

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 4 Issue 2

Newsletter Date:

February 2015



**Senior Center is Closed
President's Day**

Monday, February 16th

**Senior Center
CLUB,
Monday
February 2nd**

Monday February 2nd at 1pm. The Knitting/Crocheting Group is sponsoring the meeting. Please join us, Learn about, up-coming programs . Lite refreshments will be available!

The Commission
On Aging Meeting
February 12th
2015 @ 3pm
Looking for new
members.

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.



HAPPY

Valentine's Day

Join us for our
Happy Hearts Dance on
Monday, February 23th
1:00pm

Comedy, Dancing, Singing
& Refreshments.

\$1.00 donation would be
appreciated.

**FEBRUARY BIRTHDAY
BABIES!**

COME CELEBRATE YOUR
VERY SPECIAL DAY ON
MONDAY,

February 23 at 12 NOON.

Let us know it is your birth-
day and we will send you an
invitation, lunch is on us.
Music, comedy and cake!
Bring a friend,
sign them up



Mardi Gras Celebration

Tuesday, February 17th at
10:30am. John Banker returns
this year to bring the spirit of the
Mardi Gras to East Hampton

Senior Center.

Please sign up at the Center to
let us know you can attend!



Senior Café

We thank all of you who eat at the café. The Café is run by CW Resources of New Britain. They provide the hot meals you eat at the café as well as the Meals On Wheels, for people unable to get their own meals.

The meals are funded through a Title III grant . The grant does not cover all the expenses of preparing your meals. A donation is asked for each meal served(\$2.00).It is important to donate if you can. It really does help the organization 'make ends meet'.

Please note a donation box is in the café. We greatly appreciate your support of this vital program.

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

**Men...Yup, that means
YOU!**

Join the discussion,
**SHARE, LAUGH, &
ENJOY** each other's
company. Wednesdays,
at 10:00am

at 10:00am. Sign up in
the book on the recep-
tion desk or call to
Register.

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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!*

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.

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,
February 10th at 11am,
New club members always
welcome!

Setback 12:30-3:00pm.
Thursdays



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!

Genealogy : Tuesday, February 24th 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.



Popcorn & Movie Day:
Monday February 9th
@ 1:00pm



BIBLE STUDY
1PM
TUESDAYS
New members welcome



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 whom 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, let us know at the Senior Center . Sign-up is necessary for participation.

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, February 6th and 20th.**

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.

Gaming Tech Day with Interact (High School kids) Wednesday Feb. 25th 3:00-4:00pm

TRAVEL

COACH TRIPS: 9/11 Memorial Museum Thursday, April 23rd, Lunch at Fino's Restaurant. Seats are limited. A \$25.00 deposit will hold your seat now, **Brochures at the Senior Center. There are still seats available!!**

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 fr only \$2549. Pick up brochure at the Senior Center.

AARP TAX ASSISTANCE February 12th & 26th March 12, 26th and April 2nd. This a very popular program, Sign up before all of the appointments are taken!

DAY TRIPS

CROMWELL: Friday, February 6th leave at 12:30. Your choice of stores, Stop and Shop, K-Mart, and WalMart. *Monday, February 9th **Mystery Trip and Bidwell Tavern** . Suggested \$3.00 transportation Donation. Lunch on your own!*

Hartford Flower Show...Thursday, February 19th...Admission \$14.00...pay cash only at the door.+ Suggested \$3.00 transportation at sign-up. Leave at 10am lunch @ Flower Show & return to East Hampton by 3pm.

*February 27th Friday-10:15am **Norwich Tech** \$13.00 = admission+ transportation donation.*



Need help with Medicare Changes?

To set up an appointment with a CHOICES Volunteer, call for an appointment or sign up at the Senior Center. A Choices Volunteer is usually at the Center on Monday Mornings OR Thursday afternoons from 3:00pm to 7pm.

Appointments made prior to the date ensures time with a Choices Volunteer.