

April
2013



The Baldwin Beacon

1000 West Broad Street

Center hours: Mon.– Fri. 8:30 am - 4:00 pm

203/385-4050

Letter from the Director...

Happy Spring to One and All!!!! We faced a challenging winter but now can look ahead to blooming flowers, green grass and budding trees!!!

We are very grateful and so indebted to our many volunteers who help keep the energy going in Senior Services. Your commitment to help make our programs succeed does not go unnoticed. Without the giving of your time and talent, we could not be the wonderful service we are. We have a very positive reputation throughout the State, and owe this, in part, to your efforts and endless dedication. We can never do enough to thank you, but every year we do extend an invitation for you to join us as we celebrate your volunteerism. Our **Volunteer Recognition Event** will be on **Thursday, April 18th** in the afternoon. The event is by invitation only and this year's theme is "**Thanks for lending a hand.**" If you have not received an invitation and have volunteered for Senior Services this past year, please see Lauren or me in the office.

Do you have confidential papers you want shredded? Old bank statements or tax returns? Anything with identifying information that you don't want getting in the wrong hands? Then bring your boxes and bags of these items to the **Baldwin Center parking lot on Saturday, April 20th, from 9:00-2:00**. The *Stratford Rotary Club* is hosting a shredding event and will have a professional shredder here to destroy your private papers. The cost is \$10.00 per box or bag. All proceeds will support the Stratford Health Department's Mobile Dental Clinic. For more information, or to have items picked up, please see me.

Personnel Update: We continue to interview candidates to fill the position of Program Supervisor. In the meantime, Lauren Donovan is acting as Interim Program Supervisor, and is doing a fantastic job! ☺ If you have suggestions for future programs, please see Lauren or me.

My apologies: Many of you have noticed that staff is not always available to assist you when you come to the window. Because we no longer have a full-time clerical person, and have some hours without volunteer support, there will be times you will come by and no one is sitting in the main office, or the door is closed. I apologize for any inconvenience. We are doing the best we can. The challenge is trying to meet your needs while some of us have home visits, meetings or need to be elsewhere in the building. As we continue to try to figure out the best way to serve you and be available, we are reserving the end of the day to catch up on paperwork, planning and returning phone calls. The door and window will be closed after 3:00 to give staff time to take care of the "behind-the-scenes" work we need to do. Thank you, in advance for your cooperation.

Diane

C.A.R.E.S. Corner.....Andrea Carroll***In order to cope with your role as a caregiver, here are a few tips:***

- Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Accept that goals and care needs will change over time.
- Educate yourself about your loved one's condition and how to communicate effectively with the doctors.
- Trust your instincts! Most of the time they will lead you in the right direction.
- Caregivers often do a lot of pushing and pulling. **BE KIND TO YOUR BACK.**
- Seek support from other caregivers. There is a great strength in knowing that you are not alone.
- Pay attention to your own physical and emotional health. Remember, the best predictor of your loved one's continued well being is your continued health and ability to take care of him or her.

A little humor from Cares...

"Age is a number, old is your head".
 "Attitude is everything, so pick a good one".

Commission on Aging meets the second Tuesday of each month at 10:00 am in the Library Room, upper level. Meetings are open to the public. If you have issues or questions related to senior town services, please come to one of the meetings. Next meeting April 9.

AARP meeting will be held on April 17 at 1:00 pm in the Baldwin Coffee Shop. In addition, we will be accepting donations for Sterling House Food Pantry. New members are welcome and encouraged to join these informative sessions.

**Baldwin at Bullard Havens**

Enjoy lunch – everything from soup to nuts at **500 Palisade Avenue**

Cost \$6.50, payment required when signing up. Transportation available on a limited basis. Bus leaves Baldwin 11:00 a.m., returns at 12:30. Thurs., April 11.

Crazy for QiGong!!! Due to increased interest we will be adding a QiGong class on Mondays at 11:00 a.m. **PLEASE NOTE:** The QiGong class currently held on Wednesdays has changed to 11:00 a.m., same as the Monday class.



We all scream for Wii!!! Our highly competitive Wii bowlers are kicking it up a notch. In addition to the Thursday session, the group will now be playing (or should I say training?) on Wednesdays, same time, 12:30 p.m. Go bowlers...we're behind you 100%.

