



The
**ESTUARY
GAZETTE**

APRIL 2011 - Vol. 37, Issue 04

April is National Volunteer Month. We are fortunate to have over 300 volunteers helping to run our programs and we would like to THANK each and every one of them.

Volunteers pack our food, deliver our Meals On Wheels, answer phones, input information in the data base, work in our Thrift Shop, teach classes, organize games, wipe down tables, serve on our Board of Directors and committees and just about anything else you can think of around here! We could not provide our essential services without their help. Each and every one of you truly *Make a Difference* to us!

Thanks to an AT&T grant we now have WiFi! The grant will also be used to purchase new laptops for classes and the Computer Club. Bring your laptops in and enjoy the beautiful water views while you work.

We have some great events coming up so keep checking the Gazette for information on the Antique Appraisal Day on April 9, the Tea By the Sea event in May, the Patriots Luncheon in May, and our first Friendship Dinner, an outside BBQ, on June 30. Paula Ferrara

DONATE YOUR CAR, BOAT, or RV!

Vehicles can be in any condition and do not have to be running. We take care of the towing and paperwork. *Donations are eligible for tax deductions. Proceeds benefit Estuary services.*

Free pick up: 1-800-716-5868

APRIL - SAVE THE DATE!

- April 9 Antique Appraisal Day
- April 10 Volunteer Appreciation Luncheon
- April 12 Upset stomach or more? at 12:45 pm
- April 13 Diabetic Foot Care at 12:45 pm
- April 13 Book Chats at 1 pm
- April 15 Homecare qualification at 12:45 pm
- April 18 Financial Diary at 12:45 pm

See Page 7 for ongoing programs

CLOSED Friday, April 22 for Good Friday



ANTIQUE APPRAISAL DAY

Saturday, April 9 from 9 am -1 pm
\$5 each item or 3 items for \$10

Bring your antiques and treasures to the Estuary and have them appraised by a professional.

Several local experts will join us to appraise your treasures! Items have included jewelry, postcards, tools, quilts, glass and silver items, nautical and fishing items, books and more! So, mark your calendars and bring your treasures in!

VOLUNTEER APPRECIATION DAY

Sunday April 10, 2011 from 1 - 3 pm
Clinton Town Hall - Green Room

The theme for Volunteer Appreciation week this year is **"I Make a Difference!"**

Our 300+ volunteers make a difference each and every day at the Estuary Council! Each moment spent by a volunteer makes a difference in our ability to provide our vital services & programs.

All volunteers are invited to join us!

If you do not receive a personal invitation, PLEASE, call Judy or Sharon to inform them of this terrible oversight! We do our best, but sometimes we still need your help! **THANK YOU!**

Please R.S.V.P by Friday, April 1
Call 860-388-1611

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BENEFITS COUNSELING

ESTUARY



Dawn Page

Support Service Coordinator
is available by appointment,
from 9 am - 2pm,
Mon., Wed., Thur., and Fridays
by calling **860-388-1611**.

Offering information and assistance including guidance to Specialists in the particular field with the following:

Medicare, Part D along with Medicare Savings Programs and ConnPACE, Supplemental Plans, Food Assistance, Attorney services, area senior services and assistance with general forms.

LENDING CLOSET consisting of various donated Medical Equipment—walkers, commodes, wheelchairs, etc.

WELCOME BOOMERS!

I know many of you are turning 65 and are attempting to negotiate Medicare and Social Security. You too, can join the ranks of those confused by this process! Isn't this fun? The majority of you currently use computers and have access to them. I know your time is precious, and trust me there are far more of you than there is of me.

Many of you are used to managing others and getting the information you need expediently. Now comes a new chapter in your life and it will take a little investigating on your part. Luckily, there are many websites that can get you your information immediately! Keep in mind that it is often labor-intensive to reach anyone at either Social Security (860-347-6582) or Medicare (800-633-9422).

BASICS: 65 and receiving Social Security you will be **automatically** enrolled in **Original Medicare** (Part A – Inpatient, Part B-Outpatient). 65 and **not collecting** can enroll at one of three times—**Initial Enrollment Period** (3 months before your birth date until 3 months after, **General Enrollment Period** (between Jan. 1 and March 31) or a **Special Enrollment Period** (if you have group health coverage).

