emotional healing in the following areas: Acute and chronic pains, and well-being during cancer treatment; Stress, anxiety and depression, Pre/Post Operative transitions. A calm mind, body and spirit, makes way for a healthier you!

Dates: Friday, 1/2, 2/6. **Time:** 10:00 am–1:45 pm

Fee: \$30.00 for 30 minute session



2025 TAX ASSISTANCE

A free IRS-certified tax assistance program, AARP Foundation Tax Aide, will be available for low-to-moderate-income taxpayers, primarily for those 60 and older. Appointments are scheduled on Mondays 2/9/26-4/13/26 from 9:00am-3:30pm. Please call after 1/12/26 for an appointment.

2025 TAX UPDATE

Monday, January 26, 1:00-2:00pm

Join us to discuss the 2025 tax law changes and learn how they may impact you. Mike Dill, local coordinator of the Rocky Hill AARP Tax Aide program, will give an informative presentation leaving time for questions and discussion. **Program is free but registration is required.**

CONNECTICUT TAX PRESENTATION

Friday, January 9, 10:00-11:00am

Join Amy Nguyen, from the Connecticut Department of Revenue Services' Education and Outreach Team. This small, relatively new unit focuses on helping taxpayers answer questions and educate through public presentations. Topics will include, but not limited to:

- Connecticut state income tax questions
- Updates to Connecticut's tax code
- myconnect walkthroughs
- State business taxes and their various applications

Additionally, explanation of the newly launched Constituent Services Unit, which helps taxpayers and their practitioners understand their rights and responsibilities under the law. Our team is happy to share information on this new unit and how state residents can utilize these free services. Outreach Team will stay after the presentation for individual questions

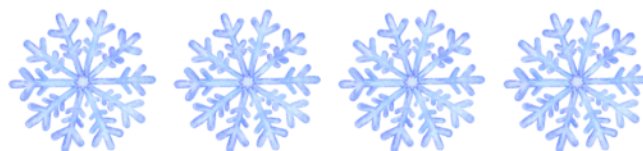
Program is free but registration is required.

MEDICARE'S NEW GUIDE PROGRAM: EMPOWERING FAMILIES WITH TRUSTED DEMENTIA CARE RESOURCES Friday, January 30, 10:00am-11:00am

This presentation introduces Medicare's new GUIDE Program, in partnership with my Agency, Home Helpers Home Care of Middletown, CT, designed to support individuals living with dementia and their family caregivers. We will cover eligibility benefits that are available (including care navigation, caregiver support, respite care funding), and how families in our community can access these resources. The session is educational, practical, and focused on easing caregiver burden while improving quality of life for seniors with dementia. **Program is free but registration is required.**

FRAUD & SCAMS Friday, February 27, 10:00am-11:00am

Join Sergeant Nick DeNovellis of the Rocky Hill Police Department for an informative presentation on the latest fraud schemes and scams that are plaguing our seniors. He will arm us with ways we can avoid becoming a victim. **Program is free but registration is required.**



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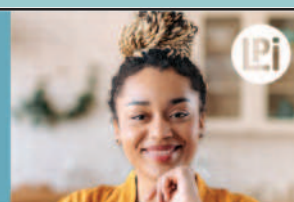
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BELLY BUSTERS

This is a half hour class that targets your core and more. We will shape and tone your midsection which will require some mat work on the floor. If your goal is a flat belly & a smaller waist this class is for you.

Instructor: Kathryn Zizzi-Meyers

Days: Friday **Dates:** 1/2-2/20, 3/13-5/8 (NC 4/3)

Time: 9:00am-9:30am **Fee:** Free RA/\$28M/\$34NM

BELLY DANCING

Learn posture, presence and power through this ancient art form. The moves in this dance are very simple and natural. They stretch and strengthen the muscles, the bones, the internal organs, improve balance, and connect you to your own awareness of mind and body. It is also a lot of fun and connection with other women. The moves are not strenuous, but you will use every part of your body. Gia has been teaching Belly Dance since 1997.

This class is about obtaining grace, power, freedom, joy, through belly dance.

Instructor: Gia Khalsa

Day: Wednesdays **Dates:** 1/7-2/11, 2/25-4/1

Time: 1:00pm -1:45pm **Fee:** \$48M/\$58NM

BETTER BALANCE

Would you like to improve your overall balance, strength and endurance? In this class you will learn how your body controls your balance and ways to help improve your overall balance and reduce the risk of falling. You will also learn how to identify potential risk factors for falling in your home and environment, as well as ways to correct for these.

Instructor: Physical Therapy Center of Rocky Hill

Day: Wednesdays **Dates:** 1/21-3/11

Time: 2:15pm-3:00pm **Fee:** \$16M/ \$20NM

NEW! BLING WORKSHOP

All that is required is an item or 2 to bling, such as a sweatshirt, t-shirt, tote bag etc. in the color of your choice. We will use crystal-color rhinestones, with a choice of one of four designs. All other supplies provided. Maximum 6 people.

Instructor: Vivian Bachteler

Day: Thursday **Date:** 2/12

Time: 1:00pm-3:00pm **Fee:** \$10M/\$12NM

CHAIR YOGA WITH MARY

This class is a fun, gentle form of yoga done mostly while seated. Optional standing poses are included, with suggested modifications to accommodate bodies and abilities. Chair yoga is encouraged for people who might be recovering from an injury, have limited mobility, or concerned about balance. Physical benefits include stretching stiff muscles, keeping joints limber, and helping improve circulation by moving the limbs. Mental benefits include stress reduction, body awareness & increased mindfulness achieved through meditation, & breath work.

Instructor: Personal Euphoria

Day: Thursdays **Dates:** 1/8-2/12, 2/20-4/2

Time: 10:05am-10:50am **Time:** 10:55am-11:45am

Fee: \$36M/ \$46NM

CHAIR YOGA WITH GIA

Gia's style of "Yoga in a chair", is a great experience for ALL fitness levels. This class will make you feel good all over by stretching & strengthening every part of the body. The class is gentle yet effective. Mostly done sitting but has a section with standing to work balance and the legs. Gia has studied and taught yoga since 1970 and has developed her own personal style.

