

Cromwell Senior Center
Senior Scene

Hello MARCH

OUR TEAM

Amy Saada
Human Services Director

Cathi Jackson
Senior Center Assistant

Olivia Lespier
Outreach/Program
Coordinator

Awilda Rodriguez
Human Services
Assistant

Bus Drivers
Mario Genovese
Paul Pierce
Sharon Townsley
Royal Sawyer

Senior Commission Members

Anne Kaiser, Chair
Deirdre Daly, Vice Chair
Ann Jordan
Mertie Terry
Patricia Snow
Bonnie Sprague
Judy Benvenuto
Steve Falco
Linda Worden
Judy Norris

Next Meeting:
March 11, 2024



41 West Street
Cromwell CT 06416

CROMWELL SENIOR CENTER'S

SAINT PATRICK'S DAY Party

MARCH 12, 2024

Music By

WILLIE & JAN
BAND

TIME: 12:00pm

MUST PRE-REGISTER BY: 3/6/24
\$5.00 to sign up

MARCH MADNESS

TRIVIA PARTY

THURSDAY MARCH 14

@ 2:00

RSVP BY 03/11
860-632-3447

AAA Safe Driving for Mature Operators 1-Day Course!

Thursday March 7th
12:00pm-4:00pm

Cost: \$15

Upon completion of this course, many
automobile insurance companies will
grant discounts on automobile
insurance policy rates!
Class will be held at
the Cromwell Senior
Center.



CHECK OUT THESE FUN MARCH EVENTS!

- ☒ 3/11 INTRO TO ITALIAN
- ☒ 3/13 Wii BOWLING TOURNAMENT
- ☒ 3/15 SPRING CRAFT
- ☒ 3/19 IDENTITY THEFT BY M&T
- ☒ 3/29 GOLF LEAGUE 1ST MEETING
- ☒ 3/26 MAKEUP W/ JOBY
- ☒ 3/28 STORYTELLING

NOTE :

We didn't have enough room for all of the
details on the above programs so please
check out the flyer inserts for times and
more information on each program!

TRANSPORTATION: 860-632-3451 / PHONE: 860-632-3447 / FAX: 860-632-3446

Monday

Tuesday

Wednesday

Thursday

Friday

March 2024

1

9:00 Billiards
 9:00 Yoga with Lisa
 10:30 Pickleball for
 Cromwell residents
 12:00 Lunch
 1:00 Mahjongg/Rummikub
 1:00 Movie
 1:00 Pickleball for
 Advanced Players

4

9:00 Billiards
 9:00 Yoga with Lisa
 10:30 Senior
 Commission Meeting
 11:00 Balance &
 Strength with Michelle
 12:00 Lunch
 1:00 Quilting Class
 1:00 Mahjongg
 2:15 Arthritis Exercise

5

9:00 Tai Chi w Lisa
 9:00 Billiards
 11:00 Tai Ji Quan
 12:00 Lunch
 1:00 Bingo
 1:00 Table Tennis
 2:00 Cards/Setback

6

9:00 Yoga with Lisa
 9:00 Wellness Nurse
 9:00 Billiards
 9:30 Wii Bowling
 12:00 Lunch
 1:00 Art with Angel
 1:00 Pickleball for
 Beginners

7

9:00 Tai Chi w Lisa Gibson
 10:00 Mindful Meditation
 10:30 Billiards
 11:15 Balance & Strength with
 Michelle
 12:00 Lunch
**12:00 AAA Driving Safe
 Driving Class**
 1:00 Cornhole
 1:00 Cards/Setback
 2:15 Arthritis Exercise

8

9:00 Billiards
 9:00 Yoga with Lisa
 10:30 Pickleball for
 Cromwell residents
 12:00 Lunch
 12:30 Tai Ji Quan
 1:00 Mahjongg/Rummikub
 1:00 Movie
 1:00 Pickleball for
 Advanced Players

11

9:00 Billiards
 9:00 Yoga with Lisa

12

9:00 Tai Chi w Lisa
 9:00 Billiards
 11:00 Tai Ji Quan

13

9:00 Yoga with Lisa
 9:00 Wellness Nurse
 9:00 Billiards

14

9:00 Tai Chi w Lisa Gordon
 9:00 Billiards
 10:00 Stress & Pain
 Management Meditation
 11:15 Balance & Strength with
 Michelle

15

9:30 Reiki with Linda-Call
 for Appointment
 9:00 Billiards
 9:00 Yoga with Lisa
10:30 Spring Craft
 10:30 Pickleball for

11:00 Balance & Strength with Michelle	12:00 Lunch	9:30 Massage Therapy	12:00 Lunch	Cromwell residents
12:00 Lunch	1:00 St. Patrick's Day Lunch w/ Irish Music by the Willie & Jan Band	9:30 Wii Bowling Tournament VS Bristol	1:00 Cornhole	
1:00 Quilting Class	1:00 Bingo	12:00 Lunch	1:00 Cards/Setback	
1:00 Mahjongg	1:00 Table Tennis	1:00 Art with Angel	2:00 March Madness Trivia Party	12:30 Tai Ji Quan
1:00 Intro to Italian	2:00 Cards/Setback	1:00 Pickleball for Beginners		1:00 Mahjongg
2:15 Arthritis Exercise				1:00 Movie
				1:00 Pickleball for Advanced Players
18	19	20	21	22
9:00 Billiards	9:00 Tai Chi w Lisa	9:00 Yoga with Lisa	9:00 Tai Chi w Lisa Gordon	9:00 Billiards
9:00 Yoga with Lisa	9:00 Billiards	9:00 Wellness Nurse	9:00 Billiards	9:00 Yoga with Lisa
11:00 Balance & Strength with Michelle	11:00 Tai Ji Quan	9:00 Billiards	9:00 Golf Pre-Season	10:30 Pickleball for Cromwell residents
12:00 Lunch	12:00 Lunch	9:30 Wii Bowling	10:00 Mindful Meditation	12:00 Lunch
1:00 Mahjongg	1:00 Table Tennis	12:00 Lunch	11:15 Balance & Strength with Michelle	12:30 Tai Ji Quan
1:00 Mahjongg	1:30 Identity Theft presentation by M&T Bank	1:00 Art with Angel	12:00 Lunch	1:00 Mahjongg/Rummikub
1:00 Quilting Class	2:00 Cards/Setback	1:00 Pickleball for Beginners	1:00 Cornhole	1:00 Movie
2:15 Arthritis Exercise	2:30 Symphonic Music w/Charles Rex		1:00 Cards/Setback	1:00 Pickleball for Advanced Players
			2:15 Arthritis Exercise	
25	26	27	28	29
9:00 Billiards	9:00 Tai Chi w Lisa	9:00 Yoga with Lisa	9:00 Tai Chi w Lisa Gordon	Closed
9:00 Yoga with Lisa	9:00 Billiards	9:00 Wellness Nurse	9:00 Billiards	
11:00 Balance & Strength with Michelle	11:00 Tai Ji Quan	9:00 Billiards	10:00 Stress & Pain Management Meditation	Good Friday!
12:00 Lunch	12:00 Lunch	9:30 Wii Bowling	11:15 Balance & Strength with Michelle	Happy Easter Weekend!
1:00 Virtual Travel with Lia Levitt	1:00 Bingo	12:00 Lunch	12:00 Lunch	
1:00 Mahjongg	1:00 Table Tennis	12:30 Birthday Bash	1:00 Storytelling/Musical with Albert Ruggiero	
1:00 Quilting Class	1:00 Makeup for Mature Women with Joby Rodgers	1:00 Art with Angel	1:00 Cornhole	
2:15 Arthritis Exercise	2:00 Cards/Setback	1:00 Pickleball for Beginners	1:00 Cards/Setback	
	2:00 Tech Tuesday: Smart Phone Help		2:15 Arthritis Exercise	

