

The Saturday breakfast program has changed. Due to loss of funding, we are not able to offer breakfast as a donation based program. The charge for Saturday breakfast will be \$2.75 for anyone aged 60 or better and \$5.25 for those under age 60. I hope everyone understands that these prices do not cover the cost of the meal and that we are trying to continue to provide the program despite the funding loss.

Thank you to everyone who bought Meals On Wheels "Wheels." You helped us raise over \$7,600, the most we have raised.

I would like to especially thank the businesses that sold the Wheels: Adams Food Stores; American Legion; Christiansen Hardware; Christy's; Cindy's Wine; Circle Pizza; Colonial Market: Cuckoo's Nest: Deep River Hardware: Deep River Pizza: Deep River Tov Factory: Family Laundry; Fuzziwigs; Glenwood Wine & Spirits: Highliner Café; Killingworth Pharmacy; Main Street Sweet Shop; Mane Street Salon; Monkey Farm; Moravelas; New Alliance Bank; Niko's Café; Our Bakery & Deli; Parthenon Diner; Pazzos; Pet's Choice; Pizza Works; Reliable Cleaners; Reynolds Subaru; Sante Nutrition & Wellness; Saybrook Seafood; Seaside Wine & Spirits: Shore Discount Liquor: Sofia's: The Blue Crab; The Cooking Company; The Copper Skillet; The Ivory Restaurant & Pub; The Rabbit Hole: The Wheat Market: The Wine Cask; Old Saybrook Town Hall; VFW; Walt's Market. Paula Ferrara

JUNE 2011 - SAVE THE DATE!

Wednesdays: Massage therapy by appt.June 6Arthritis Pain12:45 pmJune 7Overcoming Hearing Loss12:45 pmJune 8Life's Aches & Pains12:45 pmJune 10Marshview Gallery Reception 5:00 pmJune 17Father's Day Ice Cream Social1 pmJune 29Lifting Loneliness12:45 pmJune 30Hoedown—reserve by June 23!See Page 7 for ongoing programs

June 19 - Happy Father's Day! June 21 - First Day of Summer!

SHORELINE VOLUNTEER OPEN HOUSE Thursday, June 2 from 4 - 6 pm

Students, retirees, part-time workers, and stay at home parents and caregivers - <u>all ages are</u> <u>welcome</u> to our Volunteer Open House.

Local non-profits will be on hand to describe their organization, the many things they do to help others, and how you can make a difference!

Non-profit organizations rely on the generosity of volunteers to help the communities they serve.



Now is the time to learn how YOU can make a difference to a cause that is important to you!



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 in your area such as Meals on Wheels and Medical Transport.

<u>Free</u> pick up: 1-800-716-5868

ESTUARY COUNCIL OF SENIORS, INC.

CHESTER, CLINTON, DEEP RIVER, ESSEX, KILLINGWORTH, LYME, OLD LYME, OLD SAYBROOK, WESTBROOK



WWW.MIDDLESEXEYE.COM

BENEFITS COUNSELING



พื

พื

ŵ

พื

พื

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



ŵ ŵ WE STILL MAKE HOUSE CALLS! ŵ ÷ ∰0 ₽ Meet Kathy and the Friendly Visitors team. I'm not lacktriangleright for the second seco her volunteer crew. Friendly Visitors are far more than ŵ their name implies. These men and women, many พื seniors themselves, provide lively conversation and พื companionship to homebound individuals and are also ŵ able to offer respite to caregivers. This is truly two-fold; ☆ it serves both participants by promoting health and well-being through keeping active mentally and ŵ physically! They visit for an hour each week, offering a ŵ different perspective, sharing stories, allowing for time พื $\frac{3}{2}$ free of family members and caregivers.

☆ Everyone needs time away. Does having tea on the พื porch, sitting out in the backyard, or going for a ride พื along the water sound good? How about a change of scenery? Did someone say lunch? Maybe you'd prefer a visit via phone. Who couldn't benefit from a ก๊ Å kind, supportive, and engaging individual, a sense of humor, someone closer in age who can really relate? ŵ Do you know of anyone who could use a little fun in ŵ their life? Could you? Please call for Kathy / Friendly พื Visitors at the Estuary Council, 860-388-1611. ŵ

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

SUPPORT GROUPS

BETTER BREATHERS: Thur., June 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 Thursday each month.*

DIABETES: Thursday, June 9 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., June 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, June 23 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: No meeting in June! 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, June 6, 13, 20, 27, by appointment. Cost \$34.