Instructor: Gia Khalsa

Day: Mondays, **Dates:** 12/8-1/12, 1/26-3/9 (NC 2/16)

Time: 1:30pm-2:15pm **Fee:** \$36M/\$46NM

Day: Tuesdays **Dates:** 12/9-1/13, 1/27-3/3

Time: 11:00am-11:45am **Fee:** \$36M/\$46NM

INTRODUCTION TO CHESS

This class will focus on learning the basics of this mind stimulating game. Our instructor, Aryan Jangle, a Sophomore at RHHS, has been playing chess since he was 4 years old. He is eager to teach this exciting game and share his passion and knowledge. He has been to many tournaments and won over 25 trophies. Former students are welcome to play.

Instructor: Aryan Jangle

Days: Saturdays **Dates:** 1/10-3/14 (NC 1/17, 2/14)

Time: 10:00am 12:00pm **Fee:** \$10M/\$15NM

CREATE A COLLAGE ADVANCED

"It's the little things that make the big picture." Are you looking for another way to expand your possibilities in your art work. Join the collagers. Instructor will introduce the many ways working with paper can enhance a painting, drawing, etc. Must have previous collage experience.

Instructor: Janet Ferraris

Dates: Wednesdays, 1/14-3/4

Time: 10:00am-11:30 am **Fee:** \$18M/\$22NM

CIRCUIT TRAINING

Workout is specially designed for older active adults with modifications by a certified personal trainer to include all fitness levels. Go at your own pace with timed intervals using weights, bands, balls, step and cardio exercises. Jump start weight loss, improve balance, coordination and gain strength in this fun and friendly class.

Instructor: Wendy LeClerc

Days: M, W, F **Dates:** 1/5-1/28 (NC 1/19), 1/30-2/23 (NC 2/16), 2/25-3/18.

Time: 11:00am-11:50am

Fee: 3 classes/ week; Free RA/\$50M/\$58NM

2 classes/ week; Free RA/\$40M/\$48NM

FUNCTIONAL FUN TONING

Use it or lose it and have fun while doing it! This class focuses on toning but also includes balance and range of motion exercises that are executed from standing and seated positions.

Required: sneakers and a set of 1 or 2 pound hand weights.

Suggested: water bottle and sweat towel.

Instructor: Karen Chorney

Day: Wednesday **Dates:** 1/14-2/18

Time: 9:00am-9:45am **Fee:** Free RA/\$30M/\$38NM

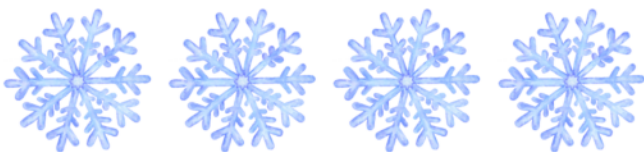
GENTLE YOGA

This is an 60 minute all levels, mat-based yoga class for seniors that will help you calm your mind, strengthen and stretch your body and improve body awareness and balance. This class is for every body, as it incorporates conscious breathing with slow controlled movements and focused stretching. There will be opportunities to modify postures throughout, and each class will end with a restorative posture and quiet relaxation.

Instructor: Kristin Longenecker

Days: Mondays **Dates:** 1/5-2/23 (NC 1/19, 2/16), 3/9-4/13

Time: 4:15pm-5:15pm **Fee:** Free RA/\$36M/ \$46NM



GUITAR-SMALL GROUP

GROUP ACOUSTIC LESSONS FOR ADULTS In this class, students will learn the fundamentals of playing the acoustic guitar in a small-group setting with individual attention. Students will learn how to form chords and read chord diagrams, learn guitar tablature, and how to play various strumming patterns in songs. This class is perfect for a beginner or someone who wishes to pick up the guitar after being away from it for a long time. The student must bring his/her own guitar and tuner to class.

Instructor: Maryanne Lauria

Day: Mondays **Dates:** 1/5-2/23 (NC 1/19, 2/16), 3/30-5/4

Time: 4:45pm-5:15pm **Fee:** \$75M/ \$85NM

GUITAR-SMALL GROUP

ADVANCED BEGINNER ACOUSTIC GUITAR

In this class, students will continue learning new chords, strumming patterns, and guitar tab for the acoustic guitar in a small-group setting with individual attention. The student will apply this knowledge to learn familiar songs. Class is intended for students who completed the beginner acoustic guitar class or by permission of the instructor. The student must bring his/her own guitar and tuner to class.

Instructor: Maryanne Lauria

Day: Mondays **Dates:** 1/5-2/23 (NC 1/19, 2/16), 3/31-5/5

Time: 5:30pm-6:00pm **Fee:** \$75M/ \$85NM Class Cap

THE GREAT COURSES—WWI & WWII

Join former educator and facilitator Mimi Theroux, as she shares a series of college-level audio and video courses on our large screen detailing key events from WWI and WWII. Each video is approximately 30 minutes in length to allow two episodes to be shown each week followed by a lively group discussion.

Instructor: Mimi Theroux

Days: Tuesdays **Dates:** 1/6-2/24, 3/10-4/28

Time: 1:00pm-2:30pm **Fee:** \$12M/\$15NM

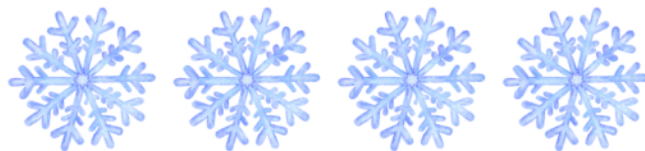
NEW! HIIT & TABATA

High Intensity Interval Training, with Tabata in the mix! Tabata is a form of HIIT: a fat-burning routine incorporating short, intense bursts of exercise which will help to improve balance, boost metabolism and improve cardiovascular health. This class will offer modified versions of low-impact and highly effective routines, to music! 10-person minimum to run the class.

Instructor: Lisa Callahan

Day: Thursday **Dates:** 1/8-2/26

Time: 10:30am-11:30am **Fee:** \$48M/\$58NM



"The quality of care we give to our residents is what sets us apart."

