



# East Hampton Senior Center

105 Main Street, East Hampton, CT 06424

**860-267-4426**

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

## Belltown Senior News-May & June 2024



**Thank you** all for your incredible support during this time of transition at our Senior Center. We had a wonderful time celebrating Jo Ann and her retirement!

### May is Older Americans Month:

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

We hope that you find connections here at the Senior Center. You can stay engaged with your community by trying new classes, volunteering, discovering new talents and new friends. We strive to offer a variety of activities for everyone. Do you have something that you are interested in exploring? Let us know! That is another way to stay connected by investing in the Center to help us plan monthly activities. This is your space. Come and Enjoy!

June brings warmth and sunshine, and we have lots of learning and fun activities planned for the month. Let's make the most of these days. We have a Safe driving course, a Self Defense Workshop and a Being "Bear" Wise presentation. We will top everything off with A Cooking Demo to make and taste Strawberry Parfaits.

We hope you will come and join us! When we all come together, we create a better life for everyone. Your willingness to lend a hand, shows our community spirit as we navigate this season. We are grateful to have such amazing individuals in our Senior Center family.

Kecia, Melissa, Ria and Cindy

### What's New?

- Learn Ukulele
- Soil: It's more than Mud!
- Ice Cream Social
- Design & Create
- Wadsworth Mansion Tea
- Be Bear Wise!
- How to finance home care and long term care
- Creative Coloring

**"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."**

— Maud Hart Lovelace, *Betsy-Tacy and Tib*

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## New Events– May

The Senior Center is  
CLOSED

Memorial Day

Monday May 27th

Pre-register by calling  
**860-267-4426**  
or register on-line with

[Myactivecenter.com](http://Myactivecenter.com)

### Windham Tech Lunch: Thurs, May 2nd Depart 10:15 AM

Enjoy a delicious lunch prepared by the school's culinary students!

**Cost is \$17** with transportation. Payment due at sign up.

**Creative Coloring: Tues, starting May 7th -10:00am** - We have some fresh adult coloring books and pens. Come and connect with some friends and relax in color!

### Soil– It's more than Mud: Wed, May 8th - 11am-12pm

**"Nature Is All Around Us Series"**

Spring is here and it's time to get back outside! Join Master Naturalist Lynn Kochiss for the next in our 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 learn ways you can have your soils tested.

### Wadsworth Mansion Spot of Tea & Tour: Cost \$19.00

**Wed, May 8 - Depart from the Senior Center at 1 p.m.**

Mansion Docents will sweeten their accounts of the Wadsworth Family Story with some dainty goodies and a cup of Tea.

### Learn to play the Ukulele with Julie Stepanek

**Frid, May 10th @ 11am -FREE!**

Julie will teach everything you need to know to get started. She will bring Ukuleles for us to try. No experience required. Join your friends!

### How to Finance Home Care & Long Term Care

**Tues, May 14<sup>th</sup> - 10am**

Robert Filippone from Norcom Mortgage will provide guidance on how to finance home care and long term care.

### Ice Cream Social: Wed, May 29th - 2:30pm

Join us for an ice cream social sponsored by Donna Atherton in memory of Bob. Music by Sue Hewes.



## New Events– June

### Tech help: Wed, June 5th -2:30pm

Do you need help downloading and using River Valley Transit Xtramile App? Stay tuned for more details

### AARP Safe Driving Class

**Mon, June 10th - 11:30am - 3:30pm**

Pre-register at Senior Center - AARP member \$20 Non-member \$25. Exact cash payment or check payable to **AARP**.

### Self Defense: Tues, June 11th -10am

The East Hampton Senior Center, in conjunction with the **East Hampton Police Department**, will be putting on a special workshop focusing on elder abuse and self-protection for seniors in our community. The Defensive Tactics Instructors from the police department will be giving a presentation on the following topics: Elder Abuse, Common Scams Targeting Seniors, Situational Awareness, and Basic Self Defense Skills. After the presentation there will be an optional hands-on self defense class going over basic escapes and maneuvers to keep yourself safe. Please be advised the hands on portion will be physical.

