



Senior Citizens of Burlington Newsletter

200 Spielman Highway, Burlington, Connecticut

January and February 2026

Volume 99

RING IN THE NEW YEAR LUNCHEON: Thursday, January 15th, 12 noon, Town Hall Auditorium

Come ring in the New Year with your friends at the Senior Center!! The New Year Celebration Luncheon will be held in the Town Hall Auditorium. Enjoy a delicious lunch with entertainment by Mass-Conn-Fusion! Register to attend by calling Parks & Recreation at 860-673-6789 ext. 7 by January 8th. Luncheon is \$5!

SWEETS & TREATS: Thursday, February 12th, 2 pm, Town Hall Auditorium

In celebration of Valentine's Day, come enjoy the best part of a meal....DESSERT! We will have an array of sweets and treats ready to be enjoyed! Free to those that pre-register!
Please RSVP by February 5th 860-673-6789 Ext 7.

VETERAN'S COFFEE HOUSE: Wednesdays, January 21st, 9 -11am, Senior Center

All Veterans or family members of Veterans, are welcome regardless of branch of service or character of discharge to ask questions and get assistance from Donna Dognin of The Veteran's Strong Community Center. Drop in any time from 9-11 am. No need to register!

A CONVERSATION ABOUT ALZHEIMER'S & DEMENTIA: Tuesday, February 24th, 1 pm, Senior Center

Dr. Howard Selinger, PCP and Quinnipiac Professor, will be discussing Alzheimer's and dementia, with a focus on signs, symptoms, testing, treatments, and available resources. This was a topic requested from our residents, and we hope you'll join the conversation. Light refreshments will be served.
Please RSVP by February 19th 860-673-6789 ext 7.

DANCING FEET FOOT CARE CLINIC: Wednesday, February 18th, 9am-2 pm, Senior Center

April from Dancing Feet has a passion for feet and plenty of experience! She provides the following services general assessment of feet and lower extremities, trimming, filing and cleaning of nails, reduction of thickened toenails, smooth and soothing of corns and calluses, massaging, moisturizing, and powdering of feet, and referrals to MD or Podiatrist as needed. Appointments will be scheduled consecutively every 30 minutes starting at 9 am. Cost is \$45 however a small additional charge may be added if extra care is required. Cash or check made to Dancing Feet. Call asap to schedule your appointment 860-673-6789 ext 7.

TAI CHI: Tuesdays & Thursdays: 9:30-10:30 am, Senior Center

Tai Chi is a wonderful exercise and meditation practice focusing on movement, breathing, and mindfulness. This valuable exercise program is geared towards decreasing the fall risk in older adults. Please come 10 minutes before the class to register. Fee: \$10 per month/\$5 per class. Dial-A-Ride is available. *No Tai Chi January 1st.*

LUNCH BUNCH BUS TRIPS:

In an effort to give everyone a fair opportunity to get the newsletter and register for this bus trip, we are starting registration for the following trip on Wednesday, January 7th at 8 am. Voicemails before 8 am will not be accepted. Each participant covers the cost of their own lunch. The cost of the museum will be paid for by The Burlington Lions Club. Thank you to The Burlington Lions Club for their generosity and support!

- **Wednesday, February 11th:** Lunch at First and Last Tavern in Plainville, followed by The New Britain Museum of American Art. The museum will be showcasing works from Norman Rockwell: From Camera to Canvas. It features over 150 photographs, tear-sheets, paintings, and drawings that span Rockwell's proleptic career. Bus will leave town hall at 10:15 am.

CORNHOLE: Fridays, 11 am – 12 noon, Town Hall Auditorium

We are having a ton of fun with Cornhole! Our program is just for fun, so don't be afraid to try! Program is free but register by calling 860-673-6789 ext 7. *No cornhole January 2nd & 23rd*

COOKING CORNER w/ Judi Ann: "Superbowl Snacks", Friday, January 23rd, 11 am, Sr. Center

This fun and delicious class is limited to 12 participants. Register by calling our office 860-673-6789 ext 7.

CRAFT & CHAT: Wednesdays, 10:00 am - 12:00 pm, Senior Center

Bring any craft project you are working on at home and bring it to the party! Why not craft with others!! Please call by Tuesday to let us know if you are attending. *No program January 21, February 18th.*

BLOOD PRESSURE SCREENING: Mondays, January 26th & February 23rd. 12 -12:30 pm Sr. Center

Bristol Burlington Health District will be at the Senior Center for Free blood pressure screenings. No registration required. Dial-A-Ride is available.

SENIOR CITIZEN CLUB ACTIVITIES: (Membership to the Club is required for these events)

Membership: Looking to join the Senior Club? \$10 per year! Yearly dues are due in June.

Questions? Contact Mary Yost 860-989-0026. More details included on Flyer!

