



Bethel Seniors on the GO!



Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801.
Website: Bethel-ct.gov; Hours: Mon. - Wed. 8:30 - 4:00; Thurs. 8:30 - 5:30; Fri. 8:30 - 11:30 am.
50 years and older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better.....at Bethel!

Active Adults Enjoying Life! (203) 792-3048 MARCH / APRIL 2025

Our Mission
Since 1977 our community's mature citizen, 50 years and older, can find a multipurpose facility at the Bethel Senior Center. It is our mission to provide opportunities for friendship, physical, intellectual, cultural, and social activities; to motivate individual and group participation; to encourage positive attitudes and preserve individual dignity and respect for all older adults.

Contact Information
First Selectman.....Dan Carter
Senior Center Director.....Lisa Plumb
Assistant Director.....Rosemary Cywin
Senior AideMary Lincoln
Senior AidePatrick Morton
Van DriversAndy Matturro & FredJohr
Municipal AgentLisa Plumb
Office Phone & Van Appointments.....
(203) 792-3048; (203)794-8593
Email Plumb1@bethel-ct.gov

Important Numbers and Meetings:
Sweetheart Bus Reservations....203-748-2511
Meals on Wheels.....203-628-7540
Commission on Aging Meeting:
2nd Monday of the Month; 2:30 p.m.



Bethel Senior Center is closed:
4/18/2025 - Good Friday

THANK YOU !!

Thank you to the Friends of the Bethel Seniors who generously purchased 5 cabinets and supplies for the Senior Center. We are very grateful for their gift.

Senior Center Van

Bethel residents, 60 years + & disabled adults are able to make an appointment on the Senior Center van by calling the Senior Center office (203-792-3048) at least 24 hours in advance. All riders must be independent to get to the curb to meet the van. The van will not transport anyone to a procedure.



We're going to... IRELAND! July 26 - Aug. 4, 2025



Dublin to London - 9 nights
with air and transfer to and from the airport (JFK) .
Stunning scenery, pretty villages, ancient sights, and exciting cities—this Britain and Ireland tour offers all of this and more. Your tour starts in Dublin, Ireland's fun capital; ends in London, England's exciting capital; and overnights along the way in Killarney, Tramore, and Cardiff, the capital of Wales. Highlights of this tour include the 668-foot Cliffs of Moher on Ireland's west coast, where you'll marvel at breathtaking views of rugged cliffs dropping into the ocean, and the Ring of Kerry, a 100-mile panoramic drive through magnificent landscapes. You'll revel in the views of the sparkling seascapes, hills dotted with brightly painted farmhouses, winding lanes, and views of the Lakes of Killarney. Words cannot capture the magnificence of these natural beauties; you must witness them in person! Also enjoy drives through rich dairy farmland. Stop for photos in Adare, founded in medieval times and known today as one of Ireland's friendliest and prettiest villages. In fact, its streets are still lined with the original thatched cottages from the 1820s. Another tour highlight is prehistoric Stonehenge. You've seen photos of Stonehenge—now's your chance to stand in front of it and try to figure out how these stones weighing 4,000 pounds got there. Visit Bath, famous for its Roman baths used for socializing and bathing 2,000 years ago. Also enjoy stops in Blarney and Galway. In both Dublin and Cardiff, an orientation drive familiarizes you with the cities. In London, you'll have time on your own to explore or to take optional excursions. From the vibrant cities to the quaint villages and gorgeous scenery, this value-minded tour through Britain and Ireland is sure to delight all of your senses! \$550. deposit secures your space. Due by 3/10/25.

NEW PROGRAMS & SPECIAL EVENTS!

Spring Craft:



Make an egg or bunny decoration for your home.
 Thursday, March 20 at 10:00 a.m.
 A nice activity for the 1st day of Spring.

New...Drumming Class with Colleen!

Come try a new class... drumming on a yoga ball! This new trendy exercise class will give you a workout as you have fun drumming to music and a guided exercise program. **Wednesdays 10:30 a.m.**



Meets the last Thursday of the month at 1:00 p.m.



March - Thread Collectors by Shaunna J. Edwards

April - The Book of Lost Names by Kristin Harmel

WALKING PROGRAM

This popular program is BACK!!
 Our walking program at the BHS indoor track house is on Monday mornings **at 9 am.**
 Please register in advance. Free.



Tom will be back to teach **Watercolor Class**
 Held on Thursdays, 2 pm, for all skill levels. \$15./session.

Session 1 - March 13, 20, 27

Session 2 - April 10, 17, 24

Session 3 May 1, 8, 15

A supply list is available in the office.

