

The COMPASS

Official Newsletter of the Rocky Hill Senior/ Community Center

November & December 2025



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 through Friday



Office Phone:

(860) 258-2786



Facebook:

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



Website:

Rockyhillct.myrec.com



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Event	Description
VETERAN'S LUNCHEON 	Wednesday, November 12 12:00pm-2:00pm Inviting ALL Rocky Hill Veterans for a complimentary Prime Rib luncheon followed by the entertaining Tre Johnson as she shares her beautiful voice and love for our country with a patriotic tribute honoring all branches of our military. Veterans may register now and general registration opens on 11/4. Cost: Free to Rocky Hill Veterans, \$12M/\$15NM. Co-sponsor:  D'Esopo Funeral Chapel • Since 1905
THANKSGIVING BINGO 	Wednesday, November 19 12:00pm-2:30pm Share a traditional Thanksgiving feast with your friends. Dine on Turkey, Gravy, Stuffing, Mashed Potatoes, Butternut Squash, Cranberry Sauce and a Dinner Roll followed by an afternoon of Bingo & Prizes. Cost: \$12M/\$15NM Co-sponsor:  AUTUMN LAKE HEALTHCARE
SOUNDS OF THE SEASON 	Wednesday, December 3 12:00pm-1:30pm Rocky Hill High School Tri-M students present a performance of both vocal and instrumental music of the Holiday season. Our luncheon will feature General Tso's Chicken, Beef & Broccoli, Fried Rice & Egg Roll. Cost: \$12M/\$15NM Co-sponsor:  MapleView Health & Rehabilitation Center
HOLIDAY SPECTACULAR 	Wednesday, December 17 12:00pm-2:00pm Enjoy a delicious lunch of Stuffed Chicken Breast with Cranberry Stuffing, Candied Sweet Potatoes, Green Bean Casserole and Dinner Roll. The talented K.C. Sisters return for a sensational performance that has been described as a cross between an Andy Williams Christmas and the Mandrell Sisters. 
NEW YEAR'S EVE BASH 	Wednesday, December 31 12:00pm-2:00pm Ring in the New Year with a Surf & Turf luncheon featuring Prime Rib, Baked Stuffed Shrimp, Baked Potatoes, Grilled Asparagus & Garlic Knots. Put your dancing shoes on for the fabulous Do Wop Band- Jukebox 45. Cost: \$12M/\$15NM Co-sponsor: 
Holiday Closing 	Our facility will be closed: Thursday—Saturday, November 27—29 — Thanksgiving Thursday—Saturday, December 25—27 — Christmas Thursday, January 1— New Years Day

DIRECTOR'S MESSAGE

We have had a very exciting fall and I would like to share the following highlights:

- Indoor Evening Concert Series attracted nearly 100 members for each concert
- RENEW ACTIVE was launched with 99 registered members
- Senior Services Staff received Dementia Training
- Sold out our First Murder Myster Dinner. See photos on page 14
- Received a \$5,000 donation from an anonymous member to be used towards our lunch program.

Tis the season to be thankful and I am counting my blessings this year! My home caught fire on 10/18/25 and everyone made it out unharmed, including our dog Titan.

Huge THANK YOU to our Rocky Hill Volunteer Fire Department who were on the scene in minutes and took extraordinary care of my family. I realized how truly fortunate I am to live in such a wonderful and caring community. The concern, love and prayers we have received has been overwhelming and so appreciated.

Wishing you and your family a very healthy and happy New Year!

Yours truly,

Gina Cristalli Marino



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Café Coffee Sponsors

October

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November

Marie Melia
Cara & Bruce Whitaker

DONATIONS:

Linda & Bruno Cerati—
Mirror Centerpieces

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. Sponsor a month 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, & pickles. This volunteer-led shop is usually open Monday through Thursday from 10:00am-2:00pm. Please email

rhscgiftshop@gmail.com for vendor application or if interested in volunteering. Stop by and visit us!

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**.



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

GIFTS OF GRATITUDE

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 minibuses 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.



ADVENTURES IN DINING

The anticipation and excitement of preparing for "the most wonderful time of the year" is celebrated in our November and December "Adventures in Dining."

