

SEMINARS FOR MAY

MUSIC HISTORY WITH JEFFREY ENGEL

May 5th at 12:00pm “Keep on Dancing: Part II” The dance is the most ancient and animated of all the arts. Mankind has been dancing since the earliest civilizations of Egypt and Greece. During the Renaissance, dances became more formalized and began to have an impact on the other arts. We will explore other dances like the polka, polonaise and fandango which transitioned successfully from indoors and outdoors to the concert stage.

Musician Jeffery Engel was named one of the most influential people in Litchfield County. Very Popular program that combines the influential classical music with interpretation. RSVP



CULTURAL AND ARCHITECTURAL HISTORY WITH ART GOTTLIEB

Wednesday, May 3, 10:00-11:00am. “Manhattan Bridge” Just north of the Brooklyn Bridge with its stone Gothic Arch towers, the Manhattan Bridge opened December 31, 1909. Designated a National Historic Civil Engineering Landmark in 2009, the span is noted for its distinctive all steel towers and classical architecture, featuring a Baroque Arch at the Canal Street entrance. Please RSVP



Wednesday May 17, 10:00 am to 11:00 am “NYC SUBWAY SYSTEM”

Preceded only by the opening of the London Railway System in 1863, the first “Rapid Transit System” in New York City began carrying passengers in 1868. Consisting of the IRT (Interboro Rapid Transit Company), the BRT (Brooklyn Rapid Transit Company) and the IND (Independent Subway System), it remains the most extensive in the world, with 714 miles of track, 468 stations and 6,241 subway cars in use.



BRITISH HISTORY WITH DR. RAMONA GARCIA

IN PURSUIT OF A MALE HEIR: THE FIRST THREE WIVES OF HENRY VIII-3 Part Series

Wednesday, May 31 10-11am “Jane Seymour.” After Henry VIII's wife, Anne Boleyn, was executed, Jane Seymour and Henry married on May 30, 1536. On October 12, 1537, she gave birth to Henry VIII's first male heir, King Edward VI, the future king of England. She died in childbirth complications less than two weeks later. Please RSVP



DO YOU QUALIFY FOR MEDICARE EXTRA HELP?

Wednesday, May 8 10:00-11:00am David Katz and Curtis Gunn from UnitedHealth Care will be at the Easton Senior Center to educate seniors on available savings programs to help pay Medicare Part B and Part D premiums. There are programs available that many people may not know about that might cover some or all Medicare premiums, deductibles and co-pays.



RED FLAGS: ARE YOU DOING TOO MUCH FOR YOUR ELDERLY LOVED ONE?

Wednesday, May 10 10:00am. Even if your elderly loved one has dementia, there are still some decisions, however simple, they can make on their own. Simplify tasks: Choose maybe two options, and lay out clothes in order, for dressing. Accept Mistakes: Let them attempt things on their own so they can maintain certain skills, even though it may take longer and not be perfect. Reward Your Loved Ones Efforts: Let them know when they have done a good job. This builds their confidence.

Take a step back from trying to do everything for your elderly loved one and you both will benefit greatly. .

