



The

ESTUARY GAZETTE

February 2011 - Vol. 37, Issue 02

Baby it's cold outside! Remember we have lots of programs and activities to enjoy at the Estuary during the winter months. We have so many activities to advertise that we didn't have room for Dawn's usual article in this month's Gazette. I promise it will be back next month!

We have a very active and talented writers' group called Write On. They have put together another anthology, *I Am But A Small Voice*. It is a delightful collection of poems and short stories that is available to read in our lobby. The anthology is sponsored by Attorney Thomas M. Kablik.

I hope everyone has noticed the "new lobby." We have been trying to make it more user friendly and bright. Please stop in to visit our support service corner next to the Artist of the Month display (in the former coat closet). If you need information regarding almost any elderly services you will find it there.

Please remember that our Chocolate Morning, Noon, & Night Chocolate event is Saturday, February 12. Get here early to buy your Valentine chocolate! 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

FEBRUARY - SAVE THE DATE!

INCLEMENT WEATHER: *If the Old Saybrook school system closes due to weather, the Estuary and all Café sites will be closed.*

- February 8 Keep Your Heart Healthy; 12:35 pm
- February 9 Book Chats - see Page 5; 1 pm
- February 11 Artist Reception; 5-7 pm
- February 15 Learn about Dry Eyes; 12:45 pm
- February 23 Nutrition for the Heart; 12:45 pm
- February 25 Trip to RI Flower show - page 10

See Page 7 for ongoing programs

HOLIDAY CLOSINGS: February 21



SWEETS FOR THE SWEET

"Chocolate – Morning, Noon and Night"
Saturday, February 12, 9 am - Noon

Incredible Edibles, Valentines Day Gifts, Baskets, Crafts and So Much More!

Amazing chocolate creations by local restaurants and the Estuary!

Come and buy your Valentine a gift or treat yourself to this culinary delight!

Sells out every year – so don't wait!!!

AARP FREE TAX HELP

Appointments Available - see Page 2 for dates

Must call 860-388-1611 to make an appointment for the tax locations listed below.

Free income tax assistance is provided for low to moderate income taxpayers of all ages, with special attention to those 60 and older.

Clinton Town Hall: 54 E. Main St.

Deep River Library: 150 Main St.

Killingworth (St. Lawrence Church): 7 Hemlock Dr.

Old Lyme Senior Center: 26 Town Wood Rd.

Old Saybrook Estuary Sr. Center: 220 Main St.

NEW Location!!! Westbrook is at the Library!

Westbrook Public Library: 61 Goodspeed Drive

See Page 2 for a list of what you **MUST** bring to your appointment to have your taxes completed.

ESTUARY COUNCIL OF SENIORS, INC.

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6 Saner Road • Marlborough, CT 06447
Tel: **860-295-6440**

WWW.MIDDLESEXEYE.COM

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.

Are you unhappy with your **Medicare Advantage plan**?
You have until February 14 to switch to Original Medicare!
Don't wait - call Dawn now for an appointment!!

AARP FREE TAX HELP

Taxpayers are requested to **bring the following documents to their appointment:**

- Copy of 2009 Federal and Connecticut tax returns
- Social Security number and personal identification
- If married, both husband and wife must be present.

All 2010 income report forms:

- SSA-1099, SS Benefit Statement forms and RRB-1099-R. US Railroad Retirement forms.
- All 1099 forms
- W-2, Wages and Tax Statement forms
- W-2, Certain Gambling Winnings forms
- Original cost of assets sold during 2010
- Property Tax Information.

Call 860-388-1611 to make your appointment

Clinton Town Hall (Mondays) - 2/14; 3/14; 3/28; 4/11
Deep River Library (Thursdays) - 2/24; 3/10; 3/24; 4/7
Killingworth - (Tuesdays) - 2/22; 3/8; 3/22; 4/5
(St. Lawrence Church)

Lymes' Sr. Center (Thursdays) - 2/17; 3/3; 3/17; 3/31
Old Saybrook Estuary Senior Center (Fridays) - 2/11; 2/18; 2/25; 3/4; 3/11; 3/18; 3/25; 4/1; 4/8; 4/15

NEW Location!!! Westbrook Public Library (Mondays) - 2/28; 3/9 is a Wednesday; 3/21; 4/4

SUPPORT GROUPS

BETTER BREATHERS: Thur., Feb., 3 & 17 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, February 10, at 9:00 am
 Learn how others cope with everyday challenges that living with diabetes can present. Join Tina Belmont, Old Saybrook Town Nurse, for an informal talk. Bring your friends, and questions. *2nd Thursday each month.*

WIDOWS/WIDOWERS: Thur., Feb., 10 & 24, 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, Feb. 24, 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, Feb., 7, 14, 28 by appointment. Cost \$34.