HAIRCUTS Morning Appointments Cost is \$10

- Tuesday with Roberta June 14
- Saturday with Stephanie June 18
- Fridays with Deb June 3 and June 24

FREE LEGAL ADVICE: Attorney Robert F. Hester with Connecticut Legal Services Thursday, June 16 from 1-3 pm 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!



ESTUARY COUNCIL OF SENIORS, INC.

JUNE 2011

FREE SCREENINGS

DIABETES: Sugar (Fasting) Thursday, June, 9, 7:30 - 8:30 am Screenings are held the 2nd Thursday of each month. Fasting is required. No Appointment required

<u>CHOLESTEROL:</u> Tues., June 21 Screenings are held the <u>3rd. Tues.</u> of each month. No fasting required. <u>Appointment required</u> <u>Appointments from 9 - 11 am</u>

Blood Pressure: Thur, 8am - 11am Screenings are <u>Thursday</u>., every week. <u>No Appointment needed</u>

FREE HEARING CLINIC WITH BOB SAWYER Wednesday, June, 15 9 - 11:45 am - 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 <u>beyond the</u> <u>nine-town estuary region</u> such as New Haven, Middletown, and New London. Call Judy at 860-388-1611. \$35 suggested donation for roundtrip.

Supported by the <u>Senior Resources Agency</u> on Aging with Title III funds made available under the Older Americans Act.

HEALTH & WELLNESS EVENTS

OVERCOMING HEARING LOSS Tuesday, June 7 at 12:45 pm

If you or a loved one struggles to hear then this program is for you! Learn about symptoms of hearing loss, kinds of hearing loss, new technology, and affordable solutions. Call to reserve your seat 860-388-1611

SELECT MEDICAL

Wednesday, June 8 at 12:45 pm Valerie Ling will be here to talk about living with life's aches and pains. We all have them! Learn what the professionals already know. Valerie will teach us.

ATTY. MATTHEW T. STILLMAN, ESQ. Friday, June 17 at 12:45 pm

After several phone calls about Attorney Stillman's April talk on **What programs are available to you while living at home and do you qualify**! We have asked him to continue with the topic.

ARE YOU LIVING WITH ARTHRITIS PAIN? Monday, June 6 at 12:45 pm

Learn how to protect your joints and simplify the activities of daily living. Learn what you can do to help with the pain when it hurts everyday. Sponsored by Middlesex Hospital Outpatient Services

LIFTING LONELINESS Wednesday, June 29 at 12:45 pm

Discover how to overcome loneliness and create the happiness you want. Learn what it takes to get control and to feel like your old self. Find that spark!



For Ad Info Call 1 800-732-8070 © Community Publications A Division of LPi • Estuary Regional Senior Center, Old Saybrook CT. 06-5030

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

FATHER'S DAY ICE CREAM SOCIAL Friday, June 17 at 1 pm The Estuary Council wishes all Dads a great

Father's Day! Join us for Ice Cream and Sports Trivia! <u>Please sign up</u> by 11am on June 14 by calling 860-388-1611.

MASSAGE THERAPY Available by appointment

Wednesdays from 10 am—Noon Massage is one of the oldest forms of healing. Soothe anxiety, depression, increase joint mobility, help with chronic pain to name a few of the benefits. Call Sarah at 860-710-1330 with questions or for an appointment.

WANTED CRIBBAGE PLAYERS

Every Wednesday morning at 10 am Come learn how to play or if you know how to play there is a table waiting for you.

INTERESTED IN SCRABBLE?

I have only heard from a few people so far. If you would like to play one day a week give Deb Angersola a call at 860-388-1611.

STAN CARVER'S Watercolor Art Classes Tuesday Mornings & Friday Mornings Openings available both days. We encourage all levels to contact Stan at <u>860-853-8943</u>

NEEDLECRAFTERS Meet every Thursday at 10 am

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



The first ever Estuary Council Pot Luck Hoedown Picnic! Thurs., June 30 from 5-7 pm <u>Cutoff June 23!</u>

Music by "The Country Duo" Wear your cowboy hat and boots! Bring your favorite pot luck dish and lawn chair Hot dogs, hamburgers, and dessert will be provided by the Estuary Council!

To participate in this event please **call Deb** at 860-388-1611. We need to know who is coming and what side dish you will be bringing.