Charlyse M. - Community Mind & Memory Care Director

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NEW! ITALIAN LANGUAGE – BEGINNER LEVEL 1

Always wanted to learn Italian? Start with Level 1 in a supportive, no-pressure environment designed for adults and seniors. We'll build skills step by step, and those who continue can progress to the next levels together—maybe even practice in Italy one day! Learn: pronunciation, basic grammar, practical phrases, and fun cultural insights. Enjoy: small group size, clear explanations and conversation practice, materials included. Space is limited to keep the class interactive and enjoyable — early registration is encouraged. Discover the beauty of Italian—step by step, with confidence and joy!

Instructor: Anna Oliva

Day: Thursday **Dates:** 2/5-3/12

Time: 10:00am-11:15am **Fee:** \$75M/\$85NM

LINE DANCING

Learn dances to Rocket to The Sun, I Like This, Bullfrog on A Log and so much more! Prepare yourself to go out dancing and you will find that you do less sitting, as you will know many of the Line Dances that are being done now.

Instructor: Amy Perales

Beginner: Days: Thursdays **Dates:** 1/8-2/12, 2/26-4/2

Time: 11:45am-12:30pm **Fee:** \$35M/\$45NM

Advance Beginner: Days: Thursdays **Dates:** 1/8-2/12

Time: 12:30pm-1:15pm **Fee:** \$35M/\$45NM

MAHJONGG FOR BEGINNERS

Learn to play the American version of Mahjongg, a brain stimulating tile game of strategy as well as an excellent memory exercise. You will learn about the tiles, how to decode the card and all the rules to play the game. The American version has 152 tiles that are drawn and discarded until one player secures a winning hand. The fee for the class includes your card.

Instructor: Kathryn Carle

Day: Tuesdays **Dates:** 1/13-2/10

Time: 10:00am-12:00pm **Fee:** \$36M/\$46NM

PARKINSON'S EXERCISE

Come take a class designed specifically for persons with Parkinson's. Appropriate for ALL with mobility concerns. This hour long session focuses on balance, strength, speech and power. We use some traditional and more unique equipment to foster positive results.

Instructor: Lisa Callahan

Day: Mondays **Dates:** 1/5-2/23 (NC 1/19, 2/16),

Time: 2:00-3:00pm **Fee:** \$24M/\$32NM

Day: Mondays **Dates:** 3/9-4/27

Time: 2:00-3:00pm **Fee:** \$32M/\$40NM

Day: Thursdays **Dates:** 1/8-2/26, 3/12-4/30

Time: 1:00pm-2:00pm **Fee:** \$32M/\$40NM

QIGONG CLUB

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture. Volunteer Martha Jaffe will guide you through gentle movements and a guided meditation that will leave you feeling relaxed and refreshed.

Instructor: Martha Jaffe

Day: Wednesdays **Dates:** 1/7-2/25, 3/4-4/8

Time: 11:00am-12:00pm **Fee:** Free RA/\$16M/\$20NM

Day: Fridays **Dates:** 1/9-2/27, 3/6-4/17 (NC 4/3)

Time: 12:00pm-1:00pm **Fee:** Free RA/\$16M/\$20NM

SINGING FOR FUN

This relaxed and enjoyable class is for ANYONE who likes to sing! Familiar tunes and some modern songs as well, simply for FUN! There are several health benefits to singing. It improves sleep, releases endorphins, improves our posture and calms our mind. You do not have to be an experienced singer to enjoy the many benefits of song. Have an instrument? Bring it along! All are welcome. Lynn is a professional musician with an A.S. in Music!

Instructor: Lynn Tracey

Day: Tuesday **Dates:** 1/20-3/10

Time: 1:00pm-2:00pm **Fee:** \$20M/\$24NM

NEW! SMALL GROUP TRAINING

This group training and cardiovascular program will utilize resistance machines, free weights, and other accessories to to help strengthen and tone while increasing your heart rate. A stretching segment will conclude the session. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation. Class size is limited to 6.

Instructor: Sheryl Harle

Days: Tuesday **Dates:** 1/13-2/17, 2/24-3/31

Time: 11:15am-12:00pm **Fee:** \$68M/\$82NM

STRENGTH & TONING- MAT

A certified personal trainer will help get you stronger and toned with the use of dumbbells, bands, bars and various equipment. Your body can be the fitter self that it deserves to be. We'll use the mat for core work, cool down & stretching.

Instructor: Wendy LeClerc **Days:** M, W, F

Dates: 1/5-1/28 (NC 1/19), 1/30-2/23 (NC 2/16)

Time: 10:00am-10:50am

Fee: 3 classes/ week; Free RA/\$50M/\$58NM

2 classes/week; Free RA/\$40M/\$48NM

TAP DANCING—INTRODUCTION

This class is perfect for the absolute beginner. Someone that has never taken tap dancing before. We be work on various Tap Terminology, strengthening the ankles through various exercises and working on balance, which is the most difficult part of tap for most people.

Instructor: Amy Perales

Day: Thursdays **Dates:** 1/8-2/12, 2/26-4/2

Time: 2:15pm-3:00pm **Fee:** \$35M/\$45NM

TAP DANCING

Join us for the wonderful art of tap dancing! Are you a former tapper or have always wanted to try tap dancing? Here is your chance!

Instructor: Amy Perales

Day: Thursdays **Dates:** 1/8-2/12, 2/26-4/2

Time: 1:30pm-2:15pm **Fee:** \$35M/\$45NM

TOTAL BODY WORKOUT

This circuit training program incorporates resistance machines, free weights, bands, balls, and cardiovascular equipment to help improve balance, functional strength, mobility and cognitive skills. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation. Class size is limited to 6.

Instructor: Kathryn Zizzi-Meyers

Days: M & W **Dates:** 12/3-1/12 (NC 12/24, 12/31),

1/14-3/2 (NC 1/19, 2/16, 2/23, 2/25)

Time: 1:30pm-2:15pm **Fee:** \$68M/\$82NM

Time: 2:30pm-3:15pm **Fee:** \$68M/\$82NM

Time: 3:30pm-4:15pm **Fee:** \$68M/\$82NM

NEW! WINTER WALKING EXERCISE WITH LYNN

Let's walk off the winter blues INDOORS and get our steps in! Enjoy some upbeat music to walking routines. Join Lynn on Wednesdays in Dance Room 6 for this invigorating 11-week winter session to help us to keep warm and fit!