Bring your own supplies. Please sign up in advance.

Origami Class - 1st Thursday of the month. Must sign up in advance.
 March 6 & April 3 at 10:00 a.m. Free.



Let's Go To the Movies...

The Senior Center goes to Greenwood Features the 2nd Thursday of the month. You must sign up in advance (with the Senior Center) and be a BSC member to get the special rate. **\$5.00/ pp. - admission**



You will be notified a couple days before the movie (by email) of which movie we will see and the time it is shown.

TRIP TO AMSTERDAM TO SEE THE TULIPS!



Once in a lifetime trip!

April 2 - April 9, 2026

Includes:

Panorama Cabin

Gratuities & transfers to/from the airport

Wine/Beer with each meal

Nightly entertainment

Itinerary: Amsterdam, Rotterdam, Antwerp, Ghent, Middelburg-Veere, Willemstad.*

BOOK EARLY - \$250.00 DEPOSIT HOLDS YOUR SPOT!

Limited space available!!

**A detailed flyer is available in the office.*



Tulip Time Riverboat Cruise

This springtime river cruise gets underway in Holland's colorful capital of Amsterdam. This 700-year-old city offers an abundance of classic architecture, cafés, and restaurants to explore before you embark on your river cruise through Holland and Belgium. Sail through Rotterdam's harbor, said to be the world's busiest port. Garden enthusiasts will delight in a visit to see the breathtaking colors of Keukenhof, also known as the "Garden of Europe." With 70 acres of parkland and lakes, it's one of the world's largest flower gardens with nearly 7 million flowering bulbs bursting with color. Next, sail to Antwerp, Belgium's second-largest city, known for its centuries-old history in diamond trading amid ancient buildings and monuments combined with modern architecture. In Ghent, Belgium, join a local expert for a guided tour of the city, including a visit to St. Baaf's Cathedral. Your cruise traverses back into Holland where you'll explore Middelburg, formerly an important trading city. You'll still get a sense of its historic wealth today with its impressive structures like the Gothic Town Hall, Abbey Tower, and bustling Market Square. This beautiful and historic springtime river cruise concludes with more time to explore the wonderful city of Amsterdam. See the most fascinating views of the city on a canal cruise along the elegant grachten lined with homes dating back to the city's "Golden Age."

2025 Programs

All persons must be BSC members to participate.

AARP Safe Driving (*Tues., April 15 from 12 noon - 4:00 p.m.*) Must register in advance. Please bring a snack/drink.

Adult Meditative Coloring, Mon., 10 am - 12:00 p.m. Please bring all of your own supplies. Free.

Art Class- Mondays 1 - 3 pm. Work on any painting or drawing using the medium of your choice. Please bring your own supplies. \$4. /per person.

Balance Class - New and improved with Matt. Strengthen your body, improve your balance & prevent falls. Tu., 1:30 pm, Open to all levels. \$4.

Bazaar Crafts— *Now on Mondays! Monday at 1:30 p.m. - 3 pm. Starts 1/13.*

Bible Study- a bible book or verse is discussed each week. Free on Wed. at 10 am.

Bingo - Open to all. \$3.00 (in dimes) Wed., 1 pm.

Board Games-Thursday mornings beginning at 9 am..

Book Club - The last Thursday of the month at 1:00 pm.

Bridge- Wed. at 1:00 pm.; 50 cents to play. Must call in advance to reserve your spot. Not a teaching class. All participants must know how to play.

Canasta A card game played Tues., 1:00 pm., Free. Come, give it a try! Beginners welcome!

Cardio Dance with Matt- A cardio exercise class with originally choreographed dance moves to improve your flexibility, balance, and endurance. Give it a try! Great music... great class! Friday at 9 am. \$4/class.

Chair Yoga-Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Mon. / Fri. at 10:30 am. ; Wed. 12:45 pm \$4.

Chess - Please call the office if interested and we will introduce you to another member that is interested in playing.

Chorus- Wed. at 10 am. Free. Everyone welcome.

Coffee - Available every day, all day.

Coffee Social - Wednesdays at 9:00 a.m.

Crafts - A variety of classes are offered throughout the year. Please consult the newsletter for details.

Crochet & Knit - Thursdays at 9:30 am. Not a class. All participants should know how to knit and / or crochet. You may work on your own personal items or items to be sold at our Holiday Shoppe in the Fall.

Diamond Art- A fun hobby! Bring your own. Thurs. 1 pm.

Drawing Class - Fridays 9 am - 11 am. Pre-register.

Drumming - NEW! Wed. at 10:30 am. Free.

Grief Support Group - Tuesdays at 10:00 a.m.

