

# 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](http://www.easthamptonct.gov/Pages/EastHamptonCT_Senior/index)

Email:seniorcenter@easthamptonct.gov

Volume 7 Issue 5

Newsletter Date:

**November/  
December  
2016**



## Senior Club Meeting November 7th 12:45p.m

Program will include a lively discussion about the G.I.F.T. program. (Generations Investing Friendships Together).

Donna Kirk, from Memorial School, will speak about the programs GIFT offers.

SATURDAY,  
November 5th  
@ 2.A.M. Turn  
back your  
clocks, 1 hour.



## Community Renewal Team (CRT)

Started providing the meal programs to us on October 1st. You have met Sonya, who is temporarily working in the kitchen, as the Café Manager. She is filling in until CRT hires a permanent café manager. The requested donation now is \$2.50. The food program is Federally funded by a Title III grant that is administered by Senior Resources. The grant does not cover all the costs of the meal preparation/distribution etc. henceforth, the donation request.

You will be asked to complete a Form-5, in order to eat at the Center. This is required by the federal government. We appreciate your cooperation in completing and submitting the form at your earliest convenience.

Colchester Senior Center invites the East Hampton Senior Center to a Wii Bowling Match. Sign up now! Bowling and lunch at the Colchester Senior Center. Thursday, November 3rd, at 10:30a.m. Transportation and Lunch donations are requested.



*Just a note of thanks! The Talent Show was fabulous! We all enjoyed the interaction and fun! The participants were very brave and we thank you for being so courageous! The audience was awesome! Thanks for your continual support.*



## Friday, November 4,2016 @ 11 a.m.

Meet to review the Referendum questions on the Ballot. Please sign up in the activity book.



November 8, 2016

**VOTE VOTE VOTE**

Polls open

6a.m. to 8 p.m.

**MIDDLE SCHOOL**

19 Childs Road.  
Transportation  
available from Sr. Ctr  
10a.m. and 3p.m.





### My Senior Center Registration/Scanning:

If you are new to the Senior Center: we ask you to register with the senior center, once registered you may participate in any activity at the Center. Please note some Activities do have a fee associated with them.

Please use your scan card to sign in for activities at the senior center. Staff and receptionist volunteers can assist you with the signing in process.

Don't forget to scan in on the My Senior Center computer. Record of your attendance is important for future funding opportunities, as well as for our billing process.  
Thank you.

### Contact Information

Please up-date your contact information, ANNUALLY, to include cell phone numbers-they are useful in an emergency situation. *Thank-you*

**The Elderly Nutrition Program** is offered at the Senior Center through the Community Renewal Team, CRT. The Café meals are offered 5 days a week, Monday thru Friday. Lunch is served at 12:00p.m.

To register for free meals, one must fill out a Form-5 and be registered with the Senior Center. You can register for the meals on the computer at the front desk. Requests for a meal the following day need to be entered by 11a.m. the previous day. A \$2.50 donation is requested to offset the costs.



### Reasons to PRE-REGISTER For Activities

Often, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

- ◇ 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.
  - ◇ 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.
  - ◇ Instructors often ask for a number of registrations in order to prepare handouts.
  - ◇ 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.

**Thank-you!**



### TRANSPORTATION

**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.*



### OUT OF DISTRICT MEDICAL

#### APPOINTMENTS

Starting in mid November, the Senior Center will be offering rides for Out of District medical appointments. Tuesdays will be designated for these trips. We will assign a 50 mile radius of where we can bring you. Assignments will be completed on a first come first serve basis. Watch/call for further details.

**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!

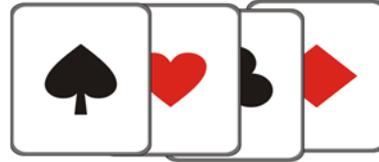


As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

- John Fitzgerald Kennedy.



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



The Belltones, handchimers are rehearsing on Wednesdays, 12:30 to 2:30pm. They are learning new tunes and working hard! The Belltones welcome new members. No experience needed. Please see a staff member if you are interested.



**Genealogy: Friday, November 18th @ 10:00am** Meet with Brian, see if he may help you with your family tree journey.



Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today, 11,400 senior centers serve more than 1 million older adults every day. NCOA, National Council On Aging



**BINGO**

Bingo  
Tuesdays at 1:00pm.  
We offer a wide variety of games.  
Cash prizes and food prizes available!  
Play up to 5 cards!