Instructor: Lynn Tracey

Day: Wednesday **Dates:** 1/14-3/25

Time: 1:00pm-1:45pm **Fee:** \$35M/\$45NM

UKULELE LESSONS-BEGINNER GROUP

Students will learn the basics of the ukulele and how to play simple songs in a fun and relaxed atmosphere. Topics will include identifying parts of the ukulele, how to tune the instrument, how to play notes and chords, strum patterns, and understanding music theory as it relates to the ukulele. Course Materials Required: Ukulele, a tuning device (clip on or free app on phone or tablet), and a pocket folder for handouts. The Music Score (2315 Silas Deane Hwy., Rocky Hill) will put together a package deal for seniors which will include a ukulele and tuner for \$50. One Ukulele and tuner may be available to borrow for use during class. Please ask office when registering.

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 1/6-2/10, 3/31-5/5

Time: 4:45pm-5:15pm **Fee:** \$65M/\$75NM

UKULELE LESSONS-CONTINUING GROUP

Using skills learned in the Beginner Group, students will learn additional chords and strumming techniques as applied to songs covered in this 6-week course. Participants will learn how to read ukulele tab and understand music theory as it relates to the ukulele. (Prerequisite: Beginner Group Ukulele or by instructor recommendation).

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 1/6-2/10, 3/31-5/5

Time: 5:30pm-6:00pm **Fee:** 65M/\$75NM

ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba! This program was developed specifically for young-at-heart, fun loving adults. It's a dance fitness class that exercises your brain and body. The best part is that no experience is required. All you need is: Athletic sneakers with a rubber sole. Dress in comfortable clothes, and bring a water bottle and sweat towel.

Instructor: Karen Chorney

Day: Thursday **Dates:** 1/8-2/12

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM

Day: Tuesday **Dates:** 1/13-2/17

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | | 01 | 02 |
| | | | Happy New Year! Senior Center is Closed | |
| | | | | Fried Clam Strips French Fries Onion Rings Tarter Sauce |
| 05 | 06 | 07 | 07 | 09 |
| Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Dinner Roll | BBQ Ribs Baked Beans Coleslaw Cornbread | Chicken Marsala Roasted Potatoes Grilled Asparagus Wheat Rolls | Beef Stew Garden Salad Dinner Roll | Corned Beef Reuben Potato Salad Chips Pickle |
| 12 | 13 | 14 | 15 | 16 |
| Chicken Cordon Bleu Mashed Potatoes Green Beans Dinner Roll | Smoked Brisket Mac & Cheese Corn on the Cob Grilled Buttermilk Biscuit | Sole Francais Rice Pilaf Broccoli Wheat Roll | Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Beets Garlic Bread | Grilled Salmon Roasted Potatoes Carrots Dinner Roll |
| 19 | 20 | 21 | 22 | 23 |
| MARTIN LUTHER KING JR. DAY CLOSED | Turkey Pot Pie Caesar Salad Dinner Roll | MOTOWN MAGIC Hot Lobster Roll Coleslaw Chips Pickle \$12 M / \$15 NM | Roast Beef Roasted Potatoes Grilled Asparagus Dinner Roll | Penne Carbonara Garden Salad Garlic Bread |
| 26 | 27 | 28 | 29 | 30 |
| Carved Turkey w/ Gravy Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Dinner Roll | Philly Cheese Steak Grinder w/ Peppers & Onions French Fries Pickle | Chicken Parmesan Pasta Marinara Garden Salad Garlic Knots | Baked Ham Scalloped Potatoes Green Beans Wheat Roll | Baked Stuffed Shrimp Baked Potato Broccoli Dinner Roll |

Payment is due at time of registration. Cost: \$5 Resident / \$10 Non-resident, unless otherwise noted.

FEBRUARY LUNCH CALENDAR

11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 02 | 03 | 04 | 05 | 06 |
| Pork Roast w/Gravy Garlic Mashed Potatoes Grilled Asparagus Wheat Roll | Cream of Broccoli Soup Turkey on Hard Roll w/ Cheese, Lettuce & Tomato Chips Pickle | Chicken Piccata w/ Gravy Mashed Potatoes Broccoli Dinner Roll | Beef Stroganoff Egg Noodles Garden Salad Dinner Roll | Seafood Platter (Shrimp, Fish, Clam Strips) w/Tartar or Cocktail Sauce Coleslaw French Fries |
| 09 | 10 | 11 | 12 | 13 |
| Meatloaf w/ Gravy Peas & Carrots Mashed Potatoes Dinner Roll | Stuffed Shells Caesar Salad Garlic Bread | CUPID'S JUKEBOX BINGO Broiled Scallops Roasted Potatoes Green Beans Garlic Knots \$12 M / \$15 NM | Bourbon Beef Tips Mashed Potatoes Brussel Sprouts Dinner Roll | Ham Steak Mac & Cheese Broccoli Dinner Roll |
| 16 | 17 | 18 | 19 | 20 |
| PRESIDENT'S DAY CLOSED | Shepard's Pie Garden Salad Dinner Roll | Chicken LaCava Mashed Potatoes Broccoli Wheat Roll | Foot Long Hot Dog w/ Cheese Sauce, Chili, Sauerkraut & Onion French Fries Pickle | Penne w/ Meatballs Caesar Salad Garlic Bread |
| 23 | 24 | 25 | 26 | 27 |
| Lemon Chicken Rice Pilaf Green Beans Wheat Roll | Stuffed Peppers Garden Salad Garlic Knots | TRIBUTE TO DEAN MARTIN & PALS Pot Roast w/ Gravy Mashed Potatoes Turnips Dinner Roll \$12 M / \$15 NM | Carved Turkey w/ Gravy Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Dinner Roll | Baked Haddock Roasted Potatoes Grilled Asparagus Dinner Roll |

Please register 3 business days in advance by visiting rockyhillct.myrec.com or calling (860) 258-2786.



