

The Baldwin Beacon

JUNE/JULY
2020

Baldwin Center, 1000 West Broad Street, Stratford, CT • Open Monday-Friday 8:30 am - 4:00 pm • 203/385-4050



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National Catholic Church

Cemetery



Our cemetery is located in the beautiful Lordship section of Stratford.

St. Joseph cemetery is consecrated ground blessed to receive the mortal remains of the faithful departed. The cemetery is open to residents of Stratford, and those residents who may presently reside in a long-term care facility outside of Stratford.

The cemetery by-laws, which includes pricing, are posted on our website: www.saintjosephsofstratford.org

You may also contact the pastor to discuss details or to view the grounds. Pastor@saintjosephsofstratford.org

203.377.9901

1300 Stratford Road, Stratford, CT 06615

Tel: (203) 378-6097

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Sunday: 9:30AM Bible Study | 10:30AM Worship

Monday: 7PM Prayer | Wednesday: 11AM/7PM Bible Study

Rev. Robert Adkins

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Greetings to All,

I hope that this issue finds you all well. You will notice we have combined June and July in an effort to provide you the most updated information. We at the Baldwin Center continue to await guidance from the State of Connecticut as the message continues to be to stay home and stay safe for our most vulnerable or as I like to say our most *valuable* members of the community. We will certainly get information and updates to you as we move forward. This letter will continue to provide you the information needed to make your way through this challenging time. It is my hope that you will be able to enjoy the little things that summertime brings (especially by the shore) in a safe and healthy manner. Please join in our virtual programs and feel free to reach out to us for some friendly conversation.

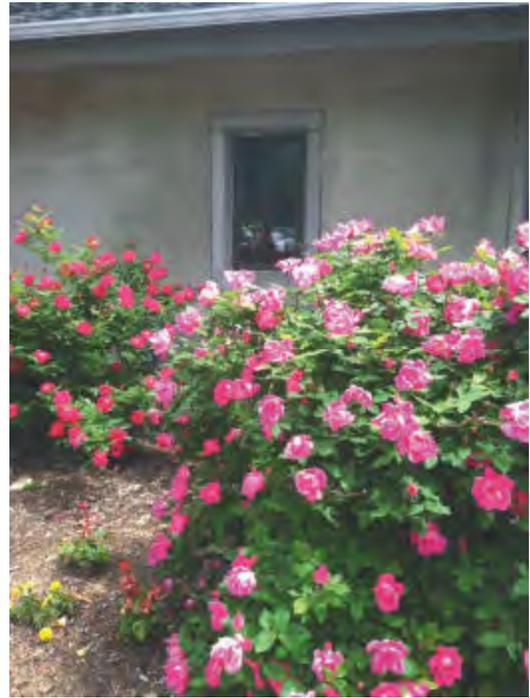
All staff are back in the office; however the center remains closed to the public at this time.

We look forward to the day we can see you all again and in the meantime... we are here for you.

Stay well...stay safe and stay healthy!!!