MONDAY, NOVEMBER 17- CRACKER BARREL, EAST WINDSOR- Cozy up to the fireplace while enjoying delicious country-style comfort food. The evening also includes the opportunity to shop at the Cracker Barrel gift shop, offering a wonderful selection of holiday items.

MONDAY, DECEMBER 15- ALLEGRO ITALIAN RESTAURANT, ROCKY HILL- Pamper yourself to a special holiday meal at this local culinary gem! Allegro offers a variety of "traditional and contemporary Italian- American cuisine." The entire staff will strive to make this an "unforgettable" dining experience.

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 taking the bus or driving on your own. Space is limited. Online registration is available at rockyhilct.myrec.com.

Please call (860)258-2701 with any questions.



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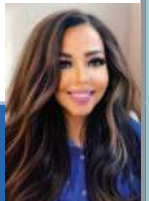


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The Senior Center is serving a hot lunch for seniors 55 years and better. Meals are catered by **Mitchell's Restaurant** and are available Monday – Friday from 12:00-12:30pm. The cost for lunch is **\$5 for residents** and **\$10 for nonresidents**. **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.

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!

Donations: Napkins—Judith & Robert Gubala & (2) \$100 Anonymous

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.

NEW 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, 11/12, 11/26, 12/10

Monday, 12/22

Time: 9:00am–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, 11/6 & 12/4 **Time:** 1:00-3:00pm

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, 11/18, 12/16 **Time:** 12:00-1:00pm

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, 11/13, 12/11 **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, 11/7, 12/5

Time: 10:00 am-2:00 pm

Fee: \$30.00 for 30 minute session



VA BURIAL BENEFITS: Thank You for Your Service**Friday, November 7, 10:00am-11:00am**

There is a great deal of confusion about the burial benefits provided to veterans and their spouses by the VA and recent changes may affect you. Learn what national and state veterans cemeteries provide and don't provide, what burial benefits you and your spouse qualify for. Please join AJ Albuquerque of D'Esopo Funeral Chapel(s) for a one-hour briefing about your VA Burial Benefits that are available to help all honorably discharged veterans and their spouses better plan for their future. Program is free but registration is required.

MEDICARE IN 2026: WHAT YOU NEED TO KNOW**Wednesday, November 19, 1:00pm-2:00pm**

Join us for a clear, easy-to-follow presentation on the important Medicare changes coming in 2026. We'll cover updates to prescription drug costs, doctor and hospital coverage, and what these changes mean for your budget and healthcare options. This presentation is designed to help you feel confident about your Medicare choices and prepared for the year ahead. Presenter Sean Condon is the owner of Ageless Insurance, where he specializes in helping seniors navigate Medicare and healthcare coverage with confidence. Program is free but registration is required

INFLAMMATION AND DIET**Monday, December 8, 11:15am-12:15pm**

What is inflammation? How does it affect our bodies? Learn the answer to these questions and how what's on your plate can exacerbate or reduce inflammation. Learn what foods can help you age healthy by reducing inflammation or which foods to limit as not to increase inflammation. Join Charlotte Meucci, Registered Dietitian, who has 28 years experience in clinical nutrition and has been on the Board of Connecticut's Academy of Nutrition & Dietetics for 25 years in various positions. Program is free but registration is required.

UNDERSTANDING SENIOR LIVING & CARE OPTIONS**Wednesday, December 10, 1:00-2:30pm**

Are you or a loved one beginning to explore senior living options? Join us for an informative and compassionate discussion designed to help individuals and families better understand the many pathways available as needs change with age. **In this session, you'll learn about:**

The different types of senior living—Independent Living, Assisted Living, Memory Care, and more. When it may be time to consider a move and how to identify key signs. The cost of care and financial resources available (including VA benefits and bridge loans). Home care and support services for those aging in place. How to navigate the search and placement process with confidence. Presented by Mary Klatt, Oasis Senior Advisors – Central Connecticut. Light Refreshments will be served. Program is free but registration is required.