If it dares to rain we will be in the Dining Room!!!!!





MARSHVIEW GALLERY ARTIST RECEPTION

Friday, June 10 from 5-7 pm

Roberta Banks and Maureen Giallombardo from Clinton will be our Artists of the Month.

Join the Clinton artists for a reception at the Marshview Gallery located at the Estuary Council, 220 Main Street, Old Saybrook.

Everyone is welcome to attend the reception. Refreshments provided.

SHORELINE KNITTERS

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



"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.

FRIDAY	3 Beef Stew w/vegetables & potato Biscuit Fruited Jell-o	10 Cheese Lasagna Rollette w/sauce Tossed Salad Dressings Pears Pears 5 pm Marshview Gallery	Ice C 1 k	24 Roast Turkey w/gravy Mashed Potato Peas & Carrots Cramberry Sauce Peaches		Robinson, Wright & Weymer Funeral Home, Inc. Serving All Faiths in the Community since 1894 Burial • Cremation • Pre Need Pre Arrangements Honored from any other Funeral Home 34 Main St 34 Main St Pre Arrangements Honored from any other Funeral Home 5 Centerbook, CT 06409 Mal Senior Center, Old Saybrook CT. 06-5030
THURSDAY	2 Chicken Ceasar Salad Tomato & Cheese Whole Wheat Roll Peaches 4 pm Shoreline Volunteer Open House All ages are welcome!	9 Beef Stroganoff Over Rice Broccoli Fruited Yogurt	16 Pulled Pork Sandwich Cole Slaw Jell-o	23 Spaghetti & Meatballs Tossed Salad Cake Call Deb to Reserve for the Hoedown Dinner!	30 Stuffed Shells w/sauce Tossed Salad Brownies 5 pm Hoedown Dinner Reserve by June 23!!!!	
WEDNESDAY	1 Manicotti w/sauce Italian Blend Veg. Lemon Meringue Pie Massage Therapy by appointment (pg 5)	8 Lemon Pepper Fish Baked Potato Spinach Orange 12:45 Life's Aches & Pains	15 Tilapia Mashed Potato Stewed Tomatoes Banana 1 pm Hand & Foot (weekly)	22 Chicken Salad Plate Potato Chips Fruit Cocktail 10 am Cribbage (weekly)	29 Baked Ham Sweet Potato Italian Green Beans Applesauce 12:45 Lifting Loneliness	Momentation www.coldwellbankerct.com Weakbook 800.555.7471 & H INC., Senior Real Estate & H INC., Senior Real Estate & M INC., Senior Real Estate M INC., Specialist Available Post R4 - Westbook Expect more from M I I Incations A real estate company.
TUESDAY		7 Chicken Dijon Brown Rice California Blend Veg. Cookies 12:45 Hearing Loss	14 BBQ Chicken Wild Rice Scandinavian Blend Veg. Butterscotch Pudding	21 Estuary Burger on Whole Wheat Roll 3-Bean Salad Crushed Pineapple First Day of Summer!	28 American Chop Suey Broccoli Vanilla Pudding	JH C JH C JH C JH C JH C JH C
MONDAY		6 Stuffed Cabbage Mashed Potato Whole Baby Carrots Citrus Fruit 12:45 Arthritis Pain	13 Swedish Meatballs Egg Noodles Green Beans Mandarin Oranges	20 Fish & Chips Antigua Blend Veg. Sherbet Mandarin Oranges 10 am Line Dancing (weekly)	27 Chicken Teriyaki Rice Pilaf Oreintal Blend Veg. Apricots	GLADEVIEW H Classical A Ch REHAB: PHYSICAL, SPEECH, OR LONG TERM CARE · SH HOSPICE CARE · SH HOSPICE CARE · SPAcious Rooms · Family B 6 0 - 3 8 8 - 6 6 9 For Ad Info Call 1 80

