



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 2026

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 Aide Mary Lincoln
Senior Aide Patrick Morton
Van Drivers ... Andy Maturro, Fred Johr, Tony Rubino
Municipal Agent Lisa 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:

Good Friday
 Friday, April 3

American Quilt Society
Quilt Show trip - Hartford Convention Center
 Spend the day looking at beautiful quilts or take a class or workshop. Many vendors will be available to purchase items.
Thursday, April 9, \$10./fee.
 (Show entry fee is not included)



Lunch will be available
 for purchase.

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.



\$2./donation suggested.
Caraluzzi Shopping Trip - Mondays/Fridays 9:00 a.m.
Price Rite, Danbury - Tuesdays at 9:00 a.m.
Bethel Food Pantry - 1st/3rd Tuesdays at 1:00 p.m.

NEW! Diabetes Self-Management Education & Support Group

This evidence-based participant centered program designed to help individuals with diabetes and prediabetes gain knowledge, skills, and confidence needed to manage their condition effectively. 60+ year old participants must commit to a 9-week course. Free.
Funded by a grant from the Area Agency on Aging.
Fridays 10:00 a.m. - 11:00 a.m. Starts March 6



Winter chills?
 Join us for
SOUP NIGHT
Thursday, March 26 at 3:00 p.m.

Warm up at the Senior Center with salad, soup and a dessert. All for \$5.00! Great deal! Come with friends or meet new ones and enjoy a hot meal together.

GIFT CERTIFICATES

Are available! These may be used for all Bethel Senior Center programs, special events, trips, and our gift shop.



A great holiday gift idea!

NEW PROGRAMS & SPECIAL EVENTS!

ARTS & CRAFTS



Bazaar Crafts - Tuesdays at 1:00 p.m.

Fun - easy - creative. If you love to be creative and make craft projects, we would love to have you join!

MARCH 10, 24 - Make felt ornaments with a group.

APRIL 7, 21 - Make wood crafts with a group.

Walk-ins are welcome!

Spring Craft project with Danielle Ramos

April 13, 2:00 p.m.. Free. Registration required.

Beginner Crochet Classes

Our member, Maria, will be teaching a beginning crochet class starting in March . If you have ever wanted to learn how to crochet, now is the time! Please register in advance.

Tuesdays, 10 a.m.- 12:00 noon. Free.

ORIGAMI CLASS

The first Thursday of each month at 10 am. Free, however you must signup in advance. *Please note: the photo may not reflect the exact project being made.*

New Program! Sit & Stitch

Tuesdays at 10:00 a.m.

Do you do crewel, embroidery, needlework? Bring your own work & supplies and “sit & stitch” with us. Enjoy fellowship among peers as you work on your craft in a relaxed atmosphere. This is a drop-in program.



No registration required

Bisque Spring / Easter themed painting

Thursday, March 5, 10:00 a. m.



Choose an item to paint from our collection. This free program is available to all of our members. All supplies will be provided. Please register.

Birdseed ornaments

Thursday, March 12, 10:00 a.m.



Make a hanging birdseed feeder to bring home. Make a hot cup of tea, relax and watch the birds enjoy your handmade treat to them. Free to all of our members.

Registration is required. Limited seating.

Spring Egg Decorating - Thurs., 3/19, 10:00 a.m.



We will do a variety of egg decorating methods:

1. Ukrainian egg decorating, known as **Pysanky** (plural) or **Pysanka** (singular), is an ancient, intricate wax-resist (batik) method performed, often around Easter, to create highly detailed, symbolic designs.
2. Decoupage is the art of decorating surfaces—furniture, glass, or wood—by adhering paper cutouts (magazines, napkins, specialized paper) with glue, then sealing with multiple varnish coats to achieve a painted, inlaid look .
3. Traditional dye. **\$5./per person. Registration required.**

SIGN UP



*for all of the
March & April
activities
will be on*

Wednesday, February 18.



Watercolor Class

Tom will be teaching watercolors. Beginners are welcome!

Held on Thursdays, 2 pm, for all skill levels. \$15./session.

Session 1 - March 5, 12, 19

Session 2 - April 2, 9, 16

A supply list is available in the office.

No experience necessary. Please register in advance.

Tuesday, March 17, St. Patrick's Day Social



Sit & relax while visiting with friends. Listen to Irish background music and enjoy green shamrock shakes in the spirit of St. Patrick's Day.

Free to all of our members.

Registration is required.

Last Day of Winter Celebration!

Join us for a hot cocoa social to bid farewell to the winter.

Beverages complete with whipped cream and cookies!

Free for all members.

Registration is required.

Thursday, March 19, 3:00 p.m.



Potluck Dinner

Thursday, April 2

4:00 p.m.



A great way to socialize with friends! Join us for an afternoon of good company, good homemade food and good laughs.

Bring a meal or dessert to share.

Pre-registration is required.

Free to all members.

2025 Programs

All persons must be BSC members to participate.