Helpful sites:

medicareinteractive.org

medicare.gov

ssa.gov

Be Well. Be Healthy. Be Happy. Dawn :>)

SUPPORT GROUPS

BETTER BREATHERS: Thur., April, 7 & 21 at 1:30 pm

If you have a chronic lung disease like asthma, bronchitis, or emphysema, learn techniques, coping skills, and the latest medical information. *1st. & 3rd Thurs. each month.*

DIABETES: Thursday, April 14, at 9:00 am

Learn how to cope with everyday challenges with diabetes. Join Tina Belmont, Old Saybrook Town Nurse & Nancy Eastwood, ECSI Nutritionist. Bring your friends and questions. *2nd Thursday each month.*

WIDOWS/WIDOWERS: Thur., April 14 & 28 at 10:30 am

Come share your experience with others who are also learning to cope with a loss. *2nd & 4th Thurs. each month.*

CAREGIVER SUPPORT: Thursday, April 28, at 1:00 pm

Overwhelmed and need to talk? Share experiences and ideas about family care giving in a relaxed setting. *4th Thursday each month.*

CHRONIC ILLNESS SUPPORT: Wednesday, April 27, at 1 pm. Many people, regardless of their specific illness live with the reality daily. Call Eileen at 860-339-5531. *Last Wednesday each month.*

SERVICES (AVAILABLE BY APPOINTMENT) CALL (860) 388-1611 TO SCHEDULE

FOOT CARE: Gretchen O'Conner, RN

Monday, April, 4, 11, 25 by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - April 12
- Saturday with Stephanie - April 16
- Fridays with Deb - April 1 and April 15

FREE LEGAL ADVICE: Attorney Robert F. Hester with Connecticut Legal Services

Thursday, April 21 from 10- 12 by appointment
Does not execute last will and testament documents.

NOTARY PUBLIC SERVICE

Call Stan at (860) 388-1611 to make your appointment.

*Many of the information sessions, counseling, programs, and support services are offered without any charge.
Donation are graciously and gratefully accepted.*

Our thanks to: VNA of Southeastern CT, Middlesex Hospital Homecare, Shoreline Clinic, Westbrook Public Health, VNA Association, VNA of the Lower Valley, OS Town Nurse and all the Visiting Nurses of our nine estuary towns for providing these vital services to seniors along the shoreline!



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FREE SCREENINGS

DIABETES: Sugar (Fasting)

Thursday, April, 14, 7:30 - 8:30 am
Screenings are held the 2nd Thursday of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Tues., April 19

Screenings are held the 3rd. Tues. of each month. **No fasting required.**

Appointment required

Appointments from 9 - 11 am

Blood Pressure: Thur, 8am - 11am

Screenings are Thursday, every week.

No Appointment needed

WHAT DID YOU SAY?

FREE HEARING CLINIC WITH BOB SAWYER



Wednesday, April, 20

9am - 11:45 - **by appointment**

Hearing screenings, hearing aid maintenance, and ear wax inspection.

STAN GREIMANN EMOTS TRANSPORTATION

Rides for medical appointments for those aged 60+ to a location beyond the nine-town estuary region such as New Haven, Middletown, and New London.

Call Judy at 860-388-1611.

\$35 suggested donation for roundtrip.

Supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.

HEALTH & WELLNESS EVENTS

IS IT JUST AN UPSET STOMACH?

Tuesday, April 12 at 12:45 pm

Come join Dr. Scott Houghton from Town & Country Physicians and Colin Morris from Select Medical.

For all the answers about tummy troubles.

When is it more then uncomfortable?

ATTNY. MATTHEW T. STILLMAN, ESQ.

Friday, April 15 at 12:45 pm

Did you know that you can live at home and qualify for homecare? Elder Law Attorney Matthew Stillman will speak about what programs are available.

FINANCIAL DIARY

Monday, April 18 at 12:45 pm

A terrific way of keeping track of all your important financial information. Everyone attending the seminar will receive this revolutionary booklet.

To sign up call 860 - 388 -1611

NUTRITION FOR BUSY PEOPLE

Thursday, April 7 & 21 at 8:45 am

A registered dietitian from Gladeview Health Care will answer your questions and concerns about nutrition .