### Be Bear Wise!: Wed, June 19th 11-12pm

#### “Nature Is All Around Us Series”

Black Bears are increasingly common in Connecticut. Reports of bear sightings, even in heavily populated residential areas, they are on the rise. Join Master Naturalist, Lynn Kochiss, for the next in our series of presentations at the Senior Center to learn about these amazing animals and ways you can become Bear Wise.

### Make Strawberry Parfaits: Thurs, June 27th 1pm

Make all of the elements in a strawberry Yogurt Parfait from scratch – with **Mary Brody** We'll be making the Greek yogurt, Strawberry freezer jam and homemade granola. Enjoy a sample!

**LIFE IS BETTER WITH A FRIENDLY  
NEIGHBOR**

**GET FREE HELP AT HOME**

Join East Hampton's safe, online resource that connects background-checked volunteers with older and/or disabled adults, including veterans.

Never a charge for these services:

- Household chores
- Transportation
- Yard Work
- Companionship

Sign up at-  
**[www.urcommunitycares.org](http://www.urcommunitycares.org)**  
or call 860-430-4557

#### No Computer? No Problem!

Call us at the center to get connected with a liaison

**860-267-4426**



## Fun Stuff

Pre-register by calling  
**860-267-4426**  
or register on-line with

[Myactivecenter.com](http://Myactivecenter.com)



### **Line Dancing: 1st and 3rd Tues - 10am**

**May 7th & 21st - June 4th & 18th** Let's learn together via You-Tube! No cost, just bring the joy in your heart. Make sure to sign up though!

### **Creative coloring: Every Tues - 10am**

We have some fresh adult coloring books and pens. Come and connect with some friends and relax in color!

### **Book Club: 2nd Tuesdays - 10:30am**

**May 14th:** "Lessons in Chemistry"-Bonnie Garmus

**June 11th:** Book report– tell us about your favorite books!

### **Cross Stitch: Tuesdays - 2pm**

Meet with Shannon and make beautiful counted cross stitch together. For new attendees there is a one-time **\$5.00 fee** to cover for supplies.

### **Wii Bowling: Wed - 2:30pm - starting May 1st**

Join your friends for some relaxing, competitive and fun movement

### **Tap Dance: Thurs -11:15-11:45am**

Tap Dance with Alicia- \$3. The last class for the **Summer is May 16th.**

### **Design & Create: Thurs - 1:30**

**May 9th:** Mandala Dot painting **May 23rd:** Fabric collage

**June 6th:** Mosaic Craft **June 20th:** Collage cards for Vets

### **Scrabble: 1st & 3rd Fri - 1pm**

**May 3rd & 17th June 7th & 21st**

### **Movies: 2nd Fri - 1pm**

**May 10th-** "Ocean's 8"

**June 14th–** "Tombstone"

Join us for a monthly movie at the Senior Center. Light refreshments usually served

### **Bike Rides: Fri - 10am**

Location varies– check with the Senior Center

### **Art with Karen: 3rd Sun- 2pm**

**May 19th & June 23rd** Beginner acrylic class, \$5.00 per class for supplies.

## Health and Fitness

### **Balance & Stretch with Mary H: Wed & Fri- 9:30am**

**Current Session has been extended to 6/14. Next session: 6/19-8/23**

**Cost is \$50.00 per 10 week session—payment due at sign up**

**Class size is limited to 15 people.**

### **Yoga with Kitch: Wednesdays - 1:00pm**

**May 29th- July 31st**

The Gentle Yoga chair class offers a meditative environment in which to gain strength and balance through calm instruction.

**10 week session is \$20.00 - payment due at sign up**

**Class size limited to 25 participants.**



### **T'ai Chi and Qigong with Tom Cushing: May & June –TBD**

Classes are 30 minutes-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.

Via zoom or at the Senior center using zoom.

**\$50.00 Per 8 week session– payment due at sign up**

### **Chatham Health CHAT:**

**May 28th @10:30am - Shingles**

**June 25th@ 10:30am - TBD**

### **Blood Pressure Clinics with Vicki:**

**May 20th 12:30-1:30pm**

**June 17th 12:30-1:30pm**

### **Meditation with Friends: Wednesdays at 10:45**

Join your friends in a calming meditation program with You-Tube.

Discover the benefits of Meditation.

Our **Fitness Room**  
has a treadmill and 2  
bikes.

