



CITY OF BRIDGEPORT SENIOR CENTERS NEWSLETTER

307 GOLDEN HILL ST
BRIDGEPORT, CONNECTICUT 06604

June 2016

DEPARTMENT ON AGING

TELEPHONE 203-576-7993

June 6
D-Day Anniversary



On June 6, 1944, the Allied troops began their march across Europe.

June 14
Flag Day

I pledge allegiance
to the flag of
**the United
States of America**
and to the Republic
for which it stands,
one nation
under God,
indivisible,
with liberty and justice
for all.



Happy Father's Day

June 19, 2016



Dad...
A Son's First Hero,
Daughter's First Love

June 20

Summer Solstice



Department of Aging Mission Statement

To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, information, referral and by assuring that they can utilize available nutrition, social services, health, and transportation programs.



**Hairdresser will be here
June 8, 2016.
Price: \$10.00.**



June Birthdays

**Wishing our Seniors born in
June a very
Happy Birthday!**



**I may not have
lost all my marbles
just yet, but there
is definitely a
small hole in the
bag somewhere...**



**City of Bridgeport
Senior Center Directory**

Eisenhower Senior Center
307 Golden Hill St.
Bridgeport, CT 06604
Phone: (203) 576-7993
Fax: (203) 576-7521

Black Rock Senior Center
2676 Fairfield Ave.
Bridgeport, CT 06605
Phone: (203) 576-7258

East Side Senior Center
1057 East Main St.
Bridgeport, CT 06608
Phone: (203) 576-7212

North End Bethany Senior Center
20 Thorne St.
Bridgeport, CT 06606
Phone: (203) 576-7730

Staff Extension

Executive Director 7989
Rosemarie Hoyt

Administrative Assistant 7955
Heather Goulet

Social Services 7992
Rosemary Wong

Senior Center Coordinators
Bonnie Roach 7258
Carrie Taylor 7730

Senior Center Project Coordinator
Martha Santiago 7212

**COMMON SENSE
IS LIKE
DEODORANT**



**THE PEOPLE WHO
NEED IT THE MOST
NEVER USE IT!**



PLANTS THAT REPEL MOSQUITOES

Citronella



Chances are, you've heard of this one before—it's one of the most common ingredients in most mosquito repellents. Strange enough though, many people don't even know that citronella is actually a plant! Citronella is a beautiful perennial clumping grass that emits a strong aroma. That aroma masks other scents, and keeps mosquitoes from being attracted to things located around it. The citronella plant has a much stronger aroma than other mosquito repellents that contain citronella, so it is a great choice. Citronella is very easy to grow, and can get to be a very tall 5 or 6 feet high! You can grow citronella in pots and place it around a porch or patio, or you can plant it directly in a yard or garden bed. It's a great choice for repelling mosquitoes naturally.

Lemon Balm



Another great choice for a mosquito repelling plant is lemon balm. A member of the mint family, the plant also known as horsemint and beebalm is a very easy plant for beginning gardeners to grow— even if you don't have a green thumb! Lemon Balm is a very hardy plant, it resists drought, and it grows well even in shade. It is a very fast growing and sometimes aggressive plant, so you might want to contain it to a pot, where you can move it to wherever you like to ensure that it doesn't take over your garden! An added bonus? You can dry the leaves and use them to make a delicious herbal tea!

Catnip



Your feline friends will be happy to know that catnip is a great mosquito deterrent! In fact, in a 2010 study, researchers found that catnip is 10 times more effective than DEET, the ingredient commonly found in bug repellents. It is a very easy plant to grow, and if you have cats in the house, they will surely be happy to have it around. However, be careful not to plant catnip in with other flowers, veggies, or herbs if you have cats around your garden. They will surely roll around in the catnip and smash everything nearby!

Marigolds



A bright, hardy annual plant, marigolds are a great choice for repelling mosquitoes. Marigolds contain Pyrethrum, an ingredient found in many insect repellents, and they have a unique aroma which bugs find repulsive. The flowers themselves are beautiful and can make a great border or addition to any flower bed! Try placing them around borders of your home, and mosquitoes might not want to cross over!

Basil



Calling all cooks! Want a double whammy when it comes to mosquito protection? **Plant some basil!** Not only will you have a quick and easy mosquito repellent, you will also have a delicious fresh herb on hand to add to all of your favorite recipes! There are many different varieties of basil around, so feel free to experiment and find the ones that you like best. Many expert gardeners recommend trying lemon basil or cinnamon basil to deter insects. Plus basil is one of the easiest herbs to keep alive – even the biggest novice can manage it!