DIABETIC FOOT CARE

Wednesday, April 13 at 12:45 pm

Dr. Sonya Marshall & Dr. Darren Courtright from the Shoreline Foot & Ankle Center explain the special foot care needs of diabetic patients.



This is a free lecture sponsored by:
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For an appointment call **860-434-9852**

Marianna Anderson

Old Lyme, CT

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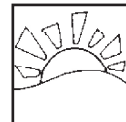
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SPECIAL PROGRAMS & EVENTS
SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS
PROGRAMS are at the OLD SAYBROOK SITE - 220 MAIN ST.
To sign up, call 388-1611.

DUPLICATE BRIDGE

Tuesday & Friday evenings at 7 pm Friendly, non-sanctioned game, directed by volunteers, all that is required is you bring a partner and pay a \$2 fee refreshments served.



Shoreline Knitters

These fun ladies meet on
Tuesdays from 10am - 2pm
 Bring your current project and
 join the fun. New people always welcome!

NEEDLECRAFTERS

Thursdays at 10 am

Bring a current project or just
 stop by and say hello!
 Newcomers always welcome!
 For information call 860-388-1611



HEALTH & WELLNESS EXPO

May 7 from 9 am - Noon
Save the Date!!!!

WRITER'S GROUP

Monday, April 11 & 25 at 10 am

If you deeply love to write, if you are open minded about your writing, if you want to make a sincere commitment to a group of writers then come to "Write On" on the 2nd and 4th Mondays at 10 am. No experience necessary— only the desire to write. New people always welcome. No sign-up necessary.

ARTIST RECEPTION

Friday, April 8 from 5-7 pm

Bud Gaudio's vast graphic arts experience includes his design of the first US Olympic Book. He was Art Director for Domino Sugar, Stanley Judd Company, and Worth's fashion stores. His favorite mediums are pen & ink and acrylic because he feels he can capture the most infinite detail in his illustrations. He began illustrating and researching lighthouses and local historic sites and has lectured about their preservation. Bud is semi-retired and lives in East Haddam with his wife where he continues his art.

*Everyone is welcome to attend the reception.
 Refreshments provided.*



**SEARCHING FOR
 CRIBBAGE PLAYERS**

Wednesday mornings at 10 am
 Come learn how to play or if you know how to play there is a table and group waiting for you!

AARP Mature Drivers

Thursday, April 14 from 8am - noon

Payments will be check only - **NO CASH**

\$12 for AARP members

\$14 for non-member

Must show member card at signup

No exceptions! Make checks payable to AARP

"BOOK CHATS" - Second Wednesday at 1 pm

If you are looking for interesting reading, good conversation, and meeting new friends this is the group for you. Stop by or for more information! Call Agnes at 860-669-8022.

April 13: "Wishing and Hopin" by Wally Lamb. **May 11:** "Pearl of China" by Anchee Min

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lemon Pepper Fish Mashed Potato Beets Banana
4 Stuffed Cabbage Mashed Potato Mixed Vegetables Sherbet 10 am Line Dancing (weekly)	5 Chicken Cacciatore w/onions & peppers Brown Rice Italian Blend Veg. Peaches	6 Beef Stroganoff Mashed Potatoes Whole Baby Carrots Assorted Pies	7 Spaghettti & Meatballs Tossed Salad Dressings Jell-o 1 pm Ping Pong (weekly)	8 Crabmeat Salad Sandwich Lettuce & Tomato Orange Antique Appraisal Tomorrow See page 1 or 11
11 Chicken Teriyaki Rice Pilaf Oriental Blend Veg. Butterscotch Pudding Thank a volunteer this week in honor of Volunteer Appreciation Week	12 Salisbury Steak Gravy Mashed Potatoes Peas & Carrots Cookies 12:45 Dr. Houghton Stomach Issues?	13 Baked Stuffed Fish Sweet Potato Italian Green Beans Apple 12:45 Diabetic Foot Care 1 pm Book Chats	14 Meatloaf Roasted Potato Scandinavian Blend Vegetables Cake w/frosting	15 Cheese Lasagna Roll Tossed Salad Dressings Pears 12:45 Homecare Qualifications
18 Chicken Dijon Wild Rice Broccoli Mandarin Oranges 12:45 Financial Diary	19 Swedish Meatballs Egg Noodles Carrot Coins Fruited Jell-o	20 Hot dogs & Beans Mixed Vegetables Crushed Pineapple Hearing Clinic - see pg 4	21 Roast Turkey Cranberry Sauce Mashed Potatoes Green Beans Brownies	22 GOOD FRIDAY HOLIDAY CLOSED
25 Estuary Burger on a roll 3-Bean Salad Ice Cream	26 Chciekn Parmesan Ziti Scandianvian Blend Veg Fruit Cocktail 1 pm Ping Pong (weekly)	27 Beef Stew w/potato mixed vegetables Chocolate Pudding Biscuit	28 Chicken Caesar Salad Tomato & cheese Whole Wheat Roll Orange 8 - 11 am BP check (weekly)	29 Tilapia Rosted Potato Stewed Tomatoes Apple Pie