Session 1: 2/4 - 3/25; Session 2: 5/6 - 6/24. Free.

MahJongg - Mondays, & Thursday at 1 pm.;

Men's Social Club - Mondays at 10:00 a.m.

Potholders for a Purpose - Wednesdays at 2 p.m.

Beautiful handmade potholders are combined with a dish towel & drying mat and given to a person getting a new home through one of our assistance programs.

Quilting- Thurs. at 1 pm.

Members meet to work on a seasonal quilt as well as a Quilt of Valor for our Vets.

Set Back- Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try! Free.

Sewing Circle-Open sewing in our sewing room. 10 am. On Thursdays. Free. Please register in the office.

Sewing - Dresses for Missions - Make sweet dresses with our fabric and supplies. Free. No experience necessary! All dresses donated to charity. People are needed to cut fabric & iron also. Wednesdays 9:30 am .

Sewing - Wheelchair Bags for Charity - Make bags to sell for our Holiday Shop and to be donated to a local nursing home. All supplies & the pattern are provided. Wed., 2:30 p.m.

Strength Training - Use the weight machines and free weights as well as other exercises. Tues. 12:30 pm.

Tai Chi Balance - Tai Chi, is a mind-body practice in alternative medicine. Many people practice tai-chi to improve their health and well-being. Improving balance is one of the focus areas of this class. Tues., **NEW TIME - 10 a.m.** \$4/class.

Total Wellness - Eileen introduces exercises including strength training, and stretching. Th. 9 – 10 am. \$4.

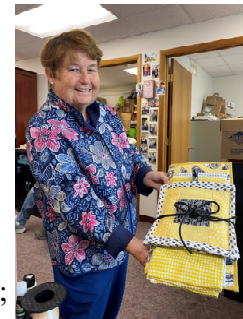
Walking Program - at the Bethel High School Track House. Mondays at 9 a.m. (no holidays) Pre-register.

Watercolor Class - Please see the newsletter for dates/times. (Thurs. 2 pm - 4 pm) Fee:3 classes,\$15.

Wii Bowling – Never played Wii games before? It's ok. It is very easy to learn. Give it a try on Tuesday, 10 am – 11 am. \$2./per person.

Yoga - Monday at 1 pm & Thursday at 10:15 am. \$4.

Zumba- High energy, fast moving exercise. Mon./Wed., at 9-9:45 am \$4./class.



Lunch Program

Mondays - Lunch & Learn programs . FREE.
(Please register)

**The Congregate Lunch Program is held on
Wednesday, & Thursday**

\$3.00/per person (donation). Please sign up by the previous Wednesday by 10:00 a.m. for the following week.

TRIPS



Grand Canyon of Pennsylvania

Sept. 29 - Oct. 1
More information: to be announced.

Twin Lobsters!

...**And a show at the Log Cabin, Holyoke, MA.**

July 22, 2025 - \$140./ per person



OCTOBERFEST

KRUCKER'S, Pomona, NY. Date & time TBA.



NEW ENGLAND CRUISE-

Oct. 11 - Oct. 18

Enjoy a lovely cruise through the New England states visiting Boston, MA., Newport, RI., Portland, Maine, St. John, Canada, Halifax, Canada during peak foliage season. Walk the Freedom Trail, see the mansions, view the lighthouses, see Kennebunkport or Acadia National Park, a wide variety of attractions are just waiting for you to visit. A \$250. deposit will hold your spot. **Due 3/5.**



Thrifters Trunk Trip Tues., April 29 (\$10./pp)

Enjoy the day exploring thrift & consignment shops.



Lancaster, PA - Tour through Amish country
May 28 - 30, 2025

Day 1 - Depart to Amish country checking in to the Holiday Inn, Lancaster. Dinner at the Plain & Fancy Restaurant.
Day 2 - Take a peaceful Amish Buggy Covered Bridge ride through country roads. Explore the popular Kitchen Kettle Village and all its quaint shops. Our afternoon will be attending the magnificent performance of "Noah" at the Sight & Sound Theatre. Dinner will be at the Hershey Farm Restaurant for a smorgasbord dinner.
Day 3 - Engage your senses through music and storytelling at an amazing Chalk Artistry performance by Elva Hurst. A visit to "Bird in Hand" Farmers Market before heading home.

"New Sewing Circle"

Thursdays at 10:00 a.m.

Come work on your own project or work on a project for the Senior Center. A great time to get together with other members.