Live, Laugh, Learn

MOVIES, MOVIES, MOVIES!

All movies start at 1:00pm on Fridays!



March 1st The Holdovers

An Instructor at a New England Prep School is forced to remain on campus during Christmas Break to babysit the handful of students with nowhere to go. (Paul Giamatti, Da'Vine Joy Randolph)

March 8th My Sailor My Love

The thorny relationship between a woman and her retired father worsens after he becomes romantically involved with the housekeeper she hires for him. (James Cosmo, Brid Brennan, Catherine Walker)

March 15th Priscilla

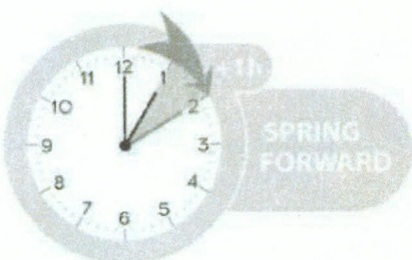
When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend. (Cailee Spaeny, Jacob Alordi)

March 22nd Next Goal Wins

Dutch coach Thomas Rongen attempts the nearly impossible task of turning the American Samoa soccer team from perennial losers into winners. (Michael Fassbender)

Our favorite announcement!!!

***Daylight Savings Time begins
on March 10th! Set those
clocks ahead one hour and
let's enjoy some more daylight
in the evenings!***



Players Needed!

Join our **Wii Bowling Team** and compete against other centers!

Wednesdays at 9:30

Tournaments are TBD



**Virtual Travel with Lia
Levitt**

3/25 at 1:00pm

SEE INSERT

**Symphonic Music with
Charles Rex**

Topic:

The Orchestra goes to War

DATE 3/19

TIME: 2:30pm

Birthday Bash

We invite you to our monthly birthday party! Come enjoy cake sponsored by Rose Hill Funeral Home.

**Wednesday
March 27th
At 12: 30pm**



Wellness

Yoga (in person & zoom)

Mondays, 9:00-10:00am

Wednesday, Beginner, 9:00-10:00am

Friday, Intermediate, 9:00-10:00am

Tai Chi

Tuesdays, 9:00am-10:00am

Thursdays, 9:00am-10:00am

Arthritis Exercise

Mondays, Thursdays, 2:15-3:15pm

Strength and Balance

Mondays, 11:00am-12:00pm (Zoom only)

Thursdays, 11:15pm-12:15pm (Zoom only)

Mindful Meditation Class

Thursdays, 10:00am-11:00am

Reiki Sessions

Every 3rd Friday— must schedule an Appointment by calling Linda at (860) 316-7553

Fees: \$30 for 30 minute session

Massage Therapy

Joanie Silvia is here on the 1st & 3rd Wednesday of every month. Call 860-301-6507 to book your appointment today!

Fees:

\$25/30 min - \$50/60 min - \$65/90 min

Billiards

Monday- Friday / 9:00am—11:30am

Come join us, meet new friends and challenge someone to a game!

Table Tennis

Tuesdays 1:00pm-3:00pm

A little indoor fun and a fun way to exercise!

Trivia

Thursdays 2:00pm-3:00pm

Come enjoy a little brain health and fun competition amongst friends!

Congregate Meals by The Estuary of Old Saybrook!

Come join us for a daily meal and socialization! No where else can you eat for a \$3.00 suggested donation. We have a new provider and the meals are delicious! Call us to register, 860-632-3407 **Daily, 12:00pm-1:00pm**

Meals on Wheels— It's National Nutrition Month! See flyer on the Buy A Wheel event!

If you are homebound and need meals, please contact The Estuary at 860-388-1611.

Wellness Nurse

Donna Denert, RN. provides health screenings including blood pressure, glucose and general health counseling.

Pickleball

Wednesdays will be a beginners session running from 1:00-3:00. This session is for players who are relatively new to the sport and have been playing less than a year. **(Indoor)**

Fridays will be the advanced session for people who want to play more competitively and have been playing over a year. This will be held from 1:00-3:00. **(Indoor)**

Wii Bowling

Wednesdays at 9:30am

Come join your peers for an Interactive experience where you will socialize and benefit from a low impact exercise!

Mahjong

Mondays and Fridays at 1:00pm

Test your strategies and skills with your friends!

Bingo

Tuesdays at 1:00pm-3:00pm

Who doesn't love a friendly game of Bingo! Come join your friends and play for small prizes!

Trivia

Thursdays 2:00pm-3:00pm

Come challenge your brain and compete against friends! All are welcome!

Art Class

Wednesdays 1:00pm-3:00pm

This is an ongoing class meeting regularly and you can join at any time.

Quilting Class

Mondays 1:00pm-3:00pm

Come join us as you'll learn all the skills you need to bring a quilt to life!

Cards/Setback

Tuesday 2:00pm / Thursdays 1:00pm

Bring yourself or a friend for some trick taking! Not 2nd Tuesdays

Cromwell Senior & Disabled Transportation

Keeping you Connected!

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call 860-632-3447.

Date/Departure Time Out Trips (on our Senior Bus)

March 6th / 11:00am Cheesecake Factory and Barnes & Noble, Blueback Square

March 13th / 10:00am New Britain Museum of Art & Angelo's Market

Admission to museum—Seniors 62+ / \$12.00 / Museum Café is open 10-2:30pm
Then stop at Angelo's Market for Italian foods & baked goods

March 20th / 11:00am Rein's Deli, Vernon

March 27th / 11:30 Lakeside Bar + Grill, East Hampton

Enjoy waterside views of Lake Pocotopaug

Friendship Tours Excursions (Chartered Bus)

Payment for these trips are due one month prior to departure. Flyers are included in the newsletter or at the Center. Open to all in town and out of town members.

