

# 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](http://www.easthamptonct.org)

Email: [seniorcenter@easthamptonct.gov](mailto:seniorcenter@easthamptonct.gov)

Director & Municipal Agent for the Elderly: Jo Ann H. Ewing

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September 2015



## The Senior Center CLUB meeting is the Picnic on Thursday, September 3rd

**Brian Gillie 11:00am performance.**

Sign up at the Sr. Ctr.

A \$2.00 donation is requested at sign-up



11:00 Music by Brian Gillie  
 12:00 Proclamation of National Senior Center Month  
 12:15 Poet Laureate:  
 Hugo DeSarro  
 12:30 Picnic Lunch served.



**Senior Center is Closed for Labor Day Sept. 7th**

## Happy Birthday!

**September babies!** If you were born in September let us know! Come celebrate your birthday on Monday, September 28th. 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? *Have them sign up with Ann at least 24 hrs in advance.* The party is **Monday, Sept. 28th, at 12:00pm.** Enjoy light piano music at 12 with Susan Hewes.



## FLU Clinic

Monday, September 28th

9:00-11:00am

Bring your insurance card & a form of identification (driver's license).  
 No



**SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!**

**Celebrate Life at the Senior Center all month long! Check out all the programs in honor of**

## Commission On Aging Info Day!

Thursday, September 10th

Please join us at 12:30 to learn about the Commission On Aging. After a short presentation an Ice Cream Social will be offered to Celebrate Life at the Senior Center.



**The Commission On Aging meets the 2nd Thursday of the month, September 10th at 3:00pm at the Senior Center.**

The C.O.A. Mission Statement: To promote a livable, caring community for East Hampton's older adults. Your input is important. If you need transportation to this meeting please call the Senior Center for a ride.

**Impact of Senior Centers**  
*Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.*

## MIDDLESEX YMCA &



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

**Golden Grooves:** Wednesdays @9am. September 2nd to Sept. 30th.

**Armchair Yoga:** Mondays at 1:45pm. Aug.31st to Sept. 28th.

Classes free with Y Membership, without Y Membership \$5.00 per class.

Please sign up at the Senior Center desk in advance.

Ask the "Y" Staff

## Senior Center Facts

*Today, 11,400 senior centers serve more than 1 million older adults every day and are one of the most widely used services among America's older adults.*

NCOA, 2015

**Due to the Labor Day Holiday, Blood Pressure Screening will be held on Monday, 9/21/15, 10:45am-12:00pm. No appt. necessary.**

*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, nearly 11,000 senior centers serve 1 million older adults every day*

*The Belltones Rehearsals will begin Wednesday, September 16th. The Handchime Rehearsal starts at 12:30 & Choir rehearsal at 1:30.*

*Looking for a pianist to assist with the choir rehearsal.*

*New members are always welcome. Just come with music in your heart!*

**Women In Conversation:**  
A Women's Group meets weekly for lively discussions, about life's concerns, dreams and goals. Meets Wednesdays at 11:00am.

**Men Can & Do Talk...** A Men's group for sharing, laughter, just plain talk. Wednesdays at 10:00am.

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

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

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Genealogy Club: September 22nd 10:00am  
Sr. Ctr. 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**  
*We need extra sewers to get the bears made. We are hosting a "Stuff It" party with the Interact Club in Oct. and need more volunteers to prepare for the visit.*

**Exercise with Cindy**  
**Sit & Stretch Class is**  
offered Tuesday & Thursday  
Beginning Sept. 8th.  
\$3.00 per class or \$20.00 per month.

**Open Art Studio:**  
**Wednesdays**  
**10:00am to 1:00pm.**

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

**MUSCLES & Muffins...**  
**FOR THE MIND**  
**Monday**  
**SEPTEMBER 14th**  
**10:30AM (EXERCISE YOUR BRAIN)**

**BOOK CLUB, starts up Tuesday, September 8th, at 11am, New club members always welcome!**

**TRY THE Y**

This coupon entitles you to a **FREE 2 week trial membership** at the Middlesex YMCA.

Take a class, use the fitness center, or go for a swim!

