



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 JANUARY / FEBRUARY 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 DriversAndy Maturro & Fred Johr
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:

Monday, January 1, New Year's Day
 Monday, Jan. 19, Martin Luther King Day
 Tuesday, February 16, President's Day



Weather Closing Policy



If the Bethel Schools are closed, the Bethel Senior Center is closed for weather related closings. If the Bethel schools have a 2 hour delay, the Bethel Senior Center opens at 10:30 am. Any program scheduled prior to that is cancelled.

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.

Do you have a friend visiting?



Guest passes are available for \$5./per day. Please sign up at the Reception desk.

SIGN IN

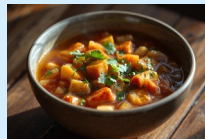
It is important that we know who is in the Senior Center at all times. This is for security reasons as well as fire and safety reasons. Please remember to sign in every time you are at the Senior Center, whether it is a free program or you are just visiting, stopping in for a cup of coffee, or attending a program or special event.

Winter chills?

Join us for

SOUP NIGHT

Thursday, January 8 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



Tuesday, January 27, 10 a.m.

Jewelry Heart Decorative Hanging - \$3.pp

Please register in advance.

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. A sample is usually available at the BSC.

New Program!
Sit & Stitch



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.



Watercolor Class

Tom will be back to teach watercolors in the New Year.

Beginners are welcome!
Held on Thursdays, 2 pm,
for all skill levels.

\$15./session.

Session 1 - January 8,15,22

Session 2 - February 5, 12,19

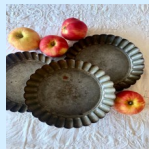
A supply list is available in the office.

No experience necessary

Tuesday, February 10, 10:00 a.m.

**WOOD HEART
IN A DECORATIVE METAL
PLATE**

(Wall Hanging) \$3.00/pp.
(Please pre-register)



Shamrock Craft



Tuesday, February 24

10:00 a.m.

\$3.00/pp -

Please register in advance.

Winter Tea & Bingo



Thursday, February 12

3:00 p.m.

Get out of the cold and warm up at a Winter Tea & Winter-themed Bingo game.

Prizes will be given.

Light refreshments will be served, including hot tea, coffee, and hot chocolate.

Members must pre-register to join.

\$5.00/per person.



What you've been waiting for...

Thrifter's Trunk Trip

Thursday, February 19



We'll visit several thrift and consignment shops in CT to find some great treasures. If you're a bargain hunter and would like to join this trip, please visit the Senior Center so you can sign up.

\$10./per person.

Valentine's Craft

with Danielle Ramos

Join us for a free craft class to make a Valentine's surprise craft project.

Danielle's craft sessions have been very popular so please sign up early if interested.

All supplies and instruction are given during class.

Monday, February 9, 2:00 p.m.



2025 Programs

All persons must be BSC members to participate.

AARP Safe Driving Must register in advance. Please bring a snack/drink. *No scheduled class at this time.*

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- Now on Mondays! Monday at 1:30 p.m. - 3 pm. *On hold until March 2026*

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 - *Cardio Dance is coming back on Friday mornings at 9:00 a.m. beginning January 9.*

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 & 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 - Tuesdays at 10:00 a.m. Free.

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 one of our 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 3:15 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.

JANUARY

A Casino trip



FEBRUARY

A Thrifter's Trunk Trip - Thursday, February 19.

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.



***Celebrating America's
250th Anniversary!***



**April 16 - 10 Parade of Nations &
Virginia International Tattoo**

APRIL

4/27 - **Paul the Beatle is coming to the state-of-the-art "52 Sumner" Church Theatre in Springfield, MA.** Limited seats on the van. Make your reservation early.

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)



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 1:30 Bazaar Crafts	9 Tai Chi Balance 10 Sit & Stitch 10 Wii Bowling 12:30 Strength Training 1 Set Back / Canasta 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 BBB / Origami (1st week) 10:15 Yoga 1 Quilting / Book Club 1 Diamond Art /MahJongg 1 Watercolor Class 3:15 Strength Class	9 - Cardio Dance 10:30 Chair Yoga Closes at 11:30 a.m.

Aqua Turf & Luncheon & Concert
\$ 80./per person

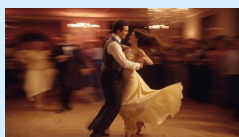
Aqua Turf trips include complimentary coffee & donuts, and a glass of wine or beer.

All shows are scheduled on Tuesdays

3/10 - St Patrick's Day show at Aqua Turf. Enjoy the McClean Avenue Band & Irish step dancers while feasting on a traditional meal of corned beef and cabbage, or baked cod. All Aqua Turf trips include complimentary coffee & donuts, and a glass of wine or beer.

4/14 - Dave Colucci gives a spectacular show at the Aqua Turf paying tribute to Buddy Holly, Bobby Darin, Janice Joplin, John Lennon, Patsy Cline, & more... Lunch includes chicken Kathryn or Baked Ham. Aqua Turf trips include complimentary coffee & donuts, and a glass of wine or beer.

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.



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

1/29
 Only woman in the room
 by Maria Benedict



2/26 - Lessons in Chemistry by Bonnie Garmus

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.)

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



JANUARY



5 - Danielle Ramos from Bethel Health Care Center will speak about the facility.

12 - Pamela Tucker from Medicare will give a presentation.

26 - Raisie Jacobs from the Stern Home will give a presentation about her facility.

FEBRUARY

2 - Jacob Nicolls will give a presentation from Brookfield Counseling.



MOHEGAN SUN CASINO



Try your luck at
Mohegan Sun Casino



Thursday, January 22
on a beautiful Coach bus.

Please sign up in the office.