

# East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: [www.easthamptonct.org](http://www.easthamptonct.org)

Email: [seniorcenter@easthamptonct.gov](mailto:seniorcenter@easthamptonct.gov)

Volume 4 Issue 4

Newsletter Date:

April 2015



## Senior Center CLUB, Monday April 6th

*Monday April 6th at 1pm. The Bingo Group is sponsoring the meeting. Please join us, Learn about, up-coming programs. Lite refreshments will be available!*



### Commission On Aging Meeting

**April 9 2015 @ 5:30pm  
At the Senior Center.**

The Commission On Aging is seeking volunteers to serve on the Commission. If interested please complete an application on-line and submit to the Town Manager's office.

All are invited to attend. If you need transportation to this meeting please call the Senior Center for a ride.



**AARP presents:  
Livable Communities  
Thursday, April 9th  
6:30pm  
East Hampton  
Community Room.  
Transportation available  
by calling the East  
Hampton Senior Center**

**VOLUNTEERS**  
**You are invited to a  
very special afternoon  
on Wednesday, April  
15<sup>th</sup> at 1pm  
at the Senior Center.  
Mrs. Drinkwater will  
entertain and help us  
celebrate you!  
Let us know you are  
coming, and bring a  
friend if you'd like. See  
you on April 15!**

**MARCH MADNESS SPILLS  
OVER...Celebrate with us at a  
Potluck luncheon on April 7th at  
11:30 a.m. Sign up and tell us  
what you'll bring.**

April 13-17 is National Volunteer Week. Give a volunteer a hug of thanks!



**AARP  
TAX ASSISTANCE  
April 2nd.** This a very popular program, Sign up soon!  
9:00am.-1:00pm  
By appt.

**ELDERLY AND TOTAL  
DISABLED TAX RELIEF**  
January 2015

It is time to apply for the Elderly and Totally Disabled tax relief under the "Homeowner's" program. The Elderly portion is only for taxpayers 65 and older.

The filing period is Feb. 1, 2015 to May 15, 2015, and the forms are available at the Assessor's office. You must bring with you statements of ALL INCOME, incl. Social Security received in 2014. If you file Federal Income Tax, you must bring a copy of your completed 2014 tax return. **Income Limits to remain on the program are \$34,600 for single and \$42,200 for married.** If you are physically unable to appear in person, please call the Assessor's office at 860-267-2510 to make an appt. for a staff member to come to you.

*No one is more cherished in this world than someone who lightens the burden of another. Thank you. ~Author Unknown*

+++++  
**WHY SHOULD I PRE-REGISTER?**

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
3. Instructors often ask for a number of registrations in order to prepare handouts.
4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.

Please help us to help you and register/sign-up at the Reception Desk for programs/trips you are interested in. *Thank-you!*

**Counseling Services**

at the East Hampton Senior Center, Individual by appointment. Call Diane to schedule a appointment @ 860-508-9719

*This service is provided in partnership with the East Hampton Youth and Family Services Department.*

**BOOK CLUB Tuesday,**  
 April 14th at 11am. New club members always welcome!

**Setback**  
 Thursdays  
 12:30pm-3:00pm.



Genealogy Club : Tuesday April 28<sup>th</sup> at 10am! Let Brian start you on your journey!

**Build a Bear for people in Need!**

**Sojourn Bears on Wednesday mornings @10am**

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

**Exercise with Cindy**

**Sit & Stretch Class is**

offered Tuesday & Thursday 10am to 11am

\$3.00 per class or \$20.00 per month.

Tap Dance Thursdays, at 11:15am

**"MMM" Muscles & Muffins**

For  
 The  
 Mind  
 April  
 13th



10:30am  
 Come challenge



**Popcorn & Movie Day:**  
 Monday April 13 @  
 1:00pm

**REFLEXOLOGY** certified Reflexologist Suzette Christainsen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session. **Friday, April 17**

**Square Dancing**

Will meet every Friday at 10:00am. Please sign up at the front desk. \$3.00 per session. Please pay the caller the day of the session.

**Scrabble Anyone?**

Wednesdays @ 12:30pm. Sign up at the front desk..

**BIBLE STUDY**  
 1PM



**TUESDAYS**  
 New members welcome



**BINGO!!!**

Bingo  
 Tuesdays at 1:00pm.  
 We offer a wide variety of games.  
 Cash prizes and food prizes available!  
 Play up to 5 cards!



**Dial-A-Ride:** transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center. For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.  
*Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.*



**Open Art Studio:**

**Wednesdays**  
 10:00am to 2:00pm.

If you are interested in joining this group contact Dawn Tyler on Wednesdays.