HYPERTENSION- IS IT INEVITABLE?**Friday, December 12, 10:00am-11:00am**

Does everyone in America get hypertension if we live long enough? If I don't have any symptoms then why should I care about it? I'm sick of taking all these prescriptions; do I actually need them for my hypertension? Is there something I can change my diet to cut down on the number of pills I'm taking? If I got more exercise, could I avoid having hypertension? What types of exercises? All my aunts and uncles and grandparents had high blood pressure, am I doomed? I don't think they're taking my blood pressure correctly; what is the correct way to take my blood pressure? Can other lifestyle habits affect my blood pressure? These and many other questions will get answered by Karen Bruck, M.D. Program is free but registration is required.

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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 you want a flat belly & a smaller waist this class is for you.

Instructor: Kathryn Zizzi-Meyers

Days: Friday **Dates:** 10/31-12/19 (NC 11/28), 1/2-2/13

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:** 10/22-11/26, 1/7-2/11

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

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

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 all bodies and abilities. Chair yoga is encouraged for people who might be recovering from an injury, have limited mobility, and / or are 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: 10/30-12/11 (NC 11/27), 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:** 10/27-12/1, 12/8-1/12

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

Day: Tuesdays **Dates:** 10/28-12/2, 12/9-1/13

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. Wait list Only.

Instructor: Janet Ferraris

Dates: Wednesdays, 11/12-12/17

Time: 10:00-11:30 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:** 11/5-11/26, 12/1-12/22, 1/5-1/28
(NC 1/19)

Time: 11:00am-11:50am

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

2 classes/ week; Free RA/\$40 M/\$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: Monday **Dates:** 11/24-12/29

Time: 11:30am-12:15pm **Fee:** Free RA/\$30M/\$38NM

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:** 11/10-12/15, 1/5-2/23 (NC 1/19, 2/16)

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

GUITAR-SMALL

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:** 11/3-12/8

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. This 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:** 11/3-12/8, 1/5-2/23 (NC 1/19, 2/16)

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

Huge THANK YOU to T&M Billiards and Barstool

for providing maintenance and recovering one of our billiard tables at a discounted fee.

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Charlyse M. - Community Mind & Memory Care Director

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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. 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:** 9/16-12/26 (NC 11/4), 1/6-2/24

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

LINE DANCING

Learn 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:** 11/6-12/18, 1/8-2/12

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

Advance Beginner: **Days:** Thursdays **Dates:** 11/6-12/18, 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 will focus on balance, strength, speech and power. We'll use some traditional and more unique equipment to foster positive results.

Instructor: Lisa Callahan

Day: Mondays **Dates:** 11/10-12/29, 1/5-2/23 (NC 1/19, 2/16)

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

Day: Thursdays **Dates:** 10/30-12/18 (NC 11/27), 1/8-2/26

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:** 11/5-12/24, 1/7-2/24

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

Day: Fridays **Dates:** 11/14-12/19 (NC 11/28)

Time: 12:00pm-1:00pm **Fee:** Free RA/\$14M/\$18NM

Day: Fridays **Dates:** 1/9-2/27

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! Sing familiar tunes and some modern songs as well, simply for FUN! There are several health benefits to singing. Why sing? 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

Date: Tuesday, 11/11-12/30

Time: 1:00pm –2:00pm **Fee:** \$16M/\$20NM

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: 12/1-12/22, 1/5-1/28 (NC 1/19)

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 will be working on Tap Terminology, strengthening our 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:** 11/6-12/18, 1/8-2/12

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:** 11/6-12/18

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:** 10/29-12/1, 12/3-1/12 (NC 12/24, 12/31)

Time: 1:30pm-2:15pm **Fee:** \$60M/\$75NM

Time: 2:30pm-3:15pm **Fee:** \$60M/\$75NM

Time: 3:30pm-4:15pm **Fee:** \$60M/\$75NM

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, which will help to keep us all 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:** 11/4-12/9, 1/6-2/10

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:** 11/4-12/9, 1/6-2/10

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

ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba Gold! 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. Required: Athletic sneakers with a rubber sole. Recommended: Dress in comfortable clothes, and bring a water bottle and sweat towel.