All my Best,
Sandy

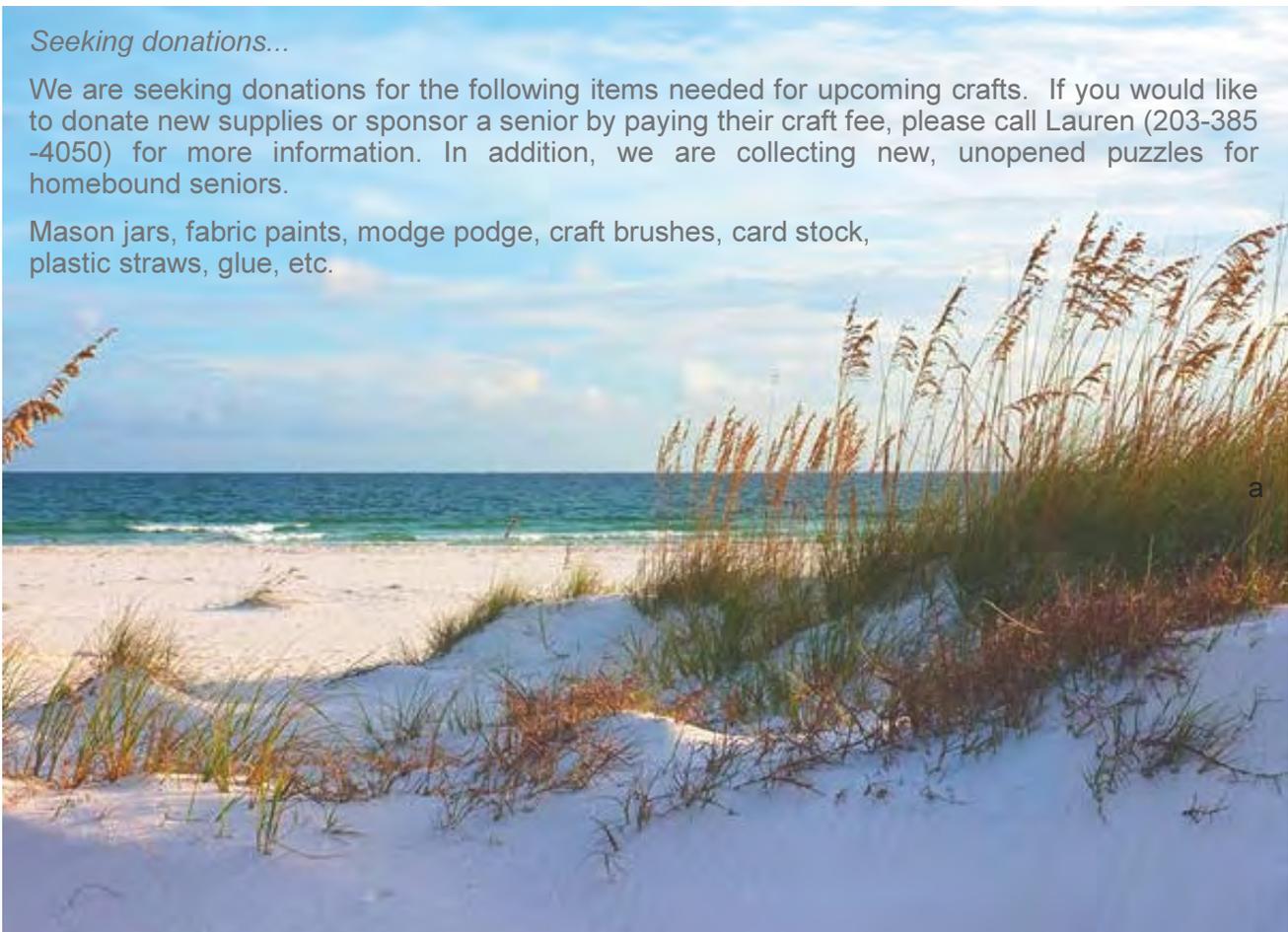


Hello Summer

Seeking donations...

We are seeking donations for the following items needed for upcoming crafts. If you would like to donate new supplies or sponsor a senior by paying their craft fee, please call Lauren (203-385-4050) for more information. In addition, we are collecting new, unopened puzzles for homebound seniors.

Mason jars, fabric paints, modge podge, craft brushes, card stock, plastic straws, glue, etc.



KMA

The Law Offices of Kurt M. Ahlberg

KURT M. AHLBERG
ATTORNEY AT LAW
attyKurtMAhlberg@gmail.com

CARL A. GLAD
ATTORNEY AT LAW
cglad.kmalaw@gmail.com

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COPING WITH CORONA

HERE ARE SOME FREE ONLINE RESOURCES FOR YOU TO CONNECT WITH!

We as a community in Stratford are feeling stressed about COVID-19 and concerns about isolation in upcoming weeks. Just remember social distancing does not have to mean social isolation.

NEED TO CONNECT?

- Talk to a peer at Soundview Warmline, daily from 5-10pm, 800-921-0359
- Free forum & chats at www.7cups.com
- SAMHSA's National Helpline, 1-800-662-4357
- Community Mindfulness Project, free meditation daily at 7am, 12pm and 7pm, 857-799-9498

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery video-conferences:
18+ - Tuesdays @ 6
Teens - Wednesdays @ 4
Family and Friends - Thursdays at 6:30
Join at:
meetings.ringcentral.com/j/6651939516
- Hearing Voices Network: Info: Skye at scollins@advocacyunlimited.org

SUPPORTS FOR YOUNG ADULTS:

- CT's Young Adult Warmline: 1-855-6-HOPENOW daily 12-9pm. (Other times: call Patricia 860-549-2435)
- NAMI Young Adult Connection Community check-in, daily 3:30-4:30pm. For Info: Val - vleputre@namict.org

IN A CRISIS?