***First come first serve.***

*No need for a reservation.*

**Open: 9-3:30pm  
Mon-Fri**

## TOURS AND TRAVEL

### LOCAL

#### **Windham Tech Lunch: Thursday, May 2nd Depart - 10:15am**

Enjoy a delicious lunch prepared by the school's culinary students! **Cost is \$17** and includes transportation. Please call the Center for meal choice.

Please register and pay in advance at the Senior Center.

#### **Wadsworth Tea: Wednesday, May 8th ~ Depart - 1pm - \$19 includes transportation**

Mansion Docents will sweeten their accounts of the Wadsworth Family Story with some dainty goodies and a cup of Tea.

#### **Windham Walmart: Monday, May 13th ~ Depart - 11am- \$4 transportation donation.**

Lunch on your own

### COACH

#### **Sight & Sound Theater: DANIEL July 17-19 2024 Wed-Fri**

**Cost is \$645 pp Double/triple \$779.pp single. \$150 pp Final payment due 5/8/24.**

Lancaster, Pa -Old Wind Mill Farm-Quilt Shop-Dinner in an Amish Home-National Constitution Center Liberty Bell.

#### **Bronx Zoo: Tuesday, Sept. 24th 2024**

**Cost is \$120 pp/\$116 pp Child– Payment due at sign up**

Come and experience life on the wild side! The total experience pass includes full admission, Congo Gorilla Forest, Bug Carousel, Butterfly Garden, Jungle World, Wild Asia Monorail, Zoo Shuttle, and Children's Zoo.

#### **Niagara Falls Hornblower Cruise: October 7-10, 2024 Mon-Thu**

**Cost is \$859 pp double/triple or \$1059 pp single. Deposit of \$300 due by 7/8/24. Final payment due 8/19/24. \*\*\*\* A valid passport is required \*\*\*\***

Butterfly Conservatory– Skylon Tower– Niagara-on-the-Lake.

#### **Shadows of the 60's– A Holiday Tribute to Motown: December 3rd**

**Aqua Turf - \$124pp– payment due at sign up**

Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs with a Motown twist. Join us for a Happy, Jolly Blast of Holiday Cheer!

***Pick up flyers with more information for the above trips at the Senior Center.***

## Services

### EAST HAMPTON COMMUNITY CAFE

The Estuary provides Middlesex County Congregate meals and Meals On Wheels. Meals continue to be offered at 12pm Monday through Friday. You still can sign up by calling or signing up on the kiosk at the desk for your meals or by using MyActiveCenter.com

This Elderly Nutrition program is funded by the federally funded Title III grant. All participants are required to complete a Form 5 registration (ask the café manager), prior to making a reservation. Reservations need to be made at least 24 hours in advance. A \$3.00 donation is requested, although no one age 60+ will be turned away for lack of donation.

**For Meals on Wheels: please call 860-388-1611**



### River Valley Transit

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.

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

**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 860-510-0429.**

### XtraMile Shuttle Rides Coming to East Hampton!

XtraMile is an on-demand ride sharing service that anyone can use to get around town on their schedule. River Valley Transit is excited that the Belltown area of East Hampton will be one of our next XtraMile zones. Whether you're looking to explore downtown, shop at Stop & Shop, visit Sears Park, or anything else in Belltown, we got you covered.

XtraMile allows riders to request a ride when they want to be picked up by calling: **860-510-0429 or by using our XtraMile by RVT app available for both iPhone & Android.**

Once a ride is booked a driver in a shuttle bus will come and pick you up and drop you off at your desired location as quickly as possible. Average wait times are between 10-20 minutes but can vary based on the driver's location and how busy the service is.

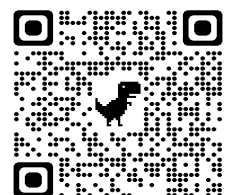
**The fare for a one-way trip is \$1.75 and \$3.50 round trip respectively.**

**Service will start on May 28<sup>th</sup>, 2024,  
Monday-Friday 7am-6pm and Saturday 8am-5pm.**

**Seniors 60+ may ride on a donation only basis, preregistration required**

To learn more about XtraMile please visit <https://rivervalleytransit.com/xtramile/>