HAIRCUTS

- Morning Appointments Cost is \$10**
- Tuesday with Roberta - February 8
 - Saturday with Stephanie - February 18
 - Fridays with Deb - Feb., 4 and 25

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

Thursday, Feb. 17, 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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At time of hospital discharge or whenever
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(860) 434-7808 or (860) 434-9003

Aaron Manor
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 3 South Wig Hill Road, Chester, CT
(860) 526-5316

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FREE SCREENINGS

DIABETES: Sugar (Fasting)
Thursday, Feb. , 10, 7:30 - 8:30 am
Screenings are held the 2nd Thursday
of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Tues., Feb., 15
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

**FREE HEARING CLINIC
WITH BOB SAWYER**

Wednesday, February 16

9 am - 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**KEEPING YOUR HEART HEALTHY**

Tuesday, February 8 at 12:35 pm

Join Dr. Scott Houghton from Town & Country
Physicians and Colin Morris from Select Medical Group
and learn about improving your heart health.

MIDDLESEX EYE PHYSICIANS

Tuesday, February 15 at 12:45 pm

Dr. Shriver will talk about *dry eyes*, which is a medical
condition that can be caused by advanced age, certain
medications or eye diseases. Free Lecture!

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, February 18 at 12:45 pm

Did you know you can live at home and qualify
for homecare? Elder Law Attorney Matthew Stillman
will speak about what homecare programs are available
to people at home or in the community.

Save the Date! COLON HEALTH SEMINAR

Thursday, March 24 at 5:30 pm

Free event featuring exhibitors and speakers with
information on prevention and early detection.

Call **860-358-2088** to register - **limited seating.**

Details will be in the March Newsletter

NUTRITION FOR THE HEART

Wednesday, February 23 at 12:45 pm

Join the Estuary Council and Bride Brook Health &
Rehab for a program about how to eat healthy to take
better care of you heart in the new year!

FREE HEALTH SCREENINGS

United Church of Chester - Thurs., Feb. 17 at 11 am

Free blood pressure & cholesterol screenings.

Provided by the Lower Valley Visiting Nurses.

No appointment necessary.

The 21st Century Healing Arts

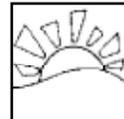
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Marianna Anderson

Old Lyme, CT



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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.

CHESS ANYONE?!**Thursdays at 9 am**

Looking for people who play chess and people who would like to learn to play. Learn a new hobby during the cold weather months. No experience necessary.

**NEW YEAR - NEW FUN****Tuesdays from 10 am - 2 pm**

Do you like to knit or crochet? This fun group is open to new members. Stop by and say hello. Socialize with friends while working on a project.

DUPLICATE BRIDGE**Tuesday and Friday evenings at 7 pm**

Friendly, non-sanctioned game, directed by volunteers.

All that is required is that you bring a partner and pay a \$2 fee. Refreshments served.

“BOOK CHATS”**Second Wednesday at 1 pm**

If you are looking for interesting reading, good conversation, and meeting new friends stop by.

February 9

Sullivan’s Island By Dorothea Benton Frank

March 9

The Help by Kathryn Stockett

ARTIST RECEPTION**Friday, February 11 from 5-7 pm**

Jack MacElwee graduated from the New England School of Art in Boston and continued at the Arts Student’s League in New York City and is currently studying at the Lyme Art Academy.

His preferred mediums are oil, watercolor, and pencil/pen. He especially enjoys painting and drawing landscapes and seascapes.

Jack has displayed at the Rowayton Art Association, Lyme Art Association, Lyme Academy, and was recently honored with a one man show in the Essex Art Association’s Little Gallery this Spring.

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

WOODCARVING CLASS**1st and 3rd Wednesdays at 9 am**

Beginners to advanced levels welcome.

Men and women are encouraged to join!

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

NEEDLECRAFTERS**Thursdays at 10 am**

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

**AARP MATURE DRIVERS****Now a one day class!****Call Deb for date of class at 860-388-1611**

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**

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

New players welcome to join the Estuary Billiards Club!

