Celebrate National Senior Center Month by joining in a program that is new to you! The Center offers a wide variety of programming that has something for most everyone! Tai chi for better balance, yoga for a more centered focus, art programs to assist in your overall well-being and spark your creativity. Nutritious meals are offered 5 days a week and Meals on Wheels is delivered to those unable to come to the Senior Center...See You Soon! Jo Ann

Strengthening Community Connections is the theme of September’s - National Senior Center Month.

Community connections are an important factor to strengthen the services and programs at the East Hampton Senior Center. We just celebrated the end of summer with a great picnic at Sear’s Park. The Senior Center was lucky enough to collaborate with the East Hampton Commission on Aging, who provided the contact for the band and the Ice Cream truck. And the Republican Town Committee provided the funds to cover the event. The East Hampton Parks and Recreation provided the lovely Sear’s Park. The contact for the Ted’s Food Truck came from Amy Foreman, National Healthcare. This is just a small example of how we make connections with our communities.

The Senior Center has always partnered with other agencies and business’ within and outside of the Town. These partnerships create an avenue for Older Adults to get information and resources they may need and allows the business or agency to contact the older adult population.

Over the years we have partnered with local schools and continue to do so, via a variety of programs including the Interact Club and a newly formed writers’ collaborative. The Community Civic Groups also give to the Senior Center participants, whether it’s tickets to an event, providing a community food share or donating supplies to the Senior Center. Business and faith organizations also play an important part of our partnership. The involvement and actions promote a feeling of well-being and people are truly appreciative of the attention.

In this uncertain time of managing the pandemic, the Community Connections we have, strengthen our Older Adult population’s ability to stay in contact and be involved. The first part of the pandemic simply shut everything down to the most vulnerable in our community. Social Isolation was already a problem for Older Adults. We are all learning to manage the illness, so we can be involved and social, not alone and isolated. The community partners have been a real asset in this area. Celebrate this month of September and know the Center has many partnerships working toward a common goal - To keep everyone connected and involved.

September is National Happy Cat Month!!
Hug a cat!
Special Events & New Topics

• **NEW - Exercise Room** - Have you checked out our exercise equipment room lately? We just purchased a recumbent bike. It allows you to sit back, watch a show on an iPad or smart phone. It even has a fan to cool you off. Come check it out! Exercise is good for you! It’s just a matter of making it a priority and habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties and improve cognitive function. Regardless of your age, we hope this will motivate you to incorporate exercise into your life.

• Snuggle up with a **Good Book Bundle**! The East Hampton Library is packaging Book Bundles for your pleasure. Come on in to the East Hampton Senior Center and pick up your bundle to read at home. Each Bundle has a theme, like Mysteries, WWII, history, Romance, etc. All you need to do is sign in at our kiosk and pick up a Bundle. Return the books to the Library when you are finished reading. If you have a special interest, let us know, the staff will Bundle to your interests!
  
  • **Book Nook:** Take a Look! In the corner of the Sunroom at the Senior Center stands a bookcase with books! Quite a novelty, I know! We would like to encourage a book exchange… If you are done with a book and think others would enjoy reading it, swap it out for one from our bookshelf. Please, nothing written prior to 2010. Ask us about it at the Center!

• **Need a card?** A variety of cards are displayed by the fireplace in the Senior Center. You’re welcome to peruse the selection. There is no fee for this service.

**Meet Master Naturalist Lynn Kochiss on Wednesday, September 28th from 11 am-12:30 pm.**
Leaves will be turning, the air is cool and clear—What better place to see the season changing than at East Hampton’s own Hurd State Park. Meet Master Naturalist Lynn Kochiss at the pavilion for a short walk to explore the surrounding forest, then return to the pavilion for a boxed lunch.

**Directions to the pavilion:** Follow Route 151 to the traffic light at the intersection of Hog Hill Rd. and Hurd Park Rd. Turn onto Hurd Park Rd. Go about ½ mile to the park entrance on the right. Follow this entrance road about ½ mile to the first paved road on your right. Turn there. Parking and the pavilion will be at the end of this road.

