

# THE EASTON SENIOR CENTER NEWS

650 Morehouse Road, Easton, CT 06612 Phone: (203)268-1145 Fax: (203) 268-9586

Email: [eseniorc@optonline.net](mailto:eseniorc@optonline.net) [www.eastonseniors.com](http://www.eastonseniors.com)



## MISSION STATEMENT

The Easton Senior Citizen's Center is an intellectual, educational, cultural and social center for adults of all ages, but especially for retirees, seniors, and physically challenged adults.

Its purpose is to enrich the town and surrounding communities and to provide assistance to individuals and communities in need.

## SERVICES

Cable TV  
Computers  
DVDs  
Fax Machine  
Internet Access  
Justice of the Peace  
Large Print Books  
Mail Services  
Manicures/Pedicures  
Notary Public  
Optelec Readers  
Photocopy Machine  
Therapy Equipment  
Reading Library  
Haircuts  
Handyman Lists  
Manicure and Pedicure  
Massage Therapy  
Notary Public  
Seamstress  
Bus transportation for homebound  
WiFi [Free]

Many thanks to the following folks who donated the cost of printing and mailing this program: Laurie Mellen, in loving memory of Jean Croll, Fran Pierwola, in loving memory of Sophie Radomski, Lucille Marottoli, Barbara Sliva, John Poidomani, and Meta Schroeter. Also, Alice Vasil in loving memory of her loving husband, Bill.



The Senior Center will be closed on President's Day, February 19th.

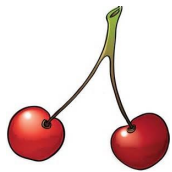
PLEASE NOTE THAT if the weather is inclement note that any cancellations or closures on CHANNEL 3, 8 and 12. ALSO NOTE that we do not close the Center unless the Town Hall closes. In spite of the unpredictable weather, we have planned an exciting program for you this month.

1. Please remember if a MOVIE IS SERVING REFRESHMENTS, you need to sign up early so we can prepare food.
2. Dr. Ramona Garcia will present two brand new HISTORY SEMINARS this month. (details inside.)
3. Be sure to sign up early for the LADIES LUNCH BUNCH on February 16th a Nostrano's.
4. Be sure to join my MOVIE, DEBATE, DISCUSSION CLASS February 14 & 28th. (See inside)
5. The TAG SALE will stay open another week more than planned, until February 9. If you have any items in good condition, do not hesitate to drop them off.
6. HELEN KELLER MIDDLE SCHOOL HAS PLANNED ANOTHER ANNUAL "Keller Connects" program for seniors. Last year all the folks who attended had a wonderful time being entertained by the middle school students. Be sure to sign up early! For APRIL 27th. See flyer.
7. A CHESS group is starting in APRIL. Call us if you are interested.
8. MANICURES, PEDICURES AND FACIALS have expanded to include Mondays .
9. EASTONITES BE AWARE that I am seeking volunteers to work on the 2018 Easton Directory !! All work can be completed by e-mail or on the phone. Please call.
10. ATTORNEY SHERMAN TURNER will continue CPR CLASSES. The class lasts for 1 1/2 half hours THIS MAY SAY A LIFE IN YOUR FAMILY!! Call to book for February 28 from 10-11-30am.
11. A SPECIAL THANKYOU TO THOSE WHO ATTENDED THE SENATORIAL DISCUSSION CONCERNING THE MEDICARE SAVINGS PROGRAM. Kudos to all those who signed our petition to Governor Malloy to restore funding. Our petition encourage d other senior centers to to join . Senator Hwang has sent us this e-mail.