For more information Call Chuck at 860-388- 3828.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Salsbury Steak Mashed Potatoes Whole Baby Carrots Pears 1 pm Healthy Steps class meets weekly	8 Chicken Parmesan Wild Rice Zucchini Jell-o 12:35 Keep Your Heart Healthy	9 Roasted Potato Stewed Tomatoes Apple 1 pm Book Chats Sullivan's Island - pg 5	10 Meatloaf Mashed Potato California Blend Veg. Frosted Cake	11 Manicotti w/sauce Tossed Salad Fruit Cocktail 5 pm Artist Reception
14 Baked Stuffed Chicken Breast Brown Rice Peas & Carrots Assorted Pies	15 Sweidsh Meatballs Egg Noodles Italian Green Beans Mandarin Oranges 12:45 Dry Eye Syndrome	16 Pulled Pork Sandwich Cole Slaw Orange	17 Roast Turkey/gravy Mashed Potato Winter Blend Veg. Butterscotch Pudding 11 am Free Health Screenings in Chester! See page 4	18 American Chop Suey Zucchini Brownies 12:45 Homecare Eligibility
21 President's Day Holiday Closed	22 Lemon Pepper Fish Mashed Potatoes Spinach Sherbet	23 Chicken Florentine Rice Pfaff Broccoli Peaches 12:45 Nutrition for the Heart	24 Beef Stroganoff Egg Noodles Carrots Crushed Pineapple	25 Lasagna Tossed Salad Cookies Trip to Rhode Island Flower Show - see page 10
28 Estuary Burger on a roll 3-Bean Salad Ice Cream Trip to Mohegan Sun See page 10				

February 2011



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Classes are subject to change without notice Please call ahead to confirm Day and Time</p>	<p>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.....Knitting 12:30.....Ping Pong 1:00.....Cards 1:00.....Intermediate Bridge</p>	<p>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 1:15.....Tai Chi</p>	<p>7:45.....Kathy's Weight Training 8:00.....Billiards - until 4 pm 8:45.....Basic Nutrition with Alyssa 8:45.....Kathy's Senior Fitness 9:30.....Chess 10:00.....Needlecrafters 1:00.....Cards 1:00.....Ping Pong 12:30.....Better Breathers Support</p>	<p>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</p>	<p>8:00.....Breakfast served until Noon 8:00.....Billiards - until 1 pm 10:00.....Chair yoga</p> <p>5</p> <p>8</p>
<p>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</p>	<p>7:45.....Kathy's Weight Training 9:00.....Roberta's Haircuts (By Appt.) 8:30.....Stan's Watercolor Class 8:45.....Kathy's Senior Fitness 9:00.....Beading 10:00.....Knitting 12:30.....Ping Pong 12:35.....Dr. Houghton 1:00.....cards 1:00.....Intermediate Bridge 1:00.....Phyllis's Bridge</p>	<p>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 1:15.....Tai Chi</p>	<p>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</p>	<p>8:00.....Billiards - until 4 pm 8:30.....Stan's Watercolor Class 8:45.....Yoga 8:45.....Yoga 1:00.....Mah Jongg 1:00.....Pinochle, Setback & Cards 1:00.....Wii Games 2:30.....Tops Meeting</p>	<p>8:00.....Breakfast served until Noon 8:00.....Billiards - until 1 pm 10:00.....Chair yoga</p> <p>12</p>
<p>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</p>	<p>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.....Knitting 12:30.....Ping Pong 1:00.....Cards 1:00.....Intermediate Bridge</p>	<p>7:45.....Kathy's Weight Training 8:00.....Billiards - until 4 pm 8:45.....Kathy's Senior Fitness 9:00.....Wood Carving 9:00.....Hearing with Bob 1:00.....Setback & Cards 1:00.....Hand & Foot 1:00.....Setback & Cards 1:00.....Wii Games 1:15.....Tai Chi</p>	<p>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 12:30.....Ping Pong 1:30.....Better Breathers Support</p>	<p>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</p>	<p>8:00.....Breakfast served until Noon 8:00.....Billiards - until 1 pm 9:30.....Stephanie Haircuts - By Appt. 10:00.....Chair yoga</p> <p>19</p>
<p>CLOSED</p>	<p>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.....Knitting 12:30.....Ping Pong 1:00.....Cards 1:00.....Intermediate Bridge</p>	<p>7:45.....Kathy's Weight Training 8:00.....Billiards - until 4 pm 8:45.....Kathy's Senior Fitness 12:45.....Select Medical 1:00.....Hand & Foot 1:00.....Wii Games 1:30.....Caregivers Support 1:15.....Tai Chi</p>	<p>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.....Widow / Widowers 1:00.....Ping Pong 1:00.....Setback & Cards</p>	<p>8:00.....Billiards - until 4 pm 8:00.....Deb Haircuts 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</p>	<p>8:00.....Breakfast served until Noon 8:00.....Billiards - until 1 pm 10:00.....Chair yoga</p> <p>26</p>
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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.
Feb 14: 2 pm performance by "Golden Cut Ups." Refreshments served. Nonperishable food always welcomed for Social Services.

New members always 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.
Feb 2: Humble Bees perform
Feb 16: 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

March 8: Irish Caberet with Tony Kenny at Chez Josef. Lunch included; \$72.

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

May 25: *Oh What a Night!* Musical tribute to Frankie Valli and the Four Seasons with lunch at the Aqua Turf Club in Plantsville; \$77. Call Lucile at (860) 399-6065 for details.

