

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 6

Newsletter Date:

June 2015



Senior Center 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, June 1st at 1pm.** The Square Dancer's are sponsoring this meeting.



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, June 4th 9am-12pm. No appointment required. For more info call Victoria @ 860-528-1359 ext 222



Nothing is impossible,
the word itself says 'I'm
possible!'

Audrey Hepburn

The Commission On Aging

meets the 2nd Thursday of the month, June 11th at 3:00pm

May 14th meeting: Commission discussed up-coming seminars. Identity Theft on May 22 and Alzheimers seminar in June. New commissioner Allison Leui was introduced. 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.



Budget Referendum

Tuesday, June 2nd 6am to 8pm.
East Hampton Middle School,
19 Childs Rd. East Hampton, Ct



TECH ASSISTANCE AVAILABLE AT THE SENIOR CENTER...

Join Jordon on a date to be determined in June. Make an appointment at the Sr. Ctr. Desk.

OLD HOME DAY FLOAT

Is in the works...

Committee members are designing and building as we speak. Looking for Float Riders on the Day of the event Saturday, July 11, 2015. Please let us know if you'd can help with the Committee and/or on July 11th. The Day is fun and full of camaraderie.

Happy Birthday!

June babies! If you were born in June 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,
June 29th at
12:00p.m.



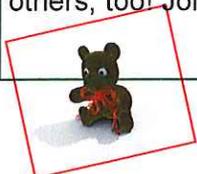
TOWN OF EAST HAMPTON

Beltown Senior News

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 Monday from 10:45 to 12 noon. 6/1/15 and 6/15/15. No appointment necessary. Sponsored by Middlesex Hospital and Homecare.



Book Club

11:00am Tuesday, June 9th
East Hampton Senior Center.
New members welcome!

Genealogy Club: June 23rd., 10:00am.

Exercise with Cindy!
Cindy is available every Tuesday and Thursday at 10 am. The instructor cost is \$20.00 per month or \$3.00 per class.

Open Art Studio:
10:00am to 1:00pm.



Try to be a rainbow in someone's cloud.



Maya Angelou

Counseling Services Summer Hours

at the East Hampton Senior Center, Groups meet the 1st and 3rd Wednesdays of the month.

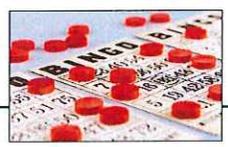
Men Can +Do Talk... 10:00am to 11:00am

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

For more information contact JoAnn @860-267-4426

This service is offered in collaboration w/ East

Movie Day:
Monday June 15th @ 1:00pm



BINGO!!!

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

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.

PICTIONARY!!!!
Monday, June 15th
10:30am to 12:00pm sign-up now!



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



How Do I Become a Member of the Senior Center?

- ◇ *It is easy and relatively painless.*
- Ask the staff to register you with the My Senior Center program.**
- ◇ *They will give a form to complete.*
- Turn the completed form back in to the staff.**
- ◇ *They will enter the information and give you a barcode card to register your attendance when you come to the center. At some point we will ask to take your photo, too.*

What is the best way to get to know what is going on at the Senior Center?

- ◇ *Read the monthly newsletter, The Rivereast, The Regional Shopper, online newspapers, or go to our web-page at www.easthamptonct.gov and Click on Senior Center*
- ◇ *What is for lunch? Pick up a menu at the kitchen or go online at www.easthamptonct.gov and Click on Senior Center.*

REFLEXOLOGY by certified Reflexologist Susette Christainsen Relaxation via hand and foot therapy. By appointment only on **Friday, June 12 & 26**. Please call Susette to make your appt. @ 860-334-9255 .

Thursday, June 11th Ms Rudne's, 5th Grade class will present their poetry to the participants of the Senior Café. Sign up for lunch and be entertained by the inspirational youth! Mrs Rudne will be retiring this year. Good Luck in All you Do! Drop in from time to time, we will miss you!

Understanding and Responsibilities of Dementia

Thursday, June 18th 6:30 pm East Hampton Community Room

presented by the Alzheimer's Association. This seminar is being brought to you by the East Hampton Commission On Aging.

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 Monday and Wednesdays, 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.

Day trips: Cromwell Shopping, Friday June 12th 12:30 to 4:00pm.

CheneyTech Culinary Friday, June 5th 10:15 –1:00 \$10.00 + \$3.00 suggested transportation donation.

Timex Musuem , Tuesday, June 16th 9:30am \$6.00pp \$3.00 suggested transportation donation. Lunch on your own!

US Coast Guard Concert New London Lv 103 Main St. 12:30pm Saturday, June 6 Dixie land Jazz Band .

COPD Seminar

presented by a nurse practitioner from Middlesex Hospital Center for Chronic Care Management

Learn about Chronic Obstructive Pulmonary Disease and how to manage it.

Please sign-up for this informative session. Thursday, June 25th 11:00am

This seminar is presented in collaboration with Marlborough Health & Rehabilitation Center and Water's Edge.



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-\$: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.