

THE EASTON SENIOR CENTER NEWS

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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.

Many thanks to the following folks who donated the cost of printing and mailing of this program : Sue Forman, the Connolly Family and the J.P. Morgan Foundation, J. Platt, Louise Kranyik, and the Carstensen Foundation kindness of Elizabeth Tellalian. *Thanks so much to all those special folks who have sent in donations for our new 88 inch television. Our fund has reached \$3,200 !! It is amazing!*



A VERY SPECIAL THANK YOU TO E.M.S. VOLUNTEER, ATTORNEY SHERMAN TURNER ,WHO TOOK THE TIME TO HOST THREE C.P.R. CLASSES FOR THE EASTON SENIOR CENTER AND EASTON TOWN HALL STAFF AND OTHER FOLKS , SO THAT OUR WORK ENVIRONMENT WILL BE KEPT SAFE!! HIS EFFORTS ARE REALLY APPRECIATED! THERE WILL BE TWO MORE CPR CLASSES OFFERED ON OCTOBER 5 AND OCTOBER 12 FROM 10:30-12:00PM. PLEASE CALL TO REGISTER. SHERMAN'S GOAL IS TO VOLUNTEER TO TRAIN 1000 PEOPLE TO TAKE THE LIFE SAVING COURSE. THIS MAKES EVERYONE'S COMMUNITY A SAFER PLACE TO LIVE.

THE EASTON SENIOR CENTER WILL BE CLOSED ON SEPTEMBER 4 IN OBSERVANCE OF LABOR DAY

Hi Everyone, Hope your summer was perfect. Can't believe that September is here and we are starting our popular classes again, with additional new classes as well. Please take a close look at all the flyers as well.

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]

1. Please note our new flyer showing just how many different exercise programs we do have each month. Please notice one change. Balance and Stretch is on Mondays mornings at 9:30am. You have so many choices, Yoga, Zumba (for seniors), Balance & Stretch, Tai Chi, and Weight Lifting. Essentrics will begin in October.
2. COMPUTER SESSIONS BEGIN THIS MONTH. Call us and please check details inside.
3. FLU SHOTS will be given on two days, October 19 and October 25th between the hours of 7:00am-11:00am. Call early for an appointment. There are no waiting lines. Everyone has an appointment time and most shots are covered by different insurance companies but make sure you call to check if your company has special considerations.
4. Attorney Christine Tenore will return to talk about the two important topics: "Long Term Care" on Sept. 12 and "Estate Planning" on September 26 at 10:00am. Be sure to sign up early.
5. Some special items are on display at the Center this month. These are made by folks in two popular classes, PAPER-CUTTING and CARD-MAKING. Come take a look. You may want to sign up!
6. Our Silent Auction will be held September 11-22 during working hours 8am-3:00pm. Our Coordinators for the Auction are Karen Casarin and Pat Ruhanen. Words cannot express our thanks for their ongoing efforts on behalf of the Center.
7. Our next TAG SALE is planned for October 10-20. Remember if you have clean items that you no longer need, please bring them in from Monday thru Friday.
8. Our HOLIDAY BOUTIQUE (November 1- December 21) is a special sale in time for the Holidays and our 12 DAYS OF CHRISTMAS RAFFLE will begin on (November 1) when 12 Special gift baskets will be raffled at \$50 value for each one.
9. David Shafer will present a special program "ROMANTICISM IN OPERA" on Wednesday, September 13 from 10:00am-11:30am. Sign up required.
10. Dr. Jeffrey Engel will return on October 20th with a special Halloween Music Presentation, "SPOOKTACULAR COMPOSERS." Please sign up early.
11. A FALL FEST LUNCHEON WILL BE HELD ON OCTOBER 16 WITH THE NEWLY RELEASED MOVIE "Megan Levey." Lunch will be at 11:00am followed by the movie. Please sign up soon. Cost \$12
12. Next time you drop by to see us please make sure you ask about our remembrance garden. We just planted a Chinese Dogwood in loving memory of Walter Eastwood, our Treasurer for 25 years. There are also several other shrubs newly planted by other seniors who wish to remember relatives in such a beautiful setting. If you are interested in participating in this program, please let us know.

Please donate the following items:
cookies, candy, paper towels, empty
egg cartons, and especially yarn.

Take care of yourselves. Keep safe and well. Fondly Val.