- Call 911
- Crisis Text Line - 741741
- National Suicide LifeLine - 800-273-TALK
- The Trevor Project (LGBTQ support) - 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Kids in Crisis: 203-327-KIDS
- Substance Use Crisis Access Line 1-800-563-4086
- DMHAS - Southwest CT Mental Health System Crisis 203-358-8500

FREE APPS TO DOWNLOAD:

- Breath2Relax
- Calm
- Mindshift
- Headspace
- Connections

DOMESTIC VIOLENCE SUPPORT:

- National Domestic Violence Hotline
CALL: 1-800-799-7233 or
TTY 1-800-787-3224 CHAT at TheHotline.org



Stratford Partnership
for Youth and Families

Stroke Support Group Zoom Meeting July 7th at 6:00 pm

The Stroke Support Group that was scheduled to begin in April, at the Baldwin Center, will be available on zoom until programs resume at the center. For additional information, please email Renee Dagostine, SLP, Ahlbin Rehabilitation Centers at Bridgeport Hospital: Renee.Dagostine@bpthosp.org or contact Lauren at the Baldwin Center: 203-385-4050. e

Join Zoom Meeting

<https://ynhh.zoom.us/j/96568072652?pwd=SmU3RStLbFh6bWhkbENSS3ZSenA0UT09>

Meeting ID: 965 6807 2652 Password: 713021

One tap mobile

+13126266799,,96568072652#,,,0#,,713021# US (Chicago)

+19292056099,,96568072652#,,,0#,,713021# US (New York)

Town of Stratford weekly food pantry and community dinner temporary schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 6:00 pm</p> <p>Christ Church Community Supper 2000 Main Street, Stratford, CT 4:00 - 6:00 pm S</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 3:00 pm</p> <p>Holy Name of Jesus Church Mobile Pantry 1950 Barnum Ave, Stratford, CT 3:00 - 4:00 pm Second Tuesday of the Month ONLY</p>	<p>South End Community Center 19 Bates Street, Stratford, CT 9:15 - 11:45 am Twice per Month</p> <p>St. James Church 10:00 am - 12:00 pm Once per Week</p> <p>Christ Church Community Supper 2000 Main Street, Stratford, CT 5:00 - 6:00 pm</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 3:00 pm</p>	<p>1st Haitian Evangelical Church 1192 Stratford Ave, Stratford, CT 1:00 - 3:00 pm</p>	<p>First Baptist Church 1301 Stratford Ave, Stratford, CT 10:00 am - 12:00 pm</p> <p>Stratford Academy Johnson House Mobile Pantry 719 Birdseye Street, Stratford, CT 12:00 - 1:00 pm First Saturday of the Month ONLY</p>

FOR THOSE WITH NUTRITIONAL NEEDS

Meals on Wheels - Contact: 203-332-3264- Set fee. Two meals per day for persons who are homebound, elderly, or recuperating from an illness. Weekend meals are also available

Sterling House Mobile Food Pantry Delivery - Contact Stratford Senior Services at 203-385-4055 for a referral. 24 hour turnaround with a twice a month delivery- Free Service

If you are in need of shelf life foods and or household staples please contact Stratford Senior Services at 203-385-4055 to connect you with the appropriate service.

Stratford Food Pantries

- First Baptist Church 203-377-3954
- St. James Roman Catholic Church 203-375-5887
- Sterling House 203-378-2606
- Stratford Baptist Church 203-375-7768
- South End Community Center 203-377-0689

Any questions regarding access to nutrition and resources please contact the Baldwin center at 203-385-4055.

Quick Reference for Benefits

CT SNAP <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program-SNAP/FAQ> CT SNAP Call Center: 866-974-7627 (English and Spanish)
Monday: 9am to 8:00pm, Tuesday-Thursday: 9:00am to 9:00pm, Friday: 9:00am to 3:30pm
Saturday: 9:00am to 12:00pm, Sunday: 9am to 5:00pm

HUSKY INFORMATION <https://portal.ct.gov/HUSKY>

DSS Client Information Line & Benefits Center: 1-855-6-CONNECT (1-855-626-6632)
TTD/TTY 1-800-842-4524 for persons with speech or hearing difficulties. Client Information Line service is available 24/7. To speak directly to a Benefit Center worker, follow the phone menu prompts, Monday through Friday from 7:30am and 4pm

CT DMV DRIVERS LICENSE RENEWAL EXTENSION <https://portal.ct.gov/DMV/Licenses/Licenses/Renewing-a-License/Drivers-License--Renewals> 1-800-842-8222

PLEASE NOTE: AARP has suspended all in-person TAX PREPARATION until December.