The Alexander Technique - A way out of poor posture, fatigue and pain toward poise and flexibility. Joan Frost, certified Alexander instructor, will present a 5-part series in the Alexander Technique, Mondays at 9:00 a.m. in the Baldwin library, beginning April 22. The program is recommended for anyone who would like to stand, sit and move with less strain or discomfort. The course fee is \$15 for the series, payable when signing up. Class size is limited. Sign up at the Front Desk or by calling 203-385-4055.

April Updates

- ✓ **Blood Pressure Screening** –Monday, April 8, 9:30 – 11:30 a.m. sponsored by Bridgeport Hospital.
- ✓ **Blood Pressure Screening** –Tuesday, April 23, 9:00 – 11:00 a.m. provided by Quinnipiac University Nursing students.
- ✓ **Friendship Club** – Next meeting will be held on April 8, 2:00 p.m. in the coffee shop.
- ✓ **Stew Leonard's Trip** – Tues., April 23. Bus leaves Baldwin Center at 12:15 p.m.; \$1.
- ✓ **Watercolor Classes** – taught by Sabine Bonnar. Tuesday afternoons at 1:00 p.m. 5 classes/\$25. Next series April 2-April 30. Sign up in the office. Class size is limited.
- ✓ **Theorem Art** – traditional art form using oil paint and stencils, taught by Melody Best. Fridays, 1:00 p.m. All materials are supplied. Next session April 19-May 17. Please call or stop by the center to register - 203-385-4050. Fee \$25.
- ✓ **Reflexology** – private, one-on-one mini-session. Fee is \$15. Please sign up at the Front Desk. Cash (correct change, please) or checks (payable to Linda Leson) are accepted. Thursday, April 4, 1:00 – 4:00 p.m. by appointment.

Computer Classes Resume

Courses run for 5 weeks, 1 hour per week, and are taught by SHU professor, Vinny Faggella. They focus on a single computer topic so the student can gain proficiency. Tuition is \$35.

Beginners, Level 1 - for those with no computer experience.

Thursdays, 9:00 a.m. April 4 – May 2

Laptop Workshop - please bring your own laptop.

Thursdays, 10:30 a.m. April 4 – May 2

Beginners, Level 2 - for those with limited computer experience.

Fridays, 9:00 a.m. April 5 – May 3

Email / iPad / Kindle - Workshop – everything you need to know about email.

Fridays, 10:30 a.m. April 5 – May 3



Classes are filled on a first come/first served basis. Please stop in the office to register. Payment is required when signing up.



Pickleball returns

Wednesday, April 3
12:30 p.m.

Baldwin Center Main Hall



Open to all – please sign up at the Front desk

This unique sport will be demonstrated at the Baldwin Senior Center by Diane Sullivan from Cambridge Health and Rehabilitation & Ludlowe Center for Health, skilled nursing facilities in Fairfield. She is also the areas Pickleball ambassador (USAPA.org). Ms. Sullivan is a certified tennis pro who became interested in Pickleball when she saw the potential for some seniors to enjoy a less rigorous game. This hands-on demonstration is designed to elicit interest among local seniors in starting Pickleball at the Baldwin Senior Center.

Singin' in the Rain...



The Elderberries

Musical Entertainment by the Elderberries. Join us for a fun afternoon filled with song from the Elderberries.

Wed., April 10, 12:30 p.m.

Spring Frolic

Welcome in spring with the Baldwin Players

Refreshments, and fun for all. *Come early, limited seating.*

Fri., April 26, 12:30 p.m.

Business Spotlight:

Bathroom Safety Update

Bathfitters Representative, Bob Lozanov will explain how simple updates to your older bathroom can make it safer and easier to get around. Bob will discuss installation of handicapped-friendly shower, grab bars, seat, adjustable shower spray, etc.

Thursday, April 4, 10:00 a.m.

Please note: Stratford Senior Services provides these Business spotlights as an informational opportunity for you. We cannot endorse any individual company or their services.

Learn Latin

Come enjoy reading classical and modern Latin. This five-week course will enhance your word power by identifying Latin and Greek roots in English. It will also acquaint you with Latin poetry and prose. Short readings will show just how easy it is to understand the Mother of all Romance languages. Simple grammatical notions will be discussed as well. Instructor: Zoltan Toman. Thursdays, 11:15 a.m. – 12:30 p.m. in the Baldwin library. Session starts April 4. Please stop by the center to register.

Crafters...have we got a treat for you!

Create a Beautiful Floral Beaded Broache with our talented Theorem painting teacher, Melody Best. Join us for a fun learning experience, making a unique and fabulous pin that can be worn on a lapel, scarf or any fabric surface you want to adorn or give as gift to someone special. Samples are on display at the center. Class fee \$5. All materials will be provided for additional fee of \$2 (payable to the instructor). Friday, April 12, 1:00 – 3:00. Class size is limited - please sign up in the office.

