

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.

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]

The Easton Senior Center will be closed on November 9 in remembrance of Veterans' Day and November 22nd at noon and November 23rd and 24th for Thanksgiving.



Hi, Friends of the Easton Senior Center!

1. Hope you are all loving the new program. November is going to be a really busy month with lots of exciting events. Be sure to sign up early. So here goes!!
2. Be sure to sign up for our very special "Preparation for Winter" Seminar. This information may save your life! Come listen to Kay and Jay from Synergy Home Care and Lucy Crossman, Easton's dynamite Deputy Fire Chief. It is really important to remain informed about such subjects.
3. On the subject of safety please get involved in a new project sponsored by Attorney Sherman Turner who has set out to teach everyone he can how to save a life by learning the most up-to-date method of CPR. So far he has donated three refresher CPR classes. Please take the time to take the time to learn how to save a life!
4. For those who need Medicare Assistance please note we have the same team that will return to help you compare insurance deals. November dates are noted inside.
5. Beginner Computer and Device Use Classes are scheduled. See dates inside and please sign up now!
6. Make sure that you plan to take the last AARP Driving class before winter. RSVP needed. Details inside.
7. We have a great seminar planned for you concerning TAXES. Attorney Christine Tenore will talk about "Everything you want to know about leaving tax-free legacies and wealth/asset distributions." Details inside.
8. Please join me Nov. 15 and 29 for a DVD of interest followed by a lively debate and discussion.
9. MAKE SURE TO VOTE on ELECTION DAY, NOVEMBER 7th Call our local Town Hall for schedules and rules.
10. NEWS FOR VETERANS!! The students of Helen Keller Middle School want to honor you for your service to our country. You deserve a debt of gratitude for your selfless commitment to our freedom. Please join us at Helen Keller Middle School on Friday, November 10th at 8:00am. For more information: ~Call Annie Mohr at Helen Keller Middle School (203) 268-8651 ~Call Val Buckley at the Easton Senior Center (203) 268-1145 ~Email Annie Mohr amohr@er9.org
11. We also need to join with the students of Samuel Staples School and NCL (Barlow Students) to make 75 grocery bags full of Thanksgiving dinners for the needy. Items needed are listed on the back page.
12. Be sure to watch for information on our December Holiday Buffet Luncheon which will be held on Monday, December 18 at 11:30 -2:00. Professional harpist, Rebecca Swett will perform. Come enjoy an unforgettable experience with the relaxing and gentle side of Holiday music.
13. Please note that Charity Quilting begins again in November and, by popular demand, a second class of YOGA begins on Thursdays from 10:15-11:15 in November.
14. Thanks to all those folks who have donated to our new TV project. We have raised 50% of the cost so far and hope to purchase our new TV by January 1st, You can really help us by selling raffle tickets in the coming weeks, These are for our 12 Days of Christmas gifts. Please call if you would like to help.
15. Make your appointment for your Wellness Check now. Get free Blood Sugar Testing and Blood Pressure. There will be a charge for Cholesterol testing of \$15. Keep your numbers on target!
16. Remember to tell everyone that we need fresh baked goods for our Thanksgiving Bake Sale on Tuesday, November 21st. Bring in baked goods before 3:30 on the 20th or very early on the 21st

FOR CANCELLATIONS OR DELAYS DUE TO SNOW, PLEASE WATCH CHANNEL 8 OR CHANNEL 12.

Love, Val

NEW EXCITING NOVEMBER PROGRAMS



SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM

NO CLASSES ON NOVEMBER 10 IN OBSERVANCE OF VETERANS' DAY

The Senior center will close at noon on November 22 and reopen on Monday, November 27

PREPARATION FOR WINTER

Wednesday, November 13, 10-11am. Some helpful advice for preventing common winter dangers that the elderly population faces: Including: Avoiding slipping on ice, dressing for warmth, fighting wintertime depression, checking your car, preparing for power outages, preventing carbon monoxide poisoning, smoke detectors, Fire/chimney cleaning, wood stoves, general winter fire safety. eating a varied diet, . Co-sponsored by Easton's deputy Fire Marshal, Lucy Crossman Presented by Kay Schrieber and Jay Kiley with Synergy HomeCare. Mid morning refreshment. RSVP



MEDICARE ASSISTANCE

Monday, November 6 and 8 between 8:30am-12pm. Please schedule your 1/2 hour appointment. Ron Berry and Natalie DeMeis return with all selections.