Instructor: Karen Chorney

Day: Thursday **Dates:** 11/6-12/18 (NC 11/27), 1/8-2/12

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

Day: Tuesday **Dates:** 11/18-12/23, 1/13-2/17

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

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Lemon Chicken, Roasted Potatoes, Green Beans, Dinner Roll	Shepard's Pie w/ Gravy, Garden Salad, Dinner Roll	New England Clam Chowder, Tuna Melt, Chips, Pickle	Swedish Meatballs over Egg Noodles, Garden Salad, Dinner Roll	Baked Stuffed Shrimp, Baked Potato, Broccoli, Dinner Roll
10	11	12	14	14
Meatloaf w/ Gravy, Mashed Potatoes, Peas & Carrots, Dinner Roll	Penne Alfredo w/ Grilled Chicken, Caesar Salad, Dinner Roll	Veterans Luncheon Prime Rib, Baked Potato, Grilled Asparagus, Garlic Knots Free for RH Veterans \$12M / \$15NM	Chicken Tenders, French Fries, Onion Rings, Biscuit	BBQ Pulled Pork, Baked Beans, Coleslaw, Cornbread
17	18	19	20	21
Penne Pasta, Meatballs, Garden Salad, Garlic Bread	Chicken Piccata w/ Sauce, Mashed Potatoes, Broccoli, Dinner Roll	Thanksgiving Bingo Carved Turkey w/ Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Sauce, Dinner Roll \$12M / \$15NM	Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll	Broiled Scallops, Rice Pilaf, Carrots, Dinner Roll
24	25	26	27	28
Stuffed Peppers, Pasta Marinara, Garden Salad, Garlic Knots	Roast Pork w/ Gravy, Garlic Mashed Potatoes, Corn, Dinner Roll	Chili w/ Beans, Caesar Salad, Corn Bread	CLOSED 	CLOSED

Payment is due at time of registration. Cost: \$5 Resident / \$10 Non-resident, unless otherwise noted.
Please register 3 business days in advance by visiting rockyhillct.myrec.com or calling (860) 258-2786.

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 nonresidents**. **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.”

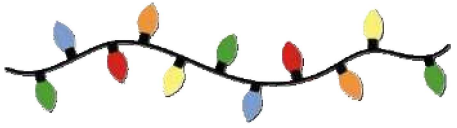
No Refunds. Credit may be applied for medical reasons only.

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.



DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatloaf w/ Gravy, Mashed Potatoes, Peas & Carrots, Dinner Roll	Pasta Primavera w/ Chicken, Garden Salad, Garlic Bread	SOUNDS OF THE SEASON General Tso's Chicken, Beef & Broccoli, Pork Fried Rice, Egg Roll \$12M/\$15NM	Chicken Au Gratin, Rice, Broccoli, Dinner Roll	Garlic Shrimp over Linguini, Caesar Salad, Dinner Roll
8	9	10	11	12
Chicken Parmigiana, Pasta w/ Marinara Sauce, Garden Salad, Garlic Bread	BBQ Pulled Pork, Baked Beans, Potato Salad, Cornbread	Turkey Grinder w/ Lettuce, Tomato & Cheese, Chips, Pickle	Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll	Baked Scallops, Rice Pilaf, Grilled Asparagus, Dinner Roll
15	16	17	18	19
Cheeseburger Sliders w/ Lettuce, Tomato, French Fries, Pickle	Italian Sausage w/ Peppers & Onions, Pasta w/ Marinara Sauce, Garlic Bread	HOLIDAY SPECTACULAR Stuffed Chicken Breast w/ Cranber- ry Stuffing, Candied Sweet Potatoes, Green Bean Casse- role, Dinner Roll \$12M / \$15NM	Cream of Broccoli Soup, Bacon Lettuce, Tomato Sandwich w/ Mayo, Chips, Pickle	Scrambled Eggs, Bacon, Turkey Sausage, Silver Dollar Pancakes, Spuds
22	23	24	25	26
Beef Tips over Egg Noodles, Garden Salad, Dinner Rolls	Carved Turkey w/ Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Sauce Dinner Roll	Penne w/ Meat Sauce, Caprese Salad, Garlic Knots	CLOSED 	
29	30	31		
Baked Potatoes w/ Fixings, Caesar Salad, Dinner Roll	Chicken La Cava, Roasted Potatoes, Green Beans, Garlic Knots	NEW YEAR'S EVE Prime Rib, Baked Stuffed Shrimp, Baked Potato, Grilled Asparagus, Garlic Knots \$12M / \$15NM		

Payment is due at time of registration. Cost: \$5 Resident / \$10 Non-resident, unless otherwise noted.
Please register 3 business days in advance by visiting rockyhillct.myrec.com or calling (860) 258-2786.