Stratford Lifelong Learners Upcoming Programs...

Sculpture Demonstration & Talk by renowned Marine Sculptor, Peter Bowe.

Tuesday, April 16, 1:00 p.m. Stratford Library Lovell Room

"Rosie the Riveter" - Presented by Arthur N. Gottlieb, LCSW, CSA.

Tuesday, May, 21, 12:30 p.m. Baldwin Center Library

AARP Driver Safety Program

Friday, April 26, 9:00 a.m. – 1:00 p.m.

Baldwin Center Upstairs Main Room.

Call Mike Klein to register (203-929-4851)

Social Services Notes by.....Lisa Stone

PROPERTY TAX RELIEF (HOMEOWNER'S) PROGRAM

The Town has started accepting applications for the Property Tax Relief program. **New applicants must be age 65 before January 1, 2013.**

Individuals collecting Social Security Disability may apply and must provide a Social Security award letter and current proof of Social Security Disability (1099) at the time of appointment. If you have never applied and would like an appointment or further information please call the Tax Assessor's office at 203-385-4025.

State Annual Income Guidelines: Single \$33, 500 Married \$40,900

CHANGE TO MEDICARE HOME HEALTH CARE SERVICES BENEFIT

Restoration or improvement is no longer required in order to continue receiving coverage for skilled nursing care under Medicare.

Skilled services that maintain an individual's condition should be covered under Medicare. This is a result of a class action lawsuit by Vermont Legal Aid, The Center for Medicare Advocacy and seven Medicare Beneficiaries.

The settlement is now in effect and is retroactive to January 2011.

CT HEALTH INSURANCE EXCHANGE

As part of the Affordable Care Act a market place for purchasing insurance has been created for individuals age 18-64 and small businesses.

The CT Health Insurance Exchange must begin January 1, 2014.

The Medicaid program will be expanded due to increased income limits.

There will be subsidized coverage/tax credits to offset premium costs for those who meet the income guidelines.