Monthly Meetings: First Mondays of the month 12 noon, January 5th and February 2nd

Bingo: Mondays at 12:30 pm in the Senior Center, *No Bingo January 19th and February 16th*

DIAL-A-RIDE: To request a ride call 860-673-6789 Ext. 226

Our Dial-A-Ride program is highly requested! Please call to schedule your appointments as early as possible.

SOCIAL SERVICES: Contact Michelle Huydic 860-550-5415 or socialservices@burlingtonct.gov

If you or anyone you know is in need of assistance for food or heating fuel, please contact Michelle.

MOBILE FOODSHARE: January 6th, 20th, & February 3rd, 17th, 11:15-11:45 am

Mobile FoodShare is an outdoor food distribution at the Town Hall every other Tuesday. You do not need to be pre-registered to get food. Please bring your own bags. Distribution is rain or shine.

NOTES FROM DOUG THOMPSON, FIRST SELECTMAN: 860-673-6789 Ext. 1

Happy New Year! I am wishing you and your families a very happy Holiday season! We hope to see you at the New Year's Luncheon on Thursday, January 15th. If you or someone you know is in need of food or fuel assistance, please contact our Social Services Director, Michelle Huydic at 860-550-5415.

As always, my door is always open for you.

BURLINGTON PUBLIC LIBRARY: Upcoming Events: 860-673-3331

Register for these programs by visiting www.burlingtonctlibrary.org or call the library at 860-673-3331.

1/10--10:15am--Yoga with Heather

1/22--6pm--Gomez & Sadlon: Jazz Goes to the Movies

2/13--6:30pm--Live from Library Lane-A Celebration of Love with Kate O'Brien!

2/14- 11am Decluttering to Start Your New Year: Author Talk with Professional Organizer, Dana K. White

2/26--6pm--Klassic Kreations: Celebrating Chocolate, Friendship and Love

2/28--11am--Author Talk: Stephen Grund (local author!)

Burlington Town Offices are closed:

January 1st: New Years Day, January 19th: MLK Day, & February 16th: Presidents Day

Tricia Twomey Director of Parks and Recreation and Senior Citizen Services: Twomey.t@burlingtonct.gov

Ashlee Goshdigian, Administrative Assistant: parksandrec@burlingtonct.gov 860-673-6789 Ext. 7

Dial-A-Ride: 860-673-6789 Ext. 226

"Write it on your heart that every day is the best day in the year."

- Ralph Waldo Emerson



Burlington Senior Center Presents

RING IN THE NEW YEAR LUNCHEON

**JOIN US FOR THE CELEBRATION
PARTY STARTS AT NOON**

JANUARY 15TH

LIVE MUSIC | FOOD | FUN

BURLINGTON TOWN HALL AUDITORIUM

**RSVP BY JANUARY 5TH (860)673-6789 EXT. 7
\$5.00 PER PERSON**

**Burlington Senior
Center**

FOOT CARE CLINIC

February 18th

9:00am - 2:00pm

Burlington Senior Center



- Trimming, Filing and Cleaning of Nails
- General Assessment of Feet
- Each Session Lasts 30 Minutes - Appointments will be scheduled consecutively starting at 9:00am.
- \$45.00 per client, but (if feet require additional care there could be a small additional fee)
- Cash or checks made out to Dancing Feet. Please do not pre-write check due to additional fee possibility.

***For more details and to register
call by 2/11 : 860-673-6789 ext. 7***

Burlington Senior Center
200 Spielman Highway
Burlington, CT 06013

**BURLINGTON SENIOR CENTER PRESENTS
THE**

Sweets and Treats Party

FEBRUARY 12TH

2:00PM

BURLINGTON TOWN HALL AUDITORIUM

**Celebrate Valentine's Day with Friends!! Join Us
for an Afternoon of Sweet Treats!**

Dial-A-Ride Available

Register by February 5th - (860)673-6789 Ext. 7

TOWN OF BURLINGTON SENIOR CLUB NEWSLETTER

JANUARY AND FEBRUARY 2026

Message

Happy New Year
Everyone!!!

2026 is here and we are looking to make this one of the Senior Club's best years yet! As always we will have our weekly Bingo games and will be bringing back the Socials once the weather warms up in March!

ATTENTION!!

SENIOR MEETINGS ARE THE
FIRST MONDAY OF THE MONTH
BEFORE BINGO. PLEASE BRING
ANY IDEAS OR CONCERNS
FORWARD.

Birthdays

January Birthdays

Madeline M. Sylvia O.

February Birthdays

Kathy K. Diane R.
August P. Alex K.



IMPORTANT DATES

Jan. 1st - New Years Day (Closed)
Jan. 5th - Senior Club Meeting
Jan. 19th - MLK Day (Closed)
Feb. 2nd - Senior Club Meeting
Feb. 16th - President's Day (Closed)

Want to meet new friends and have fun? Join our club!!
Questions?? Call Mary (Club President) 860-989-0026 or
Diane (Club Secretary) 860-871-0149. Membership is \$10 per
year!! Make checks payable to Mary Yost.