Social Service Note.....Renters Rebate Program

2020 Renters' Rebate Program

Due to concerns regarding the Coronavirus, we are going to be handling the Renters' Rebate program differently this season by making it a contactless process. In order to practice safe social distancing, you have the option of utilizing our "drop box" located outside of the Baldwin Center or you have the option of mailing in your required paperwork. Regardless of the option that you chose, you will have to call Shirley Dominguez, Social Services Coordinator, at 203-385-4055 so she can mail out to you the "Landlord Testimonial Form" that is required for your application. Beginning July 20th, items can be dropped off at the Baldwin Center located at 1000 West Broad Street, Stratford, CT 06615 from 9am to 4pm. **Please put your required paperwork in an envelope with your name, phone number and date of birth on the outside of the envelope.** Should you decide to mail in your required paperwork, please include your **name, phone number and date of birth with your paperwork.**

IF YOU LIVE IN STRATFORD HOUSING, YOU WILL BE RECEIVING A LETTER IN THE MAIL AS YOU HAVE A DIFFERENT PROCESS THAN WHAT IS OUTLINED ABOVE

The following are the income guidelines, eligibility requirements and proof of income needed in order to apply for the 2020 Renters' Rebate Program:

Annual Income Guidelines: **Single- \$36,000** **Couple- \$43,900**

Eligibility Requirements

Applicants must be age 65 or older before January 1, 2019 and receive Social Security or be under 65, disabled and receive Social Security Disability. You are only eligible if you are receiving a form of Social Security under your Social Security number unless you are a widow/widower of someone who would have been eligible to receive this benefit for 2019.

Applicants must bring copies of the following documents. If you do not bring copies, we will only copy your financial documents and mail them back to you. Proof of expenses will not be copied.

Proof of Income for 2019:

- Social Security benefit statement for 2019 (1099 form) – this is the form that tells you how much you were paid by Social Security in 2019, not the form that tells you how much you will get paid each month of 2020.
- If receiving Social Security Disability, bring the Social Security Disability Statement for 2019 (TPQY form).
- If you receive a pension, bring the pension statement for 2019.
- If you have a bank account that earned interest in 2019, please bring the bank interest statement.
- If you have stocks, please bring the dividends statement for 2019.
- If you filed income tax for 2019, please bring a copy of your Tax Return.

If you need proof of Social Security benefits you can get a benefits verification letter by calling 1-800-772-1213 (this will take 10 days) or register on line at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

Proof of Expenses for 2019 that were paid:

- Please have your landlord complete the "Landlord Testimonial Form". If you rent from a family member, you must bring a copy of that person's tax return showing that they claim this as rental income.
- Please contact the utility companies that you use (gas, water and electric) and ask for a print out showing all of the payments you made for 2019.



Town of Stratford
COVID-19 IMPORTANT NOTICE
Stratford Town Hall will reopen to the public on July 6, 2020.

THERE'S MORE THAN ONE WAY TO PAY YOUR TAXES...

- ☛ Pay online - www.townofstratford.com. Using the electronic check option is only 95¢
- ☛ Pay at Peoples Bank - you don't need an account to pay but must bring tax bill and have no back taxes due
- ☛ Pay by mail - include a self-addressed stamped envelope and enclose bill if you want it recycled and sent back
- ☛ Pay in person at Town Hall between 8:00 am and 4:00 pm M-F observing the following:
 1. YOU WILL NOT BE PERMITTED IN THE BUILDING WITHOUT A MASK
 2. You must remain 6 feet apart from others
 3. Observe the one-way line that will start in one entrance and leave another

Please keep in mind the office does not accept credit or debit cards in the office.

If you need an adjustment done on a motor vehicle, you must see the Assessor's Office first prior to paying.

