



East Hampton Senior Center

105 Main Street, East Hampton, CT 06424

Hours of Operation:

Monday-Thursday: 8:30am-4:00pm Friday: 9:00am-4:00pm

<https://www.easthamptonct.gov/east-hampton-senior-center>

Dear Friends,

If you haven't already heard, I am retiring. I have mixed emotions as I open the door for new adventures in my life. I have worked 24 years for the Town of East Hampton and another 20+ years at other places in CT and Ma. My best years, I have to say, were here working for Older Adults in East Hampton.

We have experienced so many events together: We shared happiness, sadness, proud Parent and Grandparent moments, and experienced new adventures together. You have taught me about the history of East Hampton, that many people will never know about. You shared the Heart and Soul of the Town. Your openness has given me a very special glimpse of the history of East Hampton .

I always am impressed by the value you bring to our community. Your life experience sheds light in making decisions. What can be better than life's experience to guide us? I know you may not think you are heard but you are. You can advocate for what you want, just by sharing with others.

Please know you are left in capable hands. Kecia, Melissa, Ria, and Cynthia are here to help. Please know your Senior Center routine may be a bit interrupted, but it will smooth out. Be patient, and offer to help as deemed appropriate. This is your Center!

I will still be in town, discovering my me. It has been a long time since I have given Me attention. I will figure it out. And I look forward to changing my schedule and doing those fun jobs I put away for a rainy day.

I will miss you, my friends, but I am sure I will see you in Town. Thank you for all your support over the years.

You have been wonderful!

