

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 1

Newsletter Date:

January 2015



Senior Center is Closed New Year's Day 1/1/15 & Martin Luther King Day 1/19/15

**Senior Center
CLUB,
Monday
January 5th**

Monday, January 5th at 1pm. The Quilting Group is sponsoring the meeting. Please join us, learn about Quilting, up-coming programs and fund-raisers! . Lite refreshments will be available!

**The Commission
On Aging Meeting
January 8th, 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.

**A HAPPY
NEW YEAR**



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

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

Join the discussion,
**SHARE, LAUGH, &
ENJOY** each other's
company. Wednesdays,
starting

at 10:00am. Sign up in
the book on the recep-
tion desk or call in that
you will be coming.

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

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 the preparing your meals. A donation is asked for each meal served(\$2.00).It is important to not forget that donation. 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.

JANUARY BIRTHDAY BABIES!

COME CELEBRATE YOUR VERY SPECIAL DAY ON MONDAY,

JANUARY 26TH at 12 NOON.

Let us know it is your birthday and we will send you an invitation, lunch is on us: Music, comedy and cake!

Bring a friend, sign them up with Ann in the kitchen

And bring a donation (\$2.00) The day off! Have a great

Birthday! To Ann Donna and Kesia



TOWN OF EAST HAMPTON

Belton Senior News

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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.

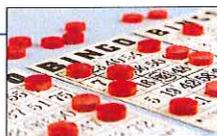
Counseling Services

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,
 January 13th 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, January 27th 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 January 26th
@ 1:15pm

MMM
Muscles & Muffins For The Mind
Jan. 12 th
@10:30 am



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 Tuesdays.



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, January 9th and 23rd.**

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.

SAVE THE DATE!! TUESDAY FEBRUARY 17th 10:30AM CELEBRATE MARDI GRAS WITH ENTERTAINER JOHN BANKER!!!

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, Final payment due by 2/5/14. **Brochures at the Senior Center.**

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

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 Brillance of the Seas– Sail from London to Boston LeHavre France Dorset UK, Cobh Ireland, Klaksvik, Faroe Islands, Reykjavik, Iceland(2 days) Halifax Nova

DAY TRIPS

CROMWELL: Friday, January 9th leave at 12:30. Your choice of stores, Stop and Shop, K-Mart, and WalMart.

*Wednesday, January 14th, **Middle School Concert**, sign up at the senior center for a ride. Lv Center at 12:45 Limited seats please call soon!*

Thursday, January 15th Mystery Trip and Windsor 75. \$9.00 admission and transportation donation. Lunch on your own!

Saturday, January 24th Silk City Chorus 1:30 show. \$20.00 pp +transportation donation.(see below)

January 29th Thursday-10:15am Windham Tech Uncommon Kitchen! \$13.00 = admission+ transportation donation.

Silk City Chorus

in collaboration with

Professor Bartolo Roccoberton

and the students of

**The University of Connecticut's
Puppet Arts Program
Manchester High School**



"I'm You Puppet"

**Saturday,
January 24th**

1:30 show.

\$20.00pp +
transportation
donation