

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.

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Newsletter Date:

July 2014



TOWN OF EAST HAMPTON

Beltown Senior News

Senior Center CLUB

You are invited!! The Senior Center invites you to our very special monthly Club meeting on **Monday,**

July 7th at 1p.m. Join us for **door prizes , trip give-a-way and more!** Learn about the up-coming trips and activities. Lorraine Speigel will be here to tell us about the **Hole In the Wall Theatre in New Britain!** Fill out an interest survey. Let us know how we are doing and what you want more of! Learn about why it is important to participate @ the Center...Sign-up at the front desk. Baked good will be welcome for refreshments.

Remember...if you don't use it, you may loose it!....Dial-A-Ride...Senior programs...Travel trips...bus tickets and more ! Come One, Come All!

Beating Loneliness & Isolation - and Having Fun - at the Senior Center

Middlesex Homecare will be present to provide its Regular Blood Pressure Clinic from 10:45- 12:00. This is a good way to keep track of your Blood Pressure on a bi-monthly basis, 1st & 3rd Monday of the month, 7/7 & 7/21 No appt. necessary.

Old Home Day Parade Planning meets Tuesdays @ 9am , for the Senior Center Float. New participants welcome to attend!



OLD HOME DAY

July 10-12th .Watch the parade

SEE THE SR.CTR. FLOAT!

East Hampton held its first Old Home Day on August 3, 1910, a period during which industrial East Hampton was emerging as a resort community. The premiere event in many successive festivals was a baseball game between East Hampton's mighty nine and a rival out-of-town team. Old Home Day continued to be held until the start of the Korean War in 1950, when the festival was discontinued. Old Home Day was revived in 1978

TRAVEL

Senior Bus Trip:

GOODSPEED Musicals :Fiddler On the Roof + lunch at the Gelston House Thursday, August 28, 2014 11:30 am Lunch and Show At 2pm. \$76.00 pp. Payment due at sign-up!

&

Irving Berlin's Holiday Inn

Monday, November 24th Lunch at 11:30 Show @ 2:00pm Payment due at sign-up \$76.00 Deadline Oct. 6th

COACH TRIPS:

Christmas in the Amish Country 'Moses' Nov. 11-13, 2014 Lancaster, Pa. sight and Sound Theatre & American Music Theatre Brochure at the Sr. Ctr. Cost:\$427pptwin Deposit of \$150.00 by Aug. 11, 2014.final Payment due: 9/15.

The Travel Committee will meet Wednesday, July 24th at 1pm. The committee welcomes new members. Discuss 2015 trip /travel options.

Happy Birthday!

July babies! If you were born in July let us know! The party is scheduled for Monday, July 28th.We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream after. Have a friend you want to celebrate with you.? No problem, just sign up with Ann in the kitchen and donate \$2.00 the day of the event!

Monday, July 28th at 12:00p.m.



The Commission On Aging

meets the 2nd Thursday of the month, July 10th at 3:00pm All are invited to attend. The Commission wants your input. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.



Women In Conversation

meets Wednesdays @ 11am beginning 7/9/14. Open to East Hampton women. Please let us know if you like to attend.

Contact Jo Ann 860-267-4426 or

Diane @ 860-508-9719 for more information.

Counseling Services at the East Hampton Senior Center, Individual & Group Counselling Available.

This service is offered In collaboration w/ East Hampton Youth & Family Services.

"How old would you be if you didn't know how old you are?"

-Satchel Paige



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!

Summer Exercise July 22nd-August 28th

Sit & Stretch Class is offered Tuesday & Thursday By video. No charge.

Movie Day: Monday July 21st @ 1:00



Square Dancing

Will meet every Friday at 10am. Please sign up at the front desk. \$3.00 per session, please pay the caller the day of the session.



REFLEXOLOGY certified Reflexologist Suzette Christensen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session. **Friday, July 25th.**

Blood Pressure

Clinic held the first Monday 10:45 to 12 noon. 7/7/14 +7/21/14. No appointment necessary. Sponsored by Middlesex Hospital and Homecare.