Fondly, Jo Ann

Belltown Senior News

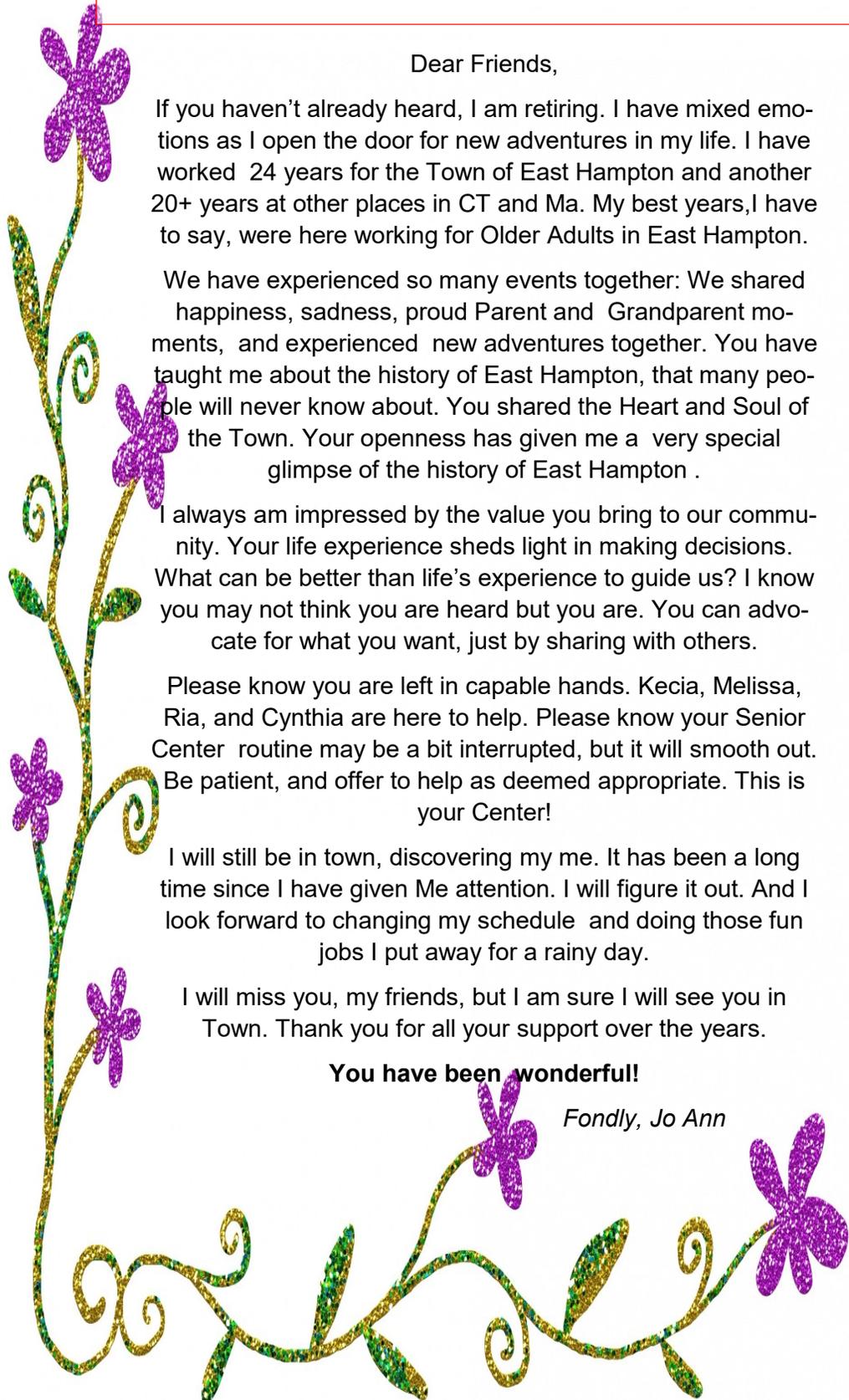
EAST HAMPTON

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SPECIAL POINTS OF INTEREST

- Closed Frida March 29.



Programs

- ◇ Quilting
- ◇ Wonderfully Wicked Women
- ◇ Mighty Magnificent Men
- ◇ Mexican Train
- ◇ Lunches
- ◇ Meals On Wheels
- ◇ Setback
- ◇ Create and Design
- ◇ Bingo
- ◇ Bible Discussion
- ◇ Yoga
- ◇ Tap Dancing
- ◇ Textile Group
- ◇ Family Tree
- ◇ Wii Bowling

(See Activity Calendar for dates and times)

EAST HAMPTON SENIOR SERVICES TRANSPORTATION:

Transportation Services are available!

East Hampton Senior Services provides transportation

Monday, Tuesday Wednesday, Thursday 10:30am to 3:30pm We pick-up from your home to the senior center or other local places, (hairdresser, barber, bank, post office) If the schedule allows we will provide local medical trips, too. We also provide monthly recreational day trips.

Call the Center for more details and to schedule your ride.

The River Valley Transit provides rides.

RVT is a transit agency operated by the Estuary Transit District. RVT provides a variety of services including traditional fixed routes, ADA Paratransit, Dial-A-Ride, and On-Demand Xtra mile service.

The service area encompasses most of Middlesex County and services 17 municipalities. Please see the Fare schedule in the RVT brochure.

All services are open to the general public with no age or disability restrictions. Dial-A-Ride senior 60+ by donation transportation is made possible by a grant from the Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act. Dial-A -Ride Senior Fare requires pre-registration by calling customer service at 860-510-0429.



Coming Soon: River Valley Transit Xtra Mile pilot program:

River Valley Transit: Introducing three pilots serving Madison and Guilford, and portions of East Hampton and Middletown.

Commuters within designated service areas will be able to simply push a button on a smartphone app or make a phone call. Then they will get picked up by a small bus or shuttle, which will drop them off within the service area. RVT is looking to launch this program this summer.

Chatham Health CHAT

Tuesday March 26 10:30am Communicating with Healthcare providers & Navigating the Healthcare system: for solo agers.

April 23 Chatham Health Chat 10:30am tba

Blood Pressure Clinics: March 18, April 15 12:30-1:30 No Appt. needed. Sponsored by the Chatham Health District.



Did you make a promise to be healthy this year?

Let the Center help. Our **Balance and Stretch** program is returning Join us Wednesday and Fridays 9:30a-10:30am. New Session March 27 to May 31. Class size is limited to 15 people. Cost is \$50.00 per 10 week session. Sign up in advance with your payment payable to the Town of East Hampton .



Our **Fitness Room** is outfitted treadmill and 2 bikes. First come first serve. No need for reservations. Hours open 8:30am to 3:30pm Mon. thru Thurs. 9:00am to 3:30pm on Fridays.

Yoga with Kitch continues to be a popular class! Her next session will begin May 22 through July 24th. The Gentle Yoga chair class offers a meditative environment in which to gain strength and balance through calm instruction. Please sign up with payment at the Senior Center. Each 10 week session is \$20.00. Class size limited to 25 participants.

T'ai Chi and Qigong for Seniors : New Session March 7– May 9th

Thursdays: 10:30 – 11:00 am. via zoom or at senior center using zoom. \$50.00 Per 8 week session
-Classes will be 30 minutes long
-Classes are appropriate for beginners
T'ai Chi Moving For Better Balance Form (Dr. Li's original Evidence-based form) Mr. Tom Cushing will teach and lead you through the various forms.

