



The

ESTUARY GAZETTE

DECEMBER 2010 - Vol. 36, Issue 12

I cannot believe that the holidays are here! I must admit that as a grandmother, I am looking forward to them this year. Everyone who is a regular visitor to the Estuary has seen my grandson, Nathan. His mother, Jessie, teaches our beading class and he has "attended" the class since his birth.

As this year ends, I would like to recognize some wonderful people who have remembered the Estuary in their wills. We have received bequests from the estates of Anna Scovell of Deep River, Mary E. (Polly) Johnson of Old Saybrook, Dorothy MacWhinney of Essex, and Reuben Porton of Westbrook.

Since 1974, the Estuary has been a welcoming place for seniors in the nine-town region to enjoy the company of other seniors, participate in programs, learn a new skill, volunteer, and share a friendly meal. The Estuary has also provided essential services such as Meals On Wheels, medical outpatient transportation, and support services. For their own special reasons, these people chose to remember the Estuary in their wills. Their bequests will insure that the Estuary can sustain its programs in the coming years. We will be honoring these thoughtful people on a special bequest plaque in our lobby.

Please remember those less fortunate this season by dropping nonperishable food items in the grocery cart located in the foyer for the Shoreline Soup Kitchens and Pantries. I am constantly bragging about you because you have donated hundreds of pounds of food in the past and the soup kitchen is very appreciative.

Have a wonderful holiday and happy new year!
Paula Ferrara

DECEMBER - SAVE THE DATE!

SNOW BIRDS - Please remember to let us know when you leave so we can stop your mailing - post office will not forward this newsletter!

- December 8** Westfarms Mall shopping
 - December 9** Free health screenings at United Church in Chester (page 4)
 - December 10** Marshview Gallery reception, 5 pm
 - December 14** Holiday Stress, 12:35 pm
 - December 15** Crystal Mall shopping
 - December 23** Holiday Luncheon - must reserve no later than 11 am on December 16!
- See Page 7 for ongoing programs**



DON'T MISS THE BUS! - RX BUS

By appointment only!

Thurs., Dec. 9 from 9:30 am - 3 pm

Three counselors will be on board to screen Part D Prescription Drug Plan options. C.H.O.I.C.E.S counselors will also be available.

Please Contact **DAWN** at 860-388-1611 to schedule. Time slots are limited.

Dawn is available from 9 am - 2pm, Mon., Wed., Thur., and Fridays.

DONATE YOUR CAR TO THE ESTUARY!

Begin the gift giving season by donating your car, truck, rv, or boat and receive your tax deduction!

Vehicles can be in any condition and do not have to be running. Just call us and we'll take care of the towing and required paperwork.

Proceeds benefit Meals on Wheels, Stan Greimann Medical Transportation, and other vital services provided by the Estuary Council.

Free pick up: 1-800-716-5868



HOLIDAY & SNOW CLOSINGS

Holiday Closings:

December 25, 27, and 31 and January 1, 2011

INCLEMENT WEATHER: If Old Saybrook school system closes due to weather, the Estuary and all Café sites will be closed. Meals on Wheels clients should use their emergency meals. EMOTS clients should use their backup driver for appointments.

ESTUARY COUNCIL OF SENIORS, INC.

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BENEFITS COUNSELING



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.

DECEMBER

December is always such a crazy month!

Everyone running around. Frenzied buying. Presence, not *presents*, is what is important. Give of yourself. Be kind to each other. Take time to stop and visit someone you haven't seen in a while. Slow down your crazy life and have a tea or a festive winter drink and some cookies. Bring out the good china you are saving for a special occasion - this is it! Get your family together. Share old pictures or a favorite time in your life. Laugh at home movies or slides. Watch an old movie that everyone loved. You may not have much to *give out* but you always have plenty to share.

The best gift you can give is memories!

Be Well. Be Healthy. Be Happy! Dawn :-)

PART D PRESCRIPTION DRUG COVERAGE

To assist as many clients as possible before December 31, please complete and return the **GREEN** screening form available at the Estuary Support Services table or by leaving Dawn a message at 860-388-1611 with your complete mailing address and phone number.