GETTING STARTED IN GENEALOGY

Friday, November 14, 10:00am-11:00am



Ever wanted to discover more about your family history, but not sure where to start? Join Craig Harman for this lecture to learn tips and tricks for tracing your family tree and uncovering your roots.

Whether you're a complete novice or have dabbled in genealogy before, you too can explore your past and connect with your ancestors. We'll talk about finding information, organizing your records, and sharing your findings with your loved ones.
Registration Required.

Cost: Free M/ \$5NM

THANKSGIVING PIE

GRAB & GO

Senior Center members may drive by the front of the building and pick up a freshly baked Apple or Pumpkin Pie just in time for Thanksgiving. Please register in advance.

Due to the popularity of this event, we will only be able to reserve one pie per household.

APPLE PIE—

Monday, November 24— 2:00-2:45 PM

Cosponsor:



PUMPKIN PIE—

Tuesday, November 25—2:00-2:45PM

Cosponsor:



LEGISLATIVE UPDATE

Thursday, November 20, 12:15pm

State Representative Kerry Wood will drop by during lunch for a brief update and to answer questions.
Registration is not required and you do not need to participate in the lunch program to attend.



BOXWOOD TREE WORKSHOP

Tuesday, December 2, 1:00pm-2:00pm

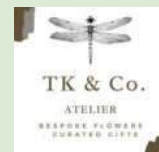
Get into the holiday spirit with a hands-on Christmas Boxwood Tree workshop! Enjoy a relaxing, festive afternoon as you create your very own



tabletop tree using fresh boxwood greens, ribbons, ornaments, and a touch of sparkle. Our team will guide participants step-by-step, providing all materials and plenty of cheer. Each guest will take home a beautifully decorated boxwood tree that lasts through the season— perfect for brightening up a home,

apartment, or gift giving. No experience necessary—just bring your holiday spirit! All the supplies are included in the registration fee.

Cost: \$20M, \$25NM



COOKIE DECORATING

Friday, November 21
10:00am-11:00am

Aetna Medicare will be providing a sweet opportunity to create some colorful and delicious treats. This is a fun event but don't be bashful, feel free to ask us about any of your last-minute questions since Medicare Annual Enrollment ends on December 7th.

Program is free but registration is required.



THE MINI NUTCRACKER

Wednesday, November 26, 2:00pm-3:00pm

Students from the University of Hartford, The Hart School Community Division are excited to perform a "Mini" version of their spectacular Nutcracker Ballet. After the performance, you will be able to Meet & Greet



the dancers while sharing a Holiday treat.

Cost: Free M/\$5NM

Co Sponsor:



Trips are scheduled for our members and we typically share a bus with the Wethersfield Senior Center. All trips are first come, first serve, and are non-refundable unless we are able to fill your seat. Please choose your bus seat, travel companion and meal choice at time of registration. We also need your cell phone number for the day. Register early if you need to be in the front of the bus. Trips depart from and return to Elm Ridge Park. Please pick up flyers in the office for full itineraries and details.



COLLETTE TRIP PRESENTATION, Wednesday, November 12, 3:00pm-4:30pm

Join Tracy O'Neill as she presents our Canadian Wonders and Coastal Maritime trip scheduled for June 6-16, 2026. Please register in advance and light refreshments will be served.

STOCKING STUFFER HOLIDAY DAY Thursday, November 13

Visit these locations in central Massachusetts: Longfellow's Wayside Inn, Wayside Country Store and Douglas Farm & Orchard. The last stop will be at the Christmas Barn in Woodstock, CT Lunch will be served at the historic Longfellow's Wayside Inn in Sudbury, MA. Menu includes Roast Prime Rib of Beef or Boneless Chicken Breast with Cranberry Walnut Dressing, sides and warm deep dish Apple Pie with whipped cream. Please pick your meal selection at time of registration