REGULAR WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Zumba	10 Tai Chi Balance	9 Zumba	9 Board Games/Total Wellness	9 Cardio Dance with Matt
9 Walking at Track	10 Wii Bowling	9 Coffee Hour	10 Sewing Circle	
10 Adult Coloring	12:30 Strength Training	9:30 Sewing 4 Missions	9:30 Knit/Crochet	10:30 Chair Yoga
10 Men's Club	1 Set Back / Canasta	10 Chorus / Bible Study	10 - BBB	
10:30 Chair Yoga	1:30 Balance Class	10:30 New! Drumming	10:15 Yoga	
12 Lunch & Learn		12:45 Chair Yoga (E)	1 Quilting / Book Club	
1 Yoga /Mah Jongg		1 Bridge / Bingo	1 Diamond Art	
1 Art Class		2 Potholders w/ Purpose	2 Watercolor Class	
1:30 Bazaar Crafts			3 NEW! Strength Class	Closes at 11:30 a.m.

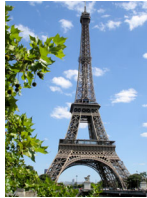


**Celebrate SPRING!!
April in Paris!**

with fantastic singer, Ashley Cruz.

Join us for a lively and animated show with light refreshments. Limited seating. You must sign up in advance. Tickets - \$5./per person.

PARTY!!



**New!! 2025 Aqua Turf trips
Luncheon & Concert
\$ 80./per person**

All shows are scheduled on Tuesdays

March 11—St. Patrick’s Day Celebration
Featuring the McLean Avenue Band & Irish Step Dancers.

April 8 - North County Band
Line Dancing instructions will be provided, no experience necessary!

July 8 - Celebrate Italia!

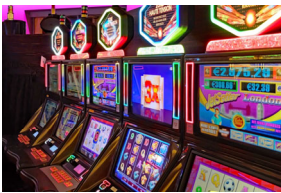
August 12 - “Song, Dance & Romance” Songs from Kenny Rogers, Tim McGraw, Dionne Warwick, Dianna Ross, Roberta Flack, & more...

September 9 - Jukebox45 Show Band: DooWop Show featuring great songs from the DooWop era including Paul Anka, the Duprees, Fred Parris, the 5 Satins, Larry Chance & the Earls, etc...

October 14 - A Tribute to the Legends of Old Vegas Dynamic performers will bring back favorites from Sinatra, Marilyn Monroe, Bobby Darin, Wayne Newton, Peggy Lee, Lynn Anderson, Rosemary Clooney & more...

November 11 - Jimmy Mazz Presents: Fever & Chills Show... a tribute to Karen Carpenter & Tom Jones

December 9 - Holiday Classics with the Cartells



**MOHEGAN
SUN CASINO**

Thurs., April 24

Spend your day at Mohegan Sun Casino Gambling with Lady Luck on the slots or tables, or take a walk outdoors on their walking paths, or shop in their quaint shops and boutiques or have a day out enjoying a nice meal. Whatever you decide, it’s always a fun day. And, who knows... You may be lucky!



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9 Walking at Track	10 Wii Bowling	9 Coffee Hour	9:30 Knit/Crochet	
10 Adult Coloring	12:30 Strength Training	9:30 Sewing 4 Missions	10 -Sewing Circle/ BBB	10:30 Chair Yoga
10 Men’s Club	1 Set Back / Canasta	10 Chorus / Bible Study	10:15 Yoga	
10:30 Chair Yoga	1:30 Balance Class	10:30 New! Drumming	1 (TBD) Movies 1/x mth.	
12 Lunch & Learn		12:45 Chair Yoga (E)	1 Quilting / Book Club	
1 Yoga /Mah Jongg		1 Bridge / Bingo	1 Diamond Art / MahJongg	
1 Art Class		2 Sew Potholders	2 Watercolor class	Closes at 11:30 a.m.
1:30 Bazaar Crafts			3 NEW! Strength class	

Bethel Senior Center

1 School Street
Bethel, CT 06801



Lunch & Learn Programs - 12 Noon

Lunch & Learn Programs provide a free lunch on Mondays during a presentation to the first 30 members that sign up. No additional lunch is served. Members are asked to stay for the entire presentation as a courtesy to our presenter. **Please sign up in the office.**



MARCH

3 - Amy from Maplewood of Stony Hill will speak about the facility.

10 - Our member, Linda Chiara will give a presentation on her new book, "Grandparents Forever Connected: Activities and Adventures with Grandchildren." Hot dogs & chips will be served.

24 - Problem Gambling

APRIL

7 - Suzanne Westerberg will speak about Opioids. Hot dogs will be served.

14 - Michael Dandrea from the Council of Financial Educators.

21 - Presentation from Caption Call Phone. Pizza will be served.



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