March 16	Fireplace Feast at the Salem Cross Inn	\$147
May 1	Daffodil Days with Tea at Blithewold	\$139
May 14	King of Diamonds, Neil Diamond Tribute	\$94
June 16-23	Bermuda Cruise from NJ	\$1449 pp twin
June 21	Ride the Naugy	\$124
July 18	Relax on the River..The Griswold Inn Riverquest Cruise	\$142
Aug 20-21, 2024	Turning Stone Casino	\$499 pp twin
Sep 3-16, 2024	Escorted Mediterranean Cruise	\$3799 pp twin
	Italy, Slovenia,, Greece, Montenegro, Croatia	
Nov 9-23	Escorted Repositioning Cruise	\$2549 pp twin
	Sail Boston to Southern Caribbean to Ft Lauderdale	
Dec 4-8, 2024	Escorted San Antonio Holiday	\$2799 pp twin
Mar 28-Apr 7, 2025	Escorted Viking River Cruise, Holland & Belgium	\$4399 pp twin

NOTE: This cruise sells out a year prior...must book by mid April 2024 with deposit

Weekly Shopping Routes on our Senior Bus

Join us Mondays & Fridays!

9:00am : Stop & Shop, ShopRite and Dollar Tree

2:15pm: Walmart

Just call us and ask to be put on our shopping shuttle!

Places to go Give
us a call to
schedule a ride or to book
a Trip!
860-632-3447

Human Services Corner

Awilda Rodriguez

Human Services Assistant

Staff provides advocacy, information and referral, short term guidance and referrals for counseling and support services for adults, families, elderly and disabled residents. Staff assists clients in completing a variety of assistance applications for state and federal programs, and operates a client choice food bank and holiday programs.



860-632-3449



Spring Holiday Food Basket Program— NOW OPEN!

We will be holding our Spring Holiday Food Basket Program once again this year. We hope to provide families with a meal to aid in their celebrations. You must apply for this program and its based on income.

A fully completed application and copies of all necessary paperwork are required to determine eligibility. Families must meet income restrictions, which is 200% of the Federal Poverty Guidelines. The income chart is on the form.

The deadline to register is: Monday March 18th. No applications will be accepted after this date.

For those who would like to donate please reach out to me at arodriguez@cromwellct.com for more information.

For donations we are looking for the following food items or gift cards to purchase a ham/turkey or other perishable items:

Scalloped potatoes, peas, asparagus, carrots, baking items (cakes, sugar, frosting, flour), bisquick mix, juice, fruit cocktail, pineapple, cherries, tin foil, tin foil trays, and Easter candy!

PLEASE NOTE: The Affordable Connectivity Program (ACP) Is No Longer Accepting Applications

The Affordable Connectivity Program stopped accepting new applications and enrollments on February 8th. Barring additional funding from Congress, April is expected to be the last month enrolled households will receive the full benefit.

ACP enrolled households are strongly encouraged to carefully review written notices from their internet company and from the Universal Service Administrative Company (USAC), the ACP administrator, about the ACP wind-down.

Households are also encouraged to consult their internet company to learn more about how the end of the ACP will impact their internet service and bill.

For more updates about the ACP Wind Down, refer to AffordableConnectivity.gov.

Please see insert for more information on Lifeline, assistance in lowering monthly cost of wireless/ internet bills.

In the 2024 Legislative Session, there was commitment for No-Cost Meals for All Connecticut public school students that promotes the health and welfare of all school children, producers, workers, educators, and our communities. Please [Thank your Legislators!](#)

**International Women's day
is March 8th. This years
theme is to Inspire
Inclusion.**



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860-538-5393



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Not affiliated with any government agency, including Medicare. I do not offer every plan available in your area. Currently, I represent 6 organizations which offer 60 products in your area. Please contact Medicare.gov 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get the information on all your options.



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Cromwell Senior Center, CT 06-5007



Cromwell Senior Center Golf League

**Portland West Golf Course
Thursday mornings
April through October**

If you are interested in joining, we are having a live meeting in the Senior Center on March 21st at 9:00am. If you cannot attend, please contact the Cromwell Senior Center by calling 860-632-3447 or e-mail

cjackson@cromwellct.com

First day of play will be Thursday, April 18th

Please include any thoughts about "Plays of the week" or any other ideas for the 2024 Golf League.

Also let us know the name of your fellow team member. If they have never played with the Cromwell Golf league before they will have to fill out a registration form. Registration forms can be mailed to them or can be filled out on-line at cromwellct.com on the Senior Center page. Players who do not have a team member will be matched up with a player, if possible, after March 21st. This means that only substitutes are allowed to be added after teams are formed.

And remember this league is non-competitive in nature and is primarily for the enjoyment of all participants.

New members are always welcome!

Players who reside out of Cromwell are welcome to join the league after paying an out-of-Town Membership fee of \$25.00 due when registering.

Correct Date:

***Pre-Season
Golf Meeting
Thursday
March 21, 2024
9:00am***





Virtual Travel with Lia Levitt

Radiant Rwanda -
Gorgeous Gorillas 🐼

Monday March 25th
at 1:00pm- ZOOM

We will visit the sprawling Volcano National Park and hike the volcano to discover gorillas including the Silverbacks in their natural habitat. There are only three places in the world to see mountain gorillas and Rwanda has the most of this endangered species. We'll also explore a new eco park, the twin lakes and other natural wonders while immersing in the culture of this cleanest country in Africa.

Sign up today through the
Cromwell Senior Center

860-632-3447



Pearls from Carol

Storytelling Musical by ALBERT RUGGIERO

When Carol Ann Ruggiero passed away, her devoted husband Albert gathered her writings into a published collection. It's a book that was never meant to be – a compilation of 20 years' devoted effort for a local writers group. The pieces are short, very funny, always thought-provoking.

As Albert explains it, Carol enjoyed taking a serious topic and turning it on its head with a surprising ending. Though she suffered through many tragedies in her life, such as the loss of her children, "Carol always had a warm smile to share and an ear to lend to anyone who needed it. She was petite, pithy, and possessed a huge amount of common sense." Albert took his love for his wife and turned it into a passion project to share her stories with the world.

Thursday March 28th
at 1:00

Sign up through the
Cromwell Senior Center
860-632-3447



Cromwell Senior Center Presents:

Daffodil Days with Tea at Blithewold

An American Garden Treasure!

Wednesday, May 1, 2024



Bristol, RI

Overlooking the Narragansett Bay, **Blithewold** is one of the finest garden estate in New England. Late April into Early May, Blithewold opens its gates to welcome visitors just as springtime begins. Their famous display covers the 33-acre seaside estate with over 50,000 daffodils.