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Classes are subject to change without notice Please call ahead to confirm Day and Time		Classes are subject to change without notice Please call ahead to confirm Day and Time		Classes are subject to change without notice Please call ahead to confirm Day and Time		Classes are subject to change without notice Please call ahead to confirm Day and Time		Classes are subject to change without notice Please call ahead to confirm Day and Time		Classes are subject to change without notice Please call ahead to confirm Day and Time	
4 8:00..... Billiards - until 4 pm 8:45..... Kathy's Stretch Class 10:00..... Line Dancing 12:30..... Quilt Club 1:00..... Cards 1:00..... Computer Club		5 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:30..... Stan's Watercolor Class 8:45..... Kathy's Senior Fitness 9:00..... Beading 10:00..... Shoreline Knitters 12:30..... Ping Pong 1:00..... Cards 1:00..... Intermediate Bridge		6 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:45..... Kathy's Senior Fitness 9:00..... Wood Carving 1:00..... Setback & Cards 1:00..... Hand & Foot 1:00..... Setback & Cards 1:00..... Wii Games		7 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:00..... Blood Pressure Screening 8:45..... Basic Nutrition with Alyssa 8:45..... Kathy's Senior Fitness 9:30..... Chess 10:00..... Needlecrafters 1:00..... Cards 12:30..... Ping Pong 1:30..... Better Breathers Support		8 8:00..... Billiards - until 4 pm 8:30..... Stan's Watercolor Class 8:45..... Yoga 1:00..... Mah Jongg 1:00..... Pinochle, Setback & Cards 1:00..... Wii Games 2:30..... Tops Meeting		9 8:00..... Breakfast served until Noon 8:00..... Billiards - until 1 pm 10:00..... Chair yoga	
11 8:00..... Billiards - until 4 pm 8:45..... Kathy's Stretch Class 10:00..... Line Dancing 10:00..... Writers Group 12:30..... Quilt Club 1:00..... Cards 1:00..... Computer Club		12 7:45..... Kathy's Weight Training 8:00..... Robert's Haircuts - By Appt. 8:30..... Stan's Watercolor Class 8:45..... Kathy's Senior Fitness 9:00..... Beading 10:00..... Shoreline Knitters 12:30..... Ping Pong 1:35..... Dr Houghton 1:00..... cards 1:00..... Intermediate Bridge 1:00..... Phylis's Bridge		13 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:45..... Kathy's Senior Fitness 1:00..... Setback & Cards 1:00..... Hand & Foot 1:00..... Setback & Cards 1:00..... Wii Games 1:00..... Book Chats		14 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:30..... Blood Pressure Screening 8:45..... Kathy's Senior Fitness 9:30..... Chess 10:00..... Needlecrafters 10:30..... Widow / Widowers 12:30..... Ping Pong 1:00..... Setback & Cards		15 8:00..... Billiards - until 4 pm 8:30..... Stan's Watercolor Class 8:45..... Yoga 12:45..... Attorney Stillman 1:00..... Mah Jongg 1:00..... Pinochle, Setback & Cards 1:00..... Wii Games 2:30..... Tops Meeting		16 8:00..... Breakfast served until Noon 8:00..... Billiards - until 1 pm 9:30..... Stephanie Haircuts - By Appt 10:00..... Chair yoga	
18 8:00..... Billiards - until 4 pm 8:45..... Kathy's Stretch Class 10:00..... Line Dancing 12:30..... Quilt Club 1:00..... Cards 1:00..... Computer Club		19 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:00..... Cholesterol Screening 8:30..... Stan's Watercolor Class 8:45..... Kathy's Senior Fitness 9:00..... Beading 10:00..... Shoreline knitters 12:30..... Ping Pong 1:00..... Cards 1:00..... Intermediate Bridge		20 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:45..... Kathy's Senior Fitness 9:00..... Wood Carving 1:00..... Hearing with Bob 1:00..... Setback & Cards 1:00..... Hand & Foot 1:00..... Setback & Cards 1:00..... Wii Games		21 7:45..... Kathy's Weight Training 8:00..... Billiards - until 4 pm 8:00..... Blood Pressure Screening 8:45..... Basic Nutrition with Alyssa 8:45..... Kathy's Senior Fitness 9:30..... Chess 10:00..... Needlecrafters 1:00..... Cards 12:30..... Ping Pong 1:30..... Better Breathers Support		22 8:00..... Billiards - until 4 pm 8:30..... Stan's Watercolor Class 8:45..... Yoga 1:00..... Mah Jongg 1:00..... Pinochle, Setback & Cards 1:00..... Wii Games 2:30..... Tops Meeting		23 8:00..... Breakfast served until Noon 8:00..... Billiards - until 1 pm 10:00..... Chair yoga	
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AREA SENIOR CLUBS

