

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.gov.

Email: seniorcenter@easthamptonct.gov



Volume 4 Issue 8

Newsletter Date:

August 2015

Senior Center Club

The Senior Center Club is a gathering of Older Adults (60+) once a month to socialize and share ideas and concerns. The next meeting will be on Monday, August 3rd at 1pm.

Sue Dionne will be speaking about the YMCA and the series of programs they offer at the Y in Middletown and—coming in September— at the East Hampton Senior Center.

Looking for volunteers to bring a snack.

See you there!



SNAP Supplemental Nutrition Assistance Program

Putting Healthy Food within Reach; to buy food each month? Not sure if you qualify for SNAP/Food Stamps Assistance? Get your questions answered on the 1st Thursday of the month, August 6th 9am-12pm. No appointment required. For more info call Victoria @ 860-528-1359 ext 222



The Commission On Aging meets the 2nd Thursday of the month, August 13th at 3:00pm at the Senior Center.

All are invited!

The Commission wants your input. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.

TAG SALE!

East Hampton Senior Center
Saturday, August 29th

8:00am-1:00pm

Accepting

clean, gently used items. Drop off at the Senior Center Wednesday afternoon on 8/26/15

Bake Sale too!

Looking for volunteers to Bake!

PLEASE...No electronics, TVs, clothing, shoes, stuffed animals, car seats, mattresses, or large furniture.



TECH ASSISTANCE AVAILABLE AT THE SENIOR CENTER...

Have a question or two about your electronic device...cell phone, smart phone, tablet, or laptop?? We have a volunteer who will be here to assist you.

Jordan will be here in August 6th 12:00pm to 1:30pm the dates are to be determined. Call the Center to schedule an appt.

Old Home Day went so very well. The Senior Center float was a great success.

We came home with a Bell! Great job!

The East Hampton Older Adults

Really presented well and in full force!

Thanks for your continued support.

Wednesday,

August 5th at 10:30am

Medicare Savings Program Seminar

Medicare Improvements for Patients and Providers Act(MIPPA)

You could get \$104.90 back into your SS check, get help to pay your Medicare Part D premium, and pay doctors/lab copays.

To get more info come to this seminar.

Please pre-register at the Senior Center.

Happy Birthday!
Monday, August 31st
12:00p.m.

August babies! If you were born in August let us know! We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream. Have a friend you want to celebrate with you? No problem. Just sign up with Ann in the kitchen and donate \$2.00 the day of the event!





HIBERNATING.....

Blood Pressure Clinic held the first and third Monday 8/3/15 and 8/17/15. 10:45 am to 12 pm No appointment necessary. Sponsored by Middlesex Hospital and Homecare.



Book Club

11:00am Tuesday, September 8th

East Hampton Senior Center. New members are always welcome!

Genealogy Club: August 25th, 10:00am.

"The longer I live the more beautiful life becomes."
Frank Lloyd Wright

Exercise !

Cindy will teach through Aug. 13th. The tape will be available August 18 to 27th. The instructor cost is \$20.00 per month or \$3.00 per class

MOVIE DAY
August 24th
1pm



Square Dancing

Square dancing is every Friday at 10am!



CRIBBAGE

1:00pm
Fridays
Senior Center



Counseling Services

Summer Hours

at the East Hampton Senior Center. Summer Hours are the 1st and 3rd Wednesdays of the month, Aug 5th and 19th.

Men Can & Do Talk—10:00am - 11:00am

Women In Conversation —11:00am - 12:00pm

For more information —contact JoAnn @ 860-267-4426

This service is offered in collaboration w/ East Hampton Youth & Family Services.

GAME DAY

Mon., August 10th

12:30pm Board Games

You choose

Enjoy an afternoon of Fun!

Be sure to sign-up



Open Art Studio:
10:00am
Wednesdays.



SAVE THE DATES

September is National Senior Center month.

Celebrate Life @ Senior Centers

Sears Park Annual Picnic —Thursday, September 3rd 10:30-2:00 National Senior Center Proclamation

Wednesday, September 9th 1:00pm Celebrate Life at the Senior Center with the Four Fun Band!!

Thursday, September 10th is COA Information Day with an Ice Cream Social at 2pm.

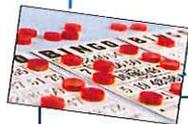
Saturday, September 12th —Comicon Day with the Library—Wii games challenges and Karaoke.

Celebrate hometown Hero Day! — September 29th

Enjoy the Survivor Swing Band —

BINGO!!!

Tuesdays at 1:00pm. We offer a wide variety of games.



The Belltones

Taking a well-deserved break for the summer. Will resume rehearsals in September.



REFLEXOLOGY by certified Reflexologist Susette Christainsen. Relaxation via hand and foot therapy. By appointment only on **Friday, August 7 & August 21st**. Please call Susette to make your apt. @ 860-334-9255 \$10.00 per 15 minute session. Pay day of session.



AARP Safe Driving Class is offered Wednesday, August 12, 12:30pm to 4:30pm at the East Hampton Senior Center. Payment due at time of registration. AARP prefers checks made out to AARP. Sign up at the Senior Center.
 AARP members \$15.00 Non-members \$20.00.

Day trips:

MYSTIC WHALER SCHOONER, Tuesday, August 4th, 9:15am-2:20pm. Trip is full.

CROMWELL SHOPPING: Friday, August 7th, leave at 12:30. Your choice of stores: Stop and Shop, K-Mart, and Walmart. Suggested transportation donation, \$3.00. Sign up at the front desk or call the Center.

HARKNESS STATE BEACH, Monday, August 17th, 9:30am to 3:30pm. Bring a chair, bag lunch and stay the day. Enjoy the sun and breeze through the trees. Play cards, see the gardens and enjoy the ocean view (no swimming at this beach.) If there is time we'll stop in Salem for Ice Cream.

MYSTERY TRIP + lunch at Willi Brewery, TUESDAY, AUGUST 18TH. Leave at 9:45am. Cost \$7.00 plus lunch.



Christmas in July flows over to August...crafting frenzy—Help get our Gift Shop in shape for the Holidays. Each week we will work on a holiday craft, (Holiday cards, magnets, ornaments, etc.)
Wednesday, August 5, 12, 19, 26. @1:00pm
Make sure to sign up and bring your friends!



Wii Bowling
 Mondays August 10th, 17th 24th & 31st, 1:00pm.-3:00pm
 Sign-up for the first or second hour.—We'll create the teams if you do not have a partner!

DATE CHANGE!!!! Annual Picnic at Sears Park
Thursday, September 3rd!!!
10:30am to 2:00pm.



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.

Dial-A-Ride is available from 9:00am-4:00pm Monday thru Friday.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center @ 860-267-4426 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 for more info.