Open Art Studio:

Wednesdays 10:00am to 2:00pm.

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



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!

Setback 12:30-3:00pm.

Thursdays



Genealogy Club: July 22th, 10:00am Sr. Ctr



ICE CREAM SOCIAL 2PM Tuesday, July 15

SNAP Supplemental Nutrition Assistance Program

Putting Healthy Food within Reach; Need a little extra help to buy food each month? Not sure if you qualify for SNAP/Food Stamps Assistance? Get your questions answered on the 2nd Thursday of the month, July 10th 1pm-4pm. No appointment required.



MUSCLES

FOR THE MIND



Monday

July 21st

11:00AM (FEED YOUR BRAIN)

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

--Eleanor Roosevelt

Wednesdays, Board Games 1pm & Wii Bowling 2 pm.

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.

Dial-A-Ride is available from 6:00-6:00pm Monday thru Friday & Saturday 8am- 5pm. Closed Sunday.

There is a \$2.00 charge for a one way trip (\$4.00per 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. The provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.



Wednesday, July 16th AARP Safe Driving program 9am-1pm . \$15.00 AARP member \$20.00 non-member. Checks only payable to AARP due at time of registration.



VAN TRIPS:

Wednesday, July 9th 12:30-3:30 Cromwell Shopping

Beach Day, Monday, July 14th. Niantic Boardwalk...8:30am bring lunch and chair. \$3.00 transportation donation

Crystal Mall 9:30-3:30pm Mall Walk & Shop; Lunch @ Olive Garden +stop for Ice Cream .

Evening At Talcott Music Festival Lv. 6PM, bring chairs and snacks. \$21.00 with transportation donation.

Riverquest Cruise + Gourmet box lunch Wednesday, July 30th lv. At 10:30 am \$31.00pp

NEW PROGRAMS: Monday, July 14th **The World Today**, this discussion group will follow today's events and *lead you into a lively talk about today's events.*

Board Games on Wednesdays; 1pm Join the group to play Scrabble, Skip-Bo or Phaze 10 or other games of your choice. Please sign-up at the desk.

Join us on Wednesday afternoons for a fun afternoon of games, from 1-2 & Wii Bowling 2-3. July 9th, we will have 15 1st-5th graders visiting to play board games. Need volunteers to bake and play!



The Town of East Hampton Senior Center & St. Luke's Community Services are in need of Volunteers for three programs for the elderly: **Friendly Visitors, Friendly Shoppers & Friendly Drivers**

The Town of East Hampton's Senior Center and St. Luke's Community Services of Middletown is partnering in recruiting volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability.

Friendly Visitors: Without the stimulation provided by social interaction & friendship, an isolated elder can experience poor health, a lack of strength and energy, depression and other emotional or early onset mental health problems. Weekly or bi-weekly visits from a caring and devoted friendly visitor can help prevent this!

Friendly Shoppers: Many elders no longer drive or do not have anyone close by they can turn to for help with some simple tasks of daily living like grocery shopping. Friendly Shopper volunteers generally spend a couple of hours a week, or a few hours a month, picking up groceries, delivering them, and spending some time visiting.

Friendly Drivers: Physical limitations can make it difficult for many elders to get to out-of-area medical appointments. Also, some may be isolated and have no one to drive them. Elders who use the program must be self-mobile and self-transferring, if they wish to go with the volunteer shopping.

All of our volunteers are screened, trained, certified and bonded. All of St. Luke's volunteer services offered are in effort to diminish the risk of isolation and/or unnecessary institutionalization of an elderly person. Half day volunteer trainings are currently being scheduled for late summer & fall and so dates will soon be posted by Jo Ann Ewing, Senior Center Director.

Otherwise, for more information about our programs and the volunteer vetting process, please contact Eric Rodko, MSW, Acting Executive Director, at (860)999-1682 or eric@stlukeshome.org or Cassandra Aronson, BSW, Volunteer Programs Coordinator at (860)999-1683 or cassandra@stlukeshome.org