SILVER SNEAKERS CLASSES

January & February 2026

SILVER SNEAKERS CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

Everyone is welcome to participate. SilverSneakers and Renew Active members are free, with all other members paying a modest fee. Registration is required.

ARTHRITIS: SilverSneakers classes offered in partnership with the Arthritis Foundation are designed to help seniors and those with arthritis improve their strength, flexibility, and range of motion. These classes, often chair-based, provide a safe and effective way to manage arthritis pain and improve overall health.

Lynn Tracey

Wednesday, 1/7-2/11; 2/18-3/25

10:00am-10:45am

Fee: Free RA&SS/\$30M/\$35NM

BOOM MUSCLE: An action-packed, 30-45-minute class intended to help build muscular and bone strength and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity for all levels. Modifications are always available and encouraged for your safety and success.

Sheryl Harle

Tuesday, 1/13-2/17; 2/24-3/31

10:00am-10:45am

Fee: Free RA&SS/\$30M/\$35NM

CARDIO DRUM BALL: Work up a sweat with two drumsticks and a big ball! TONS OF FUN and a GREAT cardio workout! Improves your coordination, sense of rhythm, and works your heart at the same time. Moves choreographed to favorite tunes. Drum Ball is proven to benefit the body, strengthen heart and lungs, build healthy strong bones, improve flexibility, and increase muscular strength and endurance. Adaptable for all physical ability levels.

Wendy LeClerc

Monday, 12/15-2/2 (NC 12/29, 1/19); 2/9-3/23 (NC 2/16)

12:00pm-12:45pm Fee: Free RA&SS /\$30M/\$35NM

Wendy LeClerc

Wednesday, 1/14-2/18; 2/25-4/1

12:00pm-12:45pm

Fee: Free RA&SS /\$30M/\$35NM

CARDIO KICKBOXING: A combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class.

Wendy LeClerc

Wednesday, 12/3-1/21 (NC 12/24, 12/31); 1/28-3/4

9:00am-9:45am

Fee: Free RA&SS/\$30M/\$35NM

CHAIR AEROBICS: This aerobic exercise class is a safe and effective low-impact workout. Chair is used for stability or seated exercise. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise, while significantly reducing the risk of injury or fall.

Sheryl Harle

Tuesday, 1/13-2/17; 2/24-3/31

9:00am-9:45am

Fee: Free RA&SS/\$30M/\$35NM

SENIOR STRETCH: A class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

Sheryl Harle

Thursday, 12/11-1/29 (NC 12/25, 1/1); 2/5-3/12

10:00am-10:45am

Fee: Free RA&SS/\$30M/\$35NM

SILVERSNEAKERS® YOGA: You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Lynn Tracey

Friday, 1/9-2/13; 2/20-3/27

10:00am-10:45am

Fee: Free RA&SS /\$30M/\$35NM

STABILITY: A group exercise class designed specifically to keep participants "safe on their feet." Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall, provides substantial knowledge and practical work for class members to increase function and long-term independence.

Sheryl Harle

Thursday, 12/11-1/29 (NC 12/25, 1/1); 2/5-3/12

9:00am-9:45am

Fee: Free RA&SS/\$30M/\$35NM



SilverSneakers

Rocky Hill Senior Center

ACCEPTS THE FOLLOWING MEDICARE SUPPLEMENTAL INSURANCES FOR FITNESS PROGRAMS



Must Sign In With Instructor For Each Visit

| | | |
|----------------------|------------------|---------|
| Arthritis Foundation | Wednesday | 10:00am |
| Boom Muscle | Tuesday | 10:00am |
| Cardio Drum Ball | Monday/Wednesday | 12:00pm |
| Cardio Kickboxing | Wednesday | 9:00am |
| Chair Aerobics | Tuesday | 9:00am |
| Senior Stretch | Thursday | 10:00am |
| SilverSneakers® Yoga | Friday | 10:00am |
| Stability | Thursday | 9:00am |



Must Scan In for Each Visit

| | | |
|-------------------------------------|-------------|---------------|
| All SilverSneakers® Classes (above) | | |
| Belly Busters | Friday | 9:00am |
| Circuit Training | Mon/Wed/Fri | 11:00am |
| Functional Fun Toning | Wednesday | 9:00am |
| Gentle Yoga | Monday | 4:15pm |
| Qigong Club | Wednesday | 11:00am |
| Qigong Club | Friday | 12:00pm |
| Strength and Toning | Mon/Wed/Fri | 10:00am |
| Pickleball | Mon-Sat | Various Times |
| Fitness Center Membership | Mon-Sat | Various Times |



Limited to 3 Classes Per Week Must Sign In with Instructor for Each Visit

| | | |
|----------------|----------|---------|
| Boom Muscle | Tuesday | 10:00am |
| Chair Aerobics | Tuesday | 9:00am |
| Senior Stretch | Thursday | 10:00am |
| Stability | Thursday | 9:00am |

You must register in advance and provide an active membership number, please adhere to the individual policies above.

****Schedules subject to change**

For more information call (860)258-2786 or email Ltracey@rockyhillct.gov

CATHEDRALS: GOTHES, GARGOYLES AND GOD Dr. Richard Benfield, Author

Wednesday, January 14, 2:00pm-3:00pm

In 1000 A.C., European churches were small, thick-walled, dark and dreary. Less than 200 years later they were breathtaking architectural wonders, rising more than 200 feet and lit by stained glass windows the size of tennis courts. In an illustrated tour from the first Gothic Cathedral in St. Denis Paris, to the glorious cathedrals of Durham, Chartres and Rouen, Dr. Benfield explains what happened to make this frenzy of church building possible and so spectacular.

Program is free, but registration is required.



COFFEE WITH THE MAYOR

**Thursdays, January 22 & February 26
10:30am-11:30am Senior Center Lobby**



Join Mayor Allan Smith for coffee, conversation and an exchange of ideas for the future of Rocky Hill. Please drop in for complimentary refreshments and great discussions.

Preregistration not required.

THE HISTORY OF CT TREES-John Kehoe, Arborist Friday, January 23, 11:00am-12:00pm

John Kehoe is the former City Forester for the City of Hartford, and his experience with tree care and maintenance spans more than 40 years. Learn about the many different species and notable trees that exist within our local community, some of which date back over 100 years!

