



Senior Citizens of Burlington Newsletter

200 Spielman Highway, Burlington, Connecticut

May and June 2024

Volume 89

PROACTIVE HEALTH CARE SCREENING: Wednesday, May 22nd, 1-3 pm, Town Hall Auditorium

Pulse 4 Pulse will be providing 20 minute non-invasive circulation tests to provide a clear picture of your cardiovascular health that you can bring back to your doctor. Clinicians will be on site to provide results and recommendations. Please see flyer for more details. Pre-Registration is REQUIRED by Friday, May 17th by calling 860-673-6789 ext 7.

AARP SMART DRIVER COURSE, Thursday, May 16th, 12:15-4:15 pm, Senior Center

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Take this course to save 5% on your liability insurance for anyone 60+ years of age. Light refreshments will be served. The course costs \$20 for AARP members and \$25 for non-members. Cash or check only, made directly to AARP. RSVP by May 9th by calling 860-673-6789 Ext 7.

INTRO TO LINE DANCING: Wednesdays, 3-3:45 pm, Senior Center

Tanna Romero loves to dance and wants to teach all of you!! This is a beginner's class with no partners needed. Wear comfy shoes. Drop In's are welcome to come in at any point during the month. Line dancing is \$10 for each month. Drop-in fee is \$5 per class. Register by calling 860-673-6789 Ext 7. *No class June 19th.*

CORNHOLE: Fridays, 11 am – 12 noon, Town Hall Auditorium

We are having a ton of fun with Cornhole! Our program is just for fun, so don't be afraid to try! Program is free but register by calling 860-673-6789 ext 7. *No cornhole May 10th.*

ARTISAN ATTIC with Jasmin: Monday, May 20th, 10 am, Senior Center

Jasmine Chabot from Burlington Public Library will be leading the Artisan Attic!! This program is all about creativity and fun! Crafts and projects are provided free of charge, but registration is required by Thursday, May 16th. May's Project: Macrame Hoop Wall Art

COOKING CORNER w/ Judi Ann: "Shortcut Suppers", May 10th, 11 am, Senior Center

Judi Ann's enthusiasm for cooking is contagious! Come learn and enjoy the deliciousness! RSVP by calling our office. Class is limited to 12 participants. *No cooking corner in June.*

TAI CHI: For Better Balance: Tuesdays & Thursdays in June, 10:30 am, Senior Center

It's time to get up and start moving! This valuable exercise program is geared towards decreasing the fall risk in older adults. We ask participants who are new to the class to attend the first Tuesday of the month. Please call 860-673-6789 Ext. 7 to register. Fee: \$10 per month Dial-A-Ride is available. *No Tai Chi in May.*

LUNCH BUNCH BUS TRIPS:

Pick-up times to be determined by destination and number of participants. The driver will contact participants with pick up time prior to event.

Each participant covers the cost of their own lunch and spending money on the trip.

- Tuesday, May 7th: Movie Club: Movie: The Fall Guy at 2 pm w/ lunch (TBD) beforehand
- Thursday, May 23rd: Mohegan Sun Casino
- Wednesday, June 5th: Niantic Boardwalk w/ lunch at Lenny and Joe's

CRAFT & CHAT: Wednesdays, 10:00 am - 12:00 pm, Senior Center

Bring any craft project you are working on at home and bring it to the party! Why not craft with others!! Please call by Tuesday to let us know if you are attending.

CONCERTS IN THE PARK: Thursdays, June 13th-July 25th, 7-8:30 pm, Malerbo Rec Complex

Enjoy FREE concerts at 25 George Washington Turnpike. Bring your own chair. No concert July 4th.

BLOOD PRESSURE SCREENING: Mondays, May 20th & June 17th, 12 -12:30 pm Sr. Center

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

WE NEED YOUR HELP: MEALS ON WHEELS: DRIVER'S NEEDED

The Commission on Senior Citizens and Parks and Recreation Department is working to offer Meals on Wheels in Burlington. We need between 15-25 drivers, depending upon availability. Hours needed would be Monday, Wednesday, Friday 11 am-3 pm. Call 860-673-6789 Ext 7 to volunteer or ask questions.

LAPTOP COMPUTERS FOR USE: Call or stop by the Parks and Recreation Office to use

SENIOR CITIZEN CLUB ACTIVITIES: (Membership to the Club is required for these events)

Membership: Looking to join the Senior Club? \$5 per year! Yearly dues are due in June.

