



May, 2020

Heritage Center **NEWS & UPDATE**



#STOPCORONAVIRUS

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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?

Brain Games

1. Find the missing word in:

COTTAGE
SWISS
CAKE

2. Find the missing word in:

PLAYING
CREDIT
REPORT

See answers below

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.



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

Primary Voting

Governor Lamont orders Connecticut's **Presidential Primary** Election rescheduled to August 11. Apply for an Absentee Ballot [here](#).

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"
-

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**
- **Headspace**
- **Abide** *(Christian Meditation App)*
- **Mindbody**
- **Insight Timer**
- **Sleep Cycle**
- **10% Happier**

The Breathing Room in New Haven is also offering meditation sessions via zoom, some of them are free, others have a fee. They offer Yoga and Meditation.

For those of you on **Instagram**, you're welcome to follow Social Services' own Dev Patel at *Aspire Mental Performance*, where he will be sharing weekly guided meditations, tailored specifically to the pandemic.

Other things that can help you de-stress and fulfill you

- Taking a walk
- Enjoying nature
- Reading a book that you have always wanted to read
- Enjoy family photos/organize your family photos
- Listening to your favorite music
- Following a passion or trying something new:
- Cooking: Make a favorite family recipe or try a new recipe that you've

- always wanted to make
- Gardening: Plant a vegetable garden or add some new plants or flowers to your home
 - Sewing, crocheting
 - Crafting
 - Woodworking
 - Birding
 - Work on your home: paint a room a different color, fix that leaky sink, organize and declutter your home
 - Eating healthy: a diet rich in fruits, vegetables, whole grains and low-fat dairy will give your body energy and the nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent illness.

Support the Redding Food Pantry

There is great demand from our friends and neighbors at this difficult time. If you are able to, please support the **Redding Food Pantry** by writing a check out to **Town of Redding, PO BOX 1118, Redding, CT 06875**. Please note that we are trying to create an online link so please be patient as we work to create this. **Thank you!**



For access to the Redding home page on Facebook, click here
Redding CT on Facebook

Above all, stay home, stay safe, be well!



Redding Heritage Center | Redding Community Center, 37 Lonetown Road, Redding, CT 06896

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