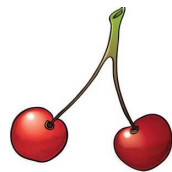
*"Dear Val, Good news for seniors from the CT. State Capitol The legislature passed in veto proof majority in both House & Senate to restore funding for the Medicare Savings Eligibility Program. I am asking you to share the attached update with your senior members the good news and encourage them to remain vigilant and continue the advocacy that motivated my fellow colleagues to "do the right thing." Basically the update states that "this action will provide predictability and stability while giving peace of mind to CT. seniors and most vulnerable residents. I will work tirelessly in a bipartisan manner to address the state's budget deficit. " There is strength in numbers!! Val*

**DONATIONS NEEDED: Cookies, Wrapped candy, Paper Towels, Napkins, Stamps, Blank Greeting Cards, Business Envelopes, and Yarn. Keep us in mind. Thank you.**





# NEW EXCITING FEBRUARY PROGRAMS



SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM. THE SENIOR CENTER WILL BE CLOSED ON FEBRUARY 19TH IN OBSERVANCE OF PRESIDENTS' DAY

## CPR

Wednesday, February 28 from 10:11:30.

Continuing to reach a goal of 1000 people to make everyone's community a safer place to live, volunteer, Sherman Turner will instruct this hands on and group interaction program. Please call to register.



## BRITISH HISTORY WITH DR. RAMONA GARCIA

PLEASE JOIN US FOR A FOUR-PART SERIES ON "THE CHILDREN OF KING CHRISTIAN IX." OF DENMARK who sat on the thrones of Denmark, Greece, Great Britain, and Russia.

1. Wednesday, January 31 at 10-11:00am. "Frederick VIII, King of Denmark" knew his destined role as Denmark's future king. Little did he realize how long he would wait and how short he will reign.
2. Wednesday, February 14 at 10-11:30am. "Queen Alexander of Great Britain." Alexandra of Denmark's marriage to Albert Edward, Prince of Wales, set her on the path to becoming Queen of Great Britain.
3. Wednesday, March 28 at 10-11:30am. "George I, King of Greece" Accepting an offer of the Greek throne, Prince William of Denmark embarks on his reign as King George of Greece. Will his crown bring happiness?
4. Wednesday, April 25 at 10-11:30am. 'Empress Marie of Russia" With the death of Tsarevich, Nicholas Dagmar of Denmark, loses a beloved fiancée as well as the opportunity of someday becoming Empress of Russia. Please



## LADIES LUNCH BUNCH

The Ladies Lunch Bunch February 16 at 11:30am at "Nostrano's" 179 Main St. in Monroe. \$25 all inclusive. 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

## BEGINNER BRIDGE CLASSES

Thursdays at 9:30am. This is a basic class for those with little or no knowledge of playing Bridge. Still space. Cost \$8

## FRIDAY NOON MATINEE

FRIDAY, February 9 and February 23 will feature Season 3 of the popular series, WHEN CALLS THE HEART.

## CALAMITY COOKING

Tuesday, February 27 from 10:00am 12:00pm Calamity Cooking is once a month cooking class. Come and join in by helping prepare and then enjoy lunch. Cost \$6 Limit 12 with Hobie Summers. RSVP



## SPECIAL FILM AND DISCUSSION VIDEO FOLLOWED BY LIVELY DISCUSSION

Wednesday, February, 14. Medieval LIVES:MARRIAGE In the Middle Ages marriage wasn't just a choice made by bride and groom – they were often the last pieces in a puzzle, put together by their parents, with help from their family and friends, according to rules laid down by the church. For the church, marriage was a way to contain the troubling issue of sex, but, as the film reveals, it was not easy to impose rules on the most unpredictable human emotions of love and lust.

Wednesday, February 28. THE COURAGEOUS HEART OF IRENA SENDLER The story of Irena Sendler, a social worker who was part of the Polish underground during World War II and was arrested by the Nazis for saving the lives of nearly 2,500 Jewish children by smuggling them out of the Warsaw ghetto. Instructor, *Val Buckley*

## TAG SALE

JAN. 20-FEB. 9 WEEKDAYS 8am-3pm. Stop in these last few days.

