

# 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](http://www.easthamptonct.gov)

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

Volume 4 Issue 12

Newsletter Date:  
December 2015



**Senior Club**  
**Monday,**  
**December 7th**  
**1pm**  
**Deck the Halls**  
**&**  
**BE MERRY!**




**Jewelry Class**  
Treat yourself to a bit of holiday fun. Learn to make jewelry with  
With Melissa Zorn, from Wadsworth Glen  
Wednesday, December 9 @ 1pm.  
Sign up Mandatory.



**Stuff It Party**  
The Interact Club + Sojourn Bear Makers will gather Wednesday, Dec. 2 @ 2:30 pm. To make more Bears.  
Open to all. Open to all!  
During and after we will Decorate  
the Halls of the Sr. Ctr  
Open to all! We need your help!

**Strengthen Your Mind !!**  
**December 7th @ 6pm at the Senior Center.**  
Chestelm Health and Rehabilitation Center will sponsor this event. Enjoy Dinner and fun presentation on :  
**EXERCISING YOUR BRAIN...**  
Sign up mandatory. Seats are filling fast!  
Transportation available. Call the Senior Center to arrange for a ride.

			
			
			
			

## Belltown Senior News

TOWN OF EAST HAMPTON

**The East Hampton Lions Holiday Special**

*Buffa presents:*

**The Bing Como-Candy Williams Christmas Special**

**Tuesday, December 8th @ 1pm.**

**Admission \$5.00 donation**

**Refreshments will be served.**

**Tickets sold at the East Hampton Senior Center.**

CW Resources Holiday Dinner December 16th  
The H.S. Interact Club will help us celebrate the day!  
Ginger Bread men & women decorating & Grab Bag swap!  
11:00-2:00pm!  
Sign -up today!



**Men Can and Do...Talk**

Group meeting

On Wednesdays at 10am

**Women In Conversation**

Group meeting on

Wednesdays at 11am.

Laugh, Learn and Grow...

Call Jo Ann for more

information.

*This program is offered in collaboration with East Hampton's*

*Youth and Family*



**ROOM USAGE: PLEASE HELP US help you!** If you move a chair return it to where you found it...If you grab a pillow, return it when you leave...If you spill, or make a mess, please clean it up. If it is more than you can handle, please let staff know, and we will assist in the clean-up. Please understand that others may use the room after you leave and you should leave the room in the same condition or better than when you came into the room. Thank you for your attention to this matter. *Jo Ann*

**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!*

**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!

**Genealogy: No class this month due to the holiday schedule**

**Exercise with Cindy**

**Sit & Stretch Class is offered Tuesday & Thursday 10am to 11am**

**MovieTime**  
December 31st at 12:45pm

**BOOK CLUB**

Tuesday,  
December 8th  
11am.  
New club members always welcome!

**Bridge** is offered Friday afternoons, at 12:30pm. New members are welcome. Come in, meet the group and learn the scheduling process, watch a game or two. Please ask to speak to Hunt.



**BINGO!!!**

Bingo



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

**BIBLE STUDY**

1PM

TUESDAYS

New members Welcome!



**Blood Pressure Screenings**

Monday December 7th, and December 21st, 10:45-12:00. No appointment necessary. Sponsored by the Middlesex Hospital and Homecare Agency.

**Open Art Studio:**

**Wednesday**

**10:00am to 12:30pm**

If you are interested in joining this group contact Dawn Tyler at the Center on Wednesday



**Setback**

12:30-3:00pm.

**Thursdays**



**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.

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

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.*

**The Senior Center is closing at 1:00pm Thursday Dec. 24th. Closed Friday, December 25th for the Christmas Holiday & Closed January 1st, 2016!!! for the New Year Holiday**

**PROGRAMS:**

**Holiday Gift Store Open House !!** Dec. 1 thru Dec 23rd. Many unique gifts for all ages.

**The Gift of Living History:** every Friday at 10:30am. Children who are homeschooled will explore with senior Citizens what Living History is. This is a way to interact with school age children to learn about Living Histories, together. If you are interested, sign-up at the Senior Center desk.

**REFLEXOLOGY:** December 4th and 18th. \$10.00 per 15 minute session Pay day of session. Please call certified reflexologist Susette Christinsen to make your appt. @ 860-334-9255.

**Toning + Strengthening** Demonstration by the YMCA staff on Wednesday morning @ 9am. Please sign up to attend the demo. Class will start in Jan. 2016!!



**Happy Birthday!** December babies, let us know it's your birthday!

Come celebrate your birthday on

Monday, December 28, at 12:00pm.

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 your birthday with? *Have them sign up with Ann at least 24 hours in advance.*

**The Commission On Aging** meets the 2nd Thursday of the month, December 10th at 3:00 pm at the Senior Center. All are invited. Transportation available.

**Day Trips**

**Cromwell Shopping,** Friday, December 4th, 12:30pm Your choice of stores on Rte 372!!

**Brain Games** ,Monday, December 7th @ 6pm. Dinner and presentation sponsored by Chestelm . Limited seating .Sign up early the East Hampton Senior Center.

**Windham Christmas Dinner,** Thursday, December 10th,\$15.00 admission,+ transportation donation.

**Meriden Mall Monday, December 14th,** 10:15am, Return 2pm Lunch on you! Check out the new stores! Finish last minute holiday shopping

**Holiday Lights of East Hampton,** Tuesday, December 15th. Leave @ 5:30pm

**US Coast Guard Holiday Concert** , Sunday, December 13th, 5:30 pm. Concert is at 7pm. Enjoy this free concert to help you to enjoy the Holidays.

**YMCA Final Session of the Year 2015:**

**Armchair Yoga:** Mondays at 1:45pm.

Classes free with Y Membership, without Y Membership/drop-ins \$5.00 per class.



**TRY THE Y**

This coupon entitles you to a FREE 2 week trial membership at the Middlesex YMCA.

Take a class, use the fitness center, or go for a swim!

**Middlesex YMCA**  
99 Union Street Middletown, CT 06457  
East Hampton Senior Center Members  
Photo ID required

**CT Energy Assistance**

Appointments are being taken now for the 2015-2016 Heating Assistance Program at the Senior Center  
2015/16 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

**Proof of Income:**

- Social Security: Monthly Statement for 2015
- Pension Statements
- Wages for last 4 weeks
- Rent Receipt/Proof of Mortgage if still paying on house
- Most Recent Checking/Savings Account Statements **(ALL PAGES)**
- CD's; IRA's, statements
- Oil/Electric Bill
- Call the Senior Center for an appointment.