Lavender



You probably know that lavender is a gorgeous purple flowering plant with a soothing, calming scent. But, did you know that it is also a natural mosquito repellent? Grow it indoors near a sunny window, or outside in your garden or flower bed to keep the bugs away. While you're at it, make a delicious herbal tea, or use lavender to fill your home with a wonderful calming aroma.

Peppermint



Most bugs despise the smell and taste of peppermint, so planting it around your home is a great way to keep them from dropping by uninvited! Plus, if you do happen to get bitten, peppermint leaves rubbed directly onto the skin make a great **bite relief treatment!** An added bonus is the wonderful minty smell that makes a delicious addition to food and beverages!

Garlic



Unfortunately for all of us who love Italian food, studies have shown that **EATING** garlic does not repel mosquitoes. (Unless, however, you were to eat a **HUGE** amount!) However, having garlic around **DOES!** Make sure to add some garlic to your flower bed or vegetable garden for added protection!



HEALTH & WELLNESS



Carrot + Ginger + Apple - Boost and cleanse our system.
Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, and eliminate stomach upset and headache.
Tomato + Carrot + Apple - Improve skin complexion and eliminate bad breath.
Bitter melon + Apple + Milk - Avoid bad breath and reduce internal body heat.
Orange + Ginger + Cucumber - Improve Skin texture and moisture and reduce body heat.
Pineapple + Apple + Watermelon - To dispel excess

salts, nourishes the bladder and kidney.
Apple + Cucumber + Kiwi - To improve skin complexion.
Carrot + Apple + Pear + Mango - Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization .
Honeydew + Grape + Watermelon + Milk - Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.
Papaya + Pineapple + Milk - Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.

OPEN SWIMMING FOR BRIDGEPORT SENIORS

LOCATION:
CARDINAL SHEHAN CENTER
1494 MAIN STREET
BRIDGEPORT, CT 06604

EVERY MON., TUES., WED., & THURS.

8:30 AM TO 10:00 AM
Seniors must provide own transportation





Senior Dance

June 14

Location

Captain's Cove

Address

1 Bostwick Avenue,
Bridgeport

Date/Time

June 14, 1 p.m. – 4 p.m.

Fee

\$5 includes a hot dog and

Details

Tickets are available through select senior centers in the Bridgeport area. The Ringmaster and Royal Family join in the fun with our senior citizens at Captain's Cove by the water. Dancing, prizes, and lots of fun and reminiscing.



**EISENHOWER SENIOR CENTER
307 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
203-576-7993**

Rosemarie Hoyt, Executive Director

Open daily from 8:30 a.m. – 4:30 p.m.

**Leon Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.**

Daily Activities: Dominos, Cards, Billiards, Wii Practice

Also available: Computer Room, Information, Referrals, and Social Services.

Red Hats, Grandparents & Senior Events

- June 2—Lyman Orchards—10 a.m.—12:00 p.m.**
- June 7—Plainville Senior Center.. 7:30 a.m.—2:30 p.m.**
Grandparent’s Conference
“The Not So Empty Nest”
- June 9—Gillette Castle—10 a.m.—12:00 p.m.**
Fee \$9.00 with lunch
- June 23—Red Hat Gathering—10 a.m.—1:30 p.m.**
Captains Cove
- June 30—Stew Leonard's, Newington**
10 a.m.—12 p.m.

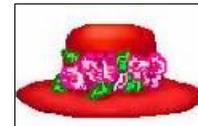


GRANDPARENTS GROUP

**To become a member/
information call Sheila at
203-414-9625**



**Every Wednesday
11:00 a.m.—12:00 p.m.**



Red Hat Gathering

**Call Sheila at:
203-414-9625**

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise 8:30 - 3:15 p.m. Chair Exercise 10:00-11:00 a.m. Crochet Class 11 a.m.-12 p.m. Lunch	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Lunch	Exercise 8:30 - 3:15 p.m. Zumba 10:00-11:00 a.m. Arts & Crafts 11 a.m.—12 p.m. Lunch Bingo 1:30 - 2:30 p.m.	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Lunch	Exercise 8:30 - 3:15 p.m. Therapy Game 9 a.m.—11 a.m. Line Dancing 11:00 - 12 noon Lunch Pokeno 1:30 - 2:30 p.m.



Thinking of retiring?

www.socialsecurity.gov

Some things to consider

Retirement can have more than one meaning these days. It can mean that you have applied for Social Security retirement benefits or that you are no longer working. Or it can mean that you have chosen to receive Social Security while still working, either full or part-time. All of these choices are available to you. Your retirement decisions can have very real effects on your ability to maintain a comfortable retirement.