NEW MEMBERS ALWAYS WELCOME!

Socialize, learn about current events and the region, enjoy trips and entertainment. Gather your friends, and get involved!

CLINTON LEISURE CLUB 2nd & 4th

Monday at 1:30 pm; Green Room, Town Hall.

April 11: Pizza and Salad Party.

April 25: Fashion show in the works!

Refreshments served. Nonperishable food welcomed for Social Services. New members welcome! Ginny at 860 669-5640 for details.

DEEP RIVER 60 CLUB 2nd & 4th

Tuesday at 1:30 pm; Kirtland Commons, 60 Main Street **New members welcome!**

KILLINGWORTH SENIORS 1st Monday, 1:30 pm, Congregational Church, Killingworth
Call Cathy at 860-663-1807.

LYMES' SENIOR CLUB 1st & 3rd Wed. at 1:30 pm Lymes' Sr. Cntr, 26 Town Woods Rd.

April 6: Groton Singers and Dancers perform

April 20: Bingo.

Everyone welcome to join the fun!

Creative Writing group meet the 2nd & 4th Tuesday at 1 pm. Call Barbara, 860-434-7560.

LYMES' SENIOR CLUB TRAVEL

Watch for upcoming trips!

Contact Allan 860-434-7634 for details.

WESTBROOK SENIORS CLUB 2nd & 4th Weds., at 1:30 pm. Westbrook Sr. Center. Social Service accepts all nonperishable food.
Call Jane at 860-399-7134.

WESTBROOK/CLINTON SR CLUB TRAVEL

April 8: Yakov Smirnoff at Foxwoods Casino; \$74.

May 24: Lobster Feast at The Log Cabin "Standards, Ballads, and Blues." Shopping, lunch and entertainment! \$85. **June 21:** Mohonk Mountain House Victorian Castle. Lunch and tours. \$86.

July 12: Block Island trip. Lunch at National Hotel and tour of the island. \$90.

Call Lucile at (860) 399-6065 for details on any of these great trips.

ESTUARY CAFE SITES

Lunch is served promptly at Noon. Reservations MUST be made before 11 am, 24 hrs. in advance. 860-388-1611. Menu subject to change without notice.

Lunch Cost: Age 60+ - \$2.75 suggested donation

Under Age 60 - \$6.25.

Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CHESTER CAFÉ: United Church of Chester

29 W. Main Street, Chester 860-388-1611

Free health screenings each month!

No sign-up necessary! Thursday, April 21 at 11 am

CLINTON CAFÉ - Town Hall- Rose Room

54 E. Main Street, Clinton in the Rose Room

The Café can be reached at 860-669-1898

Line Dancing - Thursdays, 10:30-11:30 am - free!

Bingo - Fridays with prizes at 11 am

We Need YOU - cards, board games, puzzle table.

OLD LYME CAFÉ - Lymes' Senior Center

26 Town Woods Road, Old Lyme 860-434-4127

Call Sherry Meyers for senior center programs.

OLD SAYBROOK CAFÉ - 220 Main Street

See page 7 for ongoing activities and programs.

