

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

Email: seniorcenter@easthamptonct.gov

Volume 3 Issue 12

Newsletter Date:

December 2014



**Senior Center is Closed for
Christmas Day 12/25/14 &
New Year's Day 1/1/14**

**Senior Center CLUB,
Monday
December 1st**

*Monday, December 1st at 1pm. The
Exercise Group is sponsoring the
meeting. Give-aways, holiday decorat-
ing and friendship! What more could
you want? Help decorate the*

*Center! Join us. Lite refreshments will
be available!*



The East Hampton Vil-
lage Lions & The
Belltown Garden Club
invite you to the 6th An-
nual Winter Wonderland
Silent Auction.

Displayed for your view-
ing pleasure at the EH
Public Library from Nov.
22 to Dec. 6th.

Final Bids will be accept-
ed during a reception at
the Community Room on
Dec. 6th from 1:00pm to
4:00pm.

All proceeds from the
sale will benefit the East
Hampton Food & Fuel
Bank and other local
community organiza-
tions and projects.

NEW

Men Can...And Do ...Talk!

**Men's group starting! Yup,
that means YOU!** Join the
discussion, SHARE, LAUGH, &
ENJOY each other's compa-
ny. Wednesdays, starting

December 3rd. at 10:00am.
Sign up in the book on the
reception desk or call in that
you will be coming.

**CW Resources
Holiday
Luncheon is
Wednesday,**

**December 17th. Sign up
now to join in the fun! See
you then!**

**Grab Bag exchange after
lunch. (\$10.00 limit)**



**Need help with Medi-
care Changes? Medi-
care Open Enroll-
ment? Open enroll-
ment ends Dec 7th.**

**To set up an appoint-
ment with a CHOICES
Volunteer, call or sign
up at the
Senior Center.**

The Commission On Aging
meets the 2nd Thursday of the
month. Next mtg is December 11
at 3:00pm at the Senior Center.
All are invited to attend. Please
plan to attend. If you need trans-
portation to this meeting please
call the senior center for a ride.

Ct Energy Assistance

Appointments are being taken now for
the 2014-2015 Heating Assistance
Program at the Senior Center

2015 GUIDELINES FOR HOUSE-
HOLDS MUST HAVE A MEMBER
WHO IS EITHER 60+ OR DISABLED.

Family of One: \$ 23,240.00

Family of Two: \$ 31,460.00

Family of Three: \$39,580.00

Family of Four: \$ 47,700.00

Proof of Income:

Social Security:

Monthly Statement for 2014

Pension Statements or Wages
for last 4 weeks

Rent Receipt/Proof of Mortgage
if still paying on house

Most Recent Checking/Savings
Account Statements (ALL PAG-
ES)

CD's; IRA's, statements

Oil/Electric Bill

Call for an appointment

Happy Birthday!

December babies!

If you were born in

December let us

know! Come Cele-

brate your birthday on **MONDAY,**

December 29th We'll send you

an invite to our Birthday Party.

You will be our guest to lunch and

enjoy the afternoon. Enjoy cake

and ice cream and friendship. Have

a friend you want to celebrate with

you.? *Have them sign up with Ann*

at least 24hrs in advance. The par-

ty is Monday, December 29th at



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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.

Genealogy Club: December 23 at 10am!

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.

BOOK CLUB Tuesday,
 December 16th at 11am,
 New club members always
 welcome!

Movie Day:
 Monday @ 1:00
 December 22nd.



Wii Bowling
WANTED: New team members!
 Practice Wednesdays at 2pm.

Setback
 12:30-3:00pm.



Merry Muuscles for the Mind
 Dec 22 @10:30 Holiday-Trivia +Puzzles

BIBLE STUDY
 1PM
TUESDAYS
 New members welcome



Square Dancing

Will meet every Friday at 9:30am. Please sign up at the front desk. \$3.00 per session, please pay



BINGO!!!

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

Open Art Studio:

Tuesdays

10:00am to 12:30pm.

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



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.

POTLUCK LUNCHEON

Celebrate the the holidays are over...almost...Bring your favorite dish, sign up a the desk. Tuesday, Dec. 30th 11:30am

Last class :Friday, Dec. 5th:The Gift of Living History: Children whom 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. If you are interested, let us know at the Senior Center . Sign-up is necessary for participation. We will call you to confirm date and time.

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, December 5th**

Men Can...And Do ...Talk!

Men's group starting! Yup, that means YOU! Join the discussion, SHARE,LAUGH, & ENJOY each other's company. Wednesdays, starting

December 3rd. at 10:00am. Sign up in the book on the reception desk or call in that you will be coming.

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.



HOLIDAY "FROZEN" BALL 3PM TO 5PM THE HIGH SCHOOL KIDS ARE AT IT AGAIN! COME JOIN US FOR MUSIC, DANCING, CAROLING AND GINGER BREAD HOUSE MAKING! LITE REFRESHMENTS TOO! COME CELEBRATE THE AFTERNOON! GRAB BAG GIFT EXCHANGE (\$10.00 LIMIT) SIGN UP AT THE SENIOR CENTER.



TRAVEL

COACH TRIPS:

December 15th ,2014 The Diamonds at the Aqua Turf. \$90.00pp

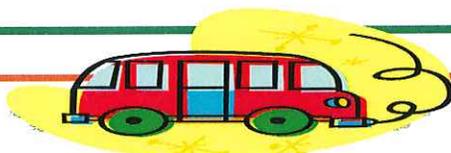
Bermuda Cruise May 6-16, 2015 Bermuda, St. Maarten, San Jaun, Labadee, \$1299pp twin inside cabin plus taxes.

TRANSATLANTIC CRUISE! SEPTEMBER 2-18, 2015 Brillance 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 fr only \$2549. Pick up brochure at the Senior Center.

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



DAY TRIPS

CROMWELL: Friday,December 5th leave at 12:30. Your choice of stores, Stop and Shop, K-Mart, and WalMart.

Mark Twain & Harriet Beecher Stowe House Tuesday, December 9th Leave at 9:15 See the houses decorated for the Holidays, and learn of the historic homes. Cost:\$35.00 includes admission, transportation and box lunch fee.

Olive Garden & Coast Guard Holiday Concert New London, Sunday December 14th. Leave 4pm Suggested-Transportation donation \$3.00

Cheney Tech Culinary School Thursday, December 18th. Leave the senior center at 10:15 am Lunch is \$11.00 plus \$3.00 suggested transportation donation.

Monday, December 22 Dinner at the Chowder Pot and Holiday Fantasia lights at Godwin Park.Leave Senior Center at 3:30pm. Cost :\$7.00 covers admission and suggested Transportation donation. dinner on your own.

Santa's Workshop:

FRIDAY,December 12th 7pm at the East Hampton Middle School. Come enjoy Cindy's Dance Troupe while they bring us back to another place...in.. .Time...

Cub Scouts will provide breakfast on Sat. December 13th 8am to 10am. Join the fun and holiday spirit!

Sign-up is a must!