Completed forms will be processed in the order they are received. Please be patient as the process is lengthy. Results will be mailed out for the client to review and decide whether to keep an existing plan or change.

Appointments scheduled as needed.

If you have a question or concerns about services and programs, please contact the office at 860-388-1611.

SUPPORT GROUPS

BETTER BREATHERS: Thur., Dec., 2 & 16 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, December 9, at 9:00 am

Learn how others cope with everyday challenges that living with diabetes can present. Join Tina Belmont, Old Say brook Town Nurse, for an informal talk. Bring your friends, and questions. *2nd Thursday each month.*

WIDOWS/WIDOWERS: Thur., Dec., 9 & 23 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., Dec. 23 at 1:00 pm

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

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

FOOT CARE: Gretchen O'Conner, RN

Monday, Dec., 6, 13, 20 by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - December 14
- Saturday with Stephanie - December 18
- Fridays with Deb - December 3 and 17

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

Thursday, December 16, from 1 - 3 pm by appointment

*Does **not** execute last will and testament documents.*

NOTARY PUBLIC SERVICE

A Notary Public is available at the Estuary.
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, Dec. , 9, 7:30 - 8:30 am
Screenings are held the 2nd Thursday of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Tuesday, Dec. 21

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

HEALTH & WELLNESS EVENTS

DR. HOUGHTON - Holiday Stress

Tuesday, December 14 at 12:35 pm

How to handle " Holiday Stress"

The shopping! The family! The food!

Let's arrive in 2011 Happy & Healthy.

Come get some pointers on dealing with all the extras that the season sends our way.

UNITED CHURCH OF CHESTER

Thursday, December 9 at 11 am

Free blood pressure & cholesterol screenings.

Provided by the Lower Valley Visiting Nurses.

No appointment necessary.

FREE HEARING CLINIC WITH BOB SAWYER

Wednesday, December, 15

9 am - 11:45 - by appointment

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

NUTRITION FOR BUSY PEOPLE

Thursday, December 2 & 16 at 8:45 am

Alisha Gulino, registered dietitian from

Gladeview Healthcare, will be here.

This group meets twice a month with Alisha to discuss their nutrition concerns. Join us for coffee and conversation - bring your questions.

For more information call 860-388-1611

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.

The Shoreline Soup Kitchen and Pantry

Thank you to everyone who has generously brought in nonperishable food donations this year for the local shoreline food pantry! Hundreds of pounds of food has been donated from the Estuary.

The Estuary Council is proud of the kindness we have seen from our patrons. You have shown that you're support for the community is still strong, especially during these difficult economic times.

You are a valuable asset to the community we all live in and we Thank You very much!

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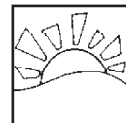
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SPECIAL PROGRAMS & EVENTS
SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS
PROGRAMS are at the OLD SAYBROOK SITE - 220 MAIN ST.
To sign up, call 388-1611.

NEW CLASS!

GET FIT WHERE YOU SIT - Chair Yoga

Saturdays from 10 am - 11am

Very beneficial for conditions such as osteoporosis, arthritis, chronic pain, COPD. Increases flexibility and energy too! Mary Shapiro, Certified Instructor 203-214-4853.
 Cost \$3 per class - classes are on going.

CHRISTMAS CRAFT MONDAYS

If you are interested in making Christmas Decorations, call Terri at 860-388-3735. The group will meet every Monday morning before Christmas at 10:30 am. Bring your own supplies, and join in on the fun. Call Terri for more details.

ARTIST RECEPTION

Friday, December 10 from 5-7 pm

Patricia Conwell grew up in Deep River, graduating from Valley Regional High School and Quinnipiac University as a Registered Nurse and is currently working on her Masters in Organizational Leadership at Quinnipiac University. Patricia resides in Deep River with her husband and two sons. She currently works as Chief Operating Officer for Medical Oncology and Hematology, the largest practice in Connecticut. In her free time Patricia loves to travel and photograph her journeys. She also spends time photographing local sites and sporting events.

