Wishing you good health and pleasant “stay at home” days.

The Heritage Center staff continually communicates with each other as we work from home trying to keep all our constituents safe and engaged in enjoyable activities. If you have any questions or concerns which you feel we can address, we urge you to contact our office (203-938-9725) where we retrieve our messages daily.

Many of our programs are now virtual via the Zoom app on your computer, phone, or tablet. We hope you can take advantage of them. Below is a current list of these programs, some of which have already started, while others will be starting next week. If you participate in a program where an instructor fee applies, this is noted with a suggested donation which you can forward to the Heritage Center office (P.O. Box 1118, Redding, CT 06875) and we will credit your account. Checks should be made payable to “Town of Redding.” Your support will allow us to continue these programs until we eventually reopen our doors. Thanks for your cooperation.

The future is indeed uncertain, but we’ll keep you informed of any new developments. For now, be well, enjoy the beauty of spring, and fill your days with what brings you joy.

Shine on brightly,
Ruth Moran, Program Coordinator

More fun things you can do from home

Travel virtually to some of the world’s greatest destinations or enjoy a fun video. Here’s just a sample (click on each name to link directly to the site):

- 29 Virtual Tours You Can Take From Home
- Three Months of FREE Guitar Lessons
- Greater Bridgeport Symphony
- Music of George Gershwin (Tuesdays @ 4:00)
- New York City Ballet
- New York Botanical Gardens

Heritage Center Virtual Programs
Prior to the class please connect with the instructor via the listed email so you can join the Zoom session.

Mondays:

9:00 a.m. **Beginner Tai Chi:** $5/session  
Instructor: Deby Goldenberg  
Email: karateyogagirl@yahoo.com

10:00 a.m. **Intermediate Tai Chi:** Pay instructor directly  
Instructor: June Fagan  
Email: kemposenseijune@gmail.com

2:00 p.m. **Creating w/ Clay - ideas and demonstrations,** Materials fee  
Instructor: Ruth Moran  
Email: ruthmoran@gmail.com

Tuesdays:

9:30 a.m. **Fitness to Fit You:** $5/session  
Instructor: Garner Lester  
Email: lestergarner27@gmail.com

10:00 a.m. **Spanish – advanced beginner:** $5/session  
Instructor: Madeline Doscher  
Email: mldoscher@gmail.com

2:00 p.m. **Travels with Toni:** $8/session, (1 hr. 45 min webinar)  
Instructor: Toni McKeen  
Email: tonimckeen@gmail.com  
*please register Monday by noon; note new address*  
May 5th: Machu Picchu  
May 12th: Matera  
May 19th: Ghetto of Venice  
May 26th: The Vatican

5:00 p.m. **Yoga for the Rest of Us:** No fee  
Instructor: Jean Rexford  
Email: jeanrexford@aol.com

Wednesdays:

10:00 a.m. **Current Events Discussion:** No fee  
Facilitator: Peter Bonfanti  
Email: peterbonfanti@yahoo.com

1:00 p.m. **Ukulele instruction - Intermediate level:** Pay instructor directly  
Instructor: Wendy Matthews  
Email: edukatedfleas@gmail.com
Thursdays:

9:30 a.m. **Fitness to Fit You**: $5/session  
Instructor: Garner Lester  
Email: lestergarner27@gmail.com

11:15 a.m. **Intermediate Tai Chi**: Pay instructor directly  
Instructor: June Fagan  
Email: kemposenseijune@gmail.com

1:45 p.m. **Yoga Nidra - complete relaxation**: $8/session  
Instructor: Deby Goldenberg  
Email: karateyogagirl@yahoo.com

Look What Fellow Reddingites are Doing!

- Our Redding neighbor, **Peter Cody**, who was a professional opera singer, spent some of his time social distancing making a YouTube video of himself singing an Italian aria for seniors. Click on the link below to enjoy his bellissimo performance!

  **Peter Cody Sings!**

- **Hank Bielawa** has made another of his wonderful cigar band collages.

- Heritage Center **Clay Art** students are working from home and in Zoom meetings as they proceed to create a little village which they will make into a Christmas 2020 display.

*Do you know any other friends or neighbors who would like to share what they’ve been doing while we all social distance? Email me @ Ruth Moran*

Stretch Your Brain!

1. What can never be put in a saucepan?

2. I have seas without water, coasts without sand, towns without people and mountains without land. What am I?

3. A man shaves several times a day, yet he still has a beard. Who is this man?
4. What begins with T, ends with T and has T in it
5. Which word in the dictionary is spelled incorrectly?
6. What's always coming but never arrives?
7. What coat is best to be put on wet?
8. What is seen in the middle of March and April that can't be at the beginning or end of either month?

See answers below

Grocery Delivery and/or Curbside Pickup Options:

The Village Market in Wilton is offering curbside pick-up for seniors 70 and older. See rules regarding pickup on their website: Village Market.

The Redding Roadhouse is offering curbside pickup of grocery items. Access their website here: Redding Roadhouse.

Senior Shopping Hours at Local Food Stores:
- Caraluzzi’s: daily 6:30 – 7:30 a.m.
- Costco: weekdays 9 – 10 a.m.
- Shop Rite: daily 6 – 7 a.m.
- Stop ‘n Shop: daily 6 – 7:30 a.m.
- Trader Joe’s: daily 9 – 10 a.m.
- Whole Foods: daily 8 – 9 a.m.

Primary Voting

Governor Lamont orders Connecticut’s Presidential Primary Election rescheduled to August 11. Apply for an Absentee Ballot here.

Brain Games

1. Find the missing word in:

COTTAGE
2. Find the missing word in:

PLAYING
CREDIT
REPORT

See answers below

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**Just for Laughs**

_They said that a mask and gloves were enough to go to the supermarket. They lied, everyone else has clothes on._

**Answers to Brain Games:**
Ans: card
Ans: cheese

**Answers to Riddles:**
1. Its lid
2. A map
3. A barber
4. A teapot
5. Incorrectly
6. Tomorrow
7. A coat of paint
8. The letter "R"

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**Social Services News & Updates**

**Things to Reduce Stress**
_(Practicing these things just a few minutes a day can make a huge difference)_

Here are some resources on meditation and mindfulness that could be useful at this time. Feel free to share. These are all _free_ and only require payment if you want premium features. (_Click on the names for links._)

There are several Apps you can install on your phone including:

- **Calm**
The Breathing Room in New Haven is also offering meditation sessions via zoom.