



The

ESTUARY GAZETTE

January 2011 - Vol. 37, Issue 01

Happy 2011! We are preparing for another great year of programming. Last year we added wood-working, chair yoga, yoga for relaxation, healthy steps, fitness training from Select Medical, an evening bridge group, a new one day Mature Driving class, a TOPS group, and nutrition classes from Gladeview Healthcare. Let us know what programs or classes you would like to see at the Estuary! The Holiday Craft Fair was the largest we have had so far! Thank you to all the volunteers, Board members, and staff for their hard work, especially co-chairs Mike Neville and Archangela Claffey. Thank you to Betsy Cote and the Thrift Shop volunteers for their work the day of the fair. They broke all sales records! Dan Wrenn and Gail Fahey served over 125 people for breakfast, making it a busy morning. Our next event will be Chocolate Morning, Noon, & Night on February 12. Mark your calendars so you can buy your Valentine chocolate. Thank you to everyone who responded to the Winter Appeal Letter. Your donations help us provide our programming and services for seniors in the towns we service. We could not accomplish everything we do without your generosity. Paula Ferrara

WINTER CLOSINGS

INCLEMENT WEATHER: If the 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 their appointments.

JANUARY - 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!

- January 5 Beginning Tai Chi, 1:45 pm
- January 6 Nutrition for Busy People, 8:45 am
- January 11 Osteoporosis, 12:45 pm
- January 12 Book Chats meet, 1 pm
- January 14 Artist Reception, 5 pm
- January 19 Free Hearing Screening, by appt.

See Page 7 for ongoing programs

HOLIDAY CLOSINGS: January 1 and 17

HEALTHY NEW YEAR'S RESOLUTION FREE HEALTH SCREENINGS

Start the New Year by taking better care of yourself and getting healthier in 2011! Come to the Estuary for our monthly free health screenings.

Cholesterol, Blood Pressure, and Diabetes screenings are available. A nurse will check your levels and recommend things you can do to make changes and improve your health.

See Page 4 for dates of screenings.

ARE YOU ONLINE?

If you use a computer you can access all the information you need about the Estuary online. Read the Gazette newsletter, check out what is being served for lunch, or find an activity or class to participate in on the Events Calendar.

Go "green!" Save a tree by getting your Estuary news online and stop receiving the newsletter in the mail. Find all you need at www.ecsenior.org

DONATE YOUR CAR TO THE ESTUARY!

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. *Donations are eligible for tax deductions.*

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



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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.

HAPPINESS & HEALTH IN THE NEW YEAR

HAPPY NEW YEAR!

May I start by saying "Thank You" to you all who have been so patient with me the last few months. Open Enrollment is the equivalent to Tax time for me. I appreciate your understanding as I tried to get back in touch with all who left me messages. I know my returns were not timely. Those who had appointments with me realized just why it took so long for me to return my calls. Negotiating Medicare isn't easy for anyone—even those of us who continually train on it! It is a bumpy ride at best. So thanks again for sticking with me!

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

CT AARP SEEKING VOLUNTEERS

The CT AARP Tax-Aide program is seeking volunteers to provide one-on-one help in the preparation of income tax returns. Computer literate volunteers of all ages and backgrounds are welcome. Volunteer as a Counselor and/or as a Leadership Coordinator. You do not need to be an AARP member or retired. Training in cooperation with the IRS will commence in December for the 2011 tax season. The free service is offered to low and middle income taxpayers of all ages, with special attention to those 60 and older.

To sign up as a volunteer, visit www.aarp.org/taxaide

SUPPORT GROUPS

BETTER BREATHERS: Thur., Jan., 6 & 20 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, January 13, at 9:00 am
 Learn to cope with everyday challenges that living with diabetes can present. Join Nancy Eastwood, Nutritionist, and Tina Belmont, Old Say brook Town Nurse, for an informal and education talk. 2nd Thursday each month.

WIDOWS/WIDOWERS: Thur., Jan., 13 & 27, 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., Jan. 27, 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

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

FOOT CARE: Gretchen O'Conner, RN
 Monday, Jan., 3, 10, 24 by appointment. Cost \$34.