SATURDAY	8:00Breakfast served until Noon 8:00Breakfast - until 1 pm 10:00Chair yoga	8:00Breakfast served until Noon 8:00Brilliards - until 1 pm 10:00Chair yoga	I 8 8:00Breakfast served until Noon 8:00Billiards - until 1 pm 9:30Stephanie Haircuts - By Appt 10:00Chair yoga	25 8:00Breakfast served until Noon 8:00Billiards - until 1 pm 10:00Chair yoga	Classes are subject to change without notice Please call ahead to confirm Day and Time	Orthopedic Rehabilitation Short Term Rehabilitation Medical Management ple-rehab.com enor Center, Old Saybrook CT. 06-5030
FRIDAY	8:00Billiards - until 4 pm 8:00Haircuts Deb 8:30Stan's Watercolor Class 8:45Yoga 1:00Mah Jongg 1:00Pinochle, Setback & Cards 1:00Nii Games 2:30Diet support Meeting	8:00Billiards - until 4 pm 8:30Stan's Watercolor Class 8:45Yoga 1:00Mah Jongg 1:00Pinochle, Setback & Cards 1:00Wi Games 2:30Diet Support Meeting	8:00Billiards - until 4 pm 8:30Stan's Watercolor Class 8:45Yoga 12:45Yoga 12:45Mah Jongg 1:00Mah Jongg 1:00Nii Games 2:30Diet Support Meeting	8:00Billiards - until 4 pm 8:00Haircuts Deb 8:30Stan's Watercolor Class 8:45Yoga 1:00Mah Jongg 1:00Mah Jongg 1:00Diet supbort Meeting 2:30Diet support Meeting		 Orthopedic Rehabilit Short Term Rehabilita Short Management Medical Management wwapple-rehab.com senior Center, Old Saybrook C
THURSDAY	 7.45Kathy's Weight Training 8:00Billiards - until 4 pm 8:00Blood Pressure Screening 8:45Kathy's Senior Fitness 9:30Chess 9:30Chess 10:00Needlecrafters 10:00Needlecrafters 12:30Better Breathers Support 	7.45Kathy's Weight Training 8:00Billiards - until 4 pm 7:30Diabates Screening (FASTING) 8:30Iblood Pressure Screening 8:45Kathy's Senior Fitness 9:30Needlecrafters 10:30Vidow / Widowers 12:30Ping Pong 1:00Setback & Cards	7.45Kathy's Weight Training 16 8:00Billiards - until 4 pm 8:00Blood Pressure Screening 8:45Basic Nutrition with Alyssa 9:30Nethy's Senior Fitness 9:30Needlecrafters 1:00Needlecrafters 1:00Needlecrafters 1:230Needlecrafters 1:30Better Breathers Support	7:45Kathy's Weight Training 23 8:00Billidards - until 4 pm 8:300Blodo Pressure Screening 8:45Kathy's Senior Fitness 9:30Chess 10:30Nidow/ Widowers 12:30Ping Pong 1:00Setback & Cards	7.45Kathy's Weight Training 8:00Billiards - unfil 4 pm 8:30Biodo Pressure Screening 8:45Kathy's Senior Fitness 9:30Chess 10:00Needlecrafters 12:30Setback & Cards	From Reference Second Regional
WEDNESDAY	8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 9:00Wood Carving 10:00Masage therapy 10:00Setbage 1:00Setback & Cards 1:00Wii Games	ntil 4 pm etch Class 8 nerapy Cards ot Cards	8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 9:00Wood Caving 10:00Massage therapy 10:00Massage therapy 1:00Hand & Foot 1:00Wii Games		8:45Kathy's Stretch Class 29 10:00Massage 10:00Massage therapy 10:00Vhronic Support 1:00Vhind & Foot 1:00Wii Games	Im APPLE CERENAR • Orthoped im APPLE CERENAR • Short Ter ional Care! S a y b r o o k • Short Ter 1775 Boston Post Rd., Old Saybrook, CT 06475 • 860.399.6216 • www.apple-rehab.com • Estuary Regional Senior Center, Center
TUESDAY		7:45Kathy's Weight Training 7 8:30Stan's Watercolor Class 8:45Kathy's Senior Fitness 9:00Beading 10:00Shoreline Knitters 12:30Ping Pong 1:00Cards 1:00Intermediate Bridge	 7.45Kathy's Weight Training 14 9:00Roberta's Harouts (By Appt) 8:30Stan's Watercolor Class 8:45Kathy's Senior Fitness 9:00Beading 10:00Shoreline Knitters 12:30Ping Pong 12:35Dr Houghton 1:00Cards, Intermediate & Phyliss Bridge 	7:45Kathy's Weight Training 21 8:00Billiards - until 4 pm 8:00Cholesterol Screening 8:30Stan's Watercolor Class 8:45Kathy's Senior Fitness 9:00Beading 10:00Shoreline Knitters 12:30Ping Pong 1:00Cards. Intermediate Bridde	 7.45Kathy's Weight Training 28 8:00Billiards - until 4 pm 8:30Stan's Watercolor Class 8:45Kathy's Senior Fitness 9:00Beading 10:00Shoreline knitters 12:30Fing Pong 1:00Cards, Intermediate Bridge 	Team Dtional Care! 1775 Boston Post Rd., 6 800-732-8070 © Community
MONDAY	Classes are subject to change without notice Please call ahead to confirm Day and Time	8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 10:00Line Dancing 10:00Viriters Group 12:30Quilt Club 1:00Cards 1:00Computer Club	8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 10:00Line Dancing 12:30Quilt Club 1:00Cards 1:00Computer Club	20 8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 10:00Line Dancing 10:00Viriters Group 12:30Quilt Club 1:00Cards 1:00Cards	27 8:00Billiards - until 4 pm 8:45Kathy's Stretch Class 10:00Line Dancing 1:2:30Curl Club 1:00Computer Club	New Name Same Great Team Same Exceptional 1775 Bos For Ad Info Call 1 800-732-8070