AARP Safe Driving Must register in advance. Please bring a snack/drink. **April 9, 11:30 am - 3:30 pm.**

Adult Meditative Coloring, Mon., 9:00 a.m. - 12:00 p.m. Please bring all of your own supplies. Free.

Art Class- Mondays 1 - 3 p.m. 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 p.m., Open to all levels. \$4.

Bazaar Crafts – *Every other Tuesday* beginning in March. Make crafts for our Holiday Shoppe in November. If you enjoy socializing and making craft projects, we would love to have you join. **Tuesday at 1:00 p.m. - 3 pm.** (March: 10 & 24; April 7 & 21.)

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

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

Board Games- Thursday mornings beginning at 9 a.m. (on your own)

Book Club - The last Thursday of the month at 1 p.m.

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

Broadway Burn - cancelled. Please see Matt's new class on Friday mornings at 9:00 a.m. - Cardio Dance.

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

Cardio Dance with Matt – Friday mornings at 9:00 a.m.

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

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

Chorus - Wed. at 10 a.m. Free. Everyone welcome.

Coffee - (free) Available Mon - Thurs., 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.

New! Crochet Class- free beginner class. Tuesdays 10 am.

Crochet & Knit - Thursdays at 9:30 a.m. 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. Thursdays at 1 pm.

Grief Support Group - “Beyond Our Grief” (Free)

Spring Is a Season For Feeling Winter's Thaw Energy, Warmth, New Growth, Sunshine
If you are looking “to plant” some of this Springtime spirit into your grief or sorrow – please join us for some wonderful, free small-group, confidential support
Tuesdays at 10:00 a.m. February & March.

MahJongg Mon.,&Thurs. at 1 pm.;

Beginners welcome!



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

Origami - 1st Thursday of each month

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 an assistance programs.

Quilting- Thurs. at 1 p.m.

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

Set Back - Tues. afternoon at 1 p.m.; 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 a.m. To 12 noon on Thursdays. Free.

Please register in the office upon arrival.

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 at 9:30 a.m. .

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.

New! Sit & Stitch - Bring your crewel, needlework, embroidery to work on in a relaxed atmosphere with your peers. Tuesdays. 10 a.m. - 12 noon. (Held in the Sewing Room)

Strength Training - Use the weight machines and free weights as well as other exercises. Tues. 12:30 p.m.; & Thursday at 3:00 p.m.

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. Tuesdays at 9 a.m. \$4/class.

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

Watercolor Class - Thurs. 2 p.m.- 4 p.m. Fee: (3 classes per session) , \$15.

Wii Bowling – Never played Wii games before? It's ok. It is very easy to learn. Give it a try on Tuesday, 10 a.m. – 11 a.m. \$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 a.m. \$4./class.



Lunch Program

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

The Congregate Lunch Program is held on Tuesday, Wednesday, & Thursday
\$3.00/per person (donation). Please sign up by the previous Wednesday by 10:00 a.m. for the following week.

TRIPS for 2026

Our trips are expected to fill up quickly as usual. If interested, please sign up as soon as possible to avoid disappointment if the trip is sold out.

MARCH

3/30 - 4/1 **Tropicana Hotel, Atlantic City.** Enjoy 2 shows (Rock Around the Clock & Country Legends) Play games at the casino, and enjoy \$50./free slot play and \$50. food coupon.





Mohegan Sun Casino

Thursday, April 23. \$45./bus.

Registration required.

Celebrating America's 250th Anniversary!



April 16 - 10 Parade of Nations & Virginia International Tattoo

(details are on the back of this newsletter and in the office)

APRIL

4/29 - May 1

Lancaster, PA



Lancaster, PA. is always a favorite trip for our members.

This trip includes the show Joshua, at the spectacular Sight & Sound Theatre. Upon arrival enjoy dinner at an Amish home enjoying a Penn Dutch feast. Day 2 includes a tour of the picturesque scenery, pristine farms, and a visit to the Amish Broom Shop, and a Quilt Shop where you'll hear a chat about quilt making. Explore Kitchen Kettle Village where you can have lunch on your own among the quaint shops, handmade goods and charming cafes. After seeing the amazing show, Joshua, in the afternoon, we'll head over to Hershey Farm Restaurant for dinner. Day 3 includes a visit to the Seltzer's Smokehouse in Palmyra, PA. Enjoy a tour of this 4th generation, family run smokehouse where you'll learn their famous meats are made using traditional Pennsylvania Dutch recipes and slow, hardwood smoking methods. An experience you won't forget.

(Detailed flyers are available in the office)5.5

*Tea with Tracy
(Seymour, CT)
Thursday, May 14*



Enjoy a lovely tea at "Tea with Tracy's".

The van will bring us to a luncheon.

Participants will pay their own bill depending on what they order. You may order off of their menu.

The menu is available in the office.

\$10./per person.