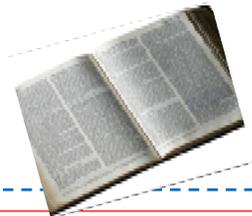
**Knitting and Crocheting Circle**

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



**BIBLE STUDY**

1:00PM  
TUESDAYS  
New members Welcome!



**Cindy's Sit & Stretch Class** is offered Tuesday & Thursday 10am to 11am. Cost is \$3.00 per class or \$20.00 month



**Blood Pressure Screenings**  
Monday November 7 & 21  
December 5 & 19  
**10:30am-11:30am.**  
No appointment necessary.  
Sponsored by Chatham Health District



**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





**The Connecticut Energy Program** begins November 9th. Appointments for energy assistance are now being taken at the East Hampton Senior Center. Please bring to your appointment copies of; Proof of income; SS monthly amount, pension or last 30 days of employment stubs, proof of mortgage/rent, utility bill, proof of current bank accounts incl. CD's, IRA's



The YMCA Yoga program continues at the Senior Center: **Mondays @ 1:45pm for 8 weeks, Nov. 7,14,21,28,Dec.5, 12,19.** The cost for all 7 classes is \$35.00. or \$5.00 drop- in. \*

Toning & Strengthening class will run Tuesdays and Thursdays at 11:00A.M. The next session begins November 1st .The class dates are Nov. 1, 3, 8, 15,17, 22, 29,Dec.6, 8,13,15.**Need to bring your own hand weights.** The cost for the 11classes is \$55.00 or \$5.00 drop-in.\*

\*Free for YMCA members and/or if you are a Silver Sneakers member. Please ask the staff for more information.



**ArT with KaReN**

This is a beginners Art Class in acrylics. No experience needed. Come learn new painting techniques. Wednesdays, November 9 and 16, 1:15– 3:15There is a \$5.00 materials fee, for each new project. **OPEN TO NEW MEMBERS!**

Women In Conversation @ 11am Wednesdays, November 2 & Nov,16th  
Men Can and Do Talk @ 10am Wednesdays.

These are open meetings, for more information please speak with Jo Ann or Diane.

**Intergenerational Exchange:** formerly known as Living History, meets Fridays, 10:30 –11:30am. This is a group of homeschooled children that would love you to join them. They have put a booklet of suggested topics in the sign-up book, check them out. Select a topic you'd like to discuss on Friday and show up on Friday morning!



**ADVENTURE AWAITS!!**

**TRIPS**

**WASHINGTON D.C. MARCH 24TH-26TH** \$457DBL/\$607 SINGLE. PICK UP A BROCHURE AT THE SENIOR CENTER. \$150.00 DEPOSIT DUEJAN. 6/2017 FINAL PAYMENT DUE FEB. 3, 2017.  
**WESTPOINT:** APRIL 29TH. COST IS \$94.00, \$25.00 DEPOSIT WILL HOLD YOUR SEAT IS DUE 2/14/17 PICK UP A BROCHURE AT THE SENIOR CENTER FOR MORE DETAILS.

**TALL SHIPS: June 20,2017.**

**JONAH September 11-13** \$441DBL/\$541SINGLE. \$150.00 Deposit due 6/19/17.Fianl payment due 7/24/17.

Other trips are in the works...Look for a Travel Show in January 2017!!



# NOVEMBER 2016

## SPECIAL EVENTS

### Commission On Aging

November 10, 2016 **4:00** pm  
East Hampton Senior Center.  
Open to the public.  
Transportation is available  
upon request.

### AARP Safe Driving Course

November 10th 9-1  
\$15.00 AARP member  
\$20.00 non-AARP  
member

Checks only please  
payable to AARP, due at  
time of registering.



### REFLEXOLOGY:

Friday, November 4th  
and 18th \$10.00 per 15  
minute session Pay the day  
of session. Please call  
certified reflexologist Susette  
Christiansen to make your  
appt. @ 860-334-9255.



Genealogy  
November  
18th  
10:00am  
FAMILY  
Trees are  
amazing!



## TRIPS

Norwich Tech Culinary  
Delights

Wednesday, November  
16th

\$10.00 for the meal.

\$3.00 suggested  
transportation donation

The Technical High Schools  
offer a culinary program ,  
they invite outside groups to  
try their fare and the  
students are graded.Come  
support a great program and  
get a great meal!