HAIRCUTS

- Call for an Appointment. Cost is \$10.
- Tuesday with Roberta - January 11
 - Saturday with Stephanie - January 15
 - Fridays with Deb - January 7 and 28

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

Thursday, January 20, 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 HEALTH SCREENINGS

DIABETES: Sugar (Fasting)
Thursday, January 13, 7:30 - 8:30 am
Screenings are held the 2nd Thursday of each month. Fasting is required.
No Appointment required

CHOLESTEROL: Tues., Jan., 18
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 BOB SAWYER

Wednesday, January 19
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+ going beyond the estuary region. Call Judy at 860-388-1611. \$35 *suggested donation*.

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

HEALTH & WELLNESS EVENTS

LEARNING ABOUT OSTEOPOROSIS

Tuesday, January 11 at 12:45 pm
Come join Dr. Scott Houghton from Town & Country Physicians and Colin Morris from Select Medical to learn how to live with this debilitating illness that affects many people as they age.

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, January 21 at 12:45 pm
SENIORS MUST BE ON NOTICE
SCAMS ARE ON THE RISE!

Attorney General investigator Steven Hennessey and Attorney Stillman will talk about how seniors are at risk, how some of these scams work, and what you can do to protect yourself. Don't miss this great lecture, which will have plenty of free advice.
Call 860-388-1611 to sign up.

NUTRITION FOR BUSY PEOPLE

Thursday, January 6 & 20 at 8:45 am
A registered dietitian from Gladeview Health Care will be here to answer any questions and concerns about nutrition. Be a part of the discussion!



FEBRUARY IS HEART MONTH

Watch for more information!!

FREE HEALTH SCREENS at United Church of Chester

Wednesday, January 20 at 11 am
Free blood pressure & cholesterol screenings.
Provided by the Lower Valley Visiting Nurses.
No appointment necessary.

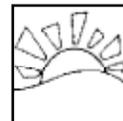
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SPECIAL PROGRAMS & EVENTS
SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS
PROGRAMS are at the OLD SAYBROOK SITE - 220 MAIN ST.
To sign up, call 388-1611.

Happy New Year Everyone!

I would like to take this time to welcome everybody to 2011 and to encourage you to take on some new challenges to go along with the New Year. We have many clubs and groups that meet here at the Estuary, some weekly and others monthly. Many people take a few moments this time of year to see what changes they can make to improve their lives as well as themselves. Many start new diets or sign up for a new exercise class. Way too much stress in that stuff, I think it is a great time to start a new adventure! By adventure I mean play chess on Thursdays, or join the book club (you do have to read the book), or take a watercolor class. I take baby steps and I encourage you to do the same. Check out all the great things going on at the Estuary Council!
 Learn something new and have fun doing it - minus the stress!

Welcome to 2011 and thanks to you all for being here. Deb - Events Coordinator

CARD GROUPS

The Estuary Council has a variety of card groups that meet each week.

Tuesday: Intermediate to Advanced Bridge

Tuesday - Friday afternoons:

Setback, Pinochle, etc.

Wednesday 10 am: Cribbage

Wednesday 1 pm: Hand & Foot

Please call for more details. Most groups meet in the dining room and welcome new players to join. No charge!

BEGINNING TAI CHI

Wednesday, January 5 from 1:45 - 3 pm

Call David Shaver at 860-334-8488 for information and to register for the class.

“BOOK CHATS”

Second Wednesday at 1 pm

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

January 12 at 1 pm:

Tobacco Road by Erskine Caldwell

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.

DUPLICATE BRIDGE

Tuesdays and Fridays 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. Stop in any Tuesday or Friday at 7 pm for more information or to join a game.