Registration is required.

Cost: \$3 M/ \$5 NM



DUDLEYTOWN

Wednesday, February 4, 1:00pm-2:00pm



The State of Connecticut is no stranger to legends and tall tales. Some of these legends can be attached to historical events, people, and places. Dudleytown may be one of Connecticut's most mysterious locations. Join historian Dan MacNeil

as we dive into the history of the area known as Dudleytown, and how it has come to hold the mysterious quality that it has today.

Program is free but registration is required.

BAROQUE TO BERNSTEIN A HISTORICAL JOURNEY THROUGH SONG Wednesday, January 28, 2:00-3:00pm

Join Gina Consiglio (soprano) and Erich Simo (tenor) as they present a transformative journey through song from Opera's Baroque beginnings to the Broadway boards of Bernstein. They will present how this art form evolved over the centuries singing some of the world's most beloved songs from composers such as Mozart, Verdi, Puccini, Gershwin, Bernstein and more. Gina and Erich first met while singing in a production of "Aida" at the world renowned Amato Opera in NYC where they sang for several years at the onset of their operatic careers.

Program is free, but registration is required.

Co-sponsor:



BALD EAGLE PRESENTATION

Lynn Tracey, Osprey Nation and Audubon Volunteer Nature Photographer

Friday, February 13, 11:30am-12:15pm

Enjoy this presentation offering information on the Bald Eagles of Connecticut and beyond, including migration, breeding, and some historical facts. We will learn why the Bald Eagle was removed from the Endangered Species List and placed on the Threatened Species List. We will also review the laws pertaining to this federally-protected bird along with its migratory range, behavioral patterns and breeding season.

Program is free but registration is required.

PAINT PARTY

Wednesday February 18, 2:00pm-4:00pm



Welcome to a winter wonderland paint party! Come join us in creating this magical landscape where the sky comes alive with the northern lights. Using blue and green acrylic paints, we will create a swirling northern light sky. Then we will add a dark silhouette of evergreen trees with a foreground of snow and ice. All materials are included.

Cost: 12M/\$15NM



SPECIAL EVENTS

January & February 2026

15

Join us for monthly presentations on a wide variety of interesting topics. Short videos followed by a facilitated group discussion. **Program is free but registration is required.**

HELPING HUMANS AND ANIMALS LIVE TOGETHER

JANE GOODALL FRIDAY, JANUARY 16, 11:30AM-12:15PM

The legendary chimpanzee researcher Jane Goodall talks about TACARE and her other community projects, which help people in booming African towns live side-by-side with threatened animals.

WHAT I LEARNED FROM NELSON MANDELA – BOYD VARTY

In the cathedral of the wild, we get to see the best parts of ourselves reflected back to us." Boyd Varty, a wildlife activist, shares stories of animals, humans and their interrelatedness, or "ubuntu" -- defined as, "I am, because of you." And he dedicates the talk to South African leader Nelson Mandela, the human embodiment of that same great-hearted, generous spirit.

LIFE'S THIRD ACT

JANE FONDA FRIDAY, FEBRUARY 6, 11:30AM-12:15PM

Within this generation, an extra 30 years have been added to our life expectancy, and these years aren't just a footnote or a pathology. In this talk, Jane Fonda asks how we can think about this new phase of our lives.

EMBRACE YOUR THIRD ACT – MARY WALSH

Old age isn't 'past our prime'. It is our prime. Comedian Mary Walsh argues that it's time to redefine our third act in life: that elder-hood is the best moment of our life, when we get a chance to really know ourselves, and have the freedom to follow our heart's desires.



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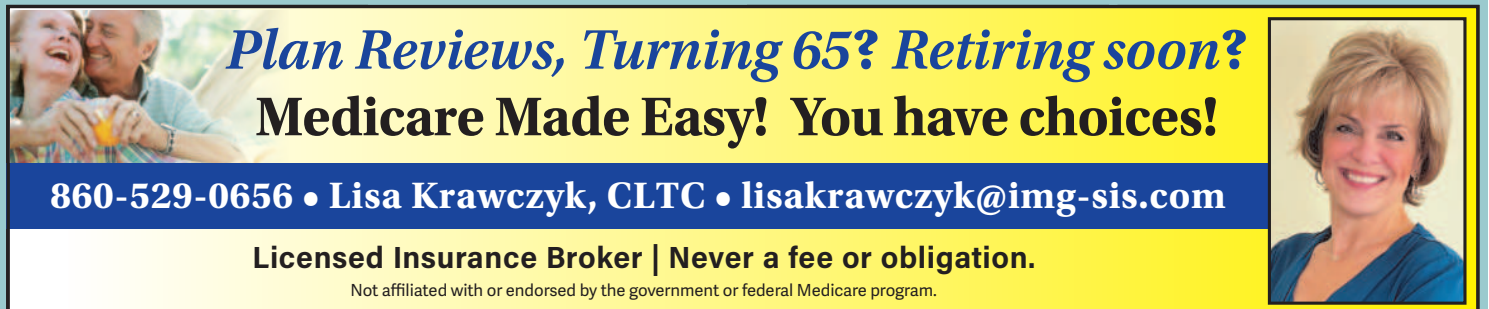
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DAY TRIPS

We are in the process of scheduling our day trips for 2026.

Is there somewhere you would like to visit?

Please reach out to our staff and give us suggestions on possible future destinations.

OUTDOOR ADVENTURE



FEB
20

RIVERQUEST BOAT TRIP & THE CT RIVER MUSEUM

Friday, February 20, 11:15am–3:30pm

Bald Eagle Watch Enjoy this wonderful cruise along the lower Connecticut River with naturalists onboard, who will point out our resident Bald Eagles and other wildlife! Dress warmly and wear layers.

Must have excellent balance and walk independently.

10 seats available. This trip fills up quickly!

Reservations required by February 13, 2026.

Fee: \$60M/\$65NM. Fees include bus transportation and boat ride.