2 NEW COMPUTER SESSIONS

- 1) Tuesdays, 14th and 21st. (10:15-11:15 DEVICES (mobile phones, tablets and laptops). COST \$30
- 2) Tuesdays, November 14, 21, 28, Dec. 5. BEGINNER COMPUTERS (4 Week Session). Please call for interest. Cost \$60 for the session. RSVP

THE LAST BATTLE OF THE JAZZ AGE:

Governor Franklin D. Roosevelt vs Mayor Jimmy Walker

Friday, November 3 at 10am. Then Governor

Roosevelt forced Walker to resign at the conclusion of the Seabury investigation.

We will examine the investigation as well as music and monuments of the 1920s.

Please RSVP



AARP 55 ALIVE

Wednesday, November 15, 8-12. Refresh your driving skills and get a discount on your car insurance. Members \$15, non-members \$20. RSVP



WHAT ON EARTH ARE ALL THOSE TAXES?

Tuesday, November 14, 10:00am-11:00pm. Attorney, Christine Tenore, of the firm Elovson and Tenore, will present an open round-table discussion regarding the relationship among gift, capital gains, estate, income, trust, personal property and other tax issues that face individuals when planning for lifetime and after death wealth/ asset distributions.



BAKE SALE

Tuesday, November 21, 9am-12pm. The Easton Senior Center Advisory Board will be having a bake sale just in time for Thanksgiving. If you enjoy baking, please volunteer. If not, give yourself a break from baking and support your center. Bring in day prior.



FACIAL HOLIDAY SPECIAL

Mondays from 10am-3pm by appointment. Buy 2 at \$20 and get the third on e free. Gift certificates available.

CPR INSTRUCTION

Tuesdays, November 14 and 28 from 10-11:30am 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.



SPECIAL FILM AND DISCUSSION

Wednesday, November 15, 12:30pm. Medieval Lives:Birth, Marriage, Death Part I. Influence of Religion on w omen's lives in Medieval Times— Pregnancy and Child birth. Val Buckley

Wednesday, November 29, 12:30pm Medieval Lives:Birth, Marriage, Death Part II Continuation of the influence of religion on women's lives in Medieval Times—Courtship and Marriage. Val Buckley

LADIES LUNCH BUNCH (Jesse Lee Church)

In lieu of an outing to a restaurant this month we will have tickets to the Jesse Lee Thanksgiving Dinner on Saturday, November 4 at 6:00pm Tickets are limited so please call immediately. The Ladies Lunch Bunch 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



CALAMITY COOKING

Tuesday, November 28 at 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



HOLIDAY BUFFET PARTY

Monday, December 18 at 11:30am-2:00pm with Rebecca Swett, professional harpist following lunch. Cost \$ RSVP by Wednesday, December 13



CLASSES FOR FUN, LEARNING AND SOCIALBILITY

FUNDAMENTALS OF INVESTING-*Tuesdays, bi-monthly November 7 and 21* at 9-10:00am. Find out what is new in the Stock Market. No Charge

PAPER CUTTING-*Thursday, November 2* 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, November 16, 9:30am.* You will make 8 all occasion cards. You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. 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. Cost \$8

DUPLICATE BRIDGE-*Wednesdays at 12:00pm. Nov. 15, 12:15 Will begin at 12:15 on Nov. 16.* 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, November 21 at 10:00am.* Card group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

MAHJONG- *Tuesdays at 12:00 noon* Mahjong is a **TILE – BOARD** game that originated in China during the Qing Dynasty. Similar to Rummy, it is a game of skill, strategy, and calculation and involves a degree of chance. 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. No class November 23.* Improve your technique through instruction and guidance. Instructor: Robert Marcello. Cost \$10

KNITTING- *Fridays at 9:30am. None on November 10, 24.* 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. None on November 10, 24.* Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley

CHARITY QUILTING- *November 20 and 27 @ 10:00* Make beautiful quilted items to give to charity by using a machine.

MOVIES at 12:00 on *Mondays and Thursdays.* See flyer

EXERCISE PROGRAM

BALANCE AND STRETCH-*Mondays in at 9:30am.* 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. RSVP

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

YOGA (Additional Class beginning in November) No Class November 23. *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. No class November 10 or November 24.* 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 -*November 17 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 and Thursdays by appointments Cost \$50/per hour. Massage Therapist, Ginnie Karlson

HEARING TESTING-*November 14. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

BLOOD PRESSURE TESTING-*Tuesday, November 21, 12:00-1:00pm.* Once a month on the third Tuesday.

