

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.

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Newsletter Date:

May 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, May 4th, at 1pm.** The Bible Study Group is sponsoring this meeting.

The Program is: ***Bite into a Healthy Lifestyle by Glastonbury Health Care.*** Join us and Sample the Fruit Smoothies being made as a part of the demonstration by registered dietitian, Chelsea!

Senior Center Closed Memorial Day, Monday, May 25th Day,



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 18th at 12:00p.m.



The Commission On Aging meets the 2nd Thursday of the month, May 14th at 3:00pm

April 9th meeting: Commission voted on the new and improved goals and vision. Next meeting: Seminars for May and June.

All are invited to attend. The Commission wants your input.



Veterans and Seniors

The Middle School will host their Patriotic Assembly on Friday, May 22nd @9am. Call the Center to reserve a seat on the bus and to let us know if you are attending.

HARTFORD HOSPITAL MOBILE DIGITAL MAMMOGRAPHY SCREENING returns to the East Hampton Senior Center on Tuesday May 26.

A screening mammogram is performed on women who have no current symptoms or problems with breast health. This Mobile Mammography Program provides screening mammograms. Who is eligible? Women age 40 or older who have not had a mammogram in the past 12 months. Call 860-267-4426 for an appointment.



Monday, May 11th, 9am to 1pm. East Hampton Senior Center. AARP members \$15.00 & Non-members \$20.00. Payable to AARP at time of registration.



TECH ASSISTANCE AVAILABLE AT THE SENIOR CENTER...

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

VOTE! VOTE! VOTE!

Budget Vote May 5th 6am to 8pm @ the Middle School 19 Childs Road

Transportation available by calling the Senior Center.

DAY TRIP TIPS:

Senior Center Parking: Park at the Municipal Lot (103 Main Street) for the 12 passenger bus.

Park at the upper lot of Community Center 105 Main Street for the 16 passenger vehicle.

How do I get on the trip list? Come in early and pay for the trip. First come, first served!



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!



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

Blood Pressure Clinic

held the first Monday from 10:45 to 12 noon. 5/4/15 and 5/18/15. No appointment necessary. Sponsored by Middlesex Hospital and Homecare.



Book Club

11:00am Tuesday, May 12th
East Hampton Senior Center.
New members welcome!

Genealogy Club: May 26th, this is the Real Date!

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, May 7th at 1pm. 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.



Counseling Services

at the East Hampton Senior Center, Individual by appt. & Group on Wednesdays.

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 Hampton Youth & Family Services.

Movie Day:

**Monday May 18th @ 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 1:00pm . 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!

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.*

Cindy's Dance

Recital,

**Saturday, May 23rd
7pm**



REFLEXOLOGY by certified Reflexologist Susette Christainsen Relaxation via hand and foot therapy. By appointment only on **Friday, May 1, 15, 29**. Please call Susette to make your appt. @ 860-334-9255 .

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

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.

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 online @

www.ct.gov/dss/medicaresavingsprogram.

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

Westbrook Mall lunch at the Fish Tale. Tuesday, May 12 9:30am- 3:00.

Windham Tech Culinary Friday, 10:15 –1:00 May 15th \$10.00 + \$3.00 suggested transportation donation.

Mystery Trip , Tuesday, May 19th 9:00am \$6.00pp \$3.00 suggested transportation donation. Lunch on your own!



Join a **FREE 6-week Live Well Workshop** today.

For people with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety or those caring for someone with an ongoing health condition.

"I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Live Well workshops put me back in charge. Now I have the energy to do the things that

"It's Your Life...Live it Well" matter. I've put life back in my life."

The East Hampton Senior Center will offer this free 6- week Live Well Program on Tuesdays, May 12– June 23rd. From 9:00-11:30am, facilitated by the Senior Resources Area Agency on Aging. . Pre-registration is required by calling the East Hampton Senior Center at 860-267-4426.

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.