Our visit includes a **guided tour** of the garden and magnificent 45-room Mansion that was lived in by the Van Wickle / McKee family for over 80 years. The estate features grand views of Narragansett Bay and is filled with family heirlooms.

Begin your visit at Blithewold with a lovely **Tea Luncheon** on the heated porch or patios. Sample menu: Scones, Finger Sandwiches, Mini Quiche, Desserts, Tea.

COST: \$139.pp based on 35-50

For Reservations: Cromwell Senior Center 860-632-3447

Depart: 8:30am Cromwell Senior Center, 41 West Street, Cromwell

Estimated Return: 7:00pm Cromwell

Make Checks payable to: Cromwell Senior Center

Please note: The first floor of the Mansion and the grounds (gravel paths) are accessible, however; there is no elevator to the second floor.



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MEDITATION FOR THE SOUL

with
Instructor Lauri Russell



Thursdays 10-11am

03/07- Stress and Pain Management

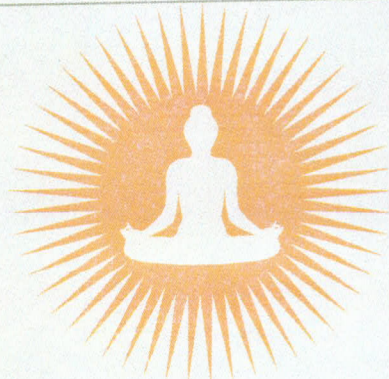
03/14- Mindful Meditation

03/21- Mindful Meditation

03/28- Mindful Meditation

Call or stop in to the
Senior Center to sign up

860.632.3447



Monthly Birthday Celebration

MARCH

March Birthdays



March 1st – John Griffen

March 2nd – Maureen Gilman

March 2nd – Ann Passamano

March 3rd – Sebastiana Zacchio

March 5th – Drina Beaulieu

March 5th – Michael Snow

March 6th – Carmella Kuzara

March 7th – Vikas Babjivavar

March 8th – Queria Barry

March 8th – Giovanni Monarca

March 9th – Loreen Miller

March 10th – Susan Kopycinski

March 10th – Patty Kozaka

March 11th – Diane Sanderson

March 12th – Marie Griffin

March 12th – Carolyn Johnson

March 13th – Claudette Rocin

March 14th – Laura Larose

March 15th – Ernie Newsom

March 15th – Alice Weiner

March 16th – Ruth Goodale

March 20th – Robert Bitgood

March 20th – Debbie Raymond

March 21st – Rose Wiknik

March 21st – Linda Samuelson

March 21st – Rose Wiknik

March 22nd – Trudy Morrow

March 23rd – Carol Bartlett

March 23rd – Erich Ohlendorf

March 24th – Raymond Kaiser

March 24th – Sherry Menard

March 25th – Robert Barren

March 25th – Jerald Duffy

March 27th – Jackie Haywood

March 28th – Linda Doll

March 29th – Jan Welka

March 31st – Paul Myers

March 31st – Charlene Williams

Register your Birthday now! 860-632-3447
Join us on March 27th at 12:30pm for cake
Sponsored by Rose Hill Funeral Home

SYMPHONIC MUSIC WITH CHARLES REX

“THE ORCHESTRA GOES TO WAR”

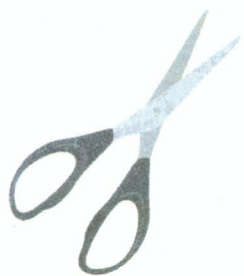
Tuesday March 19th

@ 2:30 IN THE DINING ROOM

Light refreshments
will be provided!



Spring Craft



Friday March 15th

@ 10:30



Kick off this
upcoming spring
by creating a cute
bunny out of a
starter plant pot!

Sign up by Monday
March 11th
860-632-3447

Brought to you by
Cromwell Human Services
860-632-3449 and local
donations.



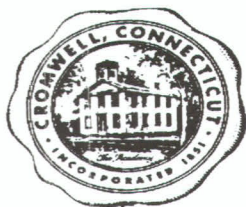
Spring Holiday Food Basket is back!

This program is intended to
provide you with a full holiday meal
to enjoy with your family without
feeling the cost burden of putting
on a whole meal!

**Please complete and submit all necessary
paperwork by Monday March 18th.**

***Must be a town
resident.
*Can not exceed
income restrictions.**

Family size -
Annual income
1 \$29,160
2 \$38,440
3 \$49,720
4 \$60,000



TOWN OF CROMWELL
SENIOR CENTER & HUMAN SERVICES
TOWN HALL, 41 WEST STREET
CROMWELL, CT 06416
(860) 632-3449 FAX (860) 632-3446

Spring Holiday Food Basket Program

Deadline to register is Monday March 18, 2024

Last Name: _____ First Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____ **Delivery** _____
Phone Number: _____ # of People in Household: _____

Income Information

Has your household received any form of income in the past 30 days? ()No ()Yes

Income Sources and Amount	No/ Yes	Amount and Pay Period
---------------------------	---------	-----------------------

Earned Income	()No ()Yes	_____
Unemployment Insurance	()No ()Yes	_____
Social Security Retirement (SSA)	()No ()Yes	_____
Supplemental Security Insurance (SSI)	()No ()Yes	_____
Social Security Disability Income (SSDI)	()No ()Yes	_____
Social Security Survivor's Benefits	()No ()Yes	_____
Veteran Disability Payment	()No ()Yes	_____
Veteran's Pension	()No ()Yes	_____
Pension from former job	()No ()Yes	_____
Child Support	()No ()Yes	_____
Connecticut Paid Leave	()No ()Yes	_____
DSS Cash Assistance/ SAGA	()No ()Yes	_____

Proof of income from the past 30 days is mandatory AND most recent bank statements for everyone over 18 years old. Please attach Wages, Social Security 2024, Pension etc. for everyone over 18 years old in your household

If you have no income you will have to ask for a zero-income form

In order to qualify families must meet income restrictions, not exceeding 200% of Federal Poverty Guideline. We are using income guidelines as for the 2023-24 Connecticut Energy Assistance Program (CEAP).