REGULAR WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Zumba 10 Adult Coloring 10 Men's Club 10:30 Chair Yoga 12 Lunch & Learn 1 Yoga /Mah Jongg 1 Art Class	9 Tai Chi Balance 10 Sit & Stitch 10 Wii Bowling 10 Beginner Crochet 12:30 Strength Training 1 Set Back / Canasta 1:00 Bazaar Crafts 1:30 Balance Class	9 Zumba 9 Coffee Hour 9:30 Sewing 4 Missions 10 Chorus / Bible Study 12:45 Chair Yoga (E) 1 Bridge / Bingo 2 Potholders w/ Purpose	9 Board Games/Total Wellness 9:30 Knit/Crochet 10 - 12 Sewing Circle 10 Origami (1st week) 10:15 Yoga 1 Quilting / Book Club 1 Diamond Art /MahJongg 1 Watercolor Class 3:00 Strength Class	9 - Cardio Dance 10:30 Chair Yoga Closes at 11:30 a.m.

Aqua Turf & Luncheon & Concert

\$ 80./per person

Aqua Turf trips include complimentary coffee & donuts, and a glass of wine or beer.

All shows are scheduled on Tuesdays

5/5 - American Idol & Grand 'Ole Opry performer **Tristan McIntosh** performing a **Linda Ronstadt** tribute. (This show is planned by a travel group and is \$105./pp.)

8/11 - "Young at Heart, Feet So Smart" at the Aqua Turf. **Richie Mitnick** presents songs from Disco to Ballroom, Waltz & Swing. They'll be line dancing. Bring your dancing shoes! Lunch includes Baked Cod / Chicken Marsala.

More Shows...

7/14 - **Prime Rib or Twin Lobster at the Log Cabin in Holyoke, MA.** Enjoy **Elvis Cousin** perform the History of Rock & Roll. (\$109./pp.)

9/8 - **Jukebox45 Show Band performing a Doo Wop Show** at the Aqua Turf. Lunch includes Roast Beef & Chicken Francaise. (\$80.)

10/13 - **Rob Zappulla celebrates Herb Alpert & Sergio Mendez.** Don't miss the 10-piece orchestra. Lunch includes Lemon Chicken & Pork Schnitzel.(\$80pp.)

11/10 - **Sarah the Fiddler's Journey** at the Aqua Turf. Playing string instruments from 4 years old, Sarah has a special place for old time music, and loves the sounds from Irish music, Classical music. She is joined by her husband on drums& Joe Dziok on the accordion and piano. Lunch includes Roast Beef & Pan Seared Salmon. (\$80./pp.)

12/8 - **Holiday Clasics Show** at the Aqua Turf with the Cartell's. Lunch includes Roast Turkey and Baked Cod. (\$80./pp.)



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

March 26 - Dinosaurus
by Lydia Millet

April 30 - Hester by Laurie Lico Albanese

"BEYOND YOUR GRIEF" Support Group

Spring Is a Season For Feeling Winter's Thaw Energy, Warmth, New Growth, & Sunshine.

If you are looking "to plant" some of this Springtime spirit into your grief or sorrow – please join us for some wonderful, free, small-group, confidential support

Tuesdays 10:00 a.m.—11:00 a.m. (March only)

CELEBRATE AMERICA!

Red, White, & Barbecue!!



Monday, July 13, at 12:00 noon.

\$15.00/ per person.




There will be dancing and instruction with our own Matthew Ames, a professional dance instructor. Lunch will include all of the traditional barbecue favorites: hot dogs & hamburgers, potato salad, macaroni salad, chips, and dessert. Lemonade, coffee and tea will be available.

REGULAR WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Zumba	9 Tai Chi	9 Zumba	9 Board Games/Total Wellness	9 - Cardio Dance
10 Adult Coloring	10 Sit & Stitch	9 Coffee Hour	9:30 Knit/Crochet	10 - 12 Sewing Circle
10 Men's Club	10 Sit & Stitch	9:30 Coffee Hour	10 - 12 Sewing Circle	10 - Origami (1st week)
10:30 Chair Yoga	10 Wii Bowling	9:30 Sewing 4 Missions	10 - Origami (1st week)	10:15 Yoga
12 Lunch & Learn	10 Beginner Crochet	10 Chorus / Bible Study	1 Quilting / Book Club	1 Diamond Art /MahJongg
1 Yoga /Mah Jongg	12:30 Strength Training	12:45 Chair Yoga (E)	1 Watercolor Class	3:00 Strength Class
1 Art Class	1 Set Back / Canasta	1 Bridge / Bingo		
	1:00 Bazaar Crafts	2 Potholders with a purpose		
	1:30 Balance Class			

Closes at 11:30 a.m.



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

- 2 - Seniors helping seniors by Lynn Jennings
- 9 - Danielle Ramos from Bethel Health Care Center.
- 16 - Department of Revenue Services - Amy Nguyen

APRIL

- 6 - Kelly from Green Funeral Home
- 20 - Savita Care Center will present about their skilled nursing facility



MOHEGAN SUN CASINO



Try your luck at
Mohegan Sun
Casino

Thursday, April 23
on a beautiful Coach bus.