OVERNIGHT TRIPS

JUNE
6–16

CANADIAN MARITIMES AND COASTAL WONDERS

11 Days; 16 Meals From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Choose how you explore Lunenburg – at the Fisheries Museum of the Atlantic or on a locally guided walking tour. Partake in a Prince Edward Island tradition with a supper of fresh lobster and mussels. Visit the Anne of Green Gables Museum and learn about potato farming. See the 4-story high Hopewell Rocks. Savor a traditional Maritimes seafood feast beside the Bay of Fundy, where some of the world's highest tides are recorded. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing coast.

Cost: Double \$4,999, Single \$6,099, Triple \$4,899

OCT
7–16

MARITIME PROVINCES. DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA

10 Days; 13 Meals Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Spend four nights each in the UNESCO World Heritage city of Bern and the charming Alpine city of Innsbruck. Get a taste of Switzerland when you meet a local alphorn maker and yodelers and enjoy a fondue lunch. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in The Sound of Music, during your time in Salzburg. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria.

Cost: Double \$4,999, Single \$5,699, Triple \$4,949

For more information on overnight trips please contact Martha Kirsche
Wethersfield Travel Inc 860-257-3775 martha@wethersfieldtravel.com



ROCKY HILL SENIOR FITNESS CENTER

The Senior Fitness Center offers individualized and medically based exercise programs for older adults. Our equipment was selected based upon current scientific research and evaluation, and is designed to enhance cardiovascular endurance, muscular strength and to help reduce the risk of injury. Each participant follows a program based upon safe exercise guidelines derived from their screening data.

Hours of Operation:

Monday – Thursday: 8:00am– 5:30pm

Friday: 8:00am–4:30pm Saturday: 9:00am–12:00pm

Equipment included in our Center: Nu-step Recumbent Bikes, Precor Treadmills, Precor Elliptical Recumbent, Dumbbells and a full line of Inflight Fitness Strength Training machines.

COST: \$120.00 for 1 year
\$80.00 for 6 months
\$50.00 for 3 months

Free for Renew Active Members



GOLF LEAGUE

Would you be interested in the Senior Center sponsoring a Spring/Summer Golf League? If there is an interest, volunteer Lewis Nedell has offered to coordinate. Please call the office at 860-258-2786 or register for "Golf League-Interest Only" at rockyhillct.myrec.com.



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ROCKY HILL SENIOR CENTER WII BOWLING TEAM at the State Tournament on 12/11 at Bristol



GAMES, GAMES and MORE GAMES

Games are open to all **Senior Center Members** and facilitated by volunteers. Please call the Center if you have any questions or would like to join in!

| | | |
|----------------------|----------------------------------|---|
| Bingo | Monday & Thursday | 1:00pm-3:00pm |
| Bridge | Monday | 12:30pm-4:00pm |
| Canasta | Thursday | 1:00-3:00pm |
| Chess Club | Monday | 10:00am-12:00pm |
| Cribbage | Wednesday | 10:00am-12:00pm |
| Games Galore | Thursday | 10:30am-11:30am |
| Mahjonn | Tuesday Wednesday Thursday | 10:00am-12:00pm 10:00am-12:00pm 1:00pm-4:00pm |
| Mexican Train | Tuesday | 1:00pm-3:00pm |
| Pinochle | Thursday | 10:30am-12:00pm |
| Scrabble | Friday | 10:00am-11:30am |
| Setback | Tuesday | 1:00pm-3:00pm |
| Wii Bowling | Wednesday | 1:00pm-3:00pm |

Please pre-register for games.

INDOOR GYM programs are open to all Senior Center Members and facilitated by volunteers. Please pre-register online or call the Center. Please sign in each time you attend.

Indoor Gym is closed: 1/1, 1/17, 1/19, 2/14, 2/15

CHAIR VOLLEYBALL — Join us for more than you can possibly stand - while seated! It is great for upper body mobility and joint flexibility, enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot net. Rules are similar to regular volleyball except you must remain seated.

Date: Friday, 12/5-2/27 (NC 12/26) **Time:** 10:00am-12:00pm **Cost:** \$12M

CORNHOLE — Play America's favorite lawn game in our gymnasium. Corn hole is a lawn game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform with a hole in the far end. Easy and fun to play!

Date: Tuesdays & Thursdays **Dates:** 11/18-2/26 (NC 12/25, 1/1)

Time: 1:30pm-3:30pm **Cost:** \$12M

INDOOR PICKLEBALL— Register for either one of the morning time slots for our indoor play. Nets will be provided but please bring your own equipment arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required. Space is limited. Renew Active Members will need to scan in at the front desk before playing. *Outdoor courts are located at Elm Ridge Park on a first come first serve basis.

Date: Monday—Thursday, 11/17-2/26 (NC 1/1, 1/19, 2/16)

Time: 9:00am-10:30 am **Cost:** Free RA/\$25M

10:30 am-12:00 pm **Cost:** Free RA/\$25M

Friday Sessions: 12/5-2/27 **Time:** 1:00-4:00PM **Cost:** Free RA/\$12M

Saturday Sessions: 11/8-2/28 (NC 12/26, 1/17, 2/14)

Time: 11/8 - 12/6 8:30am-10:30am

12/20 - 2/28 8:30am-12:00pm **Cost:** Free RA/\$12M



TABLE TENNIS — Join fellow table tennis enthusiasts for an afternoon of friendly play. Please bring your own paddle.

Pre-register for social and competitive play on Mondays and Wednesdays.

Dates: 11/17-2/25 (NC 1/19, 2/16) **Time:** 1:00pm-4:00pm. **Cost:** \$12M

INDOOR WALKING TRACK— Start your day by walking in our safe, climate controlled gymnasium every morning from 8:00am-9:00am Monday – Friday from **Dates:** 11/2-2/17 (NC 1/1, 1/12, 1/19, 2/16), 3/2-5/29 (NC 4/3, 5/25) Walking around the gym 20 times equals 1 mile. Make your own schedule and walk around our facility from 8:30am-4:30pm.

