

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 10

Newsletter Date:

October 2015



Senior Center CLUB Monday

October 5th @ 1pm

Monday, October 5th at 1pm. Help us plan the future programs at the Senior Center, including the upcoming holidays. Try your chance at a door prize. Lite refreshments will be available. Come One, Come All! Please sign up at the desk to let us now you are coming.

**Senior Center is Closed for
Columbus Day**

Monday

October 12, 2015

**The Middlesex Homecare
Agency will hold its Blood
Pressure Screening**

*Mondays, 10/5/15 & 10/19/15
10:45am-12:00pm*

No appt. necessary.

Men Can and Do...Talk

Group meeting

On Wednesdays at 10am

Women In Conversation

group meeting on

Wednesdays at 11AM.

Laugh Learn and Grow...

Call Jo Ann for more information.

This program is offered in collaboration with East Hampton's Youth and Family Service Department.



HALLOWEEN HOP

MONDAY, Oct. 26th

1pm - 3pm

Dance, Sing, Comedy,

& Refreshment! !

Sign-up required,

Costumes preferred.

Come
Celebrate
our October
birthdays, too!



Happy Birthday!

October babies, let us know it's your birthday! Come celebrate your birthday on Monday, October 26th. We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream. You are invited to stay for the Halloween Hop at 1pm. Have a friend you want to celebrate your birthday with? *Have them sign up with Ann at least 24 hours in advance.* The party is Monday, October 26th at 12:00 noon.



Special Buffet Dinner Friday, October 16th, 5pm. Celebrate Fall by enjoying a home cooked buffet by Barbara Moore. Sign up early. Seating is limited.



AARP Safe Driving Course

Tuesday, November 10th 9am-1pm.
AARP Member \$15.00 Non-member \$20.00. Payment (CHECKS ONLY) due at time of registration.

The Commission On Aging meets the 2nd Thursday of the month. Next mtg. is October 8th at 3:00 pm at the Senior Center. All are invited. Please plan to attend. If you need transportation to this meeting, please call the Senior Center for a ride.



Medicare Open Enrollment October 15 to December 8

Need help with choosing a plan? Difficult to know what best meets your needs?

CHOICES Counsellors will be available **Thursday, October 29, 2015 by appointment, from 9-1.**

Call and make your appointment to review your options, and get your questions answered.

Ct Energy Assistance

Appointments are being taken now for the 2015-2016 Heating Assistance Program at the Senior Center

2016 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

Proof of Income:

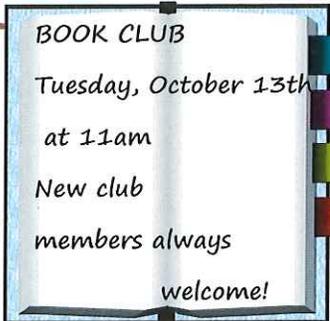
- Social Security:
- Monthly Statement for 2015
- Pension Statements
- Wages for last 4 weeks
- Rent Receipt/Proof of Mortgage if still paying on house
- Most Recent Checking/Savings Account Statements (**ALL PAGES**)
- CD's; IRA's, statements
- Oil/Electric Bill
- Call the Senior Center for an appointment.

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 is 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!*



Bridge is offered Friday afternoons, at 12:30pm. New members are welcome. Come in meet the group and learn the scheduling process, watch a game or two. Please ask to speak to Hunt.



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!

Setback

12:30-3:00pm.

Thursdays



Genealogy: FRIDAY, October 30th 10:00am

Stop in with the history you have and begin or continue on your family history!

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:

Tuesday, October 20th @ 1:00



Wii Bowling



THE STATE IN WHICH SCOTT WILL FIND HIMSELF COME NOVEMBER.

Jeopardy!

Challenge your mind, with Jeopardy Game! TUESDAY, October 27th, 2:00pm

BIBLE STUDY

1PM TUESDAYS New members welcome



Square Dancing

Will resume in the October 2nd. Please pay the Instructor \$3.00 The day of dance.

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



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.

PROGRAMS:

The Gift of Living History: 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, together. If you are interested, sign-up at the Senior Center .

REFLEXOLOGY: Certified Reflexologist Susette Christainsen October 9th and 23rd. \$10.00 per 15 minute session Pay day of session. Please call to make your appt. @ 860-334-9255.

Dinner & a Movie: Friday October 16th 5pm. Dinner by Barbara Moore. Round out the evening with a movie at the Center. Seats are limited, be sure to sign up early.

Muffins for the Mind: Monday October 19th @ 10:30am. Challenge yourself, exercise those brain waves, & challenge your friends. Please sign-up at the desk.

Connecticare Presentation: Come learn about the program. Tuesday, October 20th, 11:00am. Please call or sign up at the Senior Center desk.

Travel Committee Meeting: Thursday, October 22nd 1:00pm. New members always welcome.

Halloween Hop: Monday, October 26th, @ 1pm. Costumes optional, October Birthdays to be celebrated. Enjoy Dancing, Singing, Comedy, & Refreshments. (No partners needed.) Please sign up and indicate if you would be willing to bring some munchies.

Interact Club builds a **Sojourn Bear** @ East Hampton Senior Center Wed., October 28, at 2:30 pm.

The E. Hampton Senior Center and Middlesex YMCA are partnering to bring two programs to the Senior Center:

The second session begins with: **Armchair Yoga: Mondays at 1:45pm. Oct. 5, 29, 26, Nov. 2**

Golden Grooves: Wednesdays at 9am. October 7, 14, 21, 28, Nov. 4th.

Classes free with Y Membership, without Y Membership/drop-ins \$5.00 per class.

Please sign up at the Senior Center desk in advance.

MIDDLESEX YMCA



DAY TRIPS!

Cromwell Shopping, Friday, October 2nd, 12:30 to 3:30pm. Choose a store or two to get your shopping done.

Visit the Y Tuesday, October 6th, 9am, Get a Tour and ask questions re: swim programs and exercise programs.

Mashantucket Pequot Museum: Wednesday, October 7th 9:30am. Exhibit Highlights Guided Tour. 1 hour docent tour and then exploring museum on your own. \$18 Admission + transportation donation. Lunch on your own at museum cafe.

Let's Do Lunch: Wednesday, Oct. 21st, 11:30am. USS Chowder Pot, Hartford, Ct.

Windham Tech, Thursday, October 29th 10:15am. \$12.00 lunch + transportation donation.

**TAKE A TOUR OF
MACHU PICCHU &
GALAPAGOS**

with
Don Burr
See and hear about his recent
trip to South America

Tuesday, October 6, 2015
11:00 am



PLEASE SIGN UP AT SR. CTR. TO RESERVE
YOUR SEAT!

PREPARE



**Advance Directives
Seminar**

Thursday, October 8th, 6 pm
East Hampton Senior Center

Elder Law Attorney Elizabeth Byrne will present:
"Everything you need to know about health care advance directives."

Learn about making your healthcare decisions for the future and communicating them to your family and health care providers.

Sign up at the desk or call the Center.

This seminar is sponsored by the Commission on Aging.