More information can be found at www.accesshealthct.com

April Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) 9:00 INCOME TAX 9:00 AEROBICS 9:30 KNITTING 10:00 TAI CHI 10:00 CRAFTS 10:00 BALLROOM L.D. 11:00 QIGONG 11:30 ITALIAN 12:30 QUILTING 12:45 BINGO	2) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 1:00 WATERCOLORS	3) 9:00 EXERCISE 9:00 MEN'S PINOCHLE 10:00 ZUMBA 10:00 BOOK CLUB 11:00 QIGONG 12:30 MEN'S POKER 1:00 WRITING 12:30 PICKLEBALL DEMO 12:30 WII BOWLING	4) 9:00 AEROBICS 10:00 SITTCERCISE 10:00 BIZ SPTLT 10:30 LINE DANCE 11:00 YOGA 11:15 LATIN 12:30 PILATES 12:30 WII BOWLING 1:00 SCRABBLE 1:00 CHAMBER MUSIC 1:00 REFLEXOLOGY	5) 9:00 ZUMBA 9:00 BRIDGE 9:00 MEN'S CLUB 10:00 MAHJONGG 10:00 TAI CHI 1:00 BALDWIN PLAYERS 1:00 THEOREM ART 1:00 MALES
8) 9:00 INCOME TAX 9:00 AEROBICS 9:30 KNITTING 9:30 BP SCREENING 10:00 TAI CHI 10:00 CRAFTS 10:00 BALLROOM L.D. 11:00 QIGONG 11:30 ITALIAN 12:30 QUILTING 12:45 BINGO 2:00 FRIENDSHIP CLB	9) 9:00 AEROBICS 10:00 SITTCERCISE 10:00 COA 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 11:00 BURN PROGRAM 12:30 LADIES POKER 1:00 WATERCOLORS	10) 9:00 EXERCISE 9:00 MEN'S PINOCHLE 10:00 ZUMBA 11:00 QIGONG 12:30 MEN'S POKER 12:30 ELDRBERRIES 12:30 WII BOWLING 1:00 WRITING	11) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 BULLARD HAVENS LUNCH 11:15 LATIN 12:30 PILATES 12:30 WII BOWLING 1:00 SCRABBLE 1:00 CHAMBER MUSIC	12) 9:00 ZUMBA 9:00 BRIDGE 10:00 MAHJONGG 10:00 TAI CHI 1:00 BALDWIN PLAYERS 1:00 CRAFT - Pins
15) 9:00 INCOME TAX 9:00 AEROBICS 9:30 KNITTING 10:00 TAI CHI 10:00 CRAFTS 10:00 BALLROOM L.D. 11:00 QIGONG 11:30 ITALIAN 12:30 QUILTING 12:45 BINGO	16) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 10:30 NEWCOMERS LUNCH 11:00 YOGA 11:00 SPANISH 12:00 SUPPORT GROUP 12:30 LADIES POKER 1:00 WATERCOLORS 1:00 STRATFORD LIFELONG LEARNERS	17) 9:00 EXERCISE 9:00 MEN'S PINOCHLE 10:00 ZUMBA 10:00 BOOK CLUB 11:00 QIGONG 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 AARP	18) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCING 11:00 YOGA 11:15 LATIN 12:30 PILATES 12:30 WII BOWLING 1:00 SCRABBLE 1:00 CHAMBER MUSIC 2:00 VOLUNTEER LUNCHEON	19) 9:00 ZUMBA 9:00 MEN'S CLUB 9:00 BRIDGE 10:00 MAHJONGG 10:00 TAI CHI 1:00 MALES 1:00 BALDWIN PLAYERS 1:00 THEOREM ART
22) 9:00 ALEX. TECH. 9:00 AEROBICS 9:30 KNITTING 10:00 TAI CHI 10:00 CRAFTS 10:00 BALLROOM L.D. 11:00 QIGONG 11:30 ITALIAN 12:30 QUILTING 12:45 BINGO	23) 9:00 AEROBICS 9:00 BP SCREENING 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:15 STEW LEONARD'S 12:30 LADIES POKER 1:00 WATERCOLORS	24) 9:00 EXERCISE 9:00 MEN'S PINOCHLE 10:00 ZUMBA 11:00 QIGONG 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING	25) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 YOGA 11:15 LATIN 12:30 PILATES 12:30 WII BOWLING 1:00 SCRABBLE 1:00 CHAMBER MUSIC	26) 9:00 AARP DRIVER SAFETY 9:00 ZUMBA 9:00 BRIDGE 10:00 MAHJONGG 10:00 TAI CHI 12:30 BALDWIN PLAYERS SHOW 1:00 THEOREM ART
29) 9:00 ALEX. TECH. 9:00 AEROBICS 9:30 KNITTING 10:00 TAI CHI 10:00 CRAFTS 10:00 BALLROOM L.D. 11:00 QIGONG 11:30 ITALIAN 12:30 QUILTING 12:45 BINGO	30) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 1:00 WATERCOLORS			

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TO DO LIST!
1) need an oil change
2) get a hair cut
3) find a plumber
Anything else?

