

### MAY 2011 - Vol. 37, Issue 05

Thank you for all the time you volunteer and all of your donations not only to the Estuary but other organizations in our area. You are very generous! I am asking for your help again.

This time not for the Estuary but for a little girl in Old Saybrook. Avery Leopoldino is almost three years old and has been diagnosed with CDKL5, a rare X-linked genetic disorder that causes seizures and neuro-developmental impairment. Most children with CDKL5 cannot walk, talk, or feed themselves, and many are confined to wheelchairs. Avery is one of only 200 people diagnosed with this rare disease!

We are joining the Old Saybrook Public Works to help raise funds for "TEAM AVERY" by hosting a bottle drive. Please save your 5 cent deposit bottles and cans and bring them to the Estuary on Thursday, May 26, from 9 am until 4 pm. We will take them to the transfer station where the public works department will turn them in for cash to help find a cure. Anyone interested in helping the public works sort and bag can call Larry Bonin at 860-395-3123.

The Middlesex County Community Foundation created *Avery's Fund*, a donor advised fund which supports the research into the cause and a cure for CDKL5. Donations can be made directly to the fund by making you check out to MCCF Avery's Fund and mailing them to P.O. Box 25, Middletown, CT 06457.

Thank you! Paula Ferrara

### **MAY 2011 - SAVE THE DATE!**

May 05 Flower Arranging with Lajla 12:45 pm May 07 Health & Wellness Expo 9 am - Noon

May 10 Thrift Shop Fashion Show at Noon

May 10 Learn about Osteoporosis 12:45 pm

May 11 Pearl of China with Book Chats 1 pm

May 13 Artist Reception from 5 - 7 pm

May 16 Fall Risks and Prevention 12:45 pm

May 18 Free hearing screenings by appt.

May 25 Dealing with Change 12:45 pm

June 2 Volunteer Open House from 4-6 pm

See Page 7 for ongoing programs

CLOSED Monday, May 30 for Memorial Day

### TEA BY THE SEA...

a gorgeous excuse to catch up with the girls!

Sunday, May 22 from 2 – 4:30 pm



Classic high tea in an elegant setting by the sea. Enjoy finger sandwiches, cakes, mini pastries, and scones with jam and clotted cream and a gift for each guest. This is accompanied by freshly brewed teas from Savvy Tea Gourmet in Madison.

Call Sandy at 860-388-1611. Tickets are \$20.

**Tea cup auction** and **raffle** proceeds will benefit vital programs and services for seniors.

### "TEAM AVERY" BOTTLE DRIVE

Thursday, May 26 from 9 am - 4 pm
Help little Avery Leopoldino's family find a cure for CDKL5! (read Paula's letter for details). Save your 5 cent deposit bottles and cans and bring them to the Estuary May 26, from 9 - 4. We will take them to the transfer station where the public works

department will turn them in for cash to help find a cure. Help us raise money to find a cure for Avery!

### **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.* 

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

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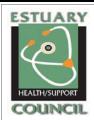
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### **BENEFITS COUNSELING**



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.

# સ્ટ્રિક સ્ટ

MAY FLOWERS

The phrase April showers bring may flowers. Could this be a metaphor for hurt and healing? Could those flowers be a synonym for forgiveness? Do the April rains wash over the dirt and snow to soften the earth for the growth to come? Or is damage done?

Regardless of the season of life we are in, there is much to consider. Sometimes we are the rain, whether willingly or inadvertently, we alter the course.

We can also be the flowers. Just as rain can be damaging, we know we can't survive without it. It is all in how we perceive the outcome. Flowers forgive the harshness of winter's remain. Maybe we should take a lesson. Flowers and seedlings overcome many obstacles along the way. Sometimes we do things or forget to do things and don't realize how others may be affected. We ignore or we let things fester into insurmountable misunderstandings that cause hurt and place a permanent wedge between those who "once upon a time" were very close.

As I see it, we have two options: We stay angry at the rain for the mud it has brought or we look at the new growth that has been unearthed as a result of the rain, offer support, and say a prayer for it's well-being.

May the rain of April bring the flowers of May for you!

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

### **SUPPORT GROUPS**

BETTER BREATHERS: Thur., May 5 & 19 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, May 12 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., May 12 & 26 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, May 26 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: Weds., May 25 at 10 am. 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

Mondays: May 2, 9, and 23 by appointment. Cost \$34.