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



STAN CARVER WATERCOLOR CLASS

Classes are Tuesdays and Fridays from 8:30 - 11:30 am
 All levels are welcome. Call Stan at 860-853-8943 for information.



HAPPY HOLIDAYS TO ALL

I want to wish everyone a wonderful Holiday season. This has been a busy year and I'm hoping to keep up the pace in 2011. Please keep your suggestions coming and stay happy and safe. You make my job fun and exciting and I thank each and every one of you. I hear that you have all been really really good - so I'll let Santa know!
 Thanks, Deb Angersola, Events Coordinator

ESTUARY HOLIDAY LUNCHEON

Thursday, December 23 at noon

Must reserve by 11 am on December 16

Space is limited and this meal is reservation only by 11 am on December 16!



The Atria Bell Ringers will perform during lunch, and we will have a visit from Santa.



ESTUARY CARD GAMES

If you like playing cards we have a variety of games played each week.

Tuesday - Intermediate Bridge - 1pm

Wednesday- Cribbage 10 am


Wednesday- Hand & Foot- 1pm

Tuesday—Friday at 1pm Setback, Pinochle, etc

MAH JONG

Mah Jong is played each Friday at 1pm
 You are welcome to stop by and learn more about this fun game!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| December 2010  | | 1 Cheese Lasagna Rollettes Tossed Salad Pears 1 pm Hand & Foot (weekly) | 2 Baked Fish of the Day Baked Potato Stewed tomato Banana 8:45 am Nutritionist Meeting | 3 Pot Roast w/gravy Roasted Potatoes Mixed Vegetables Brownies 1 pm Mah Jongg (weekly) |
| 6 Salisbury Steak Mashed Potato Broccoli Ice Cream 12:30 Quilt Club (weekly) | 7 Lemon Pepper Fish Rice Pilaf Carrots Apple | 8 Chicken Caesar Salad tomato & cheese Whole Wheat Roll Crushed Pineapple | 9 Spaghetti & Meatballs Tossed Salad Cookies Free Health Screenings at United Church in Chester | 10 Beef Stroganoff Egg Noodles Peas & Carrots Mandarin Oranges 5 pm Marshview Gallery Artist Reception |
| 13 Chicken Teriyaki Wild Rice Oriental Blend Veg. Butterscotch Pudding | 14 American Chop Suey Green Beans Applesauce 12:35 pm Holiday Stress help from Dr. Houghton | 15 Baked Stuffed Fish Sweet Potato Spinach Banana 1 pm Book Chats | 16 Turkey Pot Pie w/potato & veg. Biscuit Citrus Fruit Reserve for Holiday luncheon by 11 am today!!! | 17 Macaroni & Cheese Stewed Tomatoes Spice Cake w/frosting |
| 20 Estuary Burger on a roll Cole Slaw Peaches 1 pm Computer Club (weekly) | 21 Tilapia Mashed Potato Beets Orange Remember breakfast is served Monday - Saturday Call for hours! | 22 Vegetable Soup Turkey Sandwich Lemon Pudding | 23 Holiday Luncheon Roast Pork w/gravy Roasted Potatoes Green Beans Lemon Meringue Pie | 24 Christmas Day Holiday Closed |
| 27 Christmas Day Holiday Closed | 28 Manicotti w/sauce Zucchini Sherbert | 29 Chicken Florentine Brown Rice Broccoli Pears | 30 Beef Stew w/potato & veg Fruited Jell-o | 31 New Year's Eve Holiday Closed |

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

December 2010



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
1:00..... Healthy Steps

6
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
12:30..... Ping Pong
1:00..... Cards
1:00..... Intermediate Bridge

13
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
1:00..... Healthy Steps

14
7:45..... Kathy's Weight Training
8:00..... Billiards - until 4 pm
8:30..... Roberta's Haircuts (By Appt.)
8:45..... Stan's Watercolor Class
9:00..... Kathy's Senior Fitness
9:00..... Beading
12:30..... Ping Pong
12:35..... Dr Houghton
1:00..... Cards
1:00..... Intermediate Bridge
1:00..... Phyllis's Bridge