### Let's Do Lunch...



Nov. 8  
Rooster Co.  
Newington. Leave at  
11:00am

\$3.00 suggested  
transportation donation.



### Cromwell Shopping,

Friday, November 4, 2016  
12:30pm. \$3.00 suggested  
transportation donation.

### Vote:

Presidential Election  
November 8th.

6am to 8pm East  
Hampton Middle School  
Transportation available  
sign up at the Sr. Ctr.  
desk.

Monday, November 14,  
2016 , 12:45pm



## ACTIVITIES

### November & December Pizza Birthday Parties will be combined on Monday, December 5th!

**November** babies, let us know it's your  
birthday! We'll send you an invite to our  
Birthday Party for December 5th. PLEASE  
let us know your are coming. We have to  
have an accurate headcount to have  
enough food. Guests are welcome, they  
need to sign-up and pay \$4.00 for the  
meal. (Birthday Babies are our guests to  
the meal..Thanks!)



Book Club meets Tuesdays, once a  
month. November's discussion is  
November 14 1:00pm the book is



### Connecticare Presentation November 15 at 11:00A.M.

#### OPEN ENROLLMENT MEDICARE EVENT

MONDAY, NOVEMBER 14, BY  
APPOINTMENT 9A.M.-2:00P.M.

CHOICES VOLUNTEERS, TRAINED  
IN MEDICARE WILL HELP YOU WITH  
MEDICARE DECISIONS.

The Senior Center Is  
CLOSED:

Friday November 11th  
Veteran's Day .

&  
Thursday, Friday  
November 24th & 25th  
Thanksgiving Holiday



# December 2016

## SPECIAL EVENTS



Senior Center Meeting  
December 5th will  
commence shortly after the  
birthday party.

Come join us with our  
traditional holiday  
decorating of the Halls of  
the Senior Center!

Please let us know if you  
would like to bring some  
refreshments. Gotta keep the  
elves fueled up!



### Commission On Aging Meeting

December 8, 2016 4:00pm East  
Hampton Senior Center. Open to  
the public. Transportation is  
available upon request.

\*\*\*\*\*

**Friday, December 23rd.**  
**Movie Day**

**10:00am**  
**Special**  
**Luncheon**



Genealogy  
**To resume**  
**in January**  
**2017!**

Travel Committee: Thursday,  
Dec. 8th @1pm.

## TRIPS

### Cromwell Shopping:

Friday, 12:30pm to 4:00-  
pm.

WalMart, Kmart, etc. Let the  
driver know where you  
would like to shop!

\*\*\*\*\*

Thursday, December 1st  
6pm.

Join us for a very  
Special Dinner,  
sponsored by Chestelm  
Rehabilitation &  
Healthcare  
&

Brain Games  
Competition!

No fee just a fun night  
out! The bus will be  
available for  
transportation that  
evening. Sign up now  
before the seats are all  
taken!

### SENIOR CENTER IS CLOSED MONDAY,

DEC. 25,2016 &

January 1st,2017 New  
Year's Day

Holiday Special Luncheon,  
December 21st 10:15am  
hosted by the Cheney  
Technical School Culinary  
class. \$12.00 for admission &  
\$3.00 suggested  
transportation donation.

Tuesday  
December 20th  
4pm dinner at  
Ficaro's

\$6.00,trans  
donation and  
admission.  
Dinner on your  
own!




**December Birthdays**  
Let us know it is  
your Birthday  
month! Come celebrate with the  
November Birthday Babies. We  
will send you and invite to lunch(  
PIZZA) and party.  
Guests are welcome to sign-up  
and are asked to pay \$4.00 for the  
lunch.



The Hawaiian Holiday Event sponsored  
by the East Hampton Lions Club,  
Thursday, December 8th 1pm, St Patrick's  
Community Center, \$5.00 donation.  
Transportation available.

REFLEXOLOGY December 2nd & 16th. \$10.00  
per 15 minute session Pay day of session. Please  
call certified reflexologist Susette Christensen to  
make your appt. @ 860-334-9255.

Book Club, Tuesday, Dec. 13 @  
11am. New members always  
welcome.



Medicare Open Enrollment is October  
15th –December 7, 2016. CHOICES  
Volunteers are available to explain  
your plans. Make an appt. at the  
desk./or call 860-267-4426.

Wednesdays  
10:00am  
Men Can and Do...Talk  
Women in Conversation 11:00am  
December 7 & 21st.