 Call 203-385-4030 with any questions

Summer a c t i v i t i e s

Currently, the following activities are being offered over the phone. Any phone can be used, a regular old home phone or a cell phone. If you are interested, you will be supplied with the phone number and access code needed to connect to the group. It is very simple and the format is similar to the old party lines. If you are interested in one of the activities below please contact Lauren at 203-385-4050 or ldonovan@townofstratford.com. Classes are approximately 30-40 minutes.

Trivia- Tuesdays at 11:00 am. All questions are fun, conversation starters that cover a wide range of topics from well known movies and commercials to food, geography, lifestyle and more.

Stress Less- Wednesdays at 10:00 am. For this class you will need a stable, stationary chair. You will also need to be able to put your phone on speaker, so you have use of both hands. The class starts with simple, deep breathing exercises and then we move onto stretches (all while seated). Gentle stretching exercises are focused on areas of the body where we typically hold stress and tension: back, neck, shoulders. We practice breathing throughout the class and end with a short, guided meditation. The class will leave you relaxed and ready to face the day.

Coffee and chat with friends from the center (*over the phone*) at a convenient time for the group.

NEW! Remote craft classes starting this summer. Craft sessions will be offered on a monthly basis. Craft kits complete with supplies and instructions will be available for curbside pickup at the Baldwin Center on a set day and time for each craft. Supply fees range from \$15-\$25, due at pickup. Crafts can be done on your own at home, with assistance from Lauren and Mio (on a group call with other members) or you can view the instructional video on YouTube at your leisure. All crafts are beginner skill level. Upcoming crafts: Floral/patterned mason jar vase/organizer, small wood decorative sign, greeting cards and a monogrammed tote bag.



Celebrate summer with Fun Fridays at the Baldwin Center- Stratford Senior Services will open the drive-thru (Baldwin driveway) for pick up service every Friday during the summer months. Each week a different treat will be passed out by masked staff members. Take a ride, visit staff and enjoy a snack all while in the safety of your own car. There will be a 1-hour pick-up window from 10:30-11:30 am. If you would like to donate pre-packaged treats, please contact Lauren or Mio 203-385-4050. Drive-thru opens July 10th. You must call to register each week.

Honk and wave parade- If you are homebound, due to the pandemic or other reasons and would like staff to stop by and wave please call the Center 203-385-4050.

Monthly cooking demos- Staff will offer fun cooking demos based on easy, healthy recipes with few ingredients. Videos will be available on YouTube.

For more information and dates for crafts and cooking demos please call or email Lauren: 203-385-4050, ldonovan@townofstratford.com.

Interesting programs and web sites to keep the body and mind active...

Our friends next door at the **Stratford Library** have some wonderful online programs, and pick up is now available for books, etc. For more information checkout <http://stratfordlibrary.org/library-take-out/> (for books) and <https://stratfordlibrary.libcal.com/calendar/events/> (for events).

Facebook: <https://www.facebook.com/groups/viewfrommywindow/> (*staff favorite!*)

Free classical concerts:

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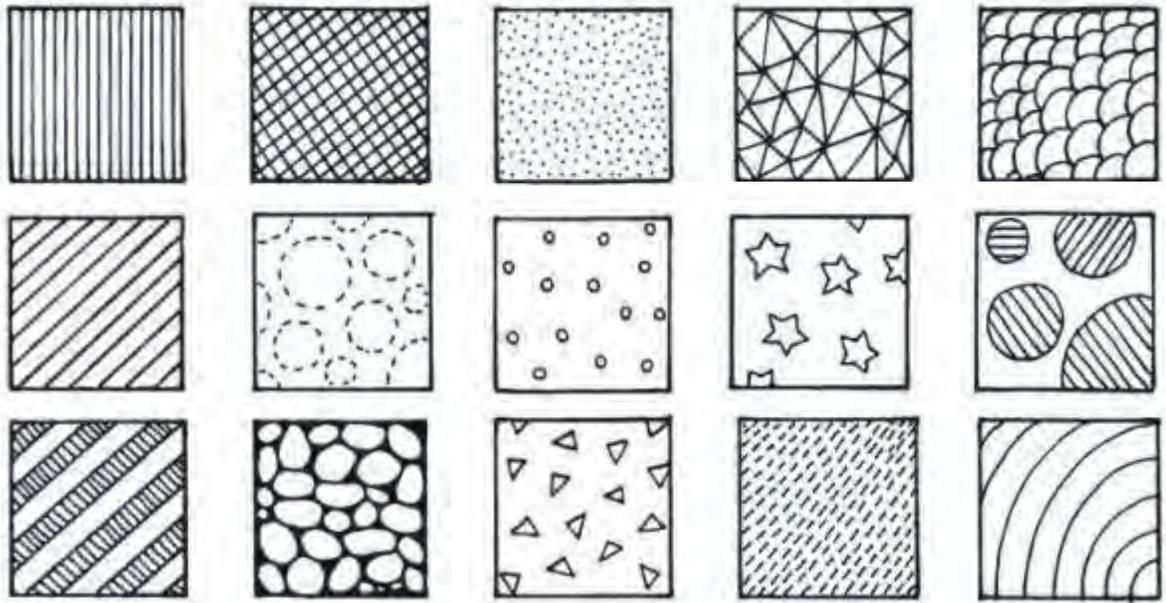
Zendoodle, also referred to as meditative drawing, is the process of creating an image out of doodled patterns. Why Zendoodle? It's relaxing and...doodling is good for your mental health. Benefits include increased creativity, concentration, and overall improved cognitive health.