## COMING IN APRIL

## INTEREST IN PLAYING CHESS

CALL Frank DeStefano 203-333-6857. Probably Fridays at 12:30 or 1:00pm beginning in April. Please call if interested

## KELLER CONNECTS

Friday, April 27, 9:00am-11:30am. The students of Helen Keller Middle School will be entertaining you with the third annual Senior Day. So please mark your calendar and call to reserve your spot. There will be trivia competition, Musical performance and much more. Refreshments will be served. 360 Sport Hill Road Easton



# CLASSES FOR FUN, LEARNING AND SOCIALBILITY

**FUNDAMENTALS OF INVESTING**—*Tuesdays, bi-monthly February 13th and 27, 9-10:00am.* Find out what is new in the Stock Market. No Charge

**PAPER CUTTING**—*Thursday, February 1 at 9:30am.* On the first Thursday of the month you will design mobiles and works of art using just a scissors and paper. Cost \$8

**CARD MAKING**—*Thursday, 9:30am. Will return in March* You will make 8 all occasion cards. You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. Call for interest. Cost \$8.

**INTERMEDIATE BRIDGE LESSONS**—*Mondays at 9:30am.* In this course, we will cover a wide range of bidding, declarer play and defensive play topics encountered in the game of bridge. Basics of Bridge needed. No class February 19

**DUPLICATE BRIDGE**—*Wednesdays at 12:00pm.* Duplicate bridge uses a variation of contract bridge. The same bridge deal is played at each table and scoring is based on relative performance. Instructor John Falwell

**TUESDAY TRUMPERS**—*Tuesday, February 20* Contract Bridge group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

**BEGINNER BRIDGE**—*Thursdays at 9:30am* Formal lessons. Basic class for those with little or no knowledge. Cost \$8

**MAHJONG/PINOCHLE**—*Tuesdays at 12:00 noon.* Mahjong is a **TILE –BOARD** game that originated in China during the Quing Dynasty. Similar to Rummy, it is a game of skill, strategy, and calculation and involves a degree of chance. Pinochle group looking for players. No Charge

**MEXICAN DOMINOES**—*Wednesdays at 9:00am.* You can hear the whistle from this quick learning game. The object is for a player to play all the dominoes onto one or more “trains” channeling from a “station.” No Charge.

**ART /WATERCOLOR**—*Thursdays at 9:30am.* Improve your technique through instruction and guidance. Instructor: Robert Marcello. Cost \$10

**KNITTING**—*Fridays at 9:30am.* This dedicated but lively group makes things to raise funds for the center as well as for charity. No charge

**WEAVING**—*Fridays at 9:30am.* Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley

**CHARITY QUILTING**—*Monday, February 26, 10:30.* Make beautiful machine quilted items to give to charity

## EXERCISE PROGRAM

**BALANCE AND STRETCH**—*Mondays in at 9:30am. No Class February 19.* These classes help you with balance and overall upper and lower strength improvements. Great for those coming out of Physical Therapy or with limitations using canes or walkers. Cost \$8. Instructor Richard Marcello, M.S. in Life and Sport Analysis. Cost \$8

**YOGA**—*Tuesdays, 8:45-9:45 am.* Yoga is aimed to unite the mind, the body, and the spirit. Cost \$8. Instructor, Charlie Sikorski

**WEIGHT TRAINING**—*Wednesdays, 8:45-9:45am.* . Geared toward individuals 50 years and older to prevent the weakening muscles. You will be using small weights and bands. Cost \$8. Instructor, Diane Tatnall

**TAI CHI**—*Thursdays at 9:00am.* . Learn step by step using gentle flowing movements. Beneficial to overall health. Cost \$8. Instructor, Deby Goldenberg

**LATE MORNINNG YOGA**—**WILL RETURN IN APRIL** *Thursdays, 10:15-11:15am.* Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Charlie Sikorski

**ZUMBA GOLD**—*Fridays 9:00-10:00am.* This dance workout incorporates many of the fitness routines set to international rhythms but performed at a lower intensity. Cost \$8. Instructor, Diane Tatnall