Have lunch with the High School Interact students March 8th 11:30am to 1pm. Learn who these students are, and what they are doing. Learn about the Interact Club and how it helps students help others! Sign up for lunch at the Center 9 (please make sure your form 5 is up-to-date.) or bring your own lunch. The students will be bringing their own lunches

EAST HAMPTON COMMUNITY CARES

links older and disabled residents who need hand with willing volunteers.

East Hampton Community Cares now is seeking volunteers and people who could use help. Recipients can be 70 or older or a disabled adult of any age. Volunteers can be adults over the age of 18 or between the ages of 15 and 17 with parental consent and visit supervision. Groups of volunteers from Churches, colleges, high schools, businesses and other organizations are welcome. More information Is available at- www.urcommunitycares.org.

Or call 860-430-4557.



The Senior Center is CLOSED
March 29th Good Friday
Holiday.

Monthly Programs

- ◇ Mexican Train
- ◇ Quilting
- ◇ Wonderfully Wicked Women
- ◇ Mighty Magnificent Men
- ◇ Blood Pressure Screening
- ◇ Book Club
- ◇ Setback
- ◇ BINGO
- ◇ Bible Discussion
- ◇ Open Art Studio
- ◇ Yoga
- ◇ Mahjongg
- ◇ Cribbage
- ◇ Textile Group
- ◇ Travel Committee
- ◇ Blood Pressure check
- ◇ Art W Karen
- ◇ Movies
- ◇ Family Tree

Book Club 3/12/24 10:30
The Silent Sisters-
Charles Jenkins

4/9/24 10:30 Magnificent
Lives of Marjorie Post -
Allison Pataki



AARP Free Tax Aide program . Appointment Dates: March 4, 11,18,25, April 1st.To make an appointment call the East Hampton Senior Center. At that time we will give you an intake form to complete and bring with you the date of your appointment. This program continues to be offered at the East Hampton Senior Center due to the gracious volunteers from East Hampton and surrounding Towns.

March 12th Aging Gracefully: VA Benefits presentation.
10:00am

Scrabble Game, March 15th & April 19 Scrabble Event at 1pm.

Line Dancing! Tuesday, March 5 and 19th :April 2 , 16 @ 10am. Let's learn together via You-Tube! No cost, just bring the joy in your heart. Make sure to sign up though!



AARP Safe Driving Class
Friday March 22nd 11:30am -3:30pm. Pre-register at Sr. Ctr. Cost is AARPmember \$20.00 Non-member \$25.00. Exact cash payment or check payable to AARP.

Bake Off Cooking Demo
with Mary Brody \$3.00
Thursday March 21 1pm.

Create and Design Thursday
March 14 & 28 at 1:30 Create your own memory box. See Cindy for more info



Pictionary Join us in round or two of Pictionary! It is a wild, fun charades type of game. At time to live outside the box and draw your answers! Fun prizes for the winners. April 26 @1pm



Cross Stitch 2pm
Tuesdays. Meet with Sahnnon and make beautiful counted cross stitch together. For new attendees there is a one-time \$5.00 fee to cover for supplies.

Meditation & Reflection with Rachel. Join Rachel in a calming meditation program with You-Tube. Discover the benefits of Meditation. March 6,8,20,27 at 10am April 3 & 17 at 10:45.



Volunteer Recognition April 10th @ 1pm. Come celebrate Spring and recognize those who volunteer at our Center! Please sign-up in advance so we can anticipate a refreshment count and seating. The afternoon is full of entertainment and appreciation! The program will include a

Poetry reading from our own Elizabeth Thomas and the Four Fun Band. Come and enjoy the afternoon.



Create and Design Thursday April 11 & 25 1:30. Craft to be announced. See Cindy for more info.

Learn to play the Ukele! April 5 11:00am
Join instructor Jill ,in a fun and entertaining hour of musical splendor!



NATURE IS ALL AROUND US SERIES~

SOIL: IT'S MORE THAN MUD! APRIL 24, 11AM-12PM. Spring is here and it's time to get back outside! Join Master Naturalist Lynn Kochiss for the first in a series of presentations at the Senior Center. Take a close look at what is happening in the soil in our gardens, lawns and forests, discover how soil is the life support system for the planet, and learns ways you can have your soils tested.