Signature

Today's Date

**Must be Town of Cromwell Resident*



Cromwell Senior Center

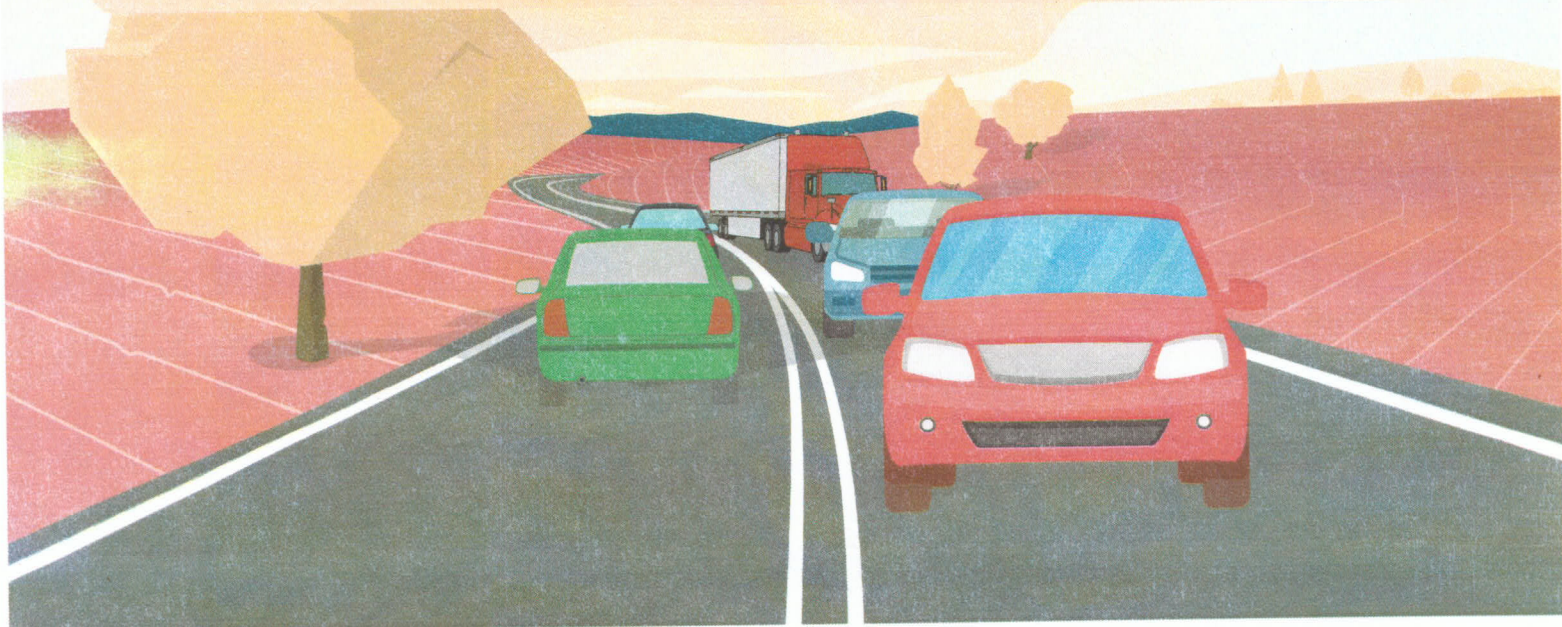
AAA'S SAFE DRIVING FOR MATURE OPERATORS 1-DAY COURSE

The purpose of the course is to help drivers understand the risks involved in driving, and how to better manage these risks and the chance of injury damage or loss. Participants will learn how to manage risk when driving by controlling visibility, time and space while being aware of conditions around them in direct relation to the aging process.

Cost: \$15

**Thursday March 7th
12:00PM-4:00PM**

Contact the Cromwell Senior Center to signup



Cromwell Senior Center presents:

RELAX ON THE RIVER...

The Griswold Inn RiverQuest Cruise

Thursday, July 18, 2024



What could be nicer than dining at the historic **Griswold Inn** located on Main Street in charming Essex, CT. 'The Gris' is one of the oldest continuously operated inns in the country, catering to locals since 1776! The area's history, beauty, and charm are reflected throughout the inn. **Menu:** House Salad, sauteed Chicken Breast with Lemon Caper beurre blanc Sauce -OR- Sliced Sirloin of Beef with Port Wine reduction, potato, vegetable, & Apple Turnover for dessert! Enjoy some time to stroll along Main Street in Essex before lunch.

(Entrée Choice in advance)

Enjoy the beauty of the Connecticut River Valley from the water! **The RiverQuest** makes a delightful 60 minute cruise on the pristine Connecticut River. Relax as we cruise along scenically beautiful historical sights, Essex Harbor & Coves, Hamburg Cove, Nott Island, the historic homes of Old Lyme, Lyme, Essex & Deep River. Perhaps catch a glimpse of a Bald Eagle or Osprey. Connecticut is certainly a gorgeous state!



COST: \$142.pp based 35-45

For Reservations: Cromwell Senior Center 860-632-3447

**Depart: 9:45am Cromwell Senior Center
41 West Street, Cromwell**

Estimated Return: 4:15pm Cromwell

Make Checks payable to: Cromwell Senior Center



**FRIENDSHIP TOURS
THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 860-243-1630
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



Affordable Connectivity Program (ACP)/Lifeline FAQs

Are there other FCC programs I may qualify for?

Yes, there is another FCC program called Lifeline. It helps to lower the monthly cost of phone and/or internet service.

The benefits of the Lifeline Program include:

- A service discount of up to \$9.25/month, or
- A service discount of up to \$34.25/month if you live on qualifying Tribal lands

Learn more about the [Lifeline program](#).

What is Lifeline?

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discount of up to \$9.25. Consumers living on Tribal lands are eligible for an enhanced discount of up to \$34.25 per month.

Do I qualify for Lifeline?

You can [qualify for Lifeline](#) if your household income is up to 135% of the [Federal Poverty Guidelines](#) or if you or someone in your household participates in certain federal assistance programs like SNAP and Medicaid. As part of the application process, you may have to show documentation that confirms that you meet the Lifeline program's eligibility requirements.

How are the qualification requirements different from the Affordable Connectivity Program (ACP)?

Eligibility for Lifeline includes:

- Participation in Federal Assistance Programs:
 - Medicaid,
 - SNAP,
 - Supplemental Security Income (SSI),
 - Federal Public Housing Assistance (FPHA), including Housing Choice Voucher (HCV) Program (Section 8 Vouchers), Project-Based Rental Assistance (PBRA)/Section 202/Section 811, Public Housing, Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
 - Veterans Pension and Survivors Benefit,
- household income is at or below 135% of the Federal Poverty Guidelines.

Eligibility for ACP includes:

- All of the Federal Assistance Programs that qualify for Lifeline, and additional federal assistance programs, including
 - Lifeline
 - Federal Pell Grant,
 - Free and Reduce School Lunch and School Breakfast Program, including at Community Eligibility Provision (CEP) schools
 - Special Supplemental Nutritional Program for Women, Infants, and Children Program (WIC)
- household income is at or below 200% of the Federal Poverty Guidelines,
- household meets the eligibility criteria for a participating provider's existing low-income internet program.

How do I apply for Lifeline?