**Extended by popular demand! Fridays: The Gift of Living History:** Children who are homeschooled will explore with older adults "what life was like back in the day!" Come learn what the kids are doing and find out how not so different you all are! If you are interested, ask a staff member.

**Men's Group! Men...Yup, that means YOU!** Join the discussion, SHARE, LAUGH, & ENJOY each other's company Wednesdays at 10:00am. Sign up in the book on the reception desk or call to register.

**Women In Conversation.** Join us for lively discussions about life's concerns, dreams and goals. This group meets Wednesdays @ 11am. Please sign up at the desk or call the Center.

**March Madness Potluck Luncheon April 7<sup>th</sup> 12:00pm** All are invited to celebrate with the "Bracketeers" the Final Scores of March Madness! Please sign-up to reserve your seat and indicate what you will be bringing by Monday, April 6<sup>th</sup>.

**TRAVEL**

**COACH TRIPS:**

**Married To Broadway,** Tuesday, May 26, 2015, Aqua Turf \$90.00 Dinner & Show. \$25.00 deposit will hold your seat.

**Ogunquit Maine:** June 15-17, 2015, \$381pp twin. More information/brochures at the Senior Center.

**TRANSATLANTIC CRUISE! SEPTEMBER 2-18, 2015** Brilliance of the Seas– Sail from London to Boston:

LeHavre, France, Dorset ,UK, Cobh, Ireland, Klaksvik, Faroe Islands, Reykjavik, Iceland (2 days) Halifax, Nova Scotia. 17 days only \$2549. Pick up brochure at the Senior Center.

**DAY TRIPS:**

**CROMWELL: Friday, April 10<sup>th</sup>** leave at 12:30. Your choice of stores, Stop and Shop, K-Mart, and WalMart.

**Mystery Trip and Bidwell Tavern.** Monday April 20<sup>th</sup>, 9:30am. Suggested \$3.00 transportation donation. Lunch on your own!

**Culinary School: Thursday, April 24<sup>th</sup>,** TBA 10:15 am \$11.00 lunch + \$3.00 suggested transportation Donation.

**Christmas Tree Shop at Manchester: Monday, April 13<sup>th</sup>** 10-3:00 Lunch at Olive Garden.

**Sunday, April 26<sup>th</sup> 12:30 US Coast Guard concert** Leamy Hall. Guardians Big Band Concert.

**Up-coming events:**

**The East Hampton Commission on Aging is pleased to endorse a new partnership between the Senior Center and St. Luke's Community Services of Middletown.** They are partnering to recruit volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability. All volunteers are background checked, trained and bonded. The next orientations sessions (volunteers attend only one) are scheduled on Tuesday April 21<sup>st</sup>, 9am to 12noon & Wednesday, April 29<sup>th</sup> 5:30-7:30pm at the East Hampton Senior Center, 105 Main Street. Volunteer candidates must register at least one week in advance of orientation. To register, or for more information about our programs and the volunteer vetting process, please contact Jo Ann Ewing, Senior Services Coordinator, (860)267-4426 or jewing@easthamptonct.gov.

**Hartford Hospital Digital Mobile Mammography Screenings May 26<sup>th</sup>.** A screening mammogram is performed on women who have no current symptoms or problems with breast health. This Mobile Mammography Program provides screening mammograms. Who is eligible? Women age 40 or older who have not had a mammogram in the past 12 months. Call 860-267-4426 for an appointment.

**April 13<sup>th</sup> 12:45 Scrabble board Game Marathon.** Sign up at the desk. If you have a Scrabble game, bring it with you.

**Need help with Medicare?**

**CHOICES Volunteers,** Connecticut's program for Health insurance assistance, Outreach, Information and referral Counseling, Eligibility Screening, are available at the East Hampton Senior Center .

A Choices Volunteer is available, by appointment only, at the Center on Monday mornings OR Thursday afternoons from 3:00pm to 7pm.

*Individuals on the Medicare Savings Program, or those on the low income subsidy (extra help), can make changes to their Medicare plans throughout the year. Beneficiaries are encouraged to review their options.*

*All Medicare recipients should complete a Benefits Check-up, annually, to ensure your benefit coverage continues to meet your needs .*



**APRIL BIRTHDAY BABIES!**

**COME CELEBRATE YOUR VERY SPECIAL DAY ON MONDAY,**

**April 27 at 12 NOON.**



**Let us know it is your birthday and we will send you an invitation. Lunch is on us. Music, comedy and cake! Bring a friend, sign them up with Ann in the kitchen.**