**More info and the app can be found here**





## Weekly Activities at a Glance

<b>QUILTING</b> Bring your own project or work on a collaborative community service project. New members welcome.	<b>Mondays 9:00 am</b> Free
<b>MEXICIAN TRAIN</b> A fast-paced dominoes game involving chains and trains stations. It is fun and easy to learn. Walk-ins welcome. Pre-registration not required.	<b>Mondays 9:30 am</b> Free
<b>SETBACK</b> No partners needed. Please register ahead of time. Games start promptly at 1:00pm.	<b>Mondays, Thursdays 1:00 pm</b>
<b>CREATIVE COLORING</b> We have some fresh adult coloring books and pens. Come and connect with some friends and relax in color!	<b>Tuesdays 10:00 am</b> Free
<b>BIBLE DISCUSSION GROUP</b> Non-denominational group meets to share their ideas of identified scripture. New members always welcome.	<b>Tuesdays 1:00 pm</b> Free
<b>BINGO</b> A wide variety of games are offered.	<b>Tuesdays 1:15-3:00 pm</b> First Card \$1.00, additional cards may be purchased at \$1.00 per card up to 4 cards. Total (5 cards).
<b>CROSS STITCH EMBROIDERY WITH SHANNON</b> Learn basic counted cross stitch. Class size is limited. Pre-registration required.	<b>Tuesdays 2:00 pm</b> One-time \$5.00 supply fee due at sign up
<b>OPEN ART STUDIO</b> Artists bring their own projects/supplies and critique each other's work, if asked, to help through the process. It is a quiet well-lit environment to work on your individual project.	<b>Wednesdays 10:00 am</b> Free
<b>WRITER'S WORKSHOP A&amp;B WITH ELIZABETH</b> This workshop is for all levels and genres of the written word. You do not have to consider yourself a writer to take this class, which will be a blend of online discussions, writing and sharing of written material.	<b>Workshop A- Thursdays at 10 am</b> <b>Workshop B- Second &amp; Fourth Thursday at 11:15am (May 9, 23 June 13, 27)</b>
<b>CRIBBAGE GAMES</b> Join the gang for a friendly early morning game.	<b>Fridays 9:30 am</b> Free
<b>MAHJONG GROUP</b> This group challenges each other with this strategy making game. Stop by and check it out!	<b>Fridays 10:00 am</b> Free
<b>TEXTILE GROUP</b> Our knitting and crocheting groups bring in their projects and socialize while they create. They are a great resource for each other! New members welcome!	<b>Fridays 1:00 pm</b> Free



## Monthly Activities at a Glance

<b>WOMEN'S GROUP (Wonderfully Wicked Women-WWW)</b> A time to make friends and share memories and learn a little on the way! This ever-evolving group is open to new members at each meeting	<b>First &amp; Third Mondays 10:00 am</b> Free
<b>MEN'S GROUP (MIGHTY MAGNIFICENT MEN)</b> Men gather to talk the talk! New members welcome.	<b>Second &amp; Fourth Mondays 10:30 am</b> Free
<b>LINE DANCING</b> Learn along with us by video! Come join our 'homespun class' and learn with us	<b>First &amp; Third Tuesdays 10:00 am</b> Free
<b>BOOK CLUB</b> Call the center for Book of the month	<b>Second Tuesday at 10:30 am</b> Free
<b>CHATHAM HEALTH CHAT</b> Join our monthly chat presented by Chatham Health District for essential tips on improving your overall well-being and staying healthy. <b>May's</b> topic: Shingles <b>June's</b> Topic: TBD	<b>Fourth Tuesday at 10:30 am</b> Free
<b>DESIGN AND CREATE WITH CINDY</b> Explore design and creation with Cindy as she brings her imaginative ideas to life! Join our hands-on workshops and turn concept	<b>Twice a month, Thursdays 1:30 pm</b> May 9 & 23, June 6 & 20 at 1:30 pm
<b>FAMILY HISTORY WITH KEN DONEY</b> Mr.Doney helps you with your research of your family lineage. He will have a presentation and one-on-one interactions. Please bring your own mobile device so you can research your family!	<b>Third Friday at 10:30 am</b> Free
<b>ART WITH KAREN</b> Karen will lead you through the basic of painting in acrylics. No painting/art experience required. All supplies are provided. Pre-registration required.	<b>Once a month Sundays</b> <b>May 19, June 23 2:00pm</b> \$5.00 due at the day of class

**See calendar for scheduled events**