**HISTORICAL NATURE NOTE**
In 1914, just one year after the formation of the State Park Commission, the state purchased 150 acres from Russell Dart as part of an initiative to obtain land for public use along the Connecticut River. This parcel established Hurd State Park, one of the first three state parks in Connecticut. The park is named after the Hurd family, which came to the Middle Haddam region from Eastham, Massachusetts in 1710.
Notes of Interest

- **NEW:** If anyone is in need of incontinence supplies (Large or X-Large), please contact Sher-yll Dougherty at sdougherty@ehhact.org or 860-267-8498, ext 2.
- **Ask us about opportunities to be a Meals on Wheels Volunteer Driver!** If interested, please stop in on Tuesday or Thursday to speak with Bob Atherton, our ‘Volunteer Coordinator’.
- **Volunteer Shopping program:** We continue to take your orders, assign a volunteer, shop and deliver your groceries. We will call before we arrive at your home, so you may write out a check for the amount of the groceries. The idea is to maintain minimal contact upon delivery.

**SAVE THE DATE:**

**U.S. Coast Guard Symphony Orchestra,** Monday September 19th - East Hampton High School, 7pm. Hosted by the East Hampton Lions Club. Free Admission.

**CRT is providing lunches at the Senior Center 5-days a week**

11:45 to 12:45pm

September Specials

- **National Chicken Month** on Thursday September 1, 2022
- **National Chocolate Day** on Friday September 23, 2022
- **National Apple Month** on Wednesday September 28, 2022

These are healthy meals you won’t want to miss! This is a free Elderly Nutrition program, funded through the Older American’s Act. There is a request for a $3.00 donation as the grant does not cover all the expenses. However, no one will be turned away for lack of a donation.

You can register for meals on-line, call the Center or use the Touch Screen at the Center to reserve your meal. If you want to sign up for lunch the next day, you must register before 11am the day before. Don’t forget to cancel if you are unable to come. You can cancel by calling the café at 860-267-4426 ext.320 or you can unregister on-line through MyActiveCenter.com.

There’s an exception for registering for a meal on a weekend or Holiday: You will not be able to register for the Monday meal after 11am on Friday. This is also the case for a Holiday that falls on a Monday. **The cut off for sign-up for the Tuesday after a Monday Holiday is Friday at 11am.** Please call us if you need assistance with this process.

New to the Center? And the Food program? We have a registration form for you to complete before you sign up for your meal. Ask Dorene or Shannon for the Meal Form-5. Bon Appetit!

*Food is our common ground. A universal experience.* ~ James Beard ~
Ongoing Programs

**Quilters Club, in-person** - Mondays, 9 to 11am – Bring your own project, get help and meet others while working on projects you love to do.

**Mexican Train, in-person** - Mondays, 9:30 to 11:30am – Come join the gang for Mexican Train dominoes! Come on in and learn as you go! Please be sure to pre-register to reserve your seat. All games must finish by 11:30 so we can set up for lunch.

**UPDATE: Book Club** - Meeting at the Senior Center on September 13th at 10:30am – September’s book is *The Plot* by Jean Korelily (in-person & virtual)

**UPDATE: Tai Chi & Qigong, Moving for Better Balance** – Virtual Tuesdays at 10:30 to 11am, September 13 to November 15 – $50.00 – This workshop helps increase body awareness, improves cognition and reduces the risk of falling. Please register with a check, payable to Town of East Hampton or with cash. Once payment is received, Tom will send you the link to the class. This class is also available via Zoom at the Senior Center. Call us for more details.

**BINGO, in-person and via Zoom** – Tuesdays from 1:15 to 3pm – Be prepared for lots of laughs and prizes! We ask for $1.00 for first card, $1.00 for each additional card, up to a total of 5 cards. Cash Prizes will be awarded for each game based on revenue coming in that day. People who Zoom, can make arrangements to pick-up their winnings. New members welcome! Please sign up via MyActiveCenter.