WESTBROOK CAFÉ - 866 Boston Post Rd

Thursdays: Lunch at Noon

Bingo is the Third Thursday of each month!

Westbrook Senior Center - 860-399-2029

Mon- Wed, 9 am - 4 pm, Thurs., 9 am -7 pm,

Fri. 9 am-Noon. Call Sharon Lessard for programs.

9

**TOWN
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FREE BUS RIDES FOR THOSE AGE 60+

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A service of The Estuary Transit District - Not affiliated with Estuary Council of Seniors, Inc.



TOM FARRELL MEMORIAL RECEPTION

Wednesday, April 6 at 11 am

The Estuary Billiard Club invites you to join family and friends of Tom Farrell in a dedication and memorial reception at the Estuary Council. The downstairs Game room will be renamed as the "Tom Farrell Billiard and Game Room" in honor of Tom's leadership and devotion to the Estuary Council, especially to the teammates of his beloved Billiard Club. Tom is greatly missed by everyone who was fortunate enough to have known him.

ESTUARY LINE DANCING

This group meets **Mondays at 10 am** in the Exercise Room. The music is fun and the dancing is wonderful. If you're looking for a way to get some movement into your day without formal exercise, come join this group of fun individuals. There is always room for one more - and it's **FREE!** Stop by the Welcome Desk to complete a registration form and sign-up!

KATHY MCNEIL EXERCISE

DROP IN CLASSES: \$3 each; pay as you go. Ongoing classes. No pre-register!

- ♥ **SENIOR FITNESS - Tuesdays & Thursdays, 8:45 am – 9:45 am**
Mondays & Wednesdays, 10:30 am – 11:30 am at Lymes' Senior Center
- ♥ **STRETCH AND STRENGTH - Mondays & Wednesdays, 8:45 am – 9:45 am**
- ♥ **WEIGHT TRAINING - Must register! NO drop-ins permitted.** Provide Deb with your name and phone number and you will be contacted with class availability, price, and schedule.

EXPERIENCE the BENEFITS OF CHAIR YOGA

Saturdays 10 - 11 am

Cost \$3 per class – classes ongoing.
Very beneficial for conditions such as osteoporosis, arthritis, and chronic pain.

Increases flexibility and energy.

Mary Shapiro certified instructor.

Call 203-214-4853 for information.

GENTLE YOGA

Fridays at 8:45 am

Drop - in classes. \$5 each.

Come breathe, stretch and relax. Students should arrive a few minutes early, wear loose, comfortable clothing, and bring a yoga mat. For information call Deb at 860-388-1611. Instructor Liz Archambault RYT.

No class April 1 or 8



LET'S PLAY HORSESHOES

We are looking for people to join us to play horseshoes.

No experience necessary.

For more information or to sign up please call Chuck at 860-388-3828.



POOL TOURNAMENT

1st Monday of the month at 12:45 pm

For more information call

Chuck at 860-388- 3828

STAN GREIMANN ESTUARY MEDICAL TRANSPORTATION



Transportation to Medical appointments for those aged 60 and better, including dialysis, to a medical location beyond the nine-town estuary region such as Branford, New Haven, Middletown, Hartford, and New London. A driver will pick you up, take you to your appointment, and bring you home. Call Judy Sousa at 860-388-1611 to schedule your transportation. *Suggested donation of **\$35** for roundtrip.*

*Stan Greimann EMOTS is partially supported by the **Senior Resources Agency on Aging** with Title III funds available under the Older Americans Act.*

ESTUARY TRIPS

Payments for trips

Reservations can be made in person 8am - 2pm Monday - Friday with full payment. Reservations will not be taken by phone. (We can not hold a seat that is not paid for). Please note that payment is made by check to the Estuary Council (E.C.S.I.). If you do not take out the trip insurance we can not refund your money. It is your responsibility to find someone to take your place.

When traveling with the Estuary Council please park in the lower level of the lot.
We ask that you please do not park in front of the center when you will be away all day.

April Is Cherry Blossom Time

Washington D.C. April 8 – 10

The highlight of this trip will be the WWII Memorial, “ The Cherry Blossom Parade” and many more that are too numerous to mention! Insurance is available for and payable at signup.