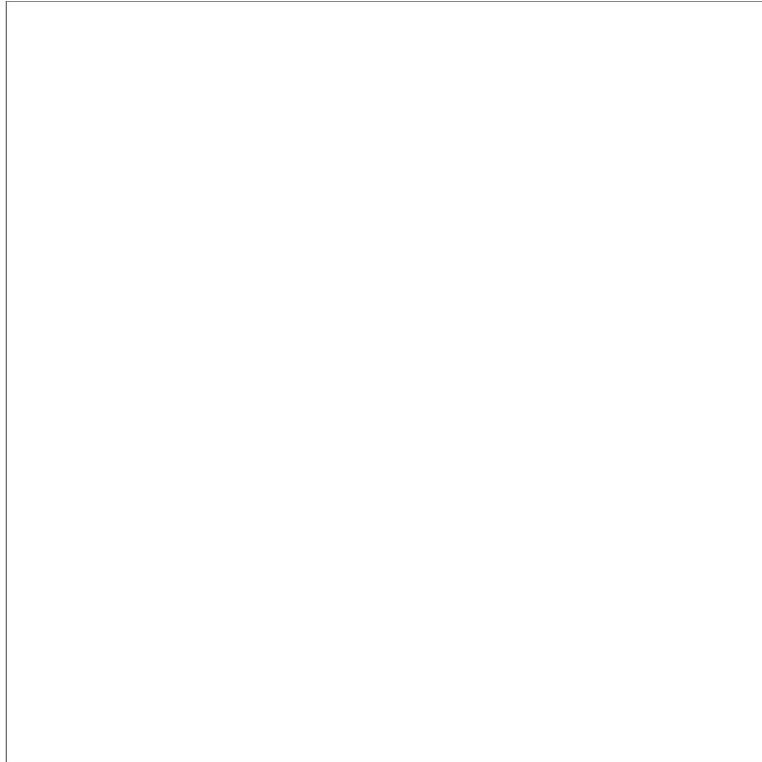
Science backs up the idea that regular doodling is good for your brain because it lets it take a rest from focusing in other ways. Psychologists and researchers agree that doodling can relieve stress. When you doodle regularly, you can lower your stress levels, train your brain to focus better, and firm up connections in your brain.

To get started, chose a pattern below and recreate the pattern in one section of the template. Continue fill different areas, using different patterns. Typically, a black fine line marker or pen is used for Zendoodle, but for colorful designs you can use colored pencils, markers or anything you choose.

If you would be interested in additional templates, a remote Zendoodle class either over the phone or on YouTube, please contact Lauren or Mio at the Baldwin Center 203-385-4050.

Zendoodle





Trivia

M*A*S*H

1. "Hawkeye" was chief surgeon of the 4077th M*A*S*H unit. What was his given name and where was his hometown?
2. He dressed in women's clothing in a futile attempt to gain a Section 8 Psychiatric discharge. He also tried to eat a Jeep, one piece at a time.
3. Gary Burghoff played this character in film and television series.
4. He was a marginal surgeon known as "ferret face."
5. "Hot Lips" Houlihan dumped Frank when she met this Lieutenant Colonel while on leave.
6. What denomination is Army Chaplain Lieutenant Francis John Patrick Mulchay?
7. Colonel Sherman Potter, M.D., replaced this beloved commander after the latter was discharged. He did not survive the trip home.
8. Captain B.J. Hunnicutt replaced Trapper John in season four. What does B.J. stand for?
9. He was an Army psychiatrist who frequently visited the 4077th M*A*S*H for mental health checks. He played poker with the gang, too. o
10. What was the M*A*S*H theme song?