**Bible Discussion Group** – Tuesdays, 1pm – This non-denominational Bible Discussion group will discuss The Bible and share ideas of Scripture in a friendly, supportive environment. All are welcome. If you have further questions, please call the Center.

**NEW: Corn Hole** – Every other Wednesday at 10:30 September 7 & 21
Join us for a new friendly competition of Cornhole. Cornhole is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. We will play outdoors weather permitting at the Senior Center. We might even join a league with other centers. Please sign up in advance via Myactivecenter.com or at the Senior Center.

**Writer’s Workshop w/Elizabeth, in-person and via Zoom** – Every other Wednesday at 9:30 (9/14, 9/28) or each Thursday at 10:30 – This is a supportive and welcoming community of various backgrounds and writing abilities. We write something new and we share out loud each session. New members welcome! Please sign-up via MyActiveCenter.com.

**UPDATE: Chair Yoga, in-person with Kitch or via Zoom** – Wednesdays, 11:40am to 12:40pm, Present session 8/24 to 11/2 (no class 9/28) – The class meets in the Community Room, Town Hall. This class offers a blend of stretch and movement for Active Older Adults. A chair is always available to assist with balancing. Class finishes with restorative breathing and relaxation.
**Ongoing Programs, cont’d**

**Open Art Studio** - **Wednesdays from 10 to 1pm** - Bring your own project and supplies. Be prepared for creativity and camaraderie. New members welcome!

**Wii BOWLING** - **Thursdays at 10am, on 9/1 & 9/15 & 9/29** – Join the fun! Friendly competition between friends. Pre-registration is necessary via my MyActiveCenter.com or call us.

**Setback** - **Mondays At 1:00pm and Thursdays at 1:15pm** – Pre-reg is necessary via my MyActiveCenter.com. Partners are determined on the day you play.

**BACK BY POPULAR DEMAND:** **Tap Dance** - **Thursday, September 15th, 11:15 to 11:45am**
Call the Center to let us know you’re coming!

**Friday Game Day, in-person** - **Fridays from 10 to 12** – Space available for all sorts of games: Mahjong, Cribbage, Mexican Train, Setback, Rummy, Scrabble. If interested to play, please call! We’d like your input!

**Textile Group, in-person** – Knitters and crocheters meet at the Senior Center on **Fridays, 1pm** – Bring your own project, craft, quilting and /or crochet. It’s a time to gather with friends and get your project completed!

**Family Tree Friday** - **Friday, September 16th , 10:30 to 11:30am** – Mr. Ken Doney continues to help participants search the history of their family. Please bring your own mobile device to this program. Please register in advance.

**Art w/Karen** – **Sunday, September 25th, 2 to 4pm** – Please join Karen Williams, as she takes you through beginner steps of creating an Acrylic Painting. The class cost is $5. for supplies. Please pay Karen the day of the event. Preregistration is required.

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**Staff Announcement!!!**

Good news! Meet Joni O’Toole. She is filling a vacant position that was approved 2 years ago for an Activity Specialist. Joni will be working on Monday, Wednesday and Friday. How will this impact you? We hope to see more programing and people at the Center on those days. In addition she will be available for the partners that don’t always show up for card games. Please welcome Joni to the Center!!
Helpful Hints from the Help Desk

Why Register:
Myactivecenter.com allows you to sign up for programs without calling the Senior Center or coming in to sign-up. It also will automatically gives you the updated links for virtual programming, no more emails!

How to Register:
Type: MyActiveCenter.com. The program will walk you through the steps to register. You will need the key tag # from the card you scan with when you enter the Center, your phone # and the email you registered with when you signed up at the Senior Center. We know, things change and you might not know which number you registered with … Call us and we will look it up. Once you are registered, you only need your email and password to get in.

When registering, be sure to click on Register button 2 times. Double check to see what you are registered for by clicking on your name, upper right-hand corner, then click on ‘Activities’. It will list everything you are registered for.

If you are not able to attend in person, but still want to do the activity, no problem:
If you register on-line, MyActiveCenter automatically gives you a notification and an invitation to the zoom class.