Three new Extended trips
with Collette Travel

September 2011: Russian River Cruise

November 2011: French Riviera

March 2012: Treasures of Angkor Wat & Vietnam

Call Deb at 860-388-1611 for more information on these exciting and exotic vacation destinations!



CONNECT WITH US ON THE WEB! Travel information and more at your fingertips!

Check out our website at www.ecsenior.org

Click on the *Travel* tab for details on upcoming trips to exotic places!

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday, April 13
Christmas Tree Shop, Talbots,
and Trader Joe's in Orange, CT

Enjoy Spring shopping.
Lunch on your own.
Bus leaves at 9 am. Cost \$10.

MOHEGAN SUN

Monday, April 18
Shop, Have Lunch, Have Fun!
Hospitality Package
Bus leaves at 9 am. Cost \$10
Payment at time of reservation.
No refunds unless trip cancelled.



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Home health care services providing skilled care while maintaining the dignity and confidentiality of our clients.

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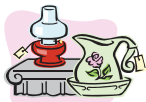
Office (860) 434-2351

Lynn A. Farrell, Principal

Email: lynnafarrell@comcast.net



FUNDRAISING



ANTIQUE APPRAISAL DAY

Saturday, April 9 from 9 am -1 pm
\$5 each item or 3 items for \$10

Bring your antiques and treasures to the Estuary and have them appraised by a professional.

Several local experts will join us to appraise your treasures! Items have included jewelry, postcards, tools, quilts, glass and silver items, nautical and fishing items, books and more! So, mark your calendars and bring your treasures in!

SAVE THE DATE! Upcoming Fundraisers include:

Sunday, May 22: Tea By the Sea

Be ready to buy your tickets as this event sold out last year before we had time to advertise!

Sunday, September 18: Autumn on the Dock

Another evening filled with music, food, and great auction items donated by local businesses. Mark your calendars now!

VOLUNTEER APPRECIATION WEEK

"I Make a Difference" celebrated April 10 - 16

Please take a moment to give a volunteer an extra "Thank you!" this week. Thanks to their dedication and time devoted to the Estuary we are able to provide the many wonderful services and programs. Each volunteer makes a difference to our organization!!!

THRIFT SHOP

WACKY WEDNESDAYS

Each week is different - but the deals are always great!

All ages welcome to shop!

Monday - Friday: 10 am - 4 pm

Saturday: 9 am - 1 pm

Credit cards accepted!

VOLUNTEERS

Volunteers make it possible for us to provide the many vital programs and services every day!

Meals on Wheel Driver needed for Fridays in Old Saybrook

Training is provided.
Call Diane at 388-1611 for details.

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Sat. 9-12

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ESTUARY



COUNCIL

ESTUARY COUNCIL OF SENIORS, INC.

*All programs and activities are held at the
Regional Senior Center, unless otherwise noted.*

220 Main Street, Old Saybrook, CT 06475

Phone 860-388-1611, Fax 860-388-6770

Email: info@ecsenior.org www.ecsenior.org

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ESTUARY HOURS

OLD SAYBROOK LOCATION

MON-FRI 7:45 am—4 pm

SATURDAY 8 am—1 pm

THRIFT SHOP

MON-FRI 10 am—4 pm

SATURDAY 9 am—1 pm

Our thanks to the ...
Essex Savings Bank for
underwriting a portion of
our newsletter postage!.



OUR MISSION

SERVING SENIORS 50 AND OLDER

Promoting Senior ... Quality of Life, Community Involvement, and Independent Living

Providing Senior ... Nutrition, Trips, Health and Support Services, and Socialization

Through ... Programs, Services, Education, and Advocacy

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{ } Miss _____
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Your contribution
is tax deductible
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Please check all that apply:

- ☐ Please add my/our name to the mailing list for The Estuary Gazette.
- ☐ My/our company will match my gift. (Please enclose the proper form.)
- ☐ This donation is in honor of (or memory of): _____
- ☐ I/We would like information about making a gift through a bequest, trust, annuity, or other planned gifts that offer tax advantages.
- ☐ The Estuary Council of Seniors, Inc. is included in my/our estate plans.

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Enclosed is my gift of:

☐ 5,000 ☐ 1,000 ☐ 500 ☐ 250 ☐ 100 ☐ 50 ☐ 35 ☐ \$ _____

On behalf of our seniors, Thank You for your generosity!