You can visit lifelinesupport.org to apply for Lifeline and learn more about the program. Once you have completed your application, your information will be checked to confirm if you qualify for Lifeline. Please note that the qualification requirements for Lifeline are different than those for the ACP.

If you qualify, you will have 90 days to choose a participating phone or internet company and sign up for qualifying service. You can find participating service providers by visiting the [Companies Near Me Tool](#).

If you have a preferred service provider that participates in the Lifeline program, you can also apply directly with that service provider.

If I am enrolled in the ACP, will it automatically transfer to Lifeline?

No, you will need to apply for Lifeline separately. You may be enrolled in both Lifeline and the ACP concurrently and apply the Lifeline and ACP benefits to the same or different services.

Do I need to de-enroll in the ACP to enroll in Lifeline?

No. The ACP and Lifeline are separate programs and if you qualify for both, you can be enrolled in both at the same time.

How long does Lifeline last for?

Lifeline is a long-term assistance program offered by the federal government.

If I reside on Tribal lands, can I receive a higher Lifeline benefit?

You can get a monthly discount of up to \$34.25 off the cost of phone, internet, or bundled services if you live on Tribal lands. This discount includes the standard discount of up to \$9.25 plus up to an additional \$25, which is available only to eligible consumers living on qualifying Tribal lands.

If you live on qualifying Tribal lands, you can get the Tribal benefit if your income is at or below 135% of the [Federal Poverty Guidelines](#) or if you participate in one of the government assistance programs including certain Tribal assistance programs. [Learn more about qualifying and learn more about the enhanced Tribal benefit.](#)



LIBRARY: MARCH EVENTS



USED BOOK DRIVE

**BY THE FRIENDS OF THE CROMWELL
BELDEN PUBLIC LIBRARY**

**SATURDAY, MARCH 16 | 10:00 AM - 2:00 PM
IN FRONT OF THE LIBRARY**

Need to clear out your shelves to make room for new books? The Friends can help! Stop by the Library to conveniently unload book donations directly from your car. Kickstart your spring cleaning and help benefit your local public library, all in one easy trip!



PROPAGATION STATION: PLANT SWAP

**THURSDAY, MARCH 21 | 6:30 PM
THE BELDEN | DROP-IN**

Did you know the Library now has a plant cuttings & propagation station? Check it out, and leave with a new plant cutting or two - we will have all the supplies you need to take home a new mini houseplant! We also encourage you to bring your own cuttings to share, from your own plants at home.

KNITTING CLUB

**SECOND & FOURTH THURSDAYS
MARCH 14 & 28, APRIL 11 & 25, MAY 9 & 23
6:30 PM | IN-PERSON**

Join us for our monthly knitting club - now back in-person! This group also meets virtually on Friday evenings, via Zoom. For more info, please email:
cromwellknitclub@gmail.com

LIBRARY PAINT NIGHT

**WEDNESDAY, MARCH 13 | 6:00 PM
IN-PERSON | REGISTRATION REQUIRED**

Join us for this Cromwell favorite - not your average follow-along class! Members of the Cromwell Arts Alliance will help you choose and create your own version of the theme.

DIY STAMP CARVING

**MONDAY, MARCH 18 | 6:30 PM
THE BELDEN | REGISTRATION REQUIRED**

Join us for our fun monthly craft. If this event is full you are still welcome - just bring your own project to work on while we all chat and craft together!

THE SILENT READERS CLUB

**THURSDAYS, MARCH 7, APRIL 4 & MAY 2
6:00 - 8:00 PM | IN-PERSON | DROP-IN**

You choose a book and we'll provide the snacks, hot drinks... and some peace & quiet so you can finally finish that book! Cozy up by the "fireplace" or find a quiet spot throughout the library - its your choice!

FRIENDS OF THE LIBRARY

**MONDAYS, MARCH 4, APRIL 1 & MAY 6
6:30 PM | ALL WELCOME | DROP-IN**

Join the Friends' monthly meeting & help brain-storm new ways to support your local library. The Friends fund museum passes, events & more!



LIBRARY BOOK CLUBS



SATURDAY, MARCH 9 | 1:00 PM

TOGETHER
BY JAMIE OLIVER

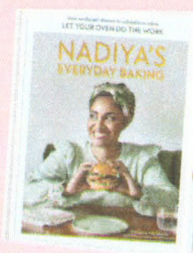


COOKBOOK CLUB @ THE LIBRARY

ALL AGES | REGISTRATION REQUESTED

Join us for Cromwell Library's Cookbook Club where we each bring a dish to share from a cookbook, chef, or theme! In March we will be cooking and sharing dishes from a chosen cookbook, chef, or theme! In March we will be sharing dishes from **Together** by Jamie Oliver, and on June 1st we will be cooking up dishes from **Nadiya's Everday Bakes** by Nadiya Hussain.

SATURDAY, JUNE 1 | 1:00 PM
NADIYA'S EVERYDAY BAKING
BY NADIYA HUSSAIN



LIBRARY BOOK CLUB

THE BELDEN | 6:30 PM
REGISTRATION RECOMMENDED

THURSDAY, MAR. 28 | 6:30 PM

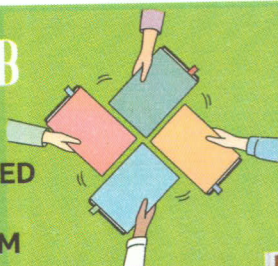
The House is on Fire by Rachel Beanland

THURSDAY, APR. 25 | 6:30 PM

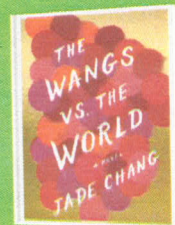
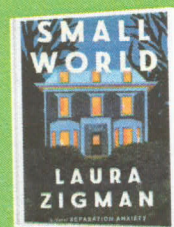
Small World by Laura Zigman

THURSDAY, MAY 30 | 6:30 PM

The Wangs vs. the World by Jade Chang



Join us for our monthly book club meeting! All are welcome - there is no requirement to attend every meeting. Copies are available at the front desk for borrowing, following the prior month's meeting.



TUESDAY, MAR. 12 | 6:30 PM

Bombshell by Sarah MacLean

TUESDAY, APR. 9 | 6:30 PM

Georgie, All Along by Kate Clayborn

TUESDAY, MAY 14 | 6:30 PM

Something Wilder by Christina Lauren

FLIRTY FICTION ROMANCE BOOK CLUB

THE BELDEN | 6:30 PM
REGISTRATION OPTIONAL

Do you like a story with a good Happily Ever After? Which romance tropes are your favorite? There are no "guilty secret" excuses here - if you like reading romance then this is the space for you! Come join Emily & Karlyn for Romance Book Club!