If you retire early, you may not have enough income to enjoy the years ahead of you. Likewise, if you retire late, you'll have a larger income, but fewer years to enjoy it. Everyone needs to try to find the right balance, based on his or her own circumstances.

We hope the following information will help you as you plan for your future retirement and consider your retirement options.

Avoid a Medicare Penalty Sign Up at Age 65

Even if you don't plan to receive monthly benefits, be sure to sign up for Medicare *three months before* turning age 65. If you don't sign up for Medicare Part B (medical insurance) when you're first eligible, your coverage may not start right away and you may have to pay a late enrollment penalty for as long as you have it. You can apply online. Visit www.socialsecurity.gov/medicareonly for information and to apply.

What is the best option for you?

Everyone's situation is different. That is why Social Security has created several retirement planners to help you decide what would be best for you and your family. Social Security has an online calculator that can provide immediate and accurate retirement benefit estimates to help you plan for your retirement.

The online Retirement Estimator is a convenient, secure, and quick financial planning tool. It uses your own earnings record information, thereby eliminating any need to manually key in years of earnings information. The estimator also will let you create "what if" scenarios. You can, for example, change your "stop work" date or expected future earnings to create and compare different retirement options. To use the Retirement Estimator, go to our website at www.socialsecurity.gov/estimator.

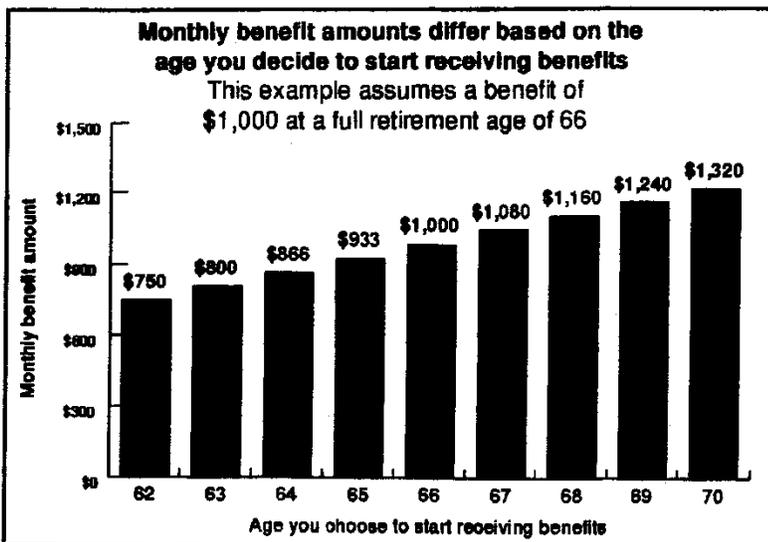
There is one more thing you should remember as you crunch the numbers for your retirement. You may need your income to be sufficient for a long time, because people are living longer than ever before, and generally, women tend to live longer than men. For example:

- The typical 65-year-old today will live to age 83;
- One in four 65-year-olds will live to age 90; and
- One in ten 65-year-olds will live to age 95.

Once you decide on the best age for you to actually retire, remember to complete your application *three months before* the month in which you want retirement benefits to begin.

It's so easy to apply online for benefits

The easiest way to apply for Social Security retirement benefits is to go online at www.socialsecurity.gov/applyforbenefits. If you do not have access to the Internet, you can call 1-800-772-1213 (TTY number, 1-800-325-0778) between 7 a.m. and 7 p.m., Monday through Friday, to apply by phone. You also can apply at any Social Security office. To avoid having to wait, call first to make an appointment.



0.970 oz 068135-001-07304425 0031274 0166903 4-060000

000123237095609 NOT A FP 33 PER ST SIA RCM NIMBOS PAL



EISENHOWER FOOD PANTRY

HEALING TREE ECONOMIC DEVELOPMENT (HTED)

Founded in 1990 by Mrs. Cynthia Gee West, the Healing Tree Economic Development Inc. (HTED) is committed to providing quality services that target areas of feeding, educating and housing for those members of the Bridgeport community who are in need.

HTED's program, the King's Pantry, has been feeding the homeless in the greater Bridgeport area for over 25 years. The King's Pantry currently provides weekly onsite (on the street) feeding and has two food pantries at 30 Florence St. and the Eisenhower Senior Center.

The King's Pantry at Eisenhower was started King's Pantry Director, Mrs. Charlene Chambers and is operated by Mrs. Doris Robinson, the site's Chief Operating Officer.

The Pantry is open every
Thursday, 9:00 a.m. - 12:00 p.m.