SERVICES

HAIRCUTS - *Fridays by appointment. 9:00am-11:30am. Closed Nov. 9 and 24, so haircuts will be Wed. Nov. 8, 9-12 and Mon Nov. 20, 9-11.* Women \$15 and Men \$10. Maria Shapiro

FACIALS, MANICURES AND PEDICURES-SPECIAL PRICES Mondays and Wednesdays from 10am-3pm by appointment. Mani/\$10, Pedi/\$15 Instructor, Theresa Lomax

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



SUPPORTING US.....HELPING OTHERS!

Many thanks to the following folks who donated the cost of printing and mailing of this program: Marie & John Szilagyi, Louise & Stan Baldyga, Anne Fiyalka, Judy Neary, Resources in Search & Rescue, Andrew Murray, Nadine Southard, and Doris May Terry in loving memory of Ernest Szilagyi, toward the Balance and Stretch Program in which he actively participated. Also thanks to Marilyn Collis in loving memory of Cheryl Loungren, a member of the Card Making Group. A great big thank you to Joyce Wrigley, Pat Ruhanen, Karen Casarin, and all our wonderful volunteer for a well and a very successful Tag Sale!

HOLIDAY BOUTIQUE

WHEN: November 6 through December 21 8-3 December 22 until noon. Closed November 9, 23, & 24.

WHERE: Easton Senior Center: Function Room

WHAT: * Brand New Gifts Galore* *Christmas Decor * Knitwear (all ages) * **KIDS' CORNER**



GIFT WRAPPING AVAILABLE
Drop off your gifts



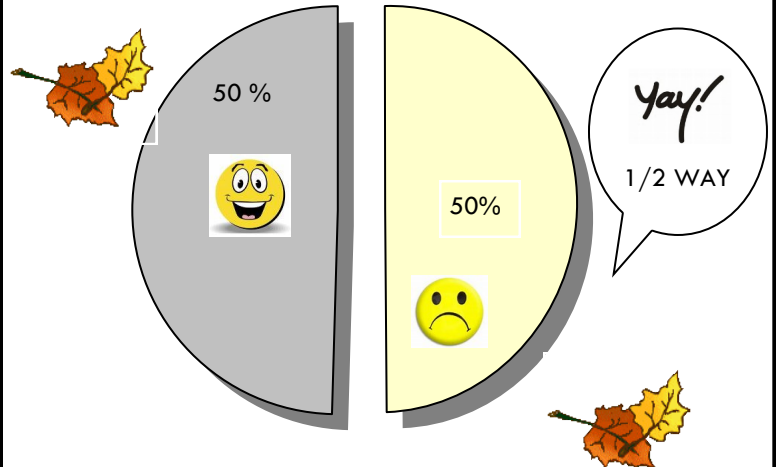
Donations accepted



Raffle begins Oct.18– Dec.18 Cost of Tickets \$2 Basket value \$50

PLEASE HELP US TO PURCHASE THE NEW LARGE SCREEN TV TO MAKE LIFE MORE COMFORTABLE. ANY DONATIONS, NO MATTER HOW SMALL WILL BE MUCH APPRECIATED. SEND CHECKS TO EASTON SENIOR CENTER, 650 MOREHOUSE RD., EASTON CT 06612

BRAND NEW SAMSUNG 88"9-SERIES SUHD TELEVISION PROGRESS



THE EASTON GARDEN CLUB'S ANNUAL WREATH SALE

Prepaid orders only-Orders accepted until Friday, Nov. 17 and Pick up on Tuesday, November 28th at the Easton Library, 1-5.

Wreaths	Small 12"	Medium 16"	Large 25"	Barn 36"	Wreath \$ Total
	\$11	\$15	\$27	\$50	
Quantity					
Poinsettias	Small \$11	Medium \$17	Large \$36	Total \$	
	Qty @	Qty. @	Qty. @		
Red					
White					
Pink					

Roping 25 yards White Pine ___Qty. @ \$32 \$Total _____

ORDER TOTAL \$ _____ **Mail order form with check to:**
Easton Garden Club
P.O. Box 101, Easton, CT 06612

Name: _____

Address: _____

Town: _____ Zip: _____

Please donate the following items: cookies, candy, paper towels, napkins, empty egg cartons, stamps, and



THANKS-



GIVING



ITEMS NEEDED

Cranberry sauce
Canned vegetables
Gravy mix or canned gravy
Instant or canned potatoes or sweet potatoes
Stuffing mix
Applesauce
Sugar
Evaporated milk

Pumpkin pie mix or filling
Piecrust or biscuit mix
Carnation dry milk
Brownie or Cake mix
Cornbread mix
Rice