STAN CARVER'S

Watercolor art classes

Tuesday Mornings & Friday Mornings openings both days we encourage All levels contact Stan at **860-853-8943**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Stuffed Cabbage Mashed Potato Whole Baby Carrots Peaches</p> <p>1 pm Healthy Steps (weekly)</p>	<p>10</p> <p>BBO Chicken Wild Rice Broccoli Chocolate Pudding</p>	<p>17</p> <p>Martin Luther King Holiday</p> <p>Closed</p>	<p>24</p> <p>Fish & Chips Broccoli Orange</p>	<p>31</p> <p>Chicken Teriyaki Rice Pilaf Oriental Blend Vegetables Ice Cream</p>
<p>4</p> <p>Chicken Florentine Rice Pilaf Green Beans Ice Cream</p>	<p>11</p> <p>American Chop Suey Italian Green Beans Pears</p> <p>12:45 Osteoporosis</p>	<p>18</p> <p>Salisbury Steak w/gravy Mashed Potato Stewed Tomatoes Sherbet</p> <p>By appointment: Cholesterol Screenings</p>	<p>25</p> <p>Chicken Cacciatore w/onions & peppers Brown Rice Cauliflower Vanilla Pudding</p>	
<p>5</p> <p>Spaghetti w/meatballs Tossed Salad Mandarin Oranges</p> <p>1:45 Beginning Tai Chi</p>	<p>12</p> <p>Turkey Pot Pie w/potato & Veg. Cookies</p> <p>1 pm Book Chats Tobacco Road by Erskine Caldwell</p>	<p>19</p> <p>Chicken Caesar Salad Pineapple Whole Wheat Roll</p> <p>By appointment: Free Hearing Screening</p>	<p>26</p> <p>Swedish Meatballs Egg Noodles Carrot Coins Fruited Jell-o</p>	
<p>6</p> <p>Meat Loaf Roasted Potatoes Mixed Vegetables Carrot Cake</p> <p>8:45 am Nutrition for Busy People 9 am Chess (weekly)</p>	<p>13</p> <p>Eggplant Parmesan Italian Blend Vegetables Assorted Pies Garlic Bread</p> <p>7:30-8:30 am Diabetes Screening</p>	<p>20</p> <p>Tilapia Baked Potato Spinach Apple</p> <p>8:45 am Nutrition for Busy People</p>	<p>27</p> <p>Roast Turkey w/gravy Cranberry Sauce Stuffing Scandinavian Blend Veg. Peaches</p>	
<p>7</p> <p>Vegetable Soup Tuna Fish Sandwich Banana</p> <p>8:45 am Gentle Yogo (weekly) Watercolor Art Classes (weekly)</p>	<p>14</p> <p>Pot Roast w/gravy Roasted Potatoes Peas & Carrots Jell-o</p> <p>5 pm Artist Gallery Reception</p>	<p>21</p> <p>Stuffed Shells Tossed Salad Citrus Fruit</p> <p>12:45 Protect Yourself from Scams</p>	<p>28</p> <p>Beef Stew w/potato & mixed vegetable Biscuit Pound Cake w/fruit topping</p>	

