

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 4 Issue 7

Newsletter Date:

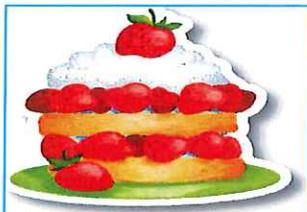
July 2015



Senior Center Club Meeting

The Senior Center meeting is a gathering of adults over 60 once a month to socialize and share ideas and concerns. **The next meeting will be on Monday, July 6th at 1pm.**

JoAnn and Staff will host this event. Strawberry Shortcake will be served for refreshments. Looking for volunteers to make biscuits for the strawberries. Sign-up is a must so we can ensure everyone can get their shortcake! Thanks! See you there!



The Commission On Aging meets the 2nd Thursday of the month, July 9th 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.

Monday, July 13th Rootbeer Float Day!

1:00pm.

Sponsored by Cobalt Rehabilitation and Care Center

Sign up so we know how much Float "Stuff" to get!



OLD HOME DAY FLOAT

Is in the works...

Looking for float riders on the day of the event

Saturday, July 11, 2015.

Please let us know if you can ride on July 11th.

Come join the fun!

The Senior Center will be closed for The Independence Day Holiday on Friday, July 3rd.



Happy Birthday!

July babies! If you were born in July let us know! 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 27th at 12:00p.m.



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 1st Thursday of the month, July 2nd 9am-12pm. No appointment required. For more info call Victoria @ 860-528-1359 ext 222



TECH ASSISTANCE AVAILABLE AT THE SENIOR CENTER...

Have a question or two about your electronic device...cell phone, smart phone, tablet, or laptop?? We have a volunteer who will be here to assist you.

Jordan will be here on Friday, July 10th and 24th at 2:30pm. Schedule an appt. at the Senior Center desk.

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!



Blood Pressure Clinic held the first and third Monday 7/6/15 and 7/20/15.

10:45 am to 12 pm

No appointment necessary.

Sponsored by Middlesex Hospital and Homecare.



Book Club

11:00am Tuesday, September 9th

East Hampton Senior Center. The Book Club members are on vacation and will return in Sept. New members are always welcome!

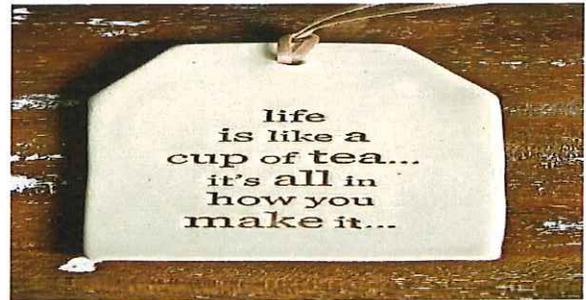
Genealogy Club: July 28th, 10:00am.

Exercise!

Cindy will teach all thru July, Tuesday and Thursday at 10 am. Aug. 18-27 the tape will be available. The instructor cost is \$20.00 per month or \$3.00 per class. Tapper's Field Trip July 30th

Open Art Studio:

10:00am Wednesdays.



Counseling Services Summer Hours

at the East Hampton Senior Center. Group Summer Hours meet the 1st and 3rd Wednesdays of the month.

Men Can & Do Talk...10:00am -11:00am

Women In Conversation 11:00am -12:00pm

For more information contact JoAnn

@ 860-267-4426

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

MOVIE DAY
JULY 20th
1pm



"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is."
— Ellen DeGeneres

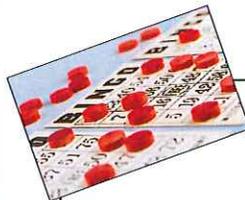
Square Dancing

Will return to dancing on July 17th at 10:00am
Square dancing is every Friday at 10am!



BINGO!!!

Tuesdays at 1:00pm . We offer a wide variety of games



PICTIONARY!!!!

Monday, July 13th

10:30am to 12:00pm sign-up now!



The Belltones
Taking a well-deserved break for the summer. Will resume rehearsals in September.



SAVE THE DATES

August 5th Medicare Seminar 10:30 am to 11:30am .Learn about MSP (Medicare Savings) and General Medicare ?'s

Questions?Sign-up to save your seat.

August 18th Mystery Trip

August 26th Annual Sears Park Picnic 10:30am-2:00pm Volunteers needed for committee and help day of...

Saturday August 29th Senior Center Tag Sale!! 8am-1pm Volunteers needed!

TBA The Mystic Whaler...

YMCA partnering with EHSC

August 3rd. Come hear the News!

REFLEXOLOGY by certified Reflexologist Susette Christainsen. Relaxation via hand and foot therapy. By appointment only on **Friday, July 10th & 24th**. Please call Susette to make your appt @ 860-334-9255 \$10.00 per 15 minute session. Pay day of session.

Need help with Medicare? The East Hampton Senior Center has CHOICES volunteers trained to give assistance with this process. Call for an appointment. Appointments are scheduled on Mondays, 9:30 to 11:30am. Call the Center to make an appointment. Did you know the Medicare Savings Programs can save you the cost of your Medicare premium each month? Generally if your **monthly income** is at or below these levels, you may qualify for: **QMB (Qualified Medicare Beneficiary)** \$2069.11 Single/\$2802.08 Couple.

SLMB (Specified Low-Income Medicare Beneficiary) \$2266.11 Single/\$3067.68 Couple.

ALMB (Additional Low-Income Medicare Beneficiary) \$2413.26 Single/\$3266.88 Couple.

For more information call the Senior Center for an appointment @ 860-267-4426 or go to:

www.ct.gov/dss/medicaresavingsprogram.

Day trips:

Talcott Mountain Music Hartford Symphony, Friday, July 3rd @5:30pm. Bring a chair, and enjoy the outside concert. Transportation donation suggested.

US Coast Guard Concert, Wednesday, July 8th Leave at 5:30pm, concert at 6:30. Wadsworth Mansion, 421 Wadsworth St, Middletown, CT. Transportation donation suggested.

Cromwell Shopping, Friday July 10th, 12:30pm to 4:00pm. Transportation Donation suggested.

Harkness Beach, Tuesday, July 14th 9:30am . Bring a bag lunch and chair. No swimming. Gardens and Beach. Bring a kite! Ice Cream Stop. Transportation donation suggested.

Mystery Trip, Tuesday, July 21, 9:15am Lunch on your own @ Blue Colony Diner. Transportation donation suggested.

Crystal Mall, Tuesday, July 28th, 9:30-2:30, Lunch on your own. Ice Cream Stop at Salem Ice Cream Shop. Transportation donation suggested.



Wii Bowling

Mondays July 13th, 20th, at 1:00pm.-3:00pm

July 27th 10am-12:00pm

Sign-up for the first or second hour. We'll create the teams if you do not have a partner!



Volunteers needed

We are actively seeking Receptionist Volunteers to 'substitute' when an assigned receptionist takes time off. We will provide the training. If you need more information please contact Jo Ann, Donna, Julie, or Kecia.



Christmas in July crafting frenzy~~~Help get our gift shop in shape for the Holidays. Each week we will work on a holiday craft beginning Wednesday, July 15, 22,29. August 5, 12,&19th. Make sure to sign up! And bring your friends!

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 9:am-4:00pm Monday thru Friday

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center @ 860-267-4426 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 for more info.