

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:

http://www.easthamptonct.gov/Pages/EastHamptonCT_Senior/index

Email: seniorcenter@easthamptonct.gov

Volume 5 Issue 4

Newsletter Date:

July/August
2016



TOWN OF EAST HAMPTON

Beltown Senior News

Senior Club Meeting July 4-No Meeting

BUT

Ice Cream Social on
Monday, July 11, 2016
3:00pm (after Bingo and
Yoga)

+++++

August Senior Meeting

August 1, 2016

12:45

Root Beer Float Day.



Summertime Fun!

Mondays:

12:45pm Summertime

Bingo, July thru August.

Wednesdays:

11:00am Test your knowledge-
with a game of Jeopardy.

Fridays:

10:30am- Preserving Your
Past

Bring in your unlabeled, boxed
up photos. We will help you
organize so you can preserve
your family legacy for families
to enjoy!

To: Cheryl, Candace, and
Gloria:

Please accept our gratitude and
thanks for all the hard work you
did to make Older American's
month such a hit! The Murder
Mystery was the riskiest program
and the most successful! Thanks for
the ideas and participation.

Thanks for the wonderful prizes for
the High Stakes Bingo! We loved it!

You really helped showcase that
Older American's are involved and
active within our community!
Thank you again for going the
extra mile!

Fondly,

East Hampton Senior Center
Participants.



CLOSED
Monday, July 4th
Independence
Day

Cookbook Fundraiser
The Cookbook Committee is
seeking your favorite recipes
for the East Hampton Senior
Center Cookbook.

The committee needs a
minimum of 100 recipes to put
the cookbook together. Please
consider adding a recipe or
two for our collection. Pick up
forms for the recipes at the
Senior Center and return
completed. Please do not fold
the forms.

The proceeds will benefit the
East Hampton Senior
programs.



*SOMETHING
NEW...*

Beginning August
1st we will be keep-
ing our coffee and

tea and drinks in the Café area. We
will ask you to enjoy your refreshment
in the café area only. We need to keep
the rugs in tip top shape and one way
to is by avoiding spills. Thank you in
advance for your
cooperation!

*SOMETHING
OLD...*

Thank you for
donations for
the CWResources Nutrition Program
for the Elderly. Your
donations help offset the cost of the
meal, as the Title III grant doesn't cover
the entire cost. Your attention to this
makes a difference!
Thanks!



The YMCA Yoga program will
continue at the Senior
Center:

Mondays @ 1:45pm
Armchair Yoga*

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

*Free for YMCA members and/or if
you are a Silver Sneakers member.

Please ask the staff for more
information.



Did you know?... We have a new system in place for choosing your bread and or pastries on Tuesdays and Thursdays? You get to PICK A NUMBER and get your bread in the order of your number. This allows everyone an equal opportunity for their choice in bread and pastry. You can pick up bread after 10:30 am. special thanks to Len and Bruce and Joe who help with the pick up delivery.

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.

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 video, for the summer
Sit & Stretch Class is offered Tuesday & Thursday 10am to 11am

Bridge is offered Friday afternoons, at 12:30pm. New members are welcome! Please see a staff member for more information.



Genealogy: Fridays, July 29th & Aug.26th @ 10:00am Meet with Brian, see if he may help you with your family tree journey.

The Belltones handchimes and choral group taking well deserved summer break. Will return in September on Wednesday afternoons.

They are always seeking new members with the love of music in their hearts. Please see a staff member if you are interested.

Summertime BINGO
Mondays, July & August only 12:45pm

BINGO

Bingo
 Tuesdays at 12:45pm. We offer a wide variety of games. Cash prizes and food prizes available! Play up to 5 cards!



Knitting and Crocheting Circle

Friday afternoons, 1:00-3:00pm Bring your own project to work on. Free advice and lots of camaraderie!



BIBLE STUDY

1PM
 TUESDAYS
 New members Welcome!

Blood Pressure Screenings

Monday July 18th .
 Aug. 1 & 15-10:45-12:00.
 No appointment necessary.
 Sponsored by the Middlesex Hospital and Homecare Agency.

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.

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

No partners necessary, Partners are established day of the game. (depending on who is here!)





“Break Free from Sugar and Change Your Life!”

Donna Gollenberg , Certified Health Coach, will provide an interactive workshop to you understand the sugar craze and how to modify your intake! Thursday, July 14, 2016 11:00am. Please sign up so we have an accurate headcount! Thanks!

Preserving Your Past... It's like a road map. You can follow it to a point...then you stop... Get your box of photos from the closet or from under the bed, bring them to the Senior Center on Friday mornings at 10:30am beginning July 1st. Together, we will sort, organize and label your treasured moments. Get ready to cross off your task of organizing those photos. Sign up for the class and see how fun organizing can be!



Art with KaReN Wednesdays, July 20 and July 27th 1:15– 3:15. nominal materials fee. This is Beginners Art Class in acrylics. No experience needed. Come explore another way to express yourself!

Thank you for your continued support by donating to the CW Resources Elderly Nutrition Program. Your suggested \$2.00 donation contributes to the success of the program.



An Organized Coupon Book for your shopping pleasure!

We have a newly organized system for coupons. Ask for the white Coupon binder . Feel free to take any coupons you feel you can use & bring in any you may think may be helpful or useful to others.

If you see expired coupons...Please discard. Thank you in advance.