How do I take my name off an activity?
If your plans change, you can un-register from home. Point your mouse over your name in the upper-right of the screen and click. A drop-down menu will display. Select ‘My Activities’. A calendar will display with your upcoming activities. On right is a RED “X”. Click on the “X” and this will remove you from the activity.

Virtual Senior Center Bulletin Board:
And did you know you have a personal electronic Senior Center bulletin board with MyActiveCenter.com? As we confirm programs and activities, we post them on MyActiveCenter.com. You will be able to sign up for these activities before those who rely on the hard copies we send out. As usual, we will also continue to post flyers at the Senior Center.
Travel News

East Hampton Senior Center and Friendship Tours Present

THIS MONTH:

Cranberry Bog Tour, Wareham MA - Thursday, September 22, 2022
A.D. Makepeace Company is the world’s largest cranberry grower! Join us for a narrated tour of the Bog. Learn about harvesting and being a cranberry farmer, along with an up-close view of the wet cranberry bogs. Includes lunch at Lindsey’s Family Restaurant, known for their hearty New England fare and seafood.
COST: $116 / person.

In The Christmas Mood - The world famous Glenn Miller Orchestra, December 7, 2022 at the Aqua Turf Club, Plantsville CT
This world famous orchestra is the most popular and sought after swing band in the world. A fun and lively Holiday Show. Delicious lunch at the elegant Aqua Turf in Plantsville CT. Family style Menu: Garden salad, Pasta, Roast Turkey & Baked Ham, Vegetable, Potato, Rolls, Dessert, Beverage.
COST: $114 / person.

IMPORTANT: Please pay for trips here at Senior Center on a Tuesday or Thursday. You are unable to sign up for trips on My Active Center. Your seat is confirmed with your deposit or payment in full. Travel flyers for trips are available at the Senior Center. Checks for all trips should be made payable to ‘Town of East Hampton’.

BBEYONDER - VIRTUAL TRAVEL PROGRAMS:

BBEYONDER - Join us for a live and interactive guide to alternative travel - We loved visiting Spain in August, and the Gazpacho was the best! Join us again for a Zoom presentation at the Senior Center as we tour Tel Aviv, Israel. Join us on a surprising tour - within Tel Aviv and Old Jaffa from the Bible- and Genesis and the Prophets. You will learn about Japhet, the Tower of Babel, the cedars of Lebanon, Jonah the prophet, Saint Peter and more - and see how Jaffa is connected to all of it, as the bridge between Jerusalem and the Nations. You will also hear about the long Jewish exile and the return to Israel in the light of the prophecies and see the role Tel Aviv played in the Zionist movement and the establishment of Israel in 1948. This is a virtual tour and will be given from Tour Guide’s home using different visual aids.

BBEYONDER is the company providing virtual tours all over the world. Join us at the Senior Center on Wednesday, September 14th, from 10-11 am. Please register in advance, via MyActiveCenter or call the Center.
Cooking Demonstration
with Mary Lee Brody,
Easy Recipes with Chocolate
*Thursday, September 15th at 1 pm*

Learn about different types of chocolate and easy recipes for each. Mary will be demonstrating One Bowl Brownies with unsweetened chocolate and chocolate chips, Mini Oreo Cheesecakes with White Chocolate Drizzle made with semi-sweet chocolate, and Classic Chocolate Cake (in a 13x9-inch pan) with cocoa powder. There will be lots of tips and tricks for working with chocolate, and of course, much sampling. **Please sign up early.** Mary’s classes are very popular. $3.00 donation. Call the Center.

Stop & Grab - Stay & Enjoy! At the Senior Center!
*September 21st at 1:00pm*

Stop by the Senior Center, while there, grab a lunch and enjoy the music of the Four Fun Band! Celebrate the day with your friends.
The **Grab** is sponsored by our National Healthcare friends at Marlborough Healthcare.
The **Enjoyment** is sponsored by your very own, Senior Center!

**HAPPY FALL**