ST. PATRICK'S PRINTABLE CRYPTOGRAM PUZZLES

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each cryptogram puzzle is related to St. Patrick's Day. Each puzzle uses a different letter substitution encryption. An example of a letter substitution encryption may be like this: The word PATRICK could be encoded to XPQACWLBA if P=X, A=P, T=Q, etc... Find the right letter substitutions to solve these printable cryptogram puzzles.

LEGEND

GNSZ GZELF FHJJPHSK FE. BNEJQVW. PST PD ELT ITFE WSPOS NSK GPFE
QSNVVHJNET GZELF QF ELNE LT KJPAT NXX ELT FSNWTF DJPG QJTXNSK QSEP ELT
QJQFL FTN, OLTJT NXX ELT FSNWTF KJPOSTK.

PATRON SAINT

IQ. SBQFNVE NI LCO LX NFOGBCM棚 SBQFLC IBNCQI, HRQ AO YBI CLQ HLFC NC
NFOGBCM. AO YBI HLFC NC HFNQBNC BCM MNOM NC QAO XNXQA VOCQRFJ.
HFNTNM LX ENGMBFO BCM VLGRDHB BFO QAO LQAO F QYL SBQFLC IBNCQI LX
NFOGBCM.

PART OF HIS YOUTH

CM C ZXO XL MTHEJJW, ME. FCEBTKG YCM GTSWCFFJS, ECGJW EX TBJACWS CWS
MXAS TWEX MACPJBO. UJ JMKCFJS CWS BJEQBWJS UXRJ ZQE OJCBM ACEJB
BJEQBWJS EX TBJACWS EX ZQTAS KUQBKUJM CWS MFBJCS KUBTMETCW LCTEU.

ST. PATRICK'S PRINTABLE CRYPTOGRAM PUZZLES SOLUTIONS

LEGEND

Many myths surround St. Patrick. One of the best known and most inaccurate myths is that he drove all the snakes from Ireland into the Irish Sea, where all the snakes drowned.

PATRON SAINT

St. Patrick is one of Ireland's patron saints, but he was not born in Ireland. He was born in Britain and died in the fifth century. Brigid of Kildare and Columba are the other two patron saints of Ireland.

PART OF HIS YOUTH

As a boy of sixteen, St. Patrick was kidnapped, taken to Ireland and sold into slavery. He escaped and returned home but years later returned to Ireland to build Churches and spread Christian faith.

www.PrintActivities.com - #1 Cryptogram Puzzles





Free Printable Word Search Puzzles

St. Patrick's Day

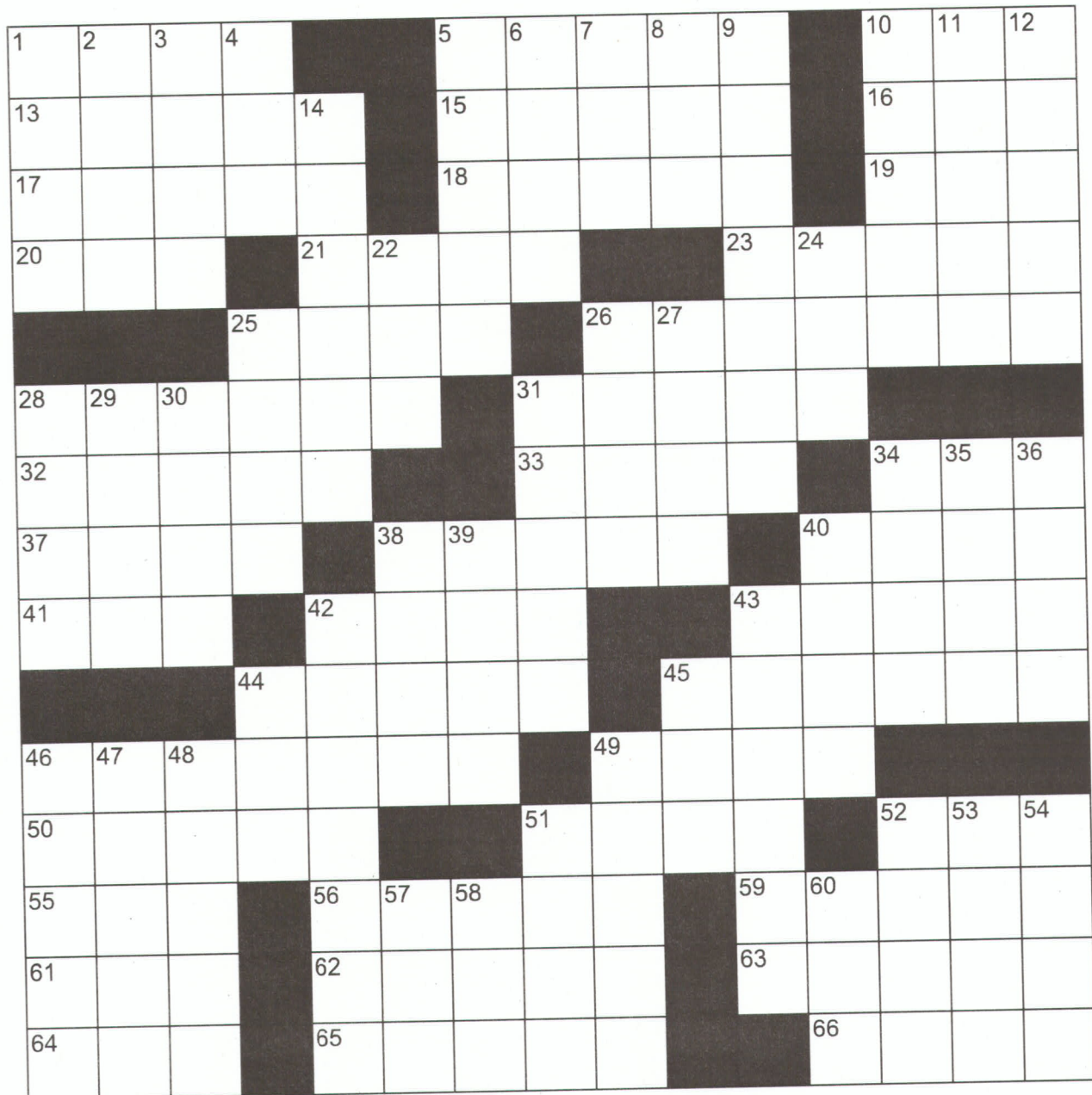
Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

S A S S E N N I U G E V E N T S P
I Y A D I L O H N T Y Y P A E P O
C T H I S T O R Y R A R P K G O T
I L S O D A B R E A D A A I R H A
S C O K L H T N E E T N E V E S T
U C I V N V H D E R S O I D E I O
M E I C E U A C O N A I T L N B E
E L C H E R A N R I E S E K B F S
G T H T A L S H R A F S C F E U F
A I R P R A E E C T M I I E F E D
T C I G I A L B S E R M B T S G H
I C S N N A D A R E R D H T Y A O
R R T R N I F I M A E P I C E B L
E O I D E L C I T N T V E K A B Y
H S A S E E L N R I A I R L R A D
E S N B H N B O A L O O O T L C A
S H A M R O C K U D C N R N Y Y Y