### **HAIRCUTS**

Morning Appointments Cost is \$10

- Tuesday with Roberta May 10
- Saturday with Stephanie May 21
- Fridays with Deb May 6 and May 27

FREE LEGAL ADVICE: Attorney Robert F. Hester with Connecticut Legal Services
Thursday, May 19 from 10- 12 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!



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### **FREE SCREENINGS**

DIABETES: Sugar (Fasting)
Thursday, May 12 from 7:30 - 8:30 am
Screenings are held the 2nd Thursday
of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Tues., May 17
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. No Appointment needed

# FREE HEARING CLINIC WITH BOB SAWYER

Wednesday, May 18
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**

### **LEARNING ABOUT OSTEOPOROSIS**

Tuesday, May 10 at 12:45 pm

Join Dr. Scott Houghton from Town & Country Physicians and Colin Morris from Select Medical for information about getting a diagnosis and living with osteoporosis. Learn what you can do!

# ATTY. MATTHEW T. STILLMAN, ESQ. Friday, May 20 at 12:45 pm

Learn about Grandparents' Rights.

### MASSAGE THERAPY AT THE ESTUARY Available Wednesdays from 10 am - Noon

Massage is one of the oldest forms of healing.



Soothe anxiety, depression, increase joint mobility, and help with chronic pain to name a few of the many benefits of having a massage. Call Sarah at 860-710-1330 with any questions or to make your appointment for a massage at the Estuary.

### Middlesex Hospital Physical Therapy Monday, May 16 at 12:45 pm

Prevent injuries by understanding your risk of falling. This is a <u>free</u> informational lecture with two simple tests to help assess your balance. Don't wait until you have already had a fall to learn how to safeguard your home and prevent an injury.

### **DEALING WITH CHANGE**

Wednesday, May 25 at 12:45 pm



Transitions are challenging and can be scary.

Tackling them can be difficult at times.

This workshop will help you see what events prompt transition and will help you practice various coping strategies to ease your stress.

### The 21st Century Healing Arts

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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 <u>sign up</u>, call 388-1611.



### HEALTH & WELLNESS EXPO Saturday, May 7 from 9am - Noon

FREE screenings and evaluations from a variety of local medical personnel. Start your summer off right by learning what you can do to live a healthy and active life.



# MOTHER'S DAY FLOWER ARRANGEMENT DEMONSTRATION

Thursday, May 5 at 12:45 pm Happy Mother's Day Everyone!

Join local gardener Lajla Hanes for some pointers on flower arranging. Get ideas for setting your tables for summer parties!



### Interested in playing Scrabble?

Call Deb at 860-388-1611

### **AARP Mature Drivers**

May 12 or 26 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



### **WANTED! CRIBBAGE PLAYERS**

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



### SHORELINE KNITTERS

These fun ladies meet on Tuesdays from 10am - 2pm Bring your current project and join

the fun. New people always welcome!

## CHRONIC ILLNESS SUPPORT GROUP

Meets last Wednesday at 10 am

Designed for those living with chronic illness.

Many patients, regardless of their specific illness live with that reality daily.

For information call Eileen at 860-339-5531

NO MEETING IN JUNE or JULY



### **SAVE THE DATE!**

Thursday, June 30 from 5-7pm

Pot Luck Hoedown Dinner

Bring your favorite pot luck dish and lawn chair. Hot dogs, burgers & dessert provided by the Estuary. Call 860-388-1611 to be on the guest list and to tell us what dish you will be bringing.

### ARTIST RECEPTION

Friday, May 13 from 5-7 pm

Jack Pandolfe is inspired by his mother, Helen, a gifted artist who is going strong at age 94! Jack attended the Paier School of Art in New Haven and has displayed at the Wethersfield Art League and the Nature Center in Fairfield. He enjoys painting boats and seascapes. When not painting, Jack can be found on a boat either for relaxation or sport fishing; he holds a 100 ton Captain's license.

Everyone is welcome to attend the reception. Refreshments provided.

### THRIFT SHOP FASHION SHOW

Tuesday, May 10 at Noon

Welcome summer with one of a kind fashions. Don't forget to make your lunch reservation!