Cost: \$162M/\$172 NM **Depart:** 9:30am from Elm Ridge Park **Return:** 6:30pm

REAGLE MUSIC THEATRE Sunday, December 7

The Reagle Music Theatre of Greater Boston will present Christmastime, their annual holiday presentation featuring 100 performers, a live orchestra, precision dancers and over 20 yuletide tunes Pre-show lunch at the Chateau Restaurant in Waltham Menu: Choice of Eggplant Parmesan with Penne, Chicken Parmesan with Penne or Haddock St. Germaine with cream sauce and seasoned bread crumbs; salad, dessert, coffee and tea included. Please pick entree choice at registration

Cost: \$179M \$189NM. **Depart:** 8:30am from Elm Ridge Park **Return:** 7:00pm

CANADIAN MARITIMES AND COASTAL WONDERS- June 6-16, 2026

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 PEI 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

MARITIME PROVINCES. DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA- October 7-16, 2026

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.

Rocky Hill "Unite by Light" – 2025

Come and experience a night of social connection and unity at Rocky Hill's "Unite by Light" luminary event, Friday November 14, 2025, 5-8 PM. This event is brought to you by For All Ages, a CT based nonprofit organization, with the cooperation of the town of Rocky Hill. The event is free and open to the public.

550 candle-lit luminaries will encircle the block bordered by Old Main and Church streets including the Congregational and Methodist churches, Rocky Hill Library, Community Center and the Police & Fire departments. Come walk the route and enjoy the splendor of the lit luminaries, lighted decorations, have a snack or a warm drink at various locations, and listen to sounds of the season from various entertainers throughout the route. Visit our webpage for all the details and to sign up to volunteer and participate in this wonderful event!

<https://forallages.org/unite-by-light>

For All Ages contact: Gary Sekorski, M: 860-328-5943 or gary.sekorski@forallages.org



For All Ages

GROUP 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: *NEW! 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, 11/12-12/17; 1/7-2/11 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

BARRE: A full-body strength workout that focuses on building muscle endurance, increasing flexibility, and improving balance and agility through low-impact, controlled movements. While not a dance class, it emphasizes dancer-like posture and often utilizes a bar for support.

Sheryl Harle: Saturday, 10/25-12/6 (NC 11/29); 12/20-2/7 (NC 12/27, 1/3, 1/17) 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 & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This is a fun yet challenging workout opportunity for all levels. Modifications are always available and encouraged for your safety and success.

Sheryl Harle: Tuesday, 10/21-11/25; 12/2-1/6 ; 1/13-2/17 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 & lungs, build healthy strong bones, improve flexibility, and increase muscular strength & endurance. Adaptable for all physical ability levels.

Wendy LeClerc: Monday, 11/3-12/8; 12/15-2/2 (NC 12/29, 1/19) 12:00pm-12:45pm Fee: Free RA&SS /\$30M/\$35NM

Wendy LeClerc: Wednesday, 11/19-1/7 (NC 12/24, 12/31); 1/14-2/18 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, 10/22-11/26; 12/3-1/21 (NC 12/24, 12/31) 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

CARDIO & STRENGTH: This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening bones and muscle. The workout can be led as variety of low- and high-impact movements that will raise your heart rate and work up a sweat.

Karen Chorney: Monday, 11/24-12/29 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

Sheryl Harle: Saturday, 10/25-12/6 (NC 11/29); 12/20-2/7 (NC 12/27, 1/3, 1/17) 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, 10/21-11/25; 12/2-1/6; 1/13-2/17 9:00-9:45am Fee: Free RA&SS/\$30M/\$35NM

PILATES: A class designed for seniors and older adults, offer a gentle and effective way to build strength, improve posture, and enhance balance.