BEER	DANCING	HOLY DAY	POTATOES
BELFAST	DUBLIN	IRELAND	SEVENTEENTH
BISHOP	EVENTS	IRISH	SHAMROCK
CABBAGE	FEAST DAY	LEPRECHAUN	SNAKES
CELEBRATION	FESTIVAL	LIMERICK	SODA BREAD
CELTIC CROSS	GREEN	MARCH	TRADITION
CHRISTIAN	GUINNESS	MISSIONARY	YEARLY
CLOVER	HERITAGE	MUSIC	
CORK	HISTORY	PARADE	
CORNED BEEF	HOLIDAY	PATRON SAINT	

[Did you enjoy this puzzle? Visit:](https://www.puzzles.ca/word-search) <https://www.puzzles.ca/word-search>

DAYLIGHT SAVINGS TIME



By Jimmy and Evelyn Johnson - www.qets.com

DAYLIGHT SAVINGS TIME

ACROSS

- 1 Opp. of pretty
- 5 Rice dish
- 10 Pose
- 13 State of bodily rest
- 15 American state
- 16 Compass point
- 17 Me too
- 18 Wood
- 19 Brew
- 20 Abdominal muscles (abbr.)
- 21 Hold it there
- 23 Got out of sleep
- 25 Contest
- 26 Earths
- 28 Hypothesis
- 31 Not here
- 32 Pointer of a clock
- 33 Crank up
- 34 McDonald's "Big ____"
- 37 Military officer
- 38 Waif
- 40 Favorite shortened
- 41 Internal Revenue Service
- 42 Entryway
- 43 Jaded
- 44 Time of sunrise
- 45 Card game
- 46 Engage
- 49 Green Gables dweller
- 50 Radiuses
- 51 Ill ____
- 52 Edge
- 55 Estimated time of arrival
- 56 Not as many
- 59 Do penitence
- 61 Electroencephalograph
(abbr.)
- 62 Planet's shadow
- 63 Desert plant
- 64 Before (prefix)
- 65 Respiratory organs
- 66 Wild pig

DAYLIGHT SAVINGS TIME

DOWN

- | | |
|----------------------------------|--|
| 1 U.S. Department of Agriculture | 36 Yield |
| 2 Voluble | 38 Pine tree product |
| 3 Allows | 39 Unit of time equal to sixty minutes |
| 4 Still | 40 Surface of a clock |
| 5 Ornamental edge | 42 Obedient |
| 6 Thought | 43 First day of the week |
| 7 Male | 44 ___ Lanka |
| 8 Expression of surprise | 45 Vane direction |
| 9 Toward a place or time beyond | 46 Scary person |
| 10 Serpent | 47 One who despises |
| 11 Bay | 48 Saying |
| 12 Adolescents | 49 Tapestry |
| 14 Gives energy | 51 Floating ice |
| 22 ___! (call attention) | 52 South of the border crazy |
| 24 Being single in number | 53 Ancient Indian |
| 25 Particular form | 54 White fruit |
| 26 Mr. Donahue | 57 Flightless bird |
| 27 Allow to borrow | 58 Compass point |
| 28 Citizen | 60 Basin |
| 29 Pony tail stuff | |
| 30 Aborts | |
| 31 Chirp | |
| 34 Science | |
| 35 Declare | |

Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1563 (Medium)

	7				4		5	2
		3	1	8			7	
	8							4
5			3			4		
					7			
	1			2				
2					1	7	4	
	5	8						9
9		1			2			

Sudoku #1564 (Medium)

5				8				
							2	6
				7				
3			8			5		
					6			4
	2	8	7		3	6		
	8		2			3	9	
		3	9	6			5	
	9			4	8			

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Free Printable Sudoku Puzzles

These are the solutions to the puzzles located [here](#)

Sudoku #1563 (Medium)

1	7	9	6	3	4	8	5	2
4	2	3	1	8	5	9	7	6
6	8	5	2	7	9	1	3	4
5	9	7	3	1	6	4	2	8
8	6	2	5	4	7	3	9	1
3	1	4	9	2	8	5	6	7
2	3	6	8	9	1	7	4	5
7	5	8	4	6	3	2	1	9
9	4	1	7	5	2	6	8	3

Sudoku #1564 (Medium)

5	7	2	6	8	9	1	4	3
8	4	9	5	3	1	7	2	6
1	3	6	4	7	2	9	8	5
3	6	1	8	9	4	5	7	2
9	5	7	1	2	6	8	3	4
4	2	8	7	5	3	6	1	9
6	8	4	2	1	5	3	9	7
2	1	3	9	6	7	4	5	8
7	9	5	3	4	8	2	6	1

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Free Printable Word Search Puzzles

Look Up!

Find and circle all of the items that you might see when you look upward.
The remaining 24 letters spell an additional item you might see.

U P L A N E T S K R O W E R I F N
G N I D J E T E X H A U S T E N N
P O M T Y R U C R E M K I T E O I
C O M E T C H I M N E Y S M O K E
R M T S T G R B T S H F P L G I S
E S E E A E L E A H D A L M N S D
V F E L E U O T T R E A Z S I O R
I L A N E R E R E I B S T E T L I
D X I S I L T P S R P R U E I A B
Y R K G L L A E I H E U N N R R I
K Y A I H R R A S E O A J N W E G
S S T I C T T E T R L W R L Y C D
R E D S N O N L W P E U E D K L I
A Y Y U H B I I R O T V I R S I P
T K N G O G O I N A P O I O B P P
S R A M H L A W S G J V E N U S E
E R E T P O C I L E H C T E U E R

AIRPLANE
BIG DIPPER
BIRDS
BLIMP
BLUE SKY
CHIMNEY SMOKE
CLOUDS
COMET
DRONE
FIREWORKS

GALAXY
HAZE
HELICOPTER
HOT AIR BALLOON
JET EXHAUST
JUPITER
KITE
LIGHTNING
MARS
MERCURY

METEOR SHOWER
MOON
PLANETS
POWER LINES
RAINBOW
SATELLITE
SATURN
SKYDIVER
SKYSCRAPER
SKYWRITING

SMOG
SOLAR ECLIPSE
STARS
STREET LIGHT
THE SUN
TREETOP
UNIVERSE
VENUS

[Did you enjoy this puzzle? Visit:](https://www.puzzles.ca/word-search) <https://www.puzzles.ca/word-search>