Bridgeport Nutrition Café Site

In order to ensure your dining experience a pleasant one, the following are a reservation and meal site guidelines

- Menus will be posted at the meal site and will be printed in the senior center newsletter.
- Please make a reservation 2 days in advance. Meals are ordered ahead of time and we can only guarantee meals for those who have registered.
- If you are not able to make it for lunch and have already registered, please call the café manager to let her know you will not be there.
- Those who register for lunch and do not call or show up for two (2) consecutive days will have all other reservations cancelled until he/she calls to reserve a meal again
- Lunches must be eaten at the meal site. The only items allowed to be removed from the meal site are bread and fruit. All other food items must be eaten or disposed of before leaving

If you have any questions or concerns, please contact our office at 203-332-3264. Laura or Barbara will be happy to answer any questions you may have.



NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Open 8:30 a.m. to 4:30 p.m.
Daily Nutrition Program, call for registration.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Current Events 9:00-11:00	Good Old Days 9:00-11:00	Be Heard Discussion 9:00-11:00	Poetry & Prose 9:00-11:00	Now & Then 9:00-11:00
Wii Practice 10:30-12:00	Craft Classes 10:30-12:00	Billiards 11:00-12:00	Wii Practice 9:30-10:30	Pinochle 9:30-12:00
Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00
Bingo 1:00-3:30	Pinochle/Bingo 1:00-3:00	Pokeno 1:00-3:00	Pokeno 1:00-3:00	Bingo 1:00-3:30

EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards, & Television—9a.m.-11:30a.m.
Various Field Trips are offered once a month.
Summer walking is offered once a week.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Needlecraft/ Arts & Crafts 9:00-11:30				
Lunch 11:30-12:30	Chair Yoga 10:30-11:30	Lunch 11:30-12:30	Lunch 11:30-12:30	Ballroom Dancing 9:30-11:30
Bingo 12:30-3:00	Lunch 11:30-23:30	Bingo 12:30-3:00	Bingo 12:30-3:00	Lunch 11:30-12:30
	Bingo 12:30-3:00			Bingo 12:30-3:00

**MOHEGAN SUN
BUS TRIP**

Thursday, June 9, 2016

**Bus leaves
North Bethany at 8:15 a.m.**

**&
Eisenhower Senior Center at
8:45 a.m.**

**Leaves casino at 5:15 p.m.
Return approximately 6:45 p.m.**

COST: \$22.00

INCLUDES \$15 FOOD COUPON

Plus

Two \$10 Bets on BIG WHEEL

COST: \$22.00

INCLUDES \$15 FOOD COUPON

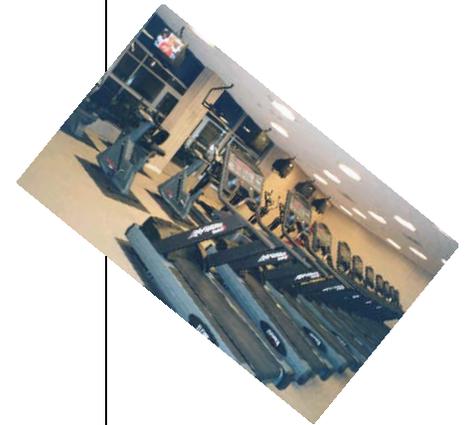
Plus

Two \$10 Bets on BIG WHEEL

Seats are going FAST!! To reserve yours, call:

Eisenhower Senior Center 576-7993

North Bethany Senior Center 576-7730



BLACK ROCK SENIOR CENTER

2676 Fairfield Avenue
 Bridgeport, CT 06605
 Tel. 203-576-7258
 Bonnie Roach, Coordinator

Open from 8:30 a.m. to 4:30 p.m.

**Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.
 Last Thursday of the month: and also rotating stores for Shopping trips.**

Events

**June 16—Tour Danbury 1903 Railway
 Call 576-7278 for Reservations**

**June 19—Curtain Call Stamford Theater
 “City of Angels”
 Sunday Matinee
 Time: 2 p.m. Cost: \$18.00
 Call 576-7278 for Reservations**

**June 21—Thimble Island
 Call 576-7278 for Reservations**

**July 5—Foxwood Casino
 Cost: \$25.00**



**Bye Bye Birdie
 Goodspeed Theater
 June 29, Wednesday
 Cost: \$78.00 with 3 course lunch**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Line Dancing with Gloria 10:00-11:30	Pinochle 10:00-12:00	Poker 9-11:30	Zumba \$1.00 per person 10:30-11:30	Crafts/Knitting 9:30-12:00
Lunch TV Open discussion on current events 12:30—3:00	Zumba \$1.00 per class 12:00-1:00	Lunch	Lunch	Lunch
	Lunch	Bingo 12:30-3:00	Movie Matinee 12:30-2:30	Chat Session Movie 12:30-3:00