Sheryl Harle: Wednesday, 10/22-11/26; 12/3-1/21 (NC 12/24,12/31) 3:15pm-4:00pm 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: Wednesday, 10/22-11/26; 12/3-1/21 (NC 12/24,12/31) 4:15pm-5:00pm Fee: Free RA&SS /\$30M/\$35NM

Sheryl Harle: Thursday, 10/23-12/4 (NC 11/27); 12/11-1/29 (NC 12/25,1/1) 10:00am-10:45am Fee: Free RA&SS /\$30M/\$35NM

Sheryl Harle: Saturday, 10/25-12/6 (NC 11/29); 12/20-2/7 (NC 12/27, 1/3, 1/17) 11:00am-11:45am 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 & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

Karen Chorney: Monday, 11/24-12/29 10:00am-10:45am Fee: Free RA&SS /\$30M/\$35NM

Lynn Tracey: Friday, 1/9-2/13 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, 10/23-12/4 (NC 11/27); 12/11-1/29 (NC 12/25,1/1). 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM



RENEW ACTIVE Is a Medicare Insurance benefit offered by specific companies. Check with your insurance carrier to see if you qualify. To register you will need your 9-digit number that begins with the letter A in order to complete your Renew Active Membership for participation at our Center.

Make sure you have a Rocky Hill Senior Services key tag to scan into all qualifying programs.

If you cannot find your key tag, please visit the front desk for a replacement tag.

QUALIFYING CLASSES

Belly Busters, Circuit Training, Fun Functional Toning, Gentle Yoga, Pickleball, Qigong, Silver Sneakers, Strength and Toning

****Pre-registration is required for all classes. Please note that class sizes are limited.***

FITNESS CENTER *Required prior to usage of the Fitness Center:*

*Pick up and complete a Fitness Center packet which includes a Physician's Medical Approval Form.

*Schedule a training session with our personal trainer.

*Work out at your convenience during Fitness Center hours of operation.

All Renew Active members will be required to scan their key tag before participating in each fitness class and each visit to the Fitness Center, using the Rocky Hill Senior Services key tag. Scans will be handled by the instructor or Fitness Center Volunteer at the class location. Pickleball scans will be available at the front desk

If you have any questions, please email Lynn at Ltracey@rockyhillct.gov




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MURDER MYSTERY DINNER

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On Friday, October 10th the Rocky Hill Senior Center hosted "Midnight at the Masquerade", a Murder Mystery Dinner event. The twists, the clues, and the laughter made it an unforgettable experience for all.

We are incredibly grateful to Gordon, Muir and Foley for their financial support and sponsorship to the Rocky Hill Senior Center.

It would be impossible to produce this event without the following food sponsors- Oak Street Health, Koko's Catering, Wang Place, Salute and the Atrium at Rocky Hill. We also want to give a huge shout-out to our incredible volunteer staff for serving the meal that was enjoyed by all in attendance. Your passion and hard work made a real difference at our event.

Volunteers: Jeannine Anderson, Louise Binke, Ann Marie Calafiore, Linda Cerati, Karen Clen, Sheila Dawson, Sal Efci Jr., Cindy Krawciw, Maryann LaZelle, Karen Plaza, Janice Reid, Margaret Romeo, and Laura Szatkowski.



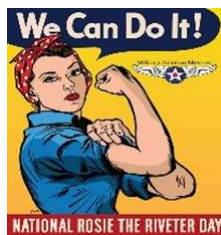
ROSIE THE RIVETER

Friday, December 5
10:00am-11:00am

Join this informative presentation about Rosie the Riveter! The Connecticut Historical Society has played a significant role in preserving this history through educational programs, exhibitions, and partnerships with organizations like the American Rosie the Riveter Association. These efforts aim to honor the legacy of Connecticut's Rosie the Riveters and educate the public about the vital role women played in the war effort.

Jennifer Busa is the Public Programs Coordinator at the Connecticut Museum of Culture and History.

\$3 Member/\$5 Nonmember
Pre-registration is required.



ROCKY HILL SENIOR CENTER
HOLIDAY TRIVIA PARTY!
Wednesday, December 10th
1:15pm-2:45pm



Test your "HOLIDAY" knowledge revolving around festive foods, songs, movies & more!
Prizes and fun!

Program is \$5 member, \$10 non-member
 Pre-registration is required.
 Register at: rockyhillct.myrec.com or call: (860)258-2786

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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

INDOOR GYM PROGRAMS:

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: 11/27-29, 12/13, 12/25-12/29, 1/1

CHAIR VOLLEYBALL — Join us for more fun 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 & fun to play!

