



NEW EXCITING OCTOBER PROGRAMS



SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM. THE EASTON SENIOR CENTER WILL BE CLOSED ON OCTOBER 8, IN OBSERVANCE OF COLUMBUS DAY

FABULOUS FALL LUNCHEON WITH BOB GIANNOTI

Monday, October 15 11-1. See enclosed flyer for details. Lively music and Lunch. Please RSVP. Cost \$10



LADIES LUNCH BUNCH

Friday, OCTOBER 19 at 11:30. The Riverview Bistro 946 Ferry Blvd. Stratford). \$25 all inclusive. New Restaurant. This popular outing gives you the opportunity to visit a different restaurant in the area. Great opportunity to socialize with new and old friends. Van transportation is available but limited. RSVP



HISTORY PRESENTATION

Wednesday, October 17 at 10:00am "In the Footsteps of the Mob," details in attached flyer. Beginning in East Harlem, we will view mobsters and places of interest in the city. RSVP Historian, Jim Sullivan

SPECIAL FILM AND DISCUSSION: VIDEO FOLLOWED BY LIVELY DISCUSSION WITH VAL

Wednesday, October 17 at 12:30. SHAKERS Portrayal of 200 years of Shaker life in America, guided by recollections of three surviving members and archival material. Explore every aspect of a strange, noble sect that produced some of the greatest architecture and furniture in U.S. history. This story of devotion, invention, ingenuity, simple crafts, and dance was filmed at existing Shaker locations . Please RSVP



ESTATE PLANNING

Wednesday, October 10 at 10:00am. Attorney Christine Tenore will present an open round-table discussion regarding Estate Planning. She will review the many documents needed for Life Planning – not only Estate Planning, but Wills and Trusts. It is essential for everyone to insure that their medical wishes, as well as their financial goals, are met as they age in place. Attendees are invited to bring their questions for a mutually beneficial discussion. RSVP



CALAMITY COOKING

Tuesday, October 30, 10-12 Calamity Cooking is a once a month cooking class. Please join in by helping prepare and then enjoy lunch. Cost is \$6. Limit 12 with Hobie Summers.



Friday, October 12 at the Easton Senior Center. Don't let heart disease and stroke get in the way of the life you love. Schedule an affordable, accurate health screening today. Our screenings are easy, convenient and non-invasive. Your results will be reviewed by a board-certified physician to ensure the highest standards. Call 888-814-0416 to register.

BASIC FIRST AID TRAINING

Thursday, October 25 at 10:00am WAITING FOR THE AMBULANCE: THE SCARIEST 10 MINUTES OF YOUR LIFE. This basic first aid taught by Sherman Turner, an advanced Emergency Technician, will prepare you for some common emergencies you may face, such as bleeding control, seizures, strokes, traffic accidents, and injuries from falls. Be prepared to help a loved one survive until the ambulance arrives.

FLU SHOTS



Thursday, October 18 and Wednesday, October 24 between 7-11am. Please call to register for an appointment. You do not have to be an Easton resident.

MEDICARE OPEN ENROLLMENT



Wednesday, October 16 and 25, 8-11. November 7 and 27 Now is the time to schedule an appointment in order to review your insurance choices to find the plan that best covers your needs. Counselors, Ron Berry and Natalie De Mise. Please call.

MEDICINE DISPOSAL



Coordinated with Easton Chief Timothy Shaw. Bring in your unused or expired meds to the Easton Public Library Parking Lot on Saturday, October 27th between 9am-1pm.

MEET YOUR DEMOCRATIC CANDIDATES! TELL THEM WHAT YOU THINK

Friday, October 26 @ 9:00am . All 4 Democratic candidates running for office to represent Easton are coming to the Senior Center to join you for breakfast treats, hear your concerns, discuss issues, and answer questions. Meet and talk to: Ann Hughes, CT House District 135; Ira Kaplan, Easton Board of Selectmen; Michelle McCabe, CT Senate District 28; Lori Underberger, Judge of Probate District 46. RSVP



AARP FIFTY- FIVE ALIVE

Wednesday, November 14 from 8am-12pm. Refresh your driving skills and get a discount on your car insurance. \$15 for AARP members and \$20 for non members. Please RSVP