20
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
1:00..... Healthy Steps

21
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
12:30..... Ping Pong
1:00..... Cards
1:00..... Intermediate Bridge

27
CLOSED

28
7:45..... Billiards - until 4 pm
8:00..... Stan's Watercolor Class
8:45..... Kathy's Senior Fitness
9:00..... Beading
12:30..... Ping Pong
1:00..... Cards
1:00..... Intermediate Bridge
1:00..... Phyllis's Bridge

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

8
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

15
7:45..... Kathy's Weight Training
8:00..... Billiards - until 4 pm
8:45..... Kathy's Senior Fitness
9:00..... Hearing with Bob
9:00..... Wood Carving
12:45..... Select Medical
1:00..... Book Chat
1:00..... Setback & Cards
1:00..... Hand & Foot
1:00..... Wii Games
1:30..... Caregivers Support

22
8:00..... Billiards - until 4 pm
8:45..... Kathy's Stretch Class
10:00..... Cribbage
1:00..... Hand & Foot
1:00..... Setback & Cards
1:00..... Wii Games

29
8:00..... Billiards - until 4 pm
8:45..... Kathy's Stretch Class
10:00..... Cribbage
1:00..... Hand & Foot
1:00..... Setback & Cards
1:00..... Wii Games

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

9
7:45..... Kathy's Weight Training
8:00..... Billiards - until 4 pm
7:30..... Diabetic Screening (FASTING)
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

16
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

23
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

30
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
12:30..... Ping Pong
1:00..... Setback & Cards

8:00..... Billiards - until 4 pm
8:00..... Haircuts Deb
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

10
8:00..... Billiards - until 4 pm
8:30..... Stan's Watercolor Class
8:45..... Yoga
12:45..... Attorney Stillman
11:00..... Cholesterol Screening
1:00..... Mah Jongg
1:00..... Pinochle, Setback & Cards
1:00..... Wii Games
2:30..... Tops Meeting

17
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

24
CLOSED

31
CLOSED

4
8:00..... Breakfast served until Noon
8:00..... Billiards - until 1 pm

11
8:00..... Breakfast served until Noon
8:00..... Billiards - until 1 pm

18
8:00..... Breakfast served until Noon
8:00..... Billiards - until 1 pm
9:30..... Stephanie Haircuts - By Appt.

25
CLOSED

Classes are subject to change
without notice
Please call ahead to confirm
Day and Time

New Name...

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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.
Dec. 13: Christmas luncheon. Harbor Seal
Grille, 110 Boston Post Road, Westbrook at
Noon. Call 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.
Dec. 1: Luncheon location to be determined.
Call Barbara at 860-434-7560.

Dec. 15: Christmas 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 **Dec 3:** Victorian Christmas at the Williams
Inn. Gourmet buffet, Holiday Cabaret style show, Yule Log Celebration, drive through Bright Nights
and more. \$78. Call Lucile at (860) 399-6065 for more information.

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.*

**Holiday lunch reservations must be made by
11 am on December 16—don't wait!!!!**

CHESTER CAFÉ: United Church of Chester
29 W. Main Street, Chester 860-388-1611

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 TRANSIT

ESTUARY TRANSIT DISTRICT *"When you need a ride, we're here to help"*
FREE BUS RIDES FOR THOSE AGE 60+

Dial-a-Ride for all estuary towns. Call: (860) 510-0429

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

GENTLE YOGA**Fridays from 8:45 - 9:45 am**

Drop - in classes, \$5 each.

Come breath, stretch and relax. Student should arrive a few minutes early, please wear loose, comfortable clothing, and bring a yoga mat. Call Deb at 860-388-1611.

Instructor Liz Archambault RYI

HEALTHY STEPS (THE LEBED METHOD)**Therapeutic Exercise & Movement Class****Mondays at 1 pm**

Cost is \$3 per class - pay as you go!