Date: Tuesdays & Thursdays **Dates:** 11/18-2/26 (NC 11/27, 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. Please 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 11/27, 12/25, 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 (NC 12/26) **Time:** 1:00-4:00PM **Cost:** Free RA/\$12M

Saturday Sessions: 11/8—2/28 (NC 11/29, 12/13, 12/27, 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 & Wednesdays.

Dates: 11/17-2/25 (NC 1/19, 2/16) **Time:** 1:00- 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:** 11/3-2/17 (NC 11/27, 11/28, 12/25, 12/26, 1/1, 1/12, 1/19, 2/16)

Walking around the gym 20 times completes 1 mile. **Make your own schedule and walk around our facility from 8:30am-4:30pm.**

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
Mahjongg	Tuesday Wednesday Thursday	10:00am-12:00pm 10:00am-12:00pm 1:00pm-4:00pm
Mexican Train	Tuesday	1:00pm-3:00pm
Pinocle	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.



HUMAN SERVICES**Holiday Meal Program**

Human Services can have a fresh meal delivered for Thanksgiving, Christmas Eve, and Easter to anyone that might be alone during the holiday season. There are no qualifications or limitations on the program, we just want every resident to enjoy a nice meal on the holidays. Please reach out Cristal at 860-258-2799 if you would like to be included in our deliveries.

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 us for a night of music, laughter, and holiday magic!

Mark your calendars for **December 5th** and be part of our spectacular **Holiday Cabaret**—a joyful celebration filled with show-stopping Broadway hits and beloved holiday classics! This dazzling evening marks the **very first fundraiser for the Hillhouse Players**, and you won't want to miss a single note. Gather your friends, get into the festive spirit, and enjoy a night of incredible performances that will warm your heart and lift your holiday cheer. Doors open at **6:30 PM**, with the curtain rising at **7:00 PM**.

Reserve your seats today!

Call **860-258-2021** or email cphilbrick@rockyhillct.gov to save your spot at this unforgettable event.

**VETERANS DAY—TUESDAY, NOVEMBER 11, 2025 11:00 AM**

The Town of Rocky Hill, VFW Post 2138 & The American Legion cordially invite you to attend a Veterans Day Ceremony honoring those who have served and continue to serve.

Veterans Memorial Green (2450 Main Street)

For more information, please contact the Parks & Recreation Department
(860) 258-2772 or visit: ROCKYHILLCT.MYREC.COM

Adult Fall/Winter Events @ The Library!



November 3: Access Health CT 10:30 AM to 4:30 PM.

November 11: Drumming for Wellness 6 PM with Craig Norton of Hands on Drumming.

November 12: Expressions Art: Paint an African Sunset 5:30 PM with Laurie Czech.

November 13: Tips on Immune System Support 6 PM online via Zoom with Dr. Nicole Klughers.

November 18: The Craft and Innovation of Bob Dylan: An Exploration 6 PM with Musician Joe Flood.

December 9: Jane Austen Party 6 PM Celebrate with food and a watch party with virtual guest Claire Evans.

December 10: Holiday Button Craft 6 PM.

December 19: Holiday/ Winter Themed Polymer Clay Jewelry Craft 2 PM.

Cora J. Belden Library

Church Street, Rocky Hill 860-258-7621

Movies at the Community Center

Mondays at 6:30 PM & Fridays at 1:00 PM

November & December

Nov 3 & 7.....Superman
Nov 10 & 14.....Stiller and Meara: Nothing is Lost
Nov 17 & 21.....Thursday Murder Club
Nov 24 (No movie 11/28)All the President's Men
Dec 1 & 5Sense & Sensibility
Dec 8 & 12.....The Ballad of Wallis Island
Dec 15 & 19Holiday Inn
Dec 22 (No movie 12/26)Planes, Trains & Automobiles



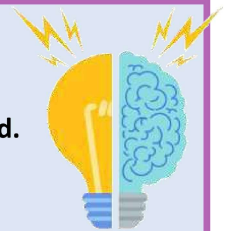
RIDDLE FOR NOVEMBER/DECEMBER COMPASS

What do you call an old snowman?

Submit your answer to the Senior Center office by 11/13/25 for a chance to win a Gift Card.

We received 27 submissions for the SEPTEMBER/OCTOBER Brain Teaser.

Richard Catudal was the winner of a \$10 Dunkin Gift Card.



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