Name the Television Families

1. Louise, George, Lionel, "Mother" Olivia, Jenny
2. Ward, June, Wally, Theodore
3. Cliff, Clair, Sandra, Denise, Theo, Vanessa, Rudy
4. Tony, Carmela, Corrado ("Junior"), A.J., Meadow, Livia
5. Roseanne, Dan, Becky, Darlene, D.J.
6. Howard, Marion, Richie, Joanie
7. Charles (Pa), Caroline (Ma), Laura, Mary, Carrie, Albert

HIDDEN WORD: Find the 8 hidden letters throughout the newsletter. Put the letters together to spell out a favorite summertime destination.

Dance Styles - Word Search

Find all the types of dances in this word search including jazz, zumba, and more. The words in this word search are hidden across, down, and diagonally, with backwards.

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

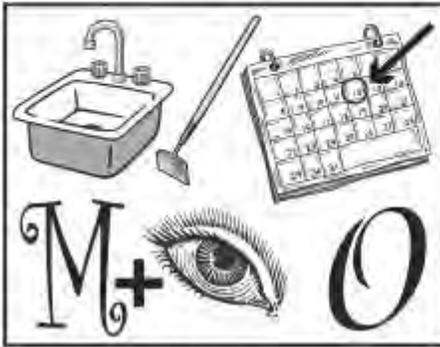
BALLET	DISCO	JITTERBUG	POPPING	SKA
BELLY	FLAMENCO	JIVE	QUICKSTEP	TANGO
BOLERO	FOXTROT	KIZOMBA	REGGAETON	TAP
BREAKING	HIPHOP	LINE	RUMBA	WALTZ
CHACHA	HOUSE	MAMBO	SALSA	ZOUK
CHARLESTON	JAZZ	MERENGUE	SAMBA	ZUMBA

Riddle: What do the following words have in common?

Banana
 Dresser
 Grammar
 Potato
 Revive
 Uneven

Concentration Puzzles

Use the visual clues in the puzzle to figure out what it says.



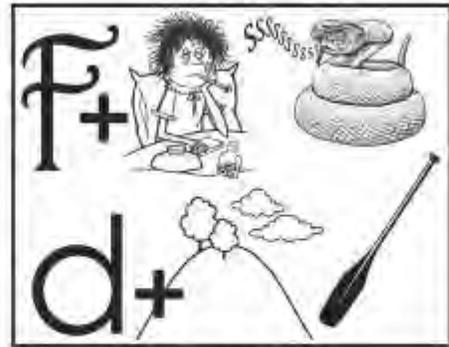
Puzzle #1



Puzzle #2



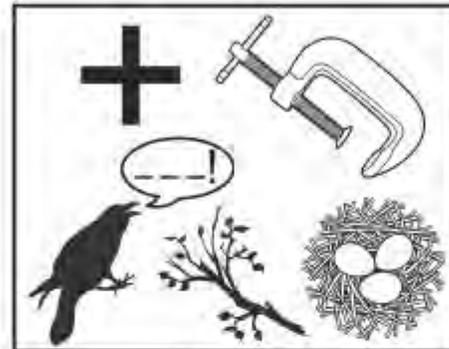
Puzzle #3



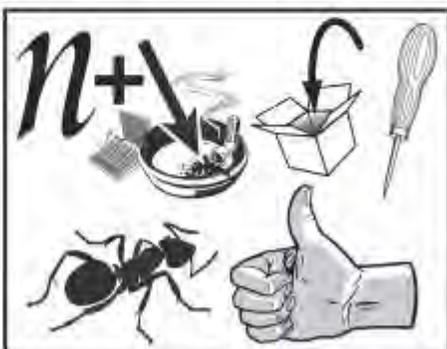
Puzzle #4



Puzzle #5



Puzzle #6



Puzzle #7



Puzzle #8

Hidden meaning brain teasers

1.