Find businesses that support your community at **SeekAndFind.com**

Greater Bridgeport Senior Community Café

Baldwin Café 203-377-4991

* High Sugar Content
 ** High Salt Content
 + High Fat/Cholesterol

1% or Skim milk provided
 Margarine available

April, 2013

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Grape Juice BBQ Pork Loin Sweet Potato California Veggies 12 Grain Bread Apple Crisp	2 Pineapple Juice Baked Lasagna Marinara Sauce Broccoli Florets Italian Bread Tropical Fruit Cup	3 Hearty Vegetable Soup Unsalted Crackers Turkey Burger Lettuce/Tomato/Onion Steak Fries Ketchup Whole Wheat Bun Fruited Yogurt	4 Veal Cutlet Picatta Sauce O'Brien Potatoes Romaine Salad Italian Dressing HAPPY BIRTHDAY DAY 100% Whole Wheat Birthday Cake	5 Cranberry Juice Chicken A La King Egg Noodles Oriental Vegetables Biscuit Pineapple Rings	
8 Roast Turkey Turkey Gravy Cranberry Stuffing Carrot Coins Cranberry Sauce Dinner Roll Pears	9 Meatloaf Beef Gravy Baked Potato Peas & Mushrooms Rye Bread Mandarin Orange	10 Orange Juice Baked Knockwurst Sauerkraut & Onions Bow-tie Noodles Cut Green Beans Mustard Hot Dog Bun Apple	11 Lazy Man's Stuffed Cabbage Mashed Potatoes Romaine Salad Ranch Dressing Pumpernickel Bread Tropical Fruit Cup	12 Mushroom Barley Soup Unsalted Crackers Seafood Salad Lettuce Bed Parslied Pasta Tomato, Basil and Onion Salad Whole Wheat Roll Rainbow Sherbet	
15 Open-Faced Hot, Thin Sliced Roast Beef Beef Gravy and Sauteed Onions Lyonnaise Potatoes Italian Bread Orange	16 Grape Juice Rigatoni w/Meat Sauce Parmesan Cheese Spinach Whole Wheat Bread Fig Newtons	17 Apple Juice Pineapple Glazed Pork Loin Baked Potato Winter Blend Veggies Rye Bread Banana	18 Tomato Rice Soup Unsalted Crackers Turkey Loaf Turkey Gravy Buttered Noodles Scandinavian Veggies Dinner Roll Brownie	19 Baked Fish Tartar Sauce Hash Brown Potatoes Stewed Tomatoes 100% W.W. Bread Apricots	
22 Beef Vegetable Soup Unsalted Crackers Cheese Ravioli with Meat Sauce Country Blend Veggies Garlic Bread Fruit Cocktail	23 Orange Juice Pepper Steak Au Jus Diced Potatoes Peas and Carrots 100% W.W. Bread Banana	24 Pineapple Juice Honey Roasted Chicken Breast Rice Pilaf Broccoli Multi-Grain Bread Ice Cream Cup	25 Chicken Noodle Soup Unsalted Crackers Lemon Pepper Fish Lemon Wedge Baked Sweet Potato Garden Salad French Dressing Split Top Wheat Bread Grapes	26 LS Sliced Ham Maple Glaze Sesame Noodles Spinach Pumpernickel Bread Tapioca Pudding	
29 Eye of the Round Mushroom Gravy Baby Red Potatoes Carrot Coins Sesame Roll Pineapple Chunks	30 Orange Juice Oven-Chicken Quarter Buttered Beets Broccoli & Cheese Rice Rye Bread Applesauce	Please note you must call 203-377-4991 2 days in advance to reserve lunch.			



Family Caregiver News
by Kristin Catalano

When selecting an agency to work with a loved one, make sure you use all five senses to tell if it's a good match. Smell- the facility to see if the odor is pleasant, See- if it's catchy to the eyes, Hear- what tone the staff has and what the residents are saying, Touch- to see how the textiles in the facility feel to you, Taste- see if you can sample the menu or see what they serve at the agency to get a sense if it's something you would enjoy!

Caregiver Support Group on April 16, 12:00 - 1:00 p.m.

If you are interested in talking with Kristin or for more information on the support group and upcoming Caregiver events please contact Kristin Catalano at 203/385-4055.



OUTREACH
By Kerry Frances

Do you know a Stratford resident who is in need of help? Homecare services, housing options, transportation services, exercise programs, social activities and much more!
In-home or office appointments.

Senior Housing Programs

Do you know about GBTA transportation options and discounts?

If not, join us for valuable information

Tuesday, April 2

Time: 12:00

South End Community Center
19 Bates St, Stratford, CT 06615

****Please R.S.V.P to Kerry at 203-385-4055****

Brunch at Kennedy Apartments

Are you aware of the services available to you as a Stratford Senior?

Lets talk about it over brunch-

Thursday, April 11

Time: 12:00

Kennedy Apartments Senior Housing

Cost: FREE

Please RSVP-203-385-4055

NEWCOMER'S LUNCH

Are you new to the Baldwin Center, new to Stratford? Looking for a place that offers a variety of programs? The Baldwin Center offers entertainment, lunch, exercise classes and much more! Join me for our newcomer's lunch to find out what the center has to offer or to just kick back and socialize.

WHEN: Tuesday, April 16, 2013

WHERE: The Baldwin Center

TIME: 10:30 A.M. (lunch is served at 11:30)

COST: Donation of \$2 for lunch

*****Lunch is optional*****

*If you will be eating lunch – You must R.S.V.P. by Thursday, April 11th
If you will **NOT** be eating lunch - Please R.S.V.P. by Monday, April 15th*

Bingo Time!!

Thursday

April 25,

12:30 p.m.

Cost: FREE

Prizes, Prizes, Prizes!!!!

**Baldwin Apartments
Senior Housing**

Are you interested in coming to the Baldwin Center? *Schedule a tour with me!*

If you no longer drive, our transportation will pick you up.

Please call Kerry at 203-385-4055 with any questions you may have.