## KEEPING HEALTHY

**WELLNESS CHECK**—**February 16 by appointment only.** Keep on top of your readings. Cholesterol, Blood Pressure and Sugar Testing. There is a \$15 cost for the Cholesterol Screening (must fast). Nurse, Susan Casso

**MASSAGE**—Massages are on Tuesdays by appointments Cost \$50/per hour. Massage Therapist,

**HEARING TESTING**—*February 13. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

**BLOOD PRESSURE TESTING**—*Tuesday, February 20, 12:00-1:00pm.* Once a month on the third Tuesday.

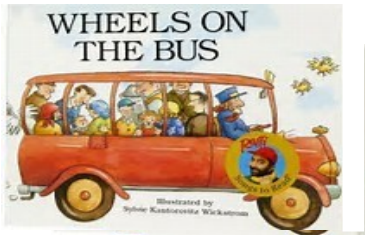
**CPR**—*Wednesday, February 28, 10-11:30am.* Please register

**HAIRCUTS**—*Fridays by appointment. 9:00am-11:30am.*

## SERVICES

Women \$15 and Men \$10. Maria Shapiro **FACIALS, MANICURES/PEDICURES/FACIALS**—*Mondays and Wednesdays by appointment. 10:00am-12:30pm* Mani/\$10, Pedi/\$15 Theresa Lomax

**ALTERATIONS**—*Tuesdays, at 9:30-10:30am.* First come/First serve. Items will be returned the following Tuesday. Seamstress, Josephine Visciglia



## EASTON SENIOR CENTER FEBRUARY 2018 TRIPS

*Take the Day Off*

### **SIGN UP IMMEDIATELY FOR INTEREST FOR THESE DEFINITE TRIPS.**

**We understand that due to the recent bad weather, you may have been hesitant to book. However, if you are interested in any of these Spring –Fall trips, please, we need for you to call immediately or we will have to return our good seats. These are excellent shows at excellent prices.**

**WESTCHESTER BROADWAY THEATRE – 2 GREAT SHOWS!! PLEASE SIGN UP NOW!!** Includes all gratuities, tickets, lunch and transportation

1. **LIVE FROM NASHVILLE Monday, April 9, 2018 Cost \$90** This incredible theatrical production brings phenomenal fiddling, fancy footwork and top-flight vocals to the theater in a trip through some of country's greatest music—songs brought to life by Patsy Cline, Hank Williams, Johnny Cash, and Dolly Parton. Complete with dazzling staging and rhinestone-bedecked costumes.



2. **NEWSIES (Between Sept-November 2018 ONLY Cost \$90** Winner of the 2012 Tony Awards for Best Score and Best Choreography. A defiant tale of feisty kids making a difference. Orphaned, homeless yet determined to succeed, New York's newsboys live urchin-like, dreaming of a better life. it's a high-energy explosion of song and dance you just don't want to miss.



### **MYSTERY TRIPS FOR 2018**

**SPRING MYSTERY TRIP Tuesday 8th May COST \$90**

**SUMMER MYSTERY TRIP Tuesday 10<sup>th</sup> July COST \$90**

**FALL MYSTERY TRIP Tuesday 25<sup>th</sup> September COST \$90**

**WINTER MYSTERY TRIP Tuesday 4<sup>th</sup> December COST \$90**

### **SACRED HEART UPCOMING CONCERTS**

**SHU L.O.V.E POPS CONCERT April 7<sup>th</sup> 2018 7:30pm. Cost \$10** Ladies only ensemble presents inspirational music highlighting the emotions, stories and heart-warming experiences that share how kindness, caring and coming together can build connections and reach out to all in search of a world where everyone is valued and loved. University Commons.

**SHU THROWBACK CONCERT SUMMER ROAD TRIP April 23<sup>rd</sup> 2018, 7:30pm. Cost \$10** Edgerton Center

Features iconic hits celebrating the most legendary of adventures. Follow the SHU choirs as they celebrate a journey across the USA.

**SHU CLADDAGH DANCERS March 14 2018 7pm Edgerton Center Cost \$15, Seniors**