HUMAN SERVICES DEPARTMENT

Energy Assistance (2 types): Residents may apply and receive financial assistance through Community Renewal Team (CRT), assistance is available for the client's primary source of heat when they meet eligibility guidelines. Energy Assistance appointments are generally available from August through May depending on your heating source. Please contact CRT at 860-560-5800 to set up an appointment. Operation Fuel provides energy and water assistance to low and moderate-income families in Connecticut who are struggling to pay their utility bills. They offer one-time energy assistance grants, potentially up to \$500, towards utility bills or fuel delivery. Operation Fuel also partners with water companies to support water assistance programs. Operation Fuel has gone to an online application process; please visit Operationfuel.org to apply. For emergency appointments/shut-offs please contact Cristal at Human Services at 860-258-2799.

Food Pantry (Hours: Monday, Wednesday, Friday: 9:00 am - 4:00 pm) Human Services maintains a food pantry at 673 Old Main Street for food-insecure residents. Donations from various churches, community groups, businesses, and individuals provide the supply for the pantry. A variety of non-perishable food items are available for qualified residents. Call Cristal at 860-258-2799 for more information or to make an appointment to see if your household qualifies. Food Pantry Donations Accepted: Cash donations, gift cards for perishable foods and/or nonperishable, unexpired food, and sanitary items are accepted. All Food Pantry donations are ONLY accepted at the Food Pantry located at 673 Old Main St. There are bins for nonperishable items and a locked drop box for monetary items. If you have a large donation please contact the Coordinator, Lou, at 860-257-3501 to set that up.

Program Application Assistance The Human Services Department provides staff to assist residents with finding information and completing applications for local, state, and federal assistance programs. These services may enhance the quality of life and we can aid in navigating programs and support residents in applying for them. Call Cristal at 860-258-2799 for more information or to make an appointment.

Join the Hillhouse Players! The Hillhouse Players are excited to invite community members of all experience levels to participate in an upcoming theatrical production in the spring (performance date TBD). Whether you have years of stage experience or have always wanted to try acting for the first time, this is a welcoming opportunity to be part of a creative, supportive group. Participants will have the chance to engage in rehearsals, collaborate with fellow cast and crew members, and contribute to bringing a live production to the stage. Roles may be available both onstage and behind the scenes. If you are interested in getting involved, learning more about the production, or expressing interest in auditioning or volunteering, please reach out for additional details. We look forward to building an enthusiastic cast and crew and sharing the joy of community theater together. Call 860-258-2021 or email cphilbrick@rockyhillct.gov for questions and to register.

PUBLIC WORKS & COMMUNITY DEVELOPMENT**TRANSFER STATION HOURS**

(JANUARY 3rd TO MARCH 7th, 2026): Saturdays 7:00 am-1:00 pm

FOOD SCRAPS DROP-OFF

Residents can drop off food scraps at the transfer station to be converted to clean energy.

CURBSIDE CHRISTMAS TREE COLLECTION

(for residential homeowners only):

(JANUARY 2nd – 31st, 2026):

Collection will be continuous through January.

- All Christmas trees should be cut to a size that is safely handled by one person.
- Remove all ornaments, lights, nails, tree stands, and bags.
- Only Christmas trees will be accepted.

Christmas trees, brush and leaves can be brought to the Transfer Station at 59 Old Forge Road during their hours of operation at no cost. Please see our website for more information on all of our programs and services: <https://www.rockyhillct.gov/214/Public-Works>

CONTACTS:

Community Development & Public Works – 860-258-2766

Building Department – 860-258-2733

Steve Sopelak – Dir. Public Works & Community Development/Town Engineer – 860-258-7672

Joe Lentini – Field Operations & Highway Supt. – 860-258-2766

Jason Scott – Civil Engineer/Inspection Coord. – 860-258-7674

Dave Palmberg – Enviro. Specialist / Land Surveyor – 860-258-7675

Kim Ricci – Town Planner/ Zoning Enforcement Officer – 860-258-2761

Ben Winter – Asst. Planner/ Asst. ZEO – 860-258-2734

Mike Violette – Building Official – 860-258-7673

Steve Kardys – Asst. Building Official – 860-258-7676

Elton Mancura – Asst. Building Official – 860-258-2745

Adult Winter Events @ The Library!

January 6 @ 6 pm: **The Art of Tea Blending with Rachel, The Replanted Witch.**
 January 14 & February 11 @ 6pm: **Adult Watercolors**
 January 10 @ 2 pm: **Craft a Pasta Angel Ornament.**
 January 20 @ 2 pm: **Sound Healing and Guided Meditation with Amy Ordonez.**
 January 27 @ 6 pm: **An Evening of Connections with Author and Psychic Medium Rebecca LoCicero.**
 February 3 @ 6 pm: **Creative Book Binding Workshop with Hartford Press Co-op.**
 February 5 @ 6 pm: **Honeybee Medicine with Dr. Nicole Klugher, online via Zoom.**
 February 10 @ 6 pm: **Cupid's Yarrow: Rituals and Remedies for Deep Self Care with Herbalist Nora Toomey.**



ROCKY HILL LIBRARY

33 CHURCH STREET, ROCKY HILL

MOVIES AT THE COMMUNITY CENTER

MONDAYS AT 6:30 PM & FRIDAYS AT 1:00 PM

JANUARY & FEBRUARY

JAN 5 & 9.....JURASSIC WORLD: REBIRTH
 JAN 12 & 16.....THE NAKED GUN
 JAN 23 (NO MOVIE 1/19).....HILLBILLY ELEGY
 JAN 26 & 3.....MAESTRO
 FEB 2 & 6.....JOHN CANDY: I LIKE ME
 FEB 9 & 13.....LIFE OF CHUCK
 FEB 20 (NO MOVIE 2/16).....BREAKFAST AT TIFFANY'S
 FEB 23 & 27.....DOWNTON ABBEY: THE GRAND FINALE

RIDDLE FOR JANUARY/FEBRUARY COMPASS

David's father has three sons: snap, crackle
 and what's the name of the third son?

SUBMIT YOUR ANSWER TO THE SENIOR CENTER OFFICE BY
 1/26/26 FOR A CHANCE TO WIN A GIFT CARD.

WE RECEIVED 15 SUBMISSIONS FOR THE NOVEMBER/DECEMBER BRAIN TEASER.

YVONNE SCHULTZ WAS THE WINNER OF A \$10 DUNKIN GIFT CARD.



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