

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.org.

Volume 3 Issue 5

Newsletter Date:

MAY 2014



TOWN OF EAST HAMPTON

Belltown Senior News

Senior Center Meeting

The Senior Center meeting is a gathering of Adults over 60 (Senior Citizens, Older Adults, Elders) once a month to socialize and share ideas and concerns . **The next meeting will be on Monday, May 5, at 1pm.** Please plan to attend.

VOTE! VOTE! VOTE!

Budget Vote May 6th 6am to 8pm
@ the High School.



Transportation available by calling the Senior Center.

Senior Center Closed
Memorial Day,
Monday,
May 26th



Happy Birthday!

May babies! If you were born in May 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, May 19th at 12:00p.m.



TRAVEL

COACH TRIPS:

"Who Loves You" Tribute to Frankie Valli & Four Seasons. Aqua Turf Wednesday, May 28, 2014 \$89.00ppFinal Payment due May 15th.

*Senior Bus Trip:*GOODSPEED Musicals :**Damn Yankees June 11th 2pm show. Pay in Full by May 20th. \$59.00pp.**

The Red Sox Version Batter up! Just in time for baseball season comes the muscular musical comedy about a Red Sox super-fan who is transformed into a star slugger after he makes a deal with the devil — and his sexy associate, Lola. Goodspeed re-imagines a Broadway classic with a new Red Sox v. Yankees spin that swings for the fences, no matter which team you root for. In the game of love and baseball, you gotta have "Heart" — but watch out for "Whatever Lola Wants.

Ocean City Dunes Manor-Oceanfront rooms September 15-18th, 2014 Deluxe motor coach, 3 nights oceanfront hotel, 3 breakfasts, 3 dinners, sightseeing & admissions Cost: \$515pptwin/triple. \$200.00Deposit due by June 16th

Final Payment due July 21st.

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, May 7th at 1pm. The committee welcomes new members.

The Commission On Aging meets the 2nd Thursday of the month, May 8th at 4:00pm 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.



Spring

G.I.F.T. is Back!!!
Generations Investing Friendships Together!



Join us at the Memorial School at 9:15 Friday May 2nd for a very fun reading program: Clifford the Big Red Dog. 1st and 5th graders bring their stories and read out loud. We read a Clifford Book and end the morning with lite refreshments! Please sign up to reserve your seat.



An Extreme Game Challenge has been issued to the Older Adults of East Hampton...

The Middle Schoolers Are challenging your board game skills on Wednesday, May 7th 2:15 to 3:30pm .Sign up at the Senior Center

Build a Bear for people in Need!

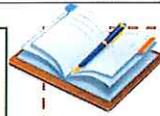
Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!



No matter how long the winter, spring is sure to follow. ~Proverb

Blood Pressure Clinic held the first Monday 10:45 to 12 noon. 5/5/14 +5/19/14. No appointment necessary. Sponsored by Middlesex Hospital



Book Club

11:00am Tuesday, May 13th
East Hampton Senior Center.
New members welcome!

Genealogy Club: May 27th, this is the Real Date! I promise!

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, May 8th 1pm-4pm. No appointment required.



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:

Wednesdays

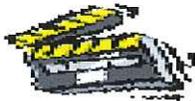
10:00am to 2:00pm.

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



Movie Day:

Monday May 19th @ 1:15
(after the Birthday party)



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.



BINGO!!!

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



The Belltones

Wednesdays, at 12:30pm

The Belltones rehearse both for Handchimes and choral group. If you have music in your heart, you **qualify** to sing or play chimes. New members welcome!

Counseling Services at

the East Hampton Senior Center, Individual & Group.

SUPPORT GROUP meets Mondays @ 11am

Contact Jo Ann /Lacarma 860-267-4426 for more information.

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



**Hartford Hospital
Mobile Mammography
Clinic**

Is returning to the East Hampton Senior Center, May 13th 2014 by appointment They will provide you with an intake form you can complete or call into Hartford Hospital, the number is on the information given to you when you make an appointment at the Senior Center.

Cindy's Dance

Recital,

Sunday, June 2nd 2pm

East Hampton Senior Center
Admission Donations for the
Food Bank



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, May 16th.

The Commission On Aging meets the 2nd Thursday of the month, at the East Hampton Senior Center. This month May 8, 2014 @4pm. Please come, become a part of the team that will help you get the attention and services you deserve. The agenda for each meeting is available on Wednesday, before the meeting. The last meeting addressed the need for a new chairperson; requested a seminar be set up for seniors regarding the 5-year permit for septic systems, and policy and procedures for the Senior Center.

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

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)** \$2053.00 Single/\$2766.21 Couple.

SLMB (Specified Low-Income Medicare Beneficiary) \$2247.63 Single/\$3028.41 Couple.

ALMB (Additional Low-Income Medicare Beneficiary) \$2393.58 Single/\$3225.06 Couple.

For more information call the senior center for an appointment @ 860-267-4426 or on-line @ www.ct.gov/dss/medicaresavingsprogram.

Day trips: Cromwell Shopping, Thursday May 8th 12:30 to 4:00pm.

Sunday, May 4th **US Coast Guard Concert** New London Lv 103 Main St. 12:30pm.

Norwich Tech Culinary Friday, May 16th 10:15...\$11.00pp + \$3.00 suggested transportation donation.

Mystery Trip Tuesday, May 20th Lunch on you @ City Fish 9:30am \$5.00 admission, \$3.00 transportation donation.

Senator Art Linares & Representative Melissa Ziobron to Host: Senior Technology Workshop

at the East Hampton Senior Center

Keeping Seniors and Families Connected to Friends

Presentation by AT&T

Thursday, May 15th 1pm

Representatives from AT&T will offer tutorials on basic mobile technology use through an interactive workshop. Receive tips on navigating smartphones, tablets, and more. Call/or sign up at the Senior Center to reserve your seat

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. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.