



Senior Citizens of Burlington Newsletter

200 Spielman Highway, Burlington, Connecticut

March and April 2024

Volume 88

ST. PADDY'S DAY SHAMROCK LUNCHEON: Thursday, March 14th, 12 Noon, Town Hall Auditorium

Lots O' Fun to be had!! We are going to have a delicious meal and treats! Maybe you'll even find that pot of gold at the end of the rainbow! Wear your green!! RSVP by March 8th. Cost: \$5 per person.

COMING SOON: 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 March 13th.*

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 April 12th and April 29th*

Artisan Attic with Jasmin: Mondays, March 25th & April 29th, 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 Thursdays, March 21st and April 25th. March: Mini Jute Easter Baskets April: Pipe Cleaner Tulips

COOKING CORNER w/ Judi Ann: "Pasta-bilities", April 12th, 11 am, Senior Center

Judi Ann's enthusiasm for cooking is contagious! Come learn how to use pasta in a variety of meals and enjoy the deliciousness! RSVP by calling our office. Class is limited to 12 participants. *No cooking corner in March..*

TAI CHI: For Better Balance: Tuesdays & Thursdays: 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 on April 2nd.*

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.

- Wednesday, March 27th: Movie Club and Lunch (Movie TBD)
- Thursday, April 25th: Mizu 21 Hibachi Sushi Bar and Canton Shoppes, Canton

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

CRAFT & CHAT: Every Wednesday from 10:00 am to 12:00 pm

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

BLOOD PRESSURE SCREENING: Mondays, March 18th & April 15th, 11:30 am -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

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.

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, March 15th and April 19th

Bingo: Mondays at 12:30pm **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: March 5th, 19th & April 2nd, 16th, 30th 11:15am-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.

****April 2nd is at the Congregational Church due to the Presidential Primary Election at Town Hall.**

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 kdhallet@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! I hope to see you at the St. Paddy's Day Shamrock Luncheon on March 14th wearing your green. We are also working to get Meals on Wheels here in Burlington. We are in need of volunteer drivers. Please contact Parks and Recreation with questions. Also, the Presidential Primary Election will be on April 2nd from 6 am – 8 pm here at Town Hall. If you need anything, my door is always open.

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

Absentee Ballots become available on March 12, 2024 for the Presidential Preference Primary on April 2, 2024. There will be a Republican and Democratic Primary for President of the United States. You must be registered in one of these parties to vote in either one of these primaries.

If you would like information about becoming a permanent absentee ballot voter, please contact the Town Clerk's Office for information at 860 673-6789 x2 or email at ugalde.m@burlingtonct.us.

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

Beginning March 2024 the Registrar of Voters office will be holding Early Voting prior to elections. There will be 4 days of early voting prior to the Presidential Preference Primary taking place near the Registrars office from 10am – 6pm. The days are as follows: Tuesday, March 26 / Wednesday, March 27 / Thursday, March 28 / Saturday, March 30.

The Presidential Primary will be on April 2, 2024. The polls will be open from 6am – 8pm.

NOTES FROM BURLINGTON PUBLIC LIBRARY: 860-673-3331

March 8th at 6 pm: Echoes of Yesterday

Come and join us in celebrating Burlington's rich history through a fascinating gallery of historic images. While you walk through the past, enjoy light refreshments and live music. All photos will be available for purchase, and the proceeds will go towards supporting the Friends of the Library who are celebrating 60 years of service.

The Burlington Town Offices will be closed: Friday, March 29th: Good Friday

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

"To plant a garden is to believe in tomorrow." -Audrey Hepburn

Burlington Parks & Recreation Department
Presents:



Shamrock Luncheon

Date: Thursday, March 14, 2024

Location: Town Hall Auditorium

Time: 12 Noon

Fee: \$5 per person



Lunch, Treats, Raffle and Fun with Friends!!!

Please RSVP: 860-673-6789 ext. 7 by March 8, 2024
Dial-A-Ride Available



LIVING WITH BLACK BEARS:

Tips & Contact Information

TIPS

Bears Near Your Home:

- **Bears are attracted to garbage, pet food, compost piles, fruit trees, and birdfeeders.** Avoid placing meat scraps or sweet foods, such as fruit and fruit peels, in compost piles.
- **Remove birdfeeders and bird food from late March through November.** Store any unused bird seed and suet in a location not accessible to bears, such as a closed garage. Do not store bird seed in screened porches or sheds where bears will be able to rip screens or break through windows to access the seed.
- **Keep barbecue grills clean.** Store grills inside a garage or shed.
- **Do not feed pets outside.** Always supervise pets when they are outside.

Bears In Garbage Cans:

Store garbage in secure, airtight containers inside a garage or other enclosed storage area.

- Add ammonia to trash cans and bags to reduce odors that attract bears
- Periodically clean garbage cans with ammonia to reduce residual odor.
- Garbage for pickup should be put outside the morning of collection and not the night before.

Safe Ways to Scare Bears Off Property:

- Making noise, yelling, shouting
- Banging pots and pans
- Use an air horn or whistle

If you see a bear in your yard, do not approach it! Go into your house, garage, or other structure. If the bear persistently approaches, go on the offensive—shout, wave your arms, and throw sticks or rocks.

CONTACT INFORMATION:

DEEP Wildlife Division: (860)424-3011 Monday-Friday, 8:30 AM-4:30 PM

DEEP Dispatch: (860)424-3333 24 hours

Animal Control Department: (860)960-6600

Police Department: (860) 673-4856

Report a Black Bear Sighting Online and more information:

<https://portal.ct.gov/DEEP/Wildlife/Living-with-Black-Bears>