

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.gov.

Volume 3 Issue 11

Newsletter Date:

November2014



**Senior Center is Closed for
Veteran's Day**

Tuesday 11/11/14

**& Thanksgiving Day 11/27/14
& the day after 11/28/14**

Senior Center CLUB,

Monday

November 3rd @ 1pm

Monday, November 3rd at 1pm. The Sojourn Bear Club and Muscles For the Mind will sponsor club meeting. Give-aways ,holiday planning and friendship! What more could you want? Join us . Lite refreshments will be available!

New Britain Museum of American Art

Featuring Quilt Exhibits

Wednesday, November 5th

Leave at 9:15am

Tour at 10:15. Lunch on your own at the Polish Baltic Restaurant

Cost \$12.00admission, \$3.00

suggested transportation donation.



HEARLING LOSS

SEMINAR

TUESDAY

NOVEMBER 3RD

11:00AM

VIRGINIA GAUDIO DUCLOS FROM ALL EARS HEARING AID SERVICE WILL ANSWER YOUR QUESTIONS ABOUT HEARING LOSS. PLEASE SIGN UP IN THE ACTIVITY BOOK/OR CALL TO REGISTER.



Did you get your **Flu Shot** yet?

Rite Aid Pharmacy will hold a **Flu Shot Clinic at the East Hampton Senior Center ,Friday, November 14th,**

from 10am to 12pm. Call 860-267-4426 to schedule your appointment today



The Commission On Aging

meets the 2nd Thursday of the month. Next mtg is November 13th at 3:00pm at the Senior Center. All are invited to attend. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.

Ct Energy Assistance

Appointments are being taken now for the 2014-2015 Heating Assistance Program at the Senior Center

2015 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

Family of One: \$ 23,240.00

Family of Two: \$ 31,460.00

Family of Three: \$39,580.00

Family of Four: \$ 47,700.00

Proof of Income:

Social Security:

Monthly Statement for 2014

Pension Statements or Wages for last 4weeks

Rent Receipt/Proof of Mortgage if still paying on house

Most Recent Checking/Savings Account Statements (**ALL PAGES**)

CD's; IRA's, statements

Oil/Electric Bill

Call for an appointment

Happy Birthday!

NOVEMBER babies! If you were born in November let us know! Come

Celebrate your birthday on **TUESDAY, November 25th..** We'll

send you an invite to our Birthday Party. You will be our guest to

lunch and enjoy the afternoon. Enjoy cake and ice cream and

friendship. Have a friend you want to celebrate with you.? *Have them*

sign up with Ann at least 24hrs in advance. The party is Tuesday,

November 25th at 12:00noon.



TOWN OF EAST HAMPTON

Belton Senior News



**CW Resources
Thanksgiving Day**

luncheon is

Wednesday,

**November 19th. Don't
forget to join in the
fun! See you then!**

**Need help with Medicare
Changes? Medicare Open
Enrollment? Set up an
appointment with a
CHOICES Volunteer. Call
or sign up at the Sr. Ctr.**

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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. *Thank-you!*

Counseling Services

at the East Hampton Senior Center, Individual by appointment. Call Diane to schedule a appointment @ 860-508-9719

This service is provided in partnership with the East Hampton Youth and Family Services

TRAVEL SHOW!!

You are Invited to join us to hear about all of the fun places we will be travelling to...

November 10th @ 1:00pm!

{Brett from Friendship Tours will be here to share with us!}

Please let us know if you'll be able to attend.



Genealogy Club: No meeting in November due to the holidays. Look for us in December!

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 with Cindy

Sit & Stretch Class is

offered Tuesday & Thursday 10am to 11am
\$3.00 per class or \$20.00 per month.

**Movie Day:
Monday @ 1:00
November 24th**



**BOOK CLUB Tuesday,
November 18th at 11am,
New club members always
welcome!**

**Wii Bowling
WANTED: New
team members!
Practice Wednesdays
at 2pm.**

**Wednesdays, Board
Games 1pm**

**BIBLE STUDY
1PM
TUESDAYS
New members
welcome**

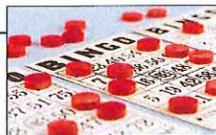


**Setback
12:30-3:00pm.
Thursdays**



Square Dancing

Will meet every Friday at 9:30am. 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.

Cash prizes and food prizes available!
Play up to 5 cards!

Open Art Studio:

Tuesdays

10:00am to 12:30pm.

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



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. 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.



NEW PROGRAMS:

Country Line Dance with Mimi @10am, Monday, November 10th & 17th. Come learn a dance step or two with Mimi Perrotti. Please sign up at the desk. End the season with a trip to the Cadillac Ranch in Southington on Sunday, November 23rd, 1:00 leave time from Center.

The Gift of Living History: Attend by invitation, Children whom are homeschooled will explore with senior citizens what Living History is. This is a way to interact with school age children to learn about Living Histories. If you are interested, let us know at the Senior Center. Sign-up is necessary for participation. We will call you to confirm date and time.

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, November 14th & December 5th.**

Women In Conversation. Join us for lively discussions about life's concerns, dreams and goals. This group meets Wednesdays @ 11am. Please sign up at the desk or call the Center.

Connecticare presentation on Tuesday, November 18th at 11 am. Please register at the Center.

NEW Men's group! Yup, that means YOU! Join the fun in the **Men Can...And Do ...Talk!** JOIN Us! SHARE, LAUGH, & ENJOY each other's company. Wednesdays, starting Nov. 5th at 10:00am.

TRAVEL!

Irving Berlin's Holiday Inn Monday, November 24th Lunch at 11:30 Show @ 2:00pm

COACH TRIPS:

Christmas in the Amish Country 'Moses' Nov. 11-13, 2014 Lancaster, Pa. Sight and Sound Theatre & American Music Theatre

December 15th, 2014 The Diamonds at the Aqua Turf. \$90.00pp There are still openings!

TRANSATLANTIC CRUISE! SEPTEMBER 2-18, 2015 Brilliance of the Seas- Sail from London to Boston

LeHavre France Dorset UK, Cobh Ireland, Klaksvik, Faroe Islands, Reykjavik, Iceland(2 days) Halifax Nova Scotia 17 days fr only \$2549. Pick up brochure at the Senior Center.

DAY TRIPS!

Wednesday November 5th **NEW BRITAIN MUSEUM OF ART**- A special quilt exhibit! Leave at 9:30am. Cost: \$12.00 admission to Transportation donation. Lunch on you at the Polish Baltic Restaurant.

Cromwell Shopping, Friday, November 7th 12:30 to 3:30pm Choose a store or two, to get your shopping done.

Norwich Culinary School, Thursday, Nov. 20th Leave at 10:00am. Seating at 10:45am \$10.00 Admission + \$3.00 suggested transportation donation.

Alzheimers Awareness:

Come to the **Lunch and Learn on Thursday, November 13th at 12:00noon** sponsored by

Cobalt Healthcare and Rehabilitation Center.



Don't miss out...this is a popular event, sign up early. Registration required.

TUESDAY NOVEMBER 4th ELECTION DAY.

POLLS ARE OPEN 6AM to 8PM

EAST HAMPTON HIGH SCHOOL.

Need a ride? Call the Center to arrange transportation.

***Special Thanks***

To Peter and Gail for orchestrating another very successful Halloween Hop! The entertainment, food and dancing were terrific! The costumes were awesome! It was special treat for Sonny and Cher to perform for us as well! Thanks!

COOKIES AND HOLIDAY MEMORIES: SHARE WITH US YOUR FAVORITE HOLIDAY MEMORY! 11:00AM @ THE SENIOR CENTER!