Class can be done sitting or standing - all levels of fitness welcome Help with chronic pain, increase your range of motion, balance, and energy level! Call Mary for details or to sign up at 203-214-4853

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.**AARP MATURE DRIVERS****New year, new classes!****Watch for dates to be announced****Payments will be Check only - No cash**

\$12 for AARP member

\$14 for non-member

POOL TOURNAMENT**1st Monday of the month at 12:45**

For more information

Call Chuck at 860-388- 3828

INTERESTED IN WOODCARVING?**1st & 3rd Wednesday of each month at 9am**

Beginners to advanced.

Men & Women welcome to this group.

Call Ed Gorman at 860-388-5737 for information.

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!

INDOOR WALKING TRACK

The town of Old Saybrook has invited Estuary Council patrons to use the walking track in the town hall on designated days. You must call Deb at 860-388-1611 and register before you can use the track. Please remember that we are guests and it is very important to follow the rules & regulations setup by the Parks and Recreation commission. Running is not allowed on the track.

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. No reservations will be taken by phone. You must pay for the trip when you make the reservation.

For a detailed flyer of a trip call Deb at 860-388-1611

RADIO CITY CHRISTMAS SHOW SOLD OUT!

Those who were fortunate enough to get a reservation for our Radio City Christmas Spectacular trip will receive a phone call with the trip details. We'll let you know what time the bus will leave the Estuary Council and what time they expect to be back. Thank you to everyone who called and booked their tickets early.

APRIL IS CHERRY BLOSSOM TIME

Let's Go to Washington D.C.

April 8 – 10, only 20 seats available.
Many extras and some meals included
Stop in and pick up a detailed flyer.
Cost Single \$490, Double \$390, Triple \$380
Too Many Tour Highlights to mention

The new tour catalogs are coming in for 2011! It looks like some fun ideas are out there. Thank you to everyone who participated in our 2010 summer trips and I hope you will join us in 2011.

A special *Thank You* to Dee Johnson, our bus captain, for all her attention to detail. I have received wonderful compliments from everyone who has traveled with Dee and hope she will join us again for next year's travels! Thanks again all and Happy New Year. Deb, Events Coordinator

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday, December 8
Westfarms Mall
Holiday Shopping at its best!
Shop, have lunch, and have fun!

Bus leaves at 9 am. Cost \$10.



WEDNESDAY SHOPPING

Wednesday, December 15
Crystal Mall

Last minute shopping!
Just leave the driving to us!
Lunch on your own.
Bus leaves at 9 am. Cost \$10.

Space for Sale

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"LEAVE A LASTING LEGACY" PROGRAM

The American economy and stock markets are showing some signs of recovery, although there are still widely divergent views on what lies ahead. The last couple of years have put many of us in very different financial positions than we were before. Perhaps you had always intended to leave part of your estate to ECSI but do not know what amount to put in your will because you don't know how much, if anything, will be available for distribution to your beneficiaries. You can resolve this uncertainty with a provision in your will specifying that a certain percentage of your estate's assets be gifted to **The Estuary Council of Seniors**. Wills are often written this way, dividing an estate between beneficiaries by percentages, rather than dollar amounts. This eliminates the need to try and guess exactly what amount of assets there will be at some unknown future time. Discuss your wishes with your attorney to ensure your estate will be distributed as you want.

Your Lasting Legacy Team can help answer any questions you have. Please feel free to call at 860-388-1611 Sandy Hart or Paula Ferrara to learn more about our new **"Leave a Lasting Legacy Program"**.

THRIFT SHOP

WACKY WEDNESDAYS
are here each week!!!!!!

Come in every Wednesday and discover the special of the week! 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

Donations are accepted up to one hour before closing!

Credit cards accepted!

VOLUNTEERS

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

Answer phones, sort donations in our Thrift Shop, be a Friendly Visitor, teach a class, serve on our Board of Directors or a committee, or deliver Meals on Wheels!

The possibilities are endless!
You decide on how much time and we'll find a job for you!
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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.*

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