Koco Pen Pal Dance Party!!! Wednesday August 24th ,11:00am - 12:00noon.
Put on your Dancing Shoes...Transportation provided. Sign up at the desk.

TRIPPERS



Wednesday, July 13th, **All you Can Eat Lobster**, Delaney House, cost \$94



Wednesday, August 17th **Ct Lighthouse Cruise**, cost \$91

Sept 6-8th **Martha's Vineyard** \$511.00, final payment due 7/12/16.

Thursday, November 10th ,**Plimouth Plantation**, cost \$91.00, \$25.00-deposit due 7/20/16, final payment due 9/21/16.



JULY 2016

SPECIAL EVENTS

Brain Games



Tuesday, July 11th, 2016
10:30am

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



July 25th
12-1:00pm

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

Monday, July 25th at 12:00pm.

If you celebrated your birthday in July we'll send you an invite to our Birthday Party. You will be our guest to a CW Resources lunch and enjoy cake and ice cream. Have a friend you want to celebrate your birthday with? *Sign-up with Ann or at the front desk at least 24 hours in advance. A \$2.00 donation is requested for the lunch.*

SUMMERTIME BINGO!!

Mondays July 11,18, 25
12:45 PM TO 2:00 PM.

Come out of the Heat, enjoy the cool air conditioning and relax with a game or two .



"Break Free from Sugar and Change Your Life!"

Donna Gollenberg , Certified Health Coach, will provide an interactive workshop to you understand the sugar craze and how to modify your intake! **Thursday, July 14, 2016 11:00am.**

TRIPS

Mystery Trip & Lunch!

(on your own!)

July 6th

Leave: 9:45 am
\$4.00 admission + \$3.00 suggested transportation.



Let's Do Lunch...

Spicy Green Bean, in Glastonbury

July 19th leave at 11am. Lunch on You +\$3.00 suggested transportation .



Cromwell Shopping,

Wednesday, July 20th 12:30pm. \$3.00 suggested transportation



Questions are guaranteed in life; Answers aren't.

Wednesday, July 13th 2016 12:45pm



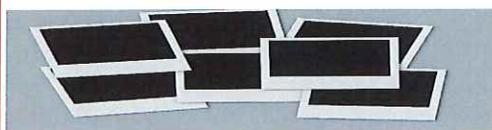
ACTIVITIES

JEOPARDY!

Wednesdays @ 11am.

Team work is used to answer the questions. No one is alone to answer unless you want to!! Enjoy the Fun!

PRESERVING YOUR PAST....



FRIDAYS, 10:30-12:00

Sign-up now.

July 1-August 26th

Genealogy July 29th 10am

Commission On Aging Meeting Time Change

July 14, 2016 **4:00** pm East Hampton Senior Center. Open to the public. Transportation is available

REFLEXOLOGY: Fridays, July 8th & July 22nd . \$10.00 per 15 minute session Pay the day of session. Please call certified reflexologist Susette Christiansen to make your appt. @ 860-334-9255.



OLD HOME DAYS

July 7th thru the 9th. Parade at 11am on Saturday July 9th. Come cheer your friends on the Old Home Day Float. This years theme... Beach Party USA!



AUGUST 2016

SPECIAL EVENTS

August Birthdays will be celebrated with a Pizza Party on Monday Aug. 29th at 12noon. Let us know its your birthday and we will invite you to lunch , and celebrate with cake and ice cream! Guests are welcome but please sign up at the senior center desk and pay \$3.00. for lunch.

Commission On Aging Mtg

TIME CHANGE

August 11, 2016 4:00pm
East Hampton Senior Center. Open to the public. Transportation is available upon request.

BRAIN GAMES

**EXCLUSIVELY
TAILORED FOR YOU!**

**Monday, August 8 @
10:30am.**

**Lite refreshments
provided by
Marlborough**



Healthcare

Sign up in activity Book

Travel Club meeting 1pm
Thursday September 1st.

TRIPS

Cromwell Shopping:

Wednesday, August 10th , 12:30pm to 4:00-pm.

WalMart, Kmart, etc.

Let the driver know where you would like to shop!

Sears Park Picnic

Music sponsored by
Portland rhab and
Care Center

Tuesday August 16th 10:30am to 2:00pm.

**\$3.00 will help defray
cost of food and
paper goods.**

**Please sign up in
advance**



Monday, Aug. 24th
12:45 pm.
Movie Day



Genealogy
10am Friday
August 26th
Sign up in the
Activity Book.

AARP SAFE DRIVER COURSE

Friday, August 12.

11:30-3:30

Pre-registration mandatory

Cost : AARP members \$15.00

Non members \$20.00. checks only please,
payable upon registration & to AARP.

JEOPARDY!

Wednesdays @ 11am.

Team work is used to answer
the questions. No one is
alone to answer unless you
want to!! Enjoy the Fun!

REFLEXOLOGY August 5th & 19th. \$10.00 per 15 mnute session
Pay day of session. Please call
certified reflexologist Susette
Christinsen to make your appt. @
860-334-9255.



SUMMERTIME BINGO!!

Mondays, Aug. 5, 12, 19, & 26th

12:45 PM TO 2:00 PM.

Come out of the Heat, enjoy the cool
air conditioning and relax
with a game or two .



Men Can and Do...Talk
Women In Conversation
Both groups are on vacation
and will return in the September