Art with
day
4pm.
2-4pm.

Pre-register by calling 860-267-4426 or register on-line with Myactivecenter.com

Karen: Sun-
March 24 2-
And April 28,



Poetry Intergenerational Event with students from Center School

April 25th 11:30pm to 2:00:pm at the Senior Center. Come celebrate Poetry month by attending this fun workshop! Learn what the great minds of youth and Older Adults can create!

Monthly Programs

- Wii Bowling
- Corn Hole
- Chatham Health Chat
- SHOPPING
- Day Trips
- Design & Create Program
- Cross stitch embroidery
- (See Activity Calendar for dates and times)

Movie Days

- March 8th 1pm **BARBIE**
- April 12 1pm **ELVIS**

Day Trips:

Monday March 4 11-2
Trader Joes and lunch.
Transportation donation \$4.00, lunch on your own.

Thursday March 7

Cheney Tech 10:30
leave Center return 1:30
cost \$15.00 including transportation donation

Thursday April 4 Cheney Tech \$15.00 lunch and transportation.

Pre-register by calling 860-267-4426 or register on-line with Myactivecenter.com



UP-COMING TRAVEL

Daffodil Days with Tea at Blithewold, an American Treasure.

Wednesday, May 1, 2024. Blithewold is one of the finest garden estates in New England. Come see the 33-acre seaside estate with over 50,000 daffodils. The visit includes a guided tour of the garden and the magnificent 45-room mansion. The estate features grand views of Narragansett Bay and is filled with family heirlooms. Included in the tour is a lovely Tea Luncheon. Cost pp \$139.00. Depart at 9:00am and estimated return: 9:00pm.



Sight & Sound Theater presents Brand new show: DANIEL July 17-19 2024

Lancaster, Pa Old Wind Mill Farm-Quilt Shop-Dinner in an Amish Home-National Constitution Center-Liberty Bell. Cost is \$645 pp Double/triple \$779.pp single. \$150..pp Deposit due by 4/9/24. Final payment due 5/8/24. Niagara Falls Canada October 7-10, 2024

Hornblower Niagara Falls Cruise-Butterfly Conservatory– Skylon Tower– Niagara-on-the-Lake. Cost is \$859.00 pp double/triple or \$1059ppsingle. Deposit of \$300.00 due by 7/15/24. Final payment due 8/19/24.

Pick up flyers with more information for the above trips at the Senior Center. Payment/deposit due at sign-up.

From the Estuary:

March is National Nutrition Month .

Through Meals on Wheels, hot, nutritious meals are delivered by the Estuary to homebound seniors throughout Middlesex County. Through our vital senior nutrition services, over 150,000 meals are provided to area seniors each year, with nearly 100,000 of them to homebound seniors. In some cases, this is the only hot meal they'll eat and our volunteers are the only person the homebound senior may see on a daily basis.

Your participation in our Buy-A-Wheel fundraising campaign helps reduce food insecurity for seniors in our town! This annual event is one of the Estuary's major fundraisers for the nutrition program. For a \$1 donation you can purchase a wheel and help feed a senior and provide valuable socialization. See the Café manager to purchase your wheel!

East Hampton Event that might interest you:

Easthampton Public Library

Paranormal Hotspots with Ronny LeBlanc

Tuesday, March 12 6:30 p.m.

Find out why some places exhibit more paranormal activity than others with Discovery+ and Travel Channel star Ronny LeBlanc from the hit shows "Expedition Bigfoot" and "Paranormal Caught on Camera." Learn about paranormal hotspots right here in New England.

Cabin Fever History Series

Saturday, March 16 11 a.m.

Connecticut State Historian Emeritus Walter Woodward's presentation "Creating Connecticut: Critical Moments That Shaped a Great State" concludes the Chatham Historical Society's annual Cabin Fever History Series.

Rumors – Presented by the Podium Players

Saturday, April 20 1-4 p.m.

The Podium Players present a stage reading of the Neil Simon play "Rumors."

Music in the Library – Aaron Spearin Acoustic

Tuesday, April 30 6 p.m.

Aaron Spearin performs popular and nostalgic songs.

East Hampton Parks and Recreation

Shows to check out!

April 20th 2pm Snow White The Bushnell \$56.00

Wicked May 9th 7:30pm the Bushnell \$86.00

Call Parks and Rec. for more info 860-267-7300



March 10 Set your
Clocks ahead an
hour.

hello
SPRING