A-WHIRL

2.

GOT 'EM



3.

Nth^o

4.

DIBS 
 DIBS
 DIBS
 DIBS

5.

ALWAYS



6.

GUESS 
 GUESS
 GUESS
 GUESS

7.

\$\$\$  

8.

SHE'S



9.

THE VEST
 THE VEST

10.



11.

FULL

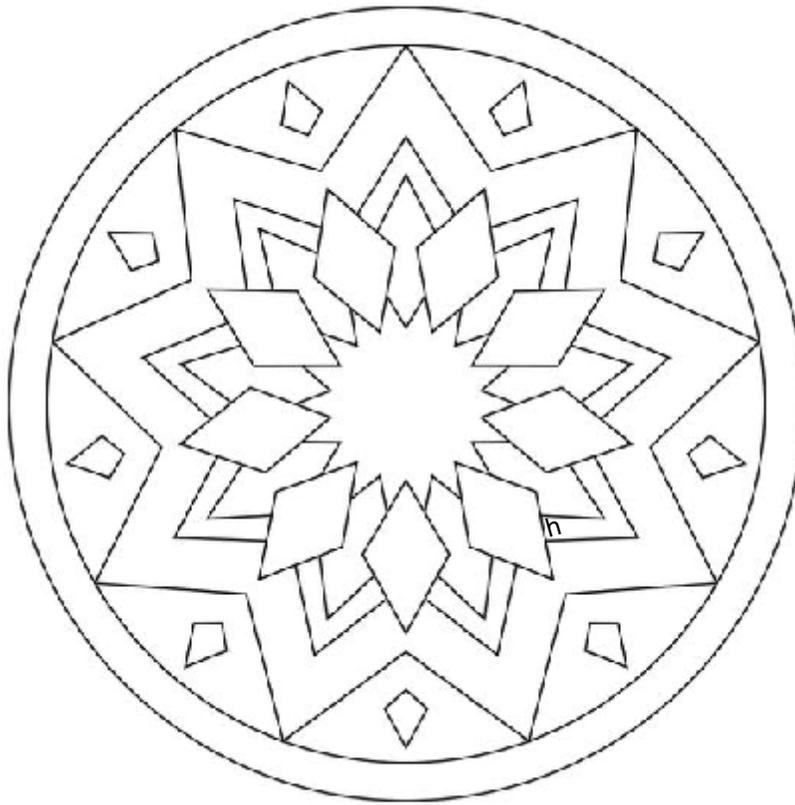
12.

COMMON

Letter Juggle

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast - Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat - Ship.

1. Our - Start
2. Strip - Tumble
3. Clause - Idea
4. Cash - Broom
5. Plight - La



ANSWERS

Trivia:

M*A*S*H (television)

Benjamin Franklin Pierce, Crabapple Cove, ME
Corporal Max Klinger
Corporal Walter "Radar" Eugene O'Reilly
Major Frank Burns
Donald Penobscott
Roman Catholic
Lieutenant Colonel Henry Blake
From his parents **Bea** and **Jay** (maybe)
Major Sidney Freedman
Suicide Is Painless

Television Families

Jefferson (the Jeffersons)
Clever (Leave it to Beaver)
Huxtable (The Cosby Show)
Soprano (The Sopranos)
Conner (Roseanne)
Cunningham (Happy Days)
Ingalls (Little House on the Prairie)
Partridge (The Partridge Family)
Keaton (Family Ties)
Bradford (Eight is Enough)

Hidden word: Seashore. Letters found on cover, pages 2, 5, 8, 12,13 and 14

Riddle: If you take the first letter and move it to the rear of the word, you get the same word when read backwards.

Concentration puzzles: 1) Cinco de Mayo 2) In for a penny, in for a pound 3) Be still my heart 4) Phyllis Diller 5) Guilty as sin 6) Advice columnist 7) National anthem 8) The real deal.

Hidden meaning brain teasers: 1) Tilt-A-Whirl 2) Got em' over a barrel 3) Nth degree 4) First dibs 5) Always on the ball 6) Second guess 7) Dollars to doughnuts 8) She's on cloud nine 9) Close to the vest 10) Pushing the envelope 11) Full tilt 12) Common sense.s

Letter Juggle: Sour - Tart, Trip - Stumble, Cause - Ideal, Crash - Boom, Light - Lamp.

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