Questions? Contact Mary Yost 860-989-0026

Potluck Socials: Third Friday of the month, May 17th and June 21st

Bingo: Mondays at 12:30 pm (No Bingo May 27th) **Monthly Meetings:** First Monday of the month at 12 noon

DIAL-A-RIDE: To request a ride call 860-673-6789 Ext. 226

Medical appointments are the priority, but shopping errands may be scheduled if time allows.

MOBILE FOODSHARE: May 14th, 28th & June 11th, 25th 11:15-11:45 am

Mobile Food share is an outdoor food distribution at the Town Hall every other Tuesday. You do not need to be pre-registered to get food. Please bring your own bags. Distribution is rain or shine.

SERVING OUR SENIORS: Looking for help, with small jobs outside not involving garbage or any electric or gas-powered equipment? Keirsten Hallet is organizing this volunteer program to serve our Burlington Senior Citizens. Give Keirsten a call at 860-505-5580 or email kdallet@comcast.net. Follow Serving our Seniors, Burlington Senior Citizens on Facebook for updates with this group.

NOTES FROM DOUG THOMPSON, FIRST SELECTMAN: 860-673-6789 Ext. 1

Happy Spring to all of you! The Memorial Day Parade will be held on Monday, May 27th at 10 am starting at Cadence Academy Preschool and ending at the Town Green and Gazebo. We are also working to get Meals on Wheels here in Burlington. We are in need of volunteer drivers. If you need anything, my door is always open. Enjoy the sunshine, Doug Thompson.

NOTES FROM TOWN CLERK'S OFFICE: 860-673-6789 Ext. 2

June is dog licensing month!! Please make sure to come visit us to have your dog licensed. Please call or email us with any questions ugalde.m@burlingtonct.us

NOTES FROM REGISTRAR OF VOTER'S OFFICE: 860-673-6789 Ext. 217

The Registrar of Voters is looking for poll workers for the possible August Election and the November Presidential Election. If you or someone you know is interested in working at the polls with us please contact us by phone (860-673-6789 X217) or stop in to see us in our office. Our office hours are 9-2 on Thursdays. Poll Worker hours for elections are from 5:15 am – 9:00 pm. We can do split shifts of workers if you can find a buddy to split a day with you. Thank you for your consideration.

NOTES FROM BURLINGTON PUBLIC LIBRARY: 860-673-3331

Wednesdays, 9:30 am - Sunrise Chair Yoga at the library

Thursday, May 23rd, 6:30 PM - The Legend of the Leatherman with Mike Allen. This program is on Zoom.

The Burlington Town Offices will be closed: May 27th Memorial Day & June 19th Juneteenth

Tricia Twomey Director of Parks and Recreation and Senior Citizen Services: Twomey.t@burlingtonct.us
Ashlee Goshdigian, Administrative Assistant: parksandrec@burlingtonct.us 860-673-6789 Ext. 7
Dial-A-Ride: 860-673-6789 Ext. 226

"Happiness held is the seed; Happiness shared is the flower." -John Harrigan



PULSE 4 PULSE

PROACTIVE HEALTH CARE @ BURLINGTON SENIOR CENTER

Location: Burlington Town Hall Auditorium, 200 Spielman Highway, Burlington, CT 06013

Wednesday, May 22, 2024 from 1:00-3:00pm

OUR SERVICE:

- ✓ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ✓ Real-time results and recommendations
- ✓ Clinicians will be onsite to offer this valuable test to all and family members

INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, BCBS (SOME PLANS), Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

**Kindly be aware that a Cash Price of \$50.00 (seniors over 65) is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.

[Register Here](#)



The Burlington Senior Citizen's Club

May Birthdays

Elaine B.

Maryelen W.



June Birthdays

Sandy C.

Shirley D.

Shirley K.

Potluck Socials: May 17th & June 21st, 12noon in the Senior Center

R.S.V.P. to Mary or Diane 1 week in advance: May 10th & June 14th

Want to meet new friends and have fun? Join our club!!

- Membership is \$5 per year for anyone 55 and over
- The Club organizes Bingo, Potluck Socials, Monthly Meetings, Greeting Cards, and are open to more!!! Feel free to make suggestions!
- Join us at our next meeting, Monday, May 6th at 12 noon.

Questions?? Call Mary (Club President) 860-989-0026 or

Diane (Club Secretary) 860-371-0149

Enjoy Puzzles? We have a lot of puzzles available to take home and borrow!