



The

ESTUARY GAZETTE

MARCH 2011 - Vol. 37, Issue 03

Have we all had enough snow? I am ready for Spring! Thank you to the wonderful Chocolate Morning Noon & Night volunteers. The events seem to come off seamlessly but I know how much work it takes. Betsy Owen & Lucille Perkins did a great job as co-chairs!

Dan Wrenn is cooking up his outstanding "Still Hot & Cooking" chili for the annual Chili Fest on March 5. Sample our chili in front of Essex Savings Bank from 12-3 pm. Dan's is the best!

This is National Nutrition Month. We invite all of the Estuary selectmen to deliver Meals On Wheels in their towns as part of Mayors for Meals on March 23. We will also be selling Meals On Wheels "Wheels" at stores and restaurants for \$1 each. Proceeds go toward the Meals On Wheels program. Our grants, the generous donations from our service towns, and the donations from our clients do not cover the cost of the meals, so this fund raising effort is very important to the program. Please look for the Wheels and purchase one when you are out shopping or dining.

Please vote for us in the Essex Savings Bank Community Investment Program. Voting ends March 15, so please vote for Meals on Wheels!

Don't forget you can get a tax deduction by donating your vehicle to us—in any condition! Just call 1-800-716-5868. Free pick up!

Spring begins on Sunday, March 20!

I hope it doesn't snow! Paula Ferrara

MARCH - SAVE THE DATE!

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

March Buy a "Wheel" for Meals on Wheels

March 1-15 VOTE for MOW at Essex Bank!

March 10 Reservations due by 11 am for the St. Patrick Day luncheon - see Menu

March 11 Artist Reception, 5 - 7 pm

March 18 Scam Awareness, 12:45 pm

March 24 Colon Health, 5:30 pm

April 9 Antique Appraisal Day

See Page 7 for ongoing programs

MARCH 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!**

We provide this vital service to the nine-town Estuary region as well as the town of Madison. Hot, nutritious meals are delivered by volunteers to individuals who are unable to leave their home. The service helps seniors to continue to live independently in their homes.

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 \$\$ to fund our program!



DAYLIGHT SAVINGS TIME

Sunday, March 13 at 2 am

Move clocks FORWARD one hour

AARP FREE TAX HELP

See Page 9 for items to bring to appointment.

Must call 860-388-1611 to make an appointment.

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

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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.

Come On Spring!

Have you noticed? The days are already getting longer. March 13th we'll turn the clocks ahead one hour. HURRAY!! This has been a rough winter. While we're waiting for Spring, how about a few things to ponder. We've all been feeling a bit depressed. Who wouldn't? Are you getting enough sunshine? If you have trouble moving around, how about sitting in a comfy chair next to a window where the sun is streaming in? It's amazing how much this will help. Think of flowers growing toward the sun. Bring tea and something to read or just "be". Think happy thoughts! If you're able, get outside, sit in the car, it's like a giant greenhouse! Go for a ride. Go sit by the ocean and see the sun glistening. Take yourself out for a walk. Treat yourself to a cup of coffee and a sweet. Sit by a big window. People watch! Why are they racing about? Smile. Do you feel the sun on your face? If you are up to it, go window shopping or walk the indoor track. Any pace is good! Make yourself move. Stretch and listen to your body. Remember: A body in motion stays in motion. A body at rest stays at rest. Get yourself in motion. Anything you can do is better than sitting. Wiggle your toes, bend those knees, lift those arms, engage your brain. You'll feel better.

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

SUPPORT GROUPS

BETTER BREATHERS: Thur., March 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, March 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., March 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, March 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, March 7, 14, 21, 28 by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - March 8
- Saturday with Stephanie - March 19
- Fridays with Deb - March 4

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

Thursday, March 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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FREE SCREENINGS

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

No Appointment required

CHOLESTEROL: Tues., March 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, March 16

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 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

CHRONIC ILLNESS SUPPORT GROUP

Last Wednesday of Month at 10 am

For those living with chronic illness. Many people, regardless of their type of illness live and deal with the reality daily. Call Eileen at 860-339-5531.

LEARNING ABOUT OSTEOPOROSIS

Tuesday, March 8 at 12:35 pm

Dr. Scott Houghton from Town & Country Physicians and Colin Morris from Select Medical help you understand this condition and how to live easier with it.

LIVING WITH ARTHRITIS

Wednesday, March 9 at 12:35 pm

Valerie Ling from Select Medical will give us some pointers on how to live with the pain and discomfort that arthritis can bring to our everyday lives.

FREE! SCREENINGS in CHESTER

Thursday, March 17 at 11am

Free blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses at the United Church of Chester. No appointment necessary.