STRATFORD SENIOR MEN'S CLUB NEWS – APRIL 2013

THE LINE UP– Our meetings in April are scheduled for the fifth and the nineteenth. Harry Tashjian, our Joe DiMaggio of the Men's Club, has *hit the ball out of the park* with a great *line up* for April. On our first meeting, on the 5th, we will hear from a representative from Bridgeport Hospital who will address the nutritional recommendations for senior men.

On April 19th we will have the honor of being addressed by Attorney Barry Knott who has been very active in Stratford town affairs for many years.

NEW MEMBERS OF OUR TEAM ARE WELCOME – If you are of the masculine gender and 55 years old or older, you are cordially invited to attend these meetings which start at 9:00 a.m. at the Baldwin Center.

PLAY BALL - Lou DeGirolamo and Joe Saladino, our *switch hitting* Co-Commissioners of Bocce, announce that sign-up for the spring and summer Bocce League has begun. The "Yankee Clipper" would be proud of this league. The League *games* will be on Tuesday mornings at the Baldwin Center. No experience is necessary. Just show up for some fun and to work on your eye-hand coordination. Call Lou at 203-378-4131 or Joe at 203-378-6128 for more information or to sign-up.

SOUTHPAW– Our *southpaw* Commissioner of the Men's Club Bowling League, Bill Hickey, reports that team four with Bob Batka, Emil Usinger, Lou DeGirolamo and Vin Costa is in first place. *Rounding second* base and still in contention are team one: Alan Roy, Joe Butkovsky, Steve Stravecky and Walt Dunbar and team two: Pete Jastermsky, Joe Saladino, Bill Hickey and Al Papp. The bowler with the best *batting average* is Al Papp. The League Championship will be determined by a play-off in late-April followed by a luncheon and awards at Augustyn's Blue Goose Restaurant where the champions will be awarded their rings (made from folding cash.)

ACE – An *ace* in baseball is the team's best starting pitcher. The ace team in the SSMC Pinochle League is the team of Frank Kaputa and Joe Soltis. The team in second place, Dick Feher and Russ Jagoe, has the *bases loaded* and are looking for a *homerun* to move ahead. Our *manager and coach* of the league, Dick Feher, reports that the team in third place is Howard Baker and Bob Mastroni.

DOUBLE PLAY – "Joltin Joe" Saladino, our multitalented Club Treasurer, reminds members of the *double play*, or maybe we could call it "double pay." If you haven't paid your dues they are payable now, \$10.00 for the Men's Club and \$5.00 for the Baldwin Center. See Joe or our veteran Assistant Treasurer, Kerwin Lanz, who will give you a receipt. Nobody gets a *base on balls* (unless you are 85 or older.)

TAKE ME OUT TO THE BALLGAME – Sing the following lyrics to the tune *Take Me out to the Ballgame* for our April birthday guys: Richard Feher, Robert Hamilton. and David Kochiss. "Let's go out for your birthday, let's go out and have fun. Buy me some burgers and frenchy fries. We don't care if they go to our thighs!"

20TH ANNIVERSARY – On March 15th we honored the six gentlemen who were original members of the Men's Club and are still active today. They are **Joseph Bernas, Peter Jastermsky, Raymond Madar, Charles Muller, James O'Grady and Robert Switzgable**. Mayor Harkins presented the Club with a resolution and we celebrated with a special 20th Anniversary cake.

BRONX CHEER- *A little baseball humor.*

1. From the Chicago Tribune, "The Cubs are 32 – 0 this year in games in which they have scored more runs than their opponent." 2. I love autumn. It gives me time to sit at home and watch the World Series. Kinda like the Mets. 3. Why was Cinderella so bad at baseball? She had a pumpkin for a coach! 4. What's the difference between a Yankee Stadium hot dog and a Fenway Park hot dog? You can buy a Yankee Stadium hot dog in October.

Mark your calendars...

Mother's Day Tea- Tuesday, May 7, 1:00 p.m. *Open to all- Ladies and Gentlemen. Join us for tea and scones. Entertainment provided by the Baldwin Center Chamber Music Group.*

Senior Fraud: Tips For Avoiding Senior Scams- Wednesday, May 15, 11:30 p.m. *presented by Diane Sullivan from Cambridge Health and Rehabilitation & Ludlowe Center for Health.*

Entertainment with Bob Giannotti- Thursday, May 30, 12:30 p.m. *Cost \$2. Veterans free.*

Paper Beaded Necklace and Earrings, craft with Melody Best- Friday, May 31, 1:00 p.m. *Class fee \$5. All materials will be provided for additional fee of \$1 (payable to the instructor).*

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