



The Senior Citizens of Burlington Newsletter

200 Spielman Highway, Burlington, Connecticut 06013

September and October 2016

Volume 43

Dear Burlington Seniors,
It's time to cool down and unwind!! Included in this newsletter are upcoming classes, trips, and events we hope you will take a part in. Enjoy the rest of summer, and we will see you soon!

Sincerely,
Tricia Twomey, Director of Senior Citizen Services

ICE CREAM SOCIAL: Thursday, September 22nd Time: 2 pm Location: Burlington Senior Center

September is National Senior Center Month. Please come and celebrate our Senior Center with an ice cream social. Please remember to rsvp, so we can plan accordingly with plenty of ice cream, toppings, and extra goodies!!! Dial-A-Ride available.

RSVP by Monday, September 19th

"BOO BASH" HALLOWEEN LUNCHEON: Date: Friday, October 28th Time: 12 – 2:30 p.m. Fee: \$6

Please come join us for fun and surprises at our annual Halloween luncheon. Prizes will be given to those who come in costume! (Scariest, Funniest, Most Original, and Best Overall costumes). Entertainment will be provided! **RSVP by Monday, October 24th** Dial-A-Ride available

TAI CHI: FOR BETTER BALANCE: Thursdays 11:00 -11:45 AM, Senior Center – NO CLASS ON 9/1/16

This valuable exercise program is geared towards decreasing the risk of falls in older adults. If you are new to Tai Chi, please plan to attend the first session of the month for an overview of the postures. To register please call or visit the Burlington Parks and Recreation Department. **Fee: \$5 per month.** (Non-Residents \$10) Dial-A-Ride is available.

LUNCH BUNCH BUS TRIPS: Please call early to get a seat, as space is limited. The cost of lunch is on your own. Pick-up times to be determined. Burlington residents take first priority for seating on bus trips. Wait Lists will be maintained for all trips.

**Wednesday: September 28, 2016 –Glastonbury - Audubon Society – “A touch of Nature”
Lunch – Maggie McFlys**

Wednesday: October 26, 2016 – Watertown - Southwind Farm – Alpacas – Lunch Roz's

CRAFT & CHAT: Begins September 21st, Alternating Wednesdays 10 am, 100 Thompson's Way

Instructor Barbara Soden leads this class which focuses on crocheting, but knitters are also welcome. Students of all skill levels are encouraged to join. The cost of the program for Burlington Residents is \$5 plus materials. (Non-residents \$10 plus materials) Interested participants can register online, or at our office in Town Hall. Class will be held at the Evergreens, 100 Thompson's Way.

Reminder - SENIOR FUN SUNDAY October 2, 2016 3-5pm

Come and bring a friend. Enjoy the laughter while playing several games of BINGO. Sponsored by our local Girl Scouts. You will enjoy winning home baked goodies.

NOTE FROM PROGRAM COORDINATOR; Donna Mullen, 860-673-6789 Ext. 228

It is always nice to hear your thoughts and ideas. Please keep them coming.

SENIOR CITIZEN CLUB ACTIVITIES:

The Senior Citizen's monthly meeting will be held on 1st Monday of the month. No meeting in September due to Labor Day. October 3rd at 12:30 pm in the Town Hall Auditorium
Bingo is held every Monday at 1:00 pm in the Senior Center. (TIME HAS BEEN CHANGED)

Potluck Socials Friday, September 16th, October 21st at 12 noon, Burlington Senior Center

Scrabble group meets from 12 – 4 pm on Wednesday afternoons at the Senior Center, Town Hall. We'd love to have more of you join us for games!

BLOOD PRESSURE SCREENING .Sept. 19th, October 17th - 12 noon- 1pm Senior Center

Bristol Burlington Health District will be at the Senior Center for Free blood pressure screenings. No registration required. Dial-A-Ride is available.

DIAL-A-RIDE

For further information about this program or to schedule a ride, call **860-673-6789 extension 226**. **Please call at least 48 hours in advance to schedule, and please call 24 hours in advance to cancel an appointment.**

BURLINGTON PUBLIC LIBRARY:

Morning Book Club – Third Tuesday of Month – Sept. 20th and Oct. 18th @ 11:00 AM

Coloring for Adults – Friday, September 9 and 23 @ 1-3

Starting a Small or Home Based Business Wed – Oct 19th@ 6:30 presenter Tom Schoenemann

NOTE FROM TED SHAFER – FIRST SELECTMAN:

Hope your summer is going well. During these very warm temperatures, if you are in need of a Cooling Center, please contact Mr. Ron Roberts, Burlington Emergency Director at 860.882.2379 or dial 2-1-1 United Way Infoline.

NOTE FROM TOWN CLERK'S OFFICE:

The 2016 Election Season is upon us. Absentee ballots for the November 8, 2016 Presidential Election will become available October 7, 2016 in the Town Clerk's Office. The Application for Absentee Ballots **must** be filled out and filed with the Town Clerk before an Absentee Ballot is issued to an elector. The application is available in the Clerk's Office or online on the Secretary of the State's site at :<http://www.sots.ct.gov/sots/cwp/view.asp?a=3179&q=533084>

If you have any questions regarding voting or would like to register for a Permanent Absentee Ballot, don't hesitate to call our office at 860-673-6789 extension 2.

NOTE FROM TOWN ASSESSOR'S OFFICE:

All paperwork for renter's abatement is due by October 4, 2016

BURLINGTON MOBILE PANTRY:

Mobile Food share is an outdoor food distribution intended for people in need. **Location:** Burlington Town Hall – Side Parking Lot adjacent to the tennis courts. Please bring your own bags. Distribution is rain or shine. **Dates: Tuesdays, Sept. 13th, 27th, & Oct. 11th & 25th from 10:15 – 10:45 am**
For questions, call Ellie Parente at 860-673-6789 extension 208. Dial-A-Ride is available.

SOCIAL SERVICES: Contact Ellie Parente 860-673-6789 extension 208 for more information.

MEDICAL LOAN CLOSET: Contact the First Selectman's Office 860-673-6789 ext. 201 for information regarding borrowing or donating medical equipment.

QUOTE OF THE DAY

“WITH THE NEW DAY COMES NEW STRENGTH AND NEW THOUGHTS”

By Eleanor Roosevelt