PEACEFUL IMAGES

Wednesday, March 30 at 12:45 pm

Join us and Bride Brook Health & Rehab for an exciting program. Let's work our mind! We will stimulate conversation and memories and have a great time doing it.

COLON HEALTH

Thursday, March 24 at 5:30 pm

Dr. William Longo, of Middletown Surgical, Dr. Mario Ricci of Middlesex Gastroenterology Assoc., and Megan Burgess, APRN of Middlesex Hospital Cancer Center will present. **Must register. Call 860-358-2088. Seating limited.** Light dinner will be served at this free event.

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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**

All levels welcome! Learn a new hobby during the cold months No experience necessary.

**SHORELINE KNITTERS****Tuesdays from 10 am - 2pm**

Bring your current projects and join this fun group of knitters!
 New people always welcome.

DUPLICATE BRIDGE**Tuesday & Friday evenings at 7 pm at the Estuary Council**

Friendly, non-sanctioned game, directed by volunteers. All that is required is that you bring a partner and pay a \$2 fee.
 Refreshments served.

ATTN. MATTHEW T. STILLMAN, ESQ.**Friday, March 18 at 12:45 pm****BE ON NOTICE - SCAMS ARE ON THE RISE**

Attorney Stillman and a representative from the Attorney General's office discuss how you are at risk, how scams work and how to protect yourself.

"BOOK CHATS"**Second Wednesday at 1 pm**

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

March 9

"The Help" by Kathryn Stockett

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

Sherry Marlowe began painting after receiving her interior design degree in New Hampshire. Design was challenging but it color captured her spirit and desire to paint.

Her medium of choice is pastels. Painting with pure pigments offers an infinite variety of colors and values to create rich bold paintings. Her representational artwork has an impressionist style.

She's an elected artist member in the Clinton Art Society and Madison Art Society. Her work has been juried in to the Slater Memorial Museum Connecticut Artist Shows.

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

INTERESTED IN WOODCARVING**1st and 3rd Wednesdays at 9 am**

Beginners to advanced levels.

Men and Women are welcome to participate in this group. Call Ed Gorman at 860-388-5737 for more information about the class.

AARP MATURE DRIVERS**Classes are one day only!****Thursday, March 10 OR 24 from 8am - Noon**

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

\$12 for AARP members

\$14 for non-member

Must show member card at signup.

No exceptions! Make checks payable to AARP

NEEDLECRAFTERS**Thursdays at 10 am**

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

**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

POOL TOURNAMENT

1st Monday of the month at 12:45

For details call Chuck at 860-388-3828.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Cacciatore Wild Rice Cauliflower Vanilla Pudding Remember to VOTE at Essex Savings Bank!	2 Fish & Chips Mixed Vegetables Banana 9 am Woodcarving Class	3 Eggplant Parmesan Tossed Salad Pears 9 am Chess - all welcome Weekly class	4 Pot Roast Roasted Potatoes Whole Baby Carrots Jell-o 8:45 am Gentle Yoga Weekly Class
7 Chicken Teriyaki Brown Rice Oriental Vegetables Mandarin Oranges	8 Spaghetti & Meatballs Italian Blend Vegetables Garlic Bread Pudding 12:35 Osteoporosis	9 Baked Stuffed Fish Sweet Potato Green Beans Apple 12:35 Living with Arthritis 1 pm Book Chats "The Help" - Kathryn Stockett	10 Meatloaf Roasted Potato Winter Blend Lemon Meringue Pie Reservations due by 11 am for St. Patrick luncheon!	11 Stuffed Shells w/sauce Tossed Salad Peaches Daylight Savings Time Move Clocks Forward on Sunday, March 13!
14 Salisbury Steak Mashed Potato Zucchini Chocolate Pudding Don't forget to vote for Meals on Wheels at Essex Savings Bank!	15 Chicken Dijon Wild Rice Beets Crushed Pineapple 12:45 Slideshow of upcoming trips to exciting destinations!	16 Stuffed Pepper Roasted Potato Broccoli Pound Cake w/topping 9 am Woodcarving Class	17 St. Patrick Luncheon Corn Beef & Cabbage Boiled Potatoes Carrots Lime Sherbet Must make your reservation by 11 am on March 10!!!!	18 Tilapia Mashed Potato Scandinavian Blend Veg. Orange 12:45 Beware of Scams
21 BBQ Chicken Rice Pilaf Carrot Coins Sherbet	22 Beef Stew Biscuit Fruit Cocktail	23 Turkey Sandwich Cole Slaw Cookies	24 Roast Pork w/gravy Sweet Potato Italian Green Beans Applesauce 5:30 pm Colon Health	25 Manicotti w/sauce Tossed Salad Frosted Cake
28 Estuary Burger on a roll 3-Bean Salad Citrus Fruit	29 Chicken Florentine Wild Rice Broccoli Ice Cream	30 Swedish Meatballs Egg noodles Green Beans Ice Cream 12:45 Peaceful Images (pg 4)	31 Turkey Pot Pie Biscuit Lemon Pudding	