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. June 13: Clinton Leisure Club Banquet Noon at the Dock & Dine in Old Saybrook. Call Ginny at 860 669-5640 for details. New members always welcome.

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. **June 1**: Bingo. **June 15:** Annual picnic and installation of officers at 12:30. Call Barbara at 860-434-1943. Everyone welcome!

Creative Writing group meet the 2nd & 4th Tuesday at 1 pm.

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.

ESTUARY CAFE SITES

Lunch is served promptly at Noon. Reservations MUST be made <u>before 11 am, 24 hrs. in advance</u>. 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 <u>Senior Resources Agency on Aging</u> 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! Thurs., June 16 at 11:30 am

<u>CLINTON CAFÉ - Town Hall– Rose Room</u> 54 E. Main Street, Clinton in the Rose Room The Café can be reached at 860-669-1898

Line Dancing - <u>New time!</u> Thursdays, 1-2 pm - free! Join Joan at 1 pm for a fun class! 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

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. **August:** A Taste of Vermont - call for details. **August 24:** Suffolk Downs- Lunch overlooking the finish line, clubhouse admission, a race named for your group, and more! **September 16:** The Turkey Train Winnipesaukee Railroad. Nostalgic train ride along Lake Winnipesaukee in New Hampshire. Call Lucile: 860 399-6065.

 TOWN
 ESTUARY TRANSIT DISTRICT "When you need a ride, we're here to help"

 TRANSIT
 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.

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
- ▼ <u>WEIGHT TRAINING</u> Must register! <u>NO</u> drop-ins permitted. Provide Deb with your name and phone number and Kathy will contact you with more class information.

POOL TOURNAMENT

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

GENTLE YOGA Friday Mornings at 8:45 am

Drop - in classes. \$5.00 each.

Come breath, stretch and relax. Student should arrive a few minutes early. Please wear loose, comfortable clothing, and bring a yoga mat. Instructor Liz Archambault RYI

EXPERIENCE THE BENEFITS OF 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.

ESTUARY FURNITURE SALE

Every Friday from 9 am - Noon

Come to the upper parking lot—look for the brown trailer.



LET'S PLAY HORSESHOES

We are looking for people to play horseshoes. No experience necessary. For more information or to signup please Call Chuck at 860-388-3828.

Remember to sign up for the Estuary Hoedown! Call Deb at 860-388-1611



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 - 860-334-8488. You must sign up in advance for this class. <u>NO DROP-INS</u>

STAN GREIMANN ESTUARY MEDICAL TRANSPORTATION



Transportation to Medical appointments for those aged 60 and better, including dialysis, to a medical location <u>beyond the nine-town estuary region</u> 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 <u>\$35</u> for roundtrip.*

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

JANUARY 2011

ESTUARY TRIPS

ECSI and Gladeview Health Care have teamed up to bring you more travel opportunities. Stop by the Estuary for a flyer and to view our travel board.

All Day trips will depart from Gladeview Health Care, 60 Boston Post Rd., Old Saybrook.

DAY TRIPS

<u>June 24</u> - **Newport Flower Show:** Enjoy a flower show at Rosecliff Mansion. If you have never been to the mansions in Newport you don't know what you're missing! Add a flower show and what a wonderful way to spend a summer day. Lunch on your own at Bowen's Wharf. \$65 per person.