JANUARY 2011

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>3</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Stretch Class</p> <p>10:00.....Line Dancing</p> <p>12:30.....Quilt Club</p> <p>1:00.....Cards</p> <p>1:00.....Computer Club</p> <p>1:00.....Healthy Steps</p>	<p>4</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Beading</p> <p>12:30.....Ping Pong</p> <p>1:00.....Cards</p> <p>1:00.....Intermediate Bridge</p>	<p>5</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Senior Fitness</p> <p>1:00.....Setback & Cards</p> <p>1:00.....Hand & Foot</p> <p>1:00.....Setback & Cards</p> <p>1:00.....Wii Games</p>	<p>6</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:00.....Blood Pressure Screening</p> <p>8:45.....Basic Nutrition with Alyssa</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:30.....Chess</p> <p>10:00.....Needlecrafters</p> <p>1:00.....Cards</p> <p>12:30.....Ping Pong</p> <p>1:30.....Better Breathers Support</p>	<p>7</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:00.....Haircuts Deb</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Yoga</p> <p>1:00.....Mah Jongg</p> <p>1:00.....Pinochle, Setback & Cards</p> <p>1:00.....Wii Games</p> <p>2:30.....Tops Meeting</p>	<p>1</p> <p>8:00.....Breakfast served until Noon</p> <p>8:00.....Billiards - until 1 pm</p> <p>10:00.....Chair yoga</p>
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<p>10</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Stretch Class</p> <p>10:00.....Line Dancing</p> <p>12:30.....Quilt Club</p> <p>1:00.....Cards</p> <p>1:00.....Computer Club</p> <p>1:00.....Healthy Steps</p>	<p>11</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>9:00.....Roberta's Haircuts (By Appt.)</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Beading</p> <p>12:30.....Ping Pong</p> <p>12:35.....Dr Houghton</p> <p>1:00.....cards</p> <p>1:00.....Intermediate Bridge</p> <p>1:00.....Phylis's Bridge</p>	<p>12</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Wood Carving</p> <p>1:00.....Setback & Cards</p> <p>1:00.....Hand & Foot</p> <p>1:00.....Setback & Cards</p> <p>1:00.....Wii Games</p> <p>1:00.....Book Chats</p>	<p>13</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Blood Pressure Screening</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:30.....Chess</p> <p>10:00.....Needlecrafters</p> <p>10:30.....Widow / Widowers</p> <p>12:30.....Ping Pong</p> <p>1:00.....Setback & Cards</p>	<p>14</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Yoga</p> <p>1:00.....Mah Jongg</p> <p>1:00.....Pinochle, Setback & Cards</p> <p>1:00.....Wii Games</p> <p>2:30.....Tops Meeting</p>	<p>15</p> <p>8:00.....Breakfast served until Noon</p> <p>8:00.....Billiards - until 1 pm</p> <p>9:30.....Stephanie Haircuts - By Appt.</p> <p>10:00.....Chair yoga</p>
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<p>17</p> <p>CLOSED</p>	<p>18</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:00.....Cholesterol Screening</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Beading</p> <p>12:30.....Ping Pong</p> <p>1:00.....Cards</p> <p>1:00.....Intermediate Bridge</p>	<p>19</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Hearing with Bob</p> <p>9:00.....Wood Carving</p> <p>12:45.....Select Medical</p> <p>1:00.....Hand & Foot</p> <p>1:00.....Wii Games</p> <p>1:30.....Caregivers Support</p>	<p>20</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:00.....Blood Pressure Screening</p> <p>8:45.....Basic Nutrition with Alyssa</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:30.....Chess</p> <p>10:00.....Needlecrafters</p> <p>1:00.....Cards</p> <p>12:30.....Ping Pong</p> <p>1:30.....Better Breathers Support</p>	<p>21</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:00.....Deb Haircuts</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Yoga</p> <p>12:45.....Attorney Stillman</p> <p>1:00.....Mah Jongg</p> <p>1:00.....Pinochle, Setback & Cards</p> <p>1:00.....Wii Games</p> <p>2:30.....Tops Meeting</p>	<p>22</p> <p>8:00.....Breakfast served until Noon</p> <p>8:00.....Billiards - until 1 pm</p> <p>10:00.....Chair yoga</p>
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<p>24</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Stretch Class</p> <p>10:00.....Line Dancing</p> <p>12:30.....Quilt Club</p> <p>1:00.....Cards</p> <p>1:00.....Computer Club</p> <p>1:00.....Healthy Steps</p>	<p>25</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:00.....Beading</p> <p>12:30.....Ping Pong</p> <p>1:00.....Cards</p> <p>1:00.....Intermediate Bridge</p> <p>1:00.....Phylis Bridge</p>	<p>26</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Stretch Class</p> <p>10:00.....Cribbage</p> <p>1:00.....Hand & Foot</p> <p>1:00.....Setback & Cards</p> <p>1:00.....Wii Games</p>	<p>27</p> <p>7:45.....Kathy's Weight Training</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Blood Pressure Screening</p> <p>8:45.....Kathy's Senior Fitness</p> <p>9:30.....Chess</p> <p>10:00.....Needlecrafters</p> <p>10:30.....Widow / Widowers</p> <p>12:30.....Ping Pong</p> <p>1:00.....Setback & Cards</p>	<p>28</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:30.....Stan's Watercolor Class</p> <p>8:45.....Yoga</p> <p>1:00.....Mah Jongg</p> <p>1:00.....Pinochle, Setback & Cards</p> <p>1:00.....Wii Games</p> <p>2:30.....Tops Meeting</p>	<p>29</p> <p>8:00.....Breakfast served until Noon</p> <p>8:00.....Billiards - until 1 pm</p> <p>10:00.....Chair Yoga</p>
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<p>31</p> <p>8:00.....Billiards - until 4 pm</p> <p>8:45.....Kathy's Stretch Class</p> <p>10:00.....Line Dancing</p> <p>12:30.....Quilt Club</p> <p>1:00.....Cards</p> <p>1:00.....Computer Club</p> <p>1:00.....Healthy Steps</p>	<p>Classes are subject to change without notice Please call ahead to confirm Day and Time</p>				
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JANUARY 2011

*New Name...
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Saybrook

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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.
Jan. 10: Bingo with prizes. Nonperishable food always welcomed for Social Services.
 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.
Jan. 5: Trivia with Helen Younger
Jan. 19: 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.