### "BOOK CHATS" meet 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 or call Agnes at 860-669-8022.

May 11 "Pearl of China" by Anchee Min

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FRIDAY	Roast Pork w/gravy Sweet Potato Broccoli Applesauce	Health & Wellness Expo Tomorrow from 9 am - Noon	Chicken Sausage w/roasted apples W/sashed Potatoes Peas & Carrots Cake	Meatloaf Roasted Potatoes Stewed tomatoes Crushed Pineapple 12:45 Grandparents' Rights	Eggplant Parmesan Tossed Salad Pound Cake w/strawberry stopping		Robinson, Wright & Weymer Funeral Home, Inc.
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WEDNESDAY	Chicken Thights Rice Pilaf Green Beans Sherbet	10 am Cribbage - weekly All levels welcome!	American Chop Suey Italian Green Beans Citrus Fruit 1 pm Book Chats Pearl of China by Anchee Min	Stuffed Shells w/sauce Tossed Salad Dressings Fruit Cocotail Free hearing screens by appointment	Tuna Salad Plate Banana 10 am Chronic Illness Support 12:45 Dealing with Change		www.coldwellbankerct.com
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TUESDAY	Fish & Chips Cole Slaw Banana	We serve breakfast! Mon - Fri from 7:45 to 9 am Saturdays from 8 am - Noon	Chicken Cacciatore w/onions & peppers Wild Rice Winter Blend Veg. Cookies Noon Fashion Show 12:45 Osteoporosis	Swedish Meatballs Mashed Potatoes Carrot Coins Vanilla Pudding Ping Pong players! Meet every Tues & Thurs!	Chicken Florentine Rice Pilaf Broccoli Ice Cream 10 am Shoreline Knitters	Baked Stuffed Fish Mashed Potato Anitgua Blend Veg. Orange Mark your calendars! Volunteer Open House June 2 from 4 - 6 pm	EALTH CARE
	2		တ	<b>16</b>	23	30	
MONDAY	Stuffed Peppers Mashed Potatoes Whole Baby Carrots Peaches	Get your tickets for Tea by the Sea!	Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding	Chicken Teriyaki Brown Rice Oriental Blend Veg Mandarin Oranges 12:45 Fall Risks & Prevention	Estuary Burger Cole Slaw Pears	MEMORIAL DAY HOLIDAY CLOSED CLOSED	GLADEVIEW

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Medical Management

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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 2<sup>nd</sup> & 4<sup>th</sup> Monday at 1:30 pm; Green Room, Town Hall. May 9: Tea Cup Auction, bring "treasures" you no longer need. May 23: Ice Cream Social with election of officers. Refreshments served. Nonperishable food welcomed for Social Services. New members welcome! Call Ginny at 860 669-5640 for details.

<u>DEEP RIVER 60 CLUB</u> 2<sup>nd</sup> & 4th Tuesday at 1:30 pm; Kirtland Commons, 60 Main Street **New members welcome!** 

**KILLINGWORTH SENIORS** 1<sup>st</sup> 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. May 4: Sweet Adeline's sing. May 18: 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.

May 25: presentation by Bee Lady, Leslie Houston. Call Jane at 860-399-7134.

### **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., May 19 at 11:30 am

# 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 - New time! Thursdays, 1-2 pm - free! Join Joan at 1 pm for a fun class! Thank you to Marge Alexander for keeping us dancing for many years! You will be missed at the front of the line! 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

May 24: Lobster Feast at The Log Cabin "Standards, Ballads, and Blues." Shopping, lunch and entertainment! \$85. 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! Call Lucile at 860 399-6065.

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.

### 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 you will be contacted with class availability, price, and schedule.

### **POOL TOURNAMENT**

First 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 breathe, stretch, and relax.
Please arrive a few minutes early
and wear loose comfortable
clothing. Bring a yoga mat.
Instructor Liz Archambault RYI.

## OF CHAIR YOGA

Saturdays 10 - 11 am

Cost \$3 per class – classes are 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.



### LET'S PLAY HORSESHOES

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

### **NUTRITION FOR BUSY PEOPLE**

Thursday, May 5 & 19 at 8:45 am



Registered Dietitian from Gladeview Health Care will answer questions and concerns about nutrition.

### TAI CHI