**Middlesex YMCA**  
99 Union Street Middletown, CT 06457

**East Hampton Senior Center Members**  
Photo ID required

**Movie Day:**  
**September 14th**  
**12:45pm.**

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

**Wii Bowling 1:00pm.**  
**Jeopardy at 2:00pm**  
**Mondays.**

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

**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 event.



**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, September 11 & 25th.**

**Setback**  
**12:30-3:00pm.**  
**Thursdays**  
**Partners selected each Thursday.**



**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 (\$4.00per 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.*

**The Middlesex YMCA will offer two classes in September at the Senior Center: Mondays 1:45pm Armchair Yoga Cost: \$20.00/4 classes & Wednesdays 9:00am. Golden Grooves, Cost \$ 25.00 per 5 classes, non-Y-member. Cost: -\$0- Y-member. Ask us about Silver Sneakers.**

**THURSDAY, Sept. 3rd, 10:30am-1:30pm. Picnic at Sears Park. Brian Gillie will perform from 11-12. sign up at the Center, \$2.00 donation requested.**

**Wednesday, September 9th, 1:00pm with the Four Fun Band Celebrate Life at the Senior Center. Join Kevin Johnson and band for an afternoon of fun!**

**Saturday, September 12th, ComiCon. We need your help! Yes, we will be open on Saturday to help the Library put on the best Comicon ever. Watch for the BATTLE OF THE SENIORS!!!**

**Monday, September 14th, Muffins & Muscles for the Mind. Come give those brain waves a stretch! 10:30am.**

**Tuesday, September 15th, 11:15am. "Let's Do Lunch" at Hilltop BBQ. Join the monthly Lunch Bunch! (cost of lunch is on you!).**

**Essential Oils Demonstration on Friday, September 25th. 1:00pm.**

**Monday, September 28th, 9am-11am. Flu Clinic sponsored by the Middlesex Homecare Agency.**

**The Survival Swing Band, Wednesday, September 30th, 1:00pm. The band will join us for lunch and then perform afterward, Bring your dancing shoes!**

The EHPLCT Comic-Con, offered in collaboration with the East Hampton Senior Center and East Hampton Parks & Recreation. Saturday, September 12th...



### What is Comic Con?

When people talk about a "comic-con," they're usually talking about a comics convention — an event where comics fans, creators, and experts congregate to participate in discussions that are all centered on some aspect of comics. We will spin off on that...

Looking for Active Older Adults to volunteer to run Battle of the Bands and Wii Games. Details up-coming... Sign-up at Senior Center Desk.

### DAY TRIPS!

**La Cage Aux Folles, Goodspeed Sept. 2nd Trip full, place your name on wait list in case someone(s) cancel.**

**Cromwell Shopping, Friday, September 4th. 12:30 to 3:30pm Choose a store or two, to get your shopping done.**

**Hebron Harvest Fair Friday, September 11th, 12:00pm –4:00pm. Bring Hat, water to stay cool and hydrated. Admission Free!**

**New England Air Museum Friday, Sept. 18th. \$11.50pp. Join some of the Friday home school students and take a tour of the Air Museum. \$11.50 & transportation donation.**

**September 19th Alzheimer's Walk sign up at the Senior Center if you want to walk. New London. Registration at 9am | Ceremony and Walk at 10am | Walk ends at noon.**

**Big E, Wednesday, September 23rd, 8:00am-3:00pm. Connecticut Day \$17.00.**



Saturday, September 19th, New London, Ocean State Park

Call the Center for more information.

This walk will be dedicated in loving memory of Lois Lindstrom and June Wylie. Watch for more info.

**Celebrate our Hometown Heroes on Tuesday, September 29th, at 7:00pm at Hope Church. We are seeking bakers to help with the refreshments for this event. Please sign up at the Senior Center to: #1. Bake and/or #2. Attendance at the Hometown Hero event. (Transportation will be provided).**

Medicare Open Enrollment: October 15th – December 7th. Need help ?

**CHOICES Volunteers**, Connecticut's program for Health insurance assistance, Outreach, Information and referral Counseling, Eligibility Screening, are available at the East Hampton Senior Center .

A Choices Volunteer is available, by appointment only. Call the Center for an appointment.

*Individuals on the Medicare Savings Program, or those on the low income subsidy (extra help), can make changes to their Medicare plans throughout the year. Beneficiaries are encouraged to review their options.*

*All Medicare recipients should complete a Benefits Check-up, annually, to ensure your benefit coverage continues to meet your needs .*