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

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.

WESTBROOK/CLINTON SR CLUB TRAVEL

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

Watch for more information about upcoming 2011 trips! Call Lucile at (860) 399-6065 for details.

**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.**

ESTUARY CARD GAMES

If you like playing cards 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

POOL TOURNAMENT

1st Monday of the month at 12:45
For more information
Call Chuck at 860-388- 3828

AARP Mature Drivers Class

New Year, New One Day Only Classes!

Thursday, January 20 from 8am - Noon

Payments are 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.

GET FIT WHERE YOU SIT

CHAIR YOGA

Saturdays 10 - 11 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

INDOOR WALKING TRACK

The town of Old Saybrook has invited the Estuary Council patrons 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 and regulations setup by the Parks & Recreation Commission.

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

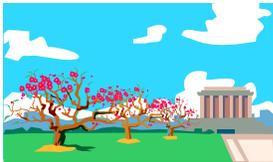
Reservations can be made in person 8 am - 2 pm, Monday - Friday with full payment. Reservations will not be taken by phone. Trips must be paid in full when you make your reservation. (We can not hold a seat that is not paid for.) Please note that payment is made by check to the Estuary Council (E.C.S.I.). 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.

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.

These beautiful trees signal the coming of spring with an explosion of life and color. The cherry trees around the Jefferson Memorial have come to symbolize the natural beauty of our nation's capital city. The highlight of this trip will be the WWII Memorial. You will experience " The Cherry Blossom Parade" and many more exciting highlights!



Call Deb at 860-388-1611 for details and pricing for this trip. Detailed flyers are also available in the main lobby at the Estuary Council at 220 Main Street in Old Saybrook.

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday, January 12
Westfarms Mall
Shopping after Christmas for bargains.
Lunch on your own.

Bus leaves at 9 am. Cost \$10.

MOHEGAN SUN

Monday, January 24
Shop, Have Lunch, Have Fun
Just leave the driving to us!

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

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Lynn A. Farrell, Principal Email: lynnafarrell@comcast.net



FUNDRAISING

CRAFT FAIR THANK YOU

THANK YOU to everyone who so generously donated to our annual Holiday Craft Fair. There were numerous donations of baked goods as well as hand crafted items. Without the generosity of our donors and volunteers, the Holiday Fair would not be such a huge success.

The following is a list of donors and volunteers. *Some donations were received with out names, but we thank you just the same!*

Mary Visone; Mike Neville; Camille Blok; Lucile Spanilo; Archangela Claffey; Hilda Reichenback; Nancy Patenaude; Diana Britt; Jessie Stiefel; Kathy Gesner; Marion Lewis; Hillary Seltzer; Shiela Jagun; Flora Kyle; Scottie Pepe; Diane Massey; Judy Archer; Connie Cliffe; Kathy McNeil; Ann Smith; Diana Marino; Nancy King; Flora Kyle; Diane Lindsay; Dee Johnson; Dorothy Houlihan; Estuary Needlecrafters and the Estuary Thrift Shop Volunteers.



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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Sat. 9-12



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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

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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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{ }Mr. _____
{ }Mrs. _____ City _____ State _____ ZIP _____
{ }Miss _____
{ }Ms. _____ Phone _____ e-mail _____

ECSI is a 501 (c)(3)
organization.
Your contribution
is tax deductible
according to law.

- 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.

For Credit Card Payments: Name as it appears on card:
Select card: MasterCard Visa Discover Expiration date: _____

Card Number: _____ 3 digit code: _____

This is a one-time payment of \$ _____ or \$ _____ recurring monthly for _____ months

Enclosed is my gift of:
 5,000 1,000 500 250 100 50 35 \$ _____

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