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Senior Center, Old Saybrook CT. 06-5030

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>.....Classes are subject to change without notice</p> <p>.....Please call ahead to confirm Day and Time</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>10:00.....Knitting</p> <p>12:30.....Ping Pong</p> <p>1:00.....Cards</p> <p>1:00.....Intermediate Bridge</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>1:15.....Tai Chi</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.....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>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>8:00.....Breakfast served until Noon</p> <p>8:00.....Billiards - until 1 pm</p> <p>10:00.....Chair yoga</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>7:45.....Kathy's Weight Training</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>10:00.....Knitting</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.....Phyllis's Bridge</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>1:00.....Book Chats</p> <p>1:15.....Tai Chi</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>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>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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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.

March 14: 1:30 Business Meeting.

2 pm Horse Racing. Refreshments served.

Nonperishable food 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.

March 2: Larry Noiga, Ventriloquist performs.

March 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.

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.

ST. PATRICK'S LUNCHEON ON MARCH 17

Reservations must be made no later than

11 am on March 10 for St. Patrick's Day!

• • • • •

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.

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.

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.

AARP FREE TAX HELP

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

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

KATHY MCNEIL EXERCISE

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

♥ **SENIOR FITNESS - Tuesdays & Thursdays, 8:45 am – 9:45 am**

Mondays & Wednesdays, 10:30 am – 11:30 am at Lymes' Senior Center

♥ **STRETCH AND STRENGTH - Mondays & Wednesdays, 8:45 am – 9:45 am**

♥ **WEIGHT TRAINING - Must register! NO drop-ins permitted. Provide Deb with your name and phone number and you will be contacted with class availability, price, and schedule.**

**EXPERIENCE the BENEFITS OF
CHAIR YOGA**

Saturdays 10:00 - 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.

GENTLE YOGA

Fridays at 8:45 am

Drop - in classes. \$5 each.

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

No class April 1 or 8

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.

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 more - and it's FREE!

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.

THREE NEW TRIPS WITH COLLETTE TRAVEL

Tuesday, March 15 at 12:45 pm



September 2011: Russian River Cruise

November 2011: French Riviera

March 2012: Treasures of Angkor Wat & Vietnam

Join us for a slideshow and informational session about these three exciting adventures on Tuesday, March 15 at 12:45 pm.

Take a break from the winter weather and let your mind wander to these exotic locations through the amazing slideshow photos!

No obligations and No commitment for attendees!



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, March 9
Westfarms Mall

Spring is right around the corner!

Enjoy Spring shopping.

Lunch on your own.

Bus leaves at 9 am. Cost \$10.

MOHEGAN SUN

Monday, March 21

Shop, Have Lunch, Have Fun!

Hospitality Package

Bus leaves at 9 am. Cost \$10

Weather permitting

Payment at time of reservation.

No refunds unless trip cancelled.

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FUNDRAISING



OLD SAYBROOK CHAMBER CHILI FEST

Saturday, March 5 from Noon - 3pm

Dan Wrenn is making his famous "Still Hot & Cooking" chili! Come downtown and sample the various chilies and vote for your favorite! If you sample all the chili offered you will have eaten 1 gallon by the end of the day. I am absolutely positive that Dan's is the best!

"BUY A WHEEL" - MEALS ON WHEELS FUNDRAISER

During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to the Estuary Council's Meals On Wheels program to feed local homebound seniors.

Last year, the Estuary Council of Seniors, Inc. served 97,000 hot, nutritious meals – over 65,500 via Meals-on-Wheels, throughout the nine-town estuary region and Madison. The Estuary Council of Seniors, Inc. is the sole provider of this service in the area.

Please buy a wheel to provide a meal for a senior in your town!

ANTIQUE APPRAISAL DAY

Saturday, April 9 from 9am – 1pm

\$5 an item or 3 items for \$10

Bring your antiques and treasures and have them appraised by a professional. Several local experts will join us to appraise your treasures. Items have included jewelry, postcards, tools, quilts, glass and silver items, books, and more! Mark your calendar!

THRIFT SHOP

WACKY WEDNESDAYS

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

All ages welcome to shop!

Monday - Friday: 10 am - 4 pm

Saturday: 9 am - 1 pm

Credit cards accepted!

VOLUNTEERS

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

Meals on Wheel Driver
needed for Fridays
in Old Saybrook

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

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Sat. 9-12

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ESTUARY COUNCIL 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 ...
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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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{ } Ms. _____ Phone _____ e-mail _____

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

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Select card: ☐ MasterCard ☐ Visa ☐ Discover Expiration date: _____

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

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