

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 5 Issue 1

Newsletter Date:

**January/February
2016**



Welcome to 2016!!!

And a New and Improved issue of the Belltown Newsletter!

For your convenience we are enclosing two months of information.

(January and February).

Please feel free to sign-up for activities for either month. If you have suggestions to improve our Newsletter, let us know.

Senior Club Meeting

**First Monday
of the month:**

Jan. 4

Feb. 1

March 7

April 4

May 2

June 6

Happy New Year! Come join the Club, learn about up-coming events and help determine new ones, too. Come and win a chance for a trip or an up-coming event!

See you at 1:00pm!

2016!



Resolution Suggestions:

1. **Get in shape:**
2. **Start eating healthier food, and less food overall:**
3. **Come to the Senior Center**
4. **Stop procrastinating**
5. **Improve your concentration and mental skills**
6. **Come to the Senior Center + bring a friend**
7. **Meet new people**
8. **Become more active**
9. **Come to the Senior Center.**
10. **Stick to your goals.**



A Historical Look at New Year's Resolutions

When did ringing in the New Year become such a big deal? Turns out, it isn't just a construct of modern Americans. Some 4,000 years ago, Babylonians rang in their new year with an 11-day festival in March, and **ancient Egyptians** celebrated the advent of their new calendar during the Nile River's annual **flood**. By 46 B.C., Roman emperor Julius Caesar had moved the first day of the year to Jan. 1 in honor of the Roman god of beginnings, Janus, an idea that took some time to catch on. However, in 1582, Pope Gregory XIII brought the Jan. 1 New Year back in vogue with the Gregorian calendar -- a concept that persists today.

The origin of making New Year's resolutions rests with the Babylonians, who reportedly made promises to the gods in hopes they'd earn good favor in the coming year. They often resolved to get out of debt.

Sounds familiar? Many of us are still making that resolution today. So what's the secret to keeping it? Turns out, simply wanting to change is not enough; you need to make it stick. One way to do this is to share your resolution with others

Source:
<http://people.howstuffworks.com/culture-traditions/holidays-other/why-make-new-years-resolutions1.htm>

TOWN OF EAST HAMPTON

Belltown Senior News

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: Friday, January 29, 2016! Meet with Brian, see if he may help you with your family tree journey.

Exercise with Cindy

Sit & Stretch Class is offered Tuesday & Thursday 10am to 11am
\$3.00 per class or \$20.00 per month.

Wednesday,
January 27, 2015
12:45pm



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 12:45pm.



We offer a

wide variety of games.

Cash prizes and food prizes available!
Play up to 5 cards!

BIBLE STUDY

1PM
TUESDAYS
New members Welcome!



Blood Pressure Screenings

Monday January 4th, & February 1st, 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 Closed Monday, January 18, 2016 in honor of
Martin Luther King Day
& Monday, February 15 for President's Day Holiday.**

PROGRAMS:

REFLEXOLOGY: January 8 & 22. \$10.00 per 15 minute session Pay day of session. Please call certified reflexolo-

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 Service Department.



BOOK CLUB

Tuesday, January 12, 2016 @11AM.

& Tuesday, February 9th 11:AM

New club members always welcome!



Get Fit in 2016!

The YMCA is offering two programs this month at the Senior Center:

Mondays @ 1:45pm Armchair Yoga*

Wednesday @9:00am Strengthening & Toning* with arm weights and bands,

Each program meets for 5 weeks, costs \$25.00 per program per session.*

LET'S Go Swimming!!

Join Anchor Down Aquatics on
Tuesdays at 11:10am At the
YMCA. Transportation available
by MAT Dial-A-Ride. See the
Senior Center staff for more information. Sign-up
mandatory.



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.

JANUARY 2016

SPECIAL EVENTS

Muffins For the Mind

January 11, 2016

10:30am

Get ready to exercise your brain matter and challenge those around you.



Commission On Aging Meeting

January 14, 2016 3:00pm
East Hampton Senior Center. Open to the public. Transportation is available upon request.



Happy Birthday!

January babies, let us know it's your birthday! Come celebrate !

Monday, January 25 at 12:00pm.

We are shaking things up! The luncheon will be a Pizza Party! Birthday Recipients do not need to pay. Other party goers, and guests will be asked to pay \$.5.00 each to cover lunch costs

If you celebrated your birthday in January we'll send you an invite to our Birthday Party. You will be our guest to a pizza lunch and enjoy cake and ice cream. Have a friend you want to celebrate your birthday with? *Sign-up at the desk at least 24 hours in advance.*

TRIPS



Cromwell Shopping,
Friday, January 8th,
12:30pm Your choice of stores on Rte 372.



'Let's Do Lunch',

Haveli India,
Middletown,

Tuesday, January 12,
Leave 10:30 am.



Culinary School Lunch, Norwich

Tech, Friday,
January
22. \$10.00 admission



State Capital

Tuesday, January
26. Leave @
9:30am.+ Lunch
On you @ Firebox
Restaurant

Firebox
Restaurant
Hartford, Ct,

(Farm Dining to Table Dining

A suggested transportation donation of \$3.00 is requested for each trip listed above.

You are welcome to make a donation of any amount. No one will be denied a ride for lack of a trip donation.

INTERGENERATIONAL

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.



Middle School

Winter Concert

Wednesday, January 13
at 1:15pm. Please let us know if you want to go, even if you drive yourself so they can put up chairs for you. Transportation is available.



SPECIAL EVENTS

February Birthdays will be celebrated with a potluck luncheon.

Birthday Babies may bring an item of their choice or let us know your favorite and we will try to provide it.

Let us know its your birthday and we will invite you to lunch , and celebrate with cake and ice cream! Guests are welcome but we ask you to let us know what you will be bringing.

February Birthday party will be Monday, February 29th @ 12:00noon. Any Leap Year Babies out there?

Commission On Aging Meeting

February 11, 2016 3:00pm East Hampton Senior Center. Open to the public.

Transportation is available upon request.



FEBRUARY 2015

TRIPS

Cromwell Shopping:

Friday February 5, 12:30pm to 4:00-pm.

WalMart, Kmart, Expect Discount, Let the driver know where you would like to shop!

Cheney Tech Culinary School

Thursday

February 11, 2016

10:00AM.

Cost:\$11.00 admission + Transportation donation.

The Carousel Museum + Lunch

Wednesday, February 24, 2016

9:30am. Museum cost: \$5.50 +transportation donation & lunch on you @ Applewoods.

LET'S DO LUNCH...

On the Rocks, Tuesday February 16th @ 10:30am.

Sign-up to reserve your seat. Cost of lunch on you + Suggested transportation donation.



INTERGENERATIONAL

A special Library Delivery... Valentines from the Children's Room

Friday, February 12, 2016

11:30AM.



* **Genealogy Friday February 26. 10:00 am Find your roots if you can!**



Blood Pressure Screening Monday, February 1st only @



The Interact Club is here! They are Back!! The Interact Club will sponsor a special Wii Bowling Competition, Board Games & Technical Assistance Day on Thursday, February 25, 2016 , 2:30-4:30. Sign-up now to enjoy the fun!