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! See page 4!

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.

HEALTHY STEPS (THE LEBED METHOD)

Mondays at 1 pm

Therapeutic Exercise & Movement Class

Great class to help you get moving. All fitness levels welcome. Class can be done sitting or standing. Help with chronic pain, increase your range of motion, balance, and help your energy level! \$3 per class, pay as you go! Call Mary Shapiro at 203-214-4853.

GENTLE YOGA

Fridays at 8:45 am

Drop - in classes \$5 each

Come breath, stretch and relax. Student 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 RYI.

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.

**GET FIT WHERE YOU SIT
CHAIR YOGA**

Saturdays 10:00 - 11:00 am
Cost \$3.00 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

TAI CHI CLASSES

Wednesdays at 1:45 pm

Great for balance and to calm your spirit! If you have ever thought about trying TAI CHI, give David a call to learn more and to sign up.
Instructor, David Shaver - 860-334-8488.
You must sign up in advance - NO DROP-INS

ESTUARY CARD GAMES

We have a variety of games played each week.
Tuesday - Intermediate Bridge - 1 pm
Wednesday- Hand & Foot - 1 pm
Most weekdays at 1 pm Setback

Exercise classes to keep you fit and healthy in the New Year!
Classes for all fitness levels!

INDOOR WALKING TRACK

The town of Old Saybrook has invited the Estuary Council patrons from other Estuary shoreline towns to use the walking track in the town hall on Tuesdays & Thursdays from 6:30 am—2:30pm. You must call Deb at 860-388-1611 to register before you can use the track. Please remember that we are guests and it is important to follow the rules setup by the Parks & Recreation.

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 8 am - 2 pm, Monday - Friday with full payment. Reservations will not be taken by phone. Trips must be paid in full when you make your reservation. (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. On the day of your trip, please park in the lower parking level. We ask that you do not park in front of the center when you will be away all day.

PROVIDENCE FLOWER SHOW

Friday, February 25

Perfect time to put the woes of winter behind you and see the brilliant colors of flowering plants and shrubs. The **19th Annual RI Spring Flower & Garden Show** is partnering with the American Heart Association **marrying the beauty of nature with popular romantic love stories that touch the heart.** Stroll through **28 gardens**, each a reminder of your favorite movie, song or novel, like *An Affair to Remember*, *Casablanca*, and *Gone with the Wind*. Prior to the show enjoy a lunch at **Geppetto's on Federal Hill**, **Gianfranco's homemade** Tiramisu for dessert. In addition you will receive a **tableside** demonstration of the techniques in grilling the perfect pizza with Geppetto's Chef preparing, serving, and answering questions. This experience also includes a take home bag of Geppetto's Dough2Go gourmet pizza shells for each guest. Cost: \$89. Includes: Bus, Flower Show Admission, Lunch & Cooking Demo, and Driver's Gratuity.
Call Deb at 860-388-1611 for details - limited seating available!

Cherry Blossom Time in Washington D.C.

April 2011

The 2011 Cherry Blossom Festival marks the 99th Celebration of the original gift of the 3000 cherry trees from the city of Tokyo to the people of Washington DC in 1912. Visit several of the memorials, including the WWII memorial, the Cherry Blossom Parade, and many more exciting highlights! Call Deb at 860-388-1611 for details.

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday, February 9

Westfarms Mall
Will also stop at Trader Joe's
and Pier One
Lunch on your own.
Bus leaves at 9 am. Cost \$10

Weather permitting

MOHEGAN SUN

Monday, February 28

Shop, Have Lunch, Have Fun!
Just leave the driving to us!
Lunch on your own.
Bus leaves at 9 am. Cost \$10

Weather permitting

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Email: lynnafarrell@comcast.net



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WE NEED YOUR VOTE!
February 1 – March 15
All ESSEX SAVINGS BANK customers have one vote for each account in the Essex Savings Bank Community Investment Program. Please cast your vote for our **Meals on Wheels!**

Money is donated to each charity by the number of votes received. Tell your family and friends to **cast their vote for Meals on Wheels!**

More votes = more \$\$ for MOW!

NEW LEGISLATION
 Due to new legislation, if you are over **age 70 1/2** and **own an IRA**, you may transfer up to \$100,000 per year to a single or a variety of charitable funds. You will not incur federal income taxes on that gift. We recommend you discuss this provision with your IRA Custodian to be sure your donation does meet the qualifications.

Thanks to all of you who have donated to the Winter Appeal. **It's never too late to make a donation!** The need for our vital services are increasing and funding is getting more difficult so we greatly appreciate all gifts! Envelopes are available at the welcome desk.

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!**

Call Judy at 388-1611 for details.

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ESTUARY



ESTUARY COUNCIL OF SENIORS, INC.

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

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

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COUNCIL

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