

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 MAY / JUNE 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 DirectorRosemary Cywin
Senior AideMary Lincoln
Senior AidePatrick Morton
Van Drivers: Andy Maturro, Fred Johr, & Tony Rubino
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:



May 25
Memorial Day

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.

Mother's Day Breakfast



Friday, May 8 at 9:00 a.m.
\$ 5.00/per person.
Registration is required.

Father's Day Breakfast

Friday, June 19 at 9:00 a.m..
\$5.00 / per person.
Registration is required



Our Walking Program is back on!



The Walking program will be held at the Indoor Track House located at the Bethel High School property. Starting April 13, Bethel Senior Center members can join from 9:00 am to 10:00 am on Monday and Wednesday mornings. Members must

register in advance., wear sneakers, and bring a water bottle, if desired, that can be left in the front foyer for breaks. Please enter through the upstairs door.

GIFT CERTIFICATES...



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

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!

MAY 5 & 19 Bisque Painting

JUNE 2 & 16 Wood Crafts

Walk-ins are welcome!

We're making patriotic themed crafts as part of our Town's 250th Celebration of the Declaration of Independence.



Patriotic Fabric Flowers craft

Thursday, May 7, 10:00 a.m.

\$2. /per person.



Metal Star Patriotic décor craft

Make a cute decoration with decoupage.

\$2./pp. Tuesday, June 2. at 10 a.m.



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.

Paint & Sip (non alcoholic) Spring Flowers

Free - 1:30 p.m. - 3:30 p.m.

Tuesday, 5/12. Limited seating. Registration required.



(Rescheduled) Dog Bone Craft Write your dog's name on a wooden dog shaped bone.

Priority to those who registered previously.

Tuesday, May 19, 10:00 a.m. (free)



Patriotic Star Decoration OR Welcome Garden Sign (crafts)

Thursday, June 11, 10:00 am

Choose one of the painted signs to make. \$2./pp.

Welcome Beaded Patriotic Wall Décor

Tuesday, June 16, 9:30 a.m.

Paint a fun "Welcome" wall or door decoration. Your choice to paint it a patriotic theme or Spring/Summer theme.

Patriotic Coasters (make 2)

Decoupage a patriotic coaster or a spring/summer theme will be available. \$2.00/per person allows you to make 2 coasters. Thursday, June 25, 10:00 a.m.

Collages - beginning June 2, Tuesday afternoons from 2 - 3:30 pm. Join professional artist, Barbara Milne as she instructs you to make a beautiful themed collage. **\$10./per person/per class.**



SIGN UP

for all of the May & June activities will be on

Monday, April 20.



Watercolor Class

Tom will be teaching watercolors. Beginners are welcome!

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

Session 1 - May 7, 14, 21

Session 2 - No classes this session.

A supply list is available in the office.

No experience necessary. Please register in advance.



America Trivia Program



Come test your knowledge of American history and trivia.

Prizes will be given .

No need to sign up in advance.

Thursday, May 21, 10:00 a.m.



Cyber Security

Jack Grace will speak about Cyber Crimes and Seniors. Jack is the Town of Bethel's Information

Technology Director. Pizza will be served.

Members must register in advance for the Lunch & Learn program on Monday, June 8 at 12:00 noon.



Make a Drawstring bag!

Perfect for summer! Make a drawstring bag for you or as a gift.

Basic sewing skills are required and basic knowledge of using a sewing machine. All supplies and personal instruction are included in this 2-session class.. You may bring your own 1/2 yard of fabric or use our fabric.

Wednesday, June 10 & 17. 3:00 - 4:00 p.m. \$ 3.00 / per person. Registration is required.

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. (May 5, 19 & June 16 - only)

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.

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.

Crochet Lesson 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.

Drawstring Bags - Learn to make your own drawstring bag to keep or for a friend (grandchild?). Basic sewing skills required. 6/10 & 6/17 from 3 - 4 pm.

Grief Support Group - "Beyond Our Grief" (Free) Please join us for some wonderful, free small-group, confidential support. Tuesdays at 10:00 a.m.

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

Beginners welcome!



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 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. .

New! Sit & Stitch - *on hold until September*

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.



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.

NEW CLASSES:

Reiki is a powerful Japanese energy healing technique that promotes balance, relaxation, and deep inner healing.

Here's how Reiki can benefit you:

Improved Sleep; Pain Management ; Improved Circulation / Accelerated Healing /Grounded & Centered / Reduce Stress / Boosted Immunity/ Emotional Balance/ Enhanced Relaxation

Let your healing journey begin



Reiki - Dory Katzenberger, our member, is offering Reiki sessions beginning in June. Five half hour sessions are available each Monday between 1:00 p.m. and 3:30 p.m. You must call the office in advance to schedule your session. The sessions are free.

BETHEL, CT
250
JOIN THE STORY.
Celebrating History · Honor Community · Inspire the Future

Town of Bethel, Connecticut Celebrating the 250th Birthday Of the Declaration of Independence

★ **Community Celebration Invitation** ★

Join the **Town of Bethel** for a day of history, learning, and fun as we commemorate 250 years of the Declaration of Independence—with a uniquely Bethel perspective.

When
Saturday, June 13, 2026
10:00 a.m. – 3:00 p.m.

Where
Town Hall Green
Rain or Shine
(In the event of rain, activities will move inside Town Hall)

What You'll EXPERIENCE

- ★ Learn about Bethel's history and role in the American story
- ★ Tour historic landmarks and community sites
- ★ Meet Revolutionary War re-enactors
- ★ Enjoy children's activities and family-friendly fun
- ★ Student art exhibit
- ★ Interactive experiences, storytelling & more

Get Involved
Have a great idea?
Interested in participating, volunteering, or partnering?
bethel250@bethel-ct.gov

★ Join the Story. Celebrate History. Honor Community. Inspire the Future.

Thrifter's Trunk Trip



Visit several thrift and consignment shops in CT. We'll stop for lunch. Pay on your own.

\$10./van per person . Thursday, June 18.

REGULAR WEEKLY SCHEDULE

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

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.)

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.

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 Classics 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.

MAY 28 - James by Percival Everett
And

JUNE 25 - Unfinished love story by Doris Kearns Goodwin

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.

Do you have a friend visiting?

Guest passes are available for \$5./per day.



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 9 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 with a purpose	9 Board Games/Total Wellness 9:30 Knit/Crochet 10 - 12 Sewing Circle 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.

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.**



APRIL 27

Member, Dory Katzenberger, will discuss Reikki and its benefits.

MAY

- 4 Samantha Baker will give a presentation on "Happy People Games". This is an app for seniors that her company recently developed.
- 11 Danielle Ramos will give a presentation about Bethel Health Care Center.
- 18 Maplewood of Bethel will give a presentation on dementia.

JUNE

- 1 Shea Farrell will speak about his time in Hollywood and his experience meeting Bette Davis. "Go West, Young Man... and so I did!" Hot dogs will be served.
- 8 Jack Grace will speak about Cyber Crimes and Seniors. Jack is the Town of Bethel's Information Technology Director. Pizza will be served.
- 15 Clay Callahan will speak to our group about his agency, Comfort Keepers.
- 22 Thai Parker will give a presentation on "Streamline Connect".

Sherwood Island Trip



Enjoy a beautiful day at the beach
with a barbecue.
\$15.00 per person.

Tuesday, June 23