July 21 - Long Island Wine Country: Take the ferry to Orient Point where you can relax on the open deck or the in the climate controlled cabin. Depart and enjoy a morning visit to one of Long Island's famed wineries. Savior a New England Lobster at the Soundview Restaurant and then shop in Greenport before a relaxing ride back home. \$135 per person.

<u>Aug 25</u> - **Plymouth Massachusetts:** Lunch with a view, wine tasting, a stroll around the cranberry bogs, and a cruise around Plymouth Harbor. \$90 per person.

NOTE: All Day Trips will <u>depart from</u> Gladeview Health Care 60 Boston Post Rd., Old Saybrook **A continental breakfast will be available 45 minutes before you board the Motorcoach.**

EXTENDED TRIPS

Russian River Cruise: September 2 - 12, 2011 Discover the French Riviera: November 9 - 16, 2011 Treasures of Angkor Wat & Vietnam: March 15 - 30, 2012 See Deb at the Estuary Council 220 Main St. Old Saybrook for more information. Check out our Travel page on our website at www.ecsenior.org

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING Wednesday, June 15

West Farms Mall in Farmington Ann Taylor, Williams-Sonoma, Apple Store, JC Penny, Macy's, Nordstrom, Talbots & more! Spend the day shopping and leave the driving to us! Bus leaves at 9 am. Cost \$10.



MOHEGAN SUN Monday, June 20 Shop, Have Lunch, Have Fun Hospitality Package Bus leaves at 9 am. Cost \$10. Payment at time of reservation. No Refunds.



For Ad Info Call 1 800-732-8070 © Community Publications A Division of LPi • Estuary Regional Senior Center, Old Saybrook CT. 06-5030

ESTUARY COUNCIL OF SENIORS, INC.

"WHEELS" FOR MEALS ON WHEELS A GREAT SUCCESS! The Estuary partnered with 45 local merchants to organize a "Buy A Wheel" fundraising event. Businesses sold paper wheels for a \$1 donation. We raised over \$7,600, doubling what was raised last year! We celebrated with a wine and cheese HUBCAP Award Reception to thank all who helped us raise money and to honor awardees. HUBCAP Awardees - Helping Us Bring Community Awareness Programs are Michelle Armstead from Adams Food Stores, Laura Corning from The Monkey Farm, Jill Merola from Shore Discount Liguor and Chuck Brewster from The Blue Crab Steakhouse. The award for the Most Creative Display was given to Adams Food Stores. Gift Certificates awarded to the individuals who sold the most wheels are: Michelle Armstead from Adams Food Stores, Jen Thein from Colonial Market, Chuck Brewster from The Blue Crab Steakhouse and Marge Baroni from ECSI.



Thank you to The Cuckoo's Nest, Sofia's Restaurant. The Wheat Market and The Paperback Café for providing gift certificates for the winners!

From L to R Top: Marge Baroni, Chuck Brewster, Laura Corning

From L to R Bottom: Michelle Armstead, Jen Thein, Jill Merola

VOLUNTEERS

Volunteers make it possible

for us to provide the many vital

programs and services every day!

Please contact Judy at

860-388-1611 for information on

volunteer opportunities available!

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!



CT Reg. HCA249

Be World Conscious **Recvcle**!







DO THEY KNOW WHO YOU ARE?

PLACE AN AD TODAY CALL US AT 800-732-8070





KEEP YOUR BUSINESS ON TARGET! Call Today to Advertise! 800-732-8070

For Ad Info Call 1 800-732-8070 © Community Publications A Division of LPi • Estuary Regional Senior Center, Old Saybrook CT. 06-5030



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 Non-Profit Organization U.S. Postage Paid Old Saybrook, CT 06475 Permit #366

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							
Please Print: First Last							
					SI is a 501 (c)(3)		
{ }Mr. & Mrs. { }Mr.	Street		Apt #	Yo	ganization. ur contribution ax deductible		
{ }Mrs .	City	State	ZIP		cording to law.		
{ }Miss { }Ms.	Phone		e-mail		-		
 Please check all that apply: Please add my/our name to the mailing list for The Estuarty 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 formonths							
Enclosed is my gift of: □ 5,000 □ 1,000 □ 500 □ 250 □ 100 □ 50 □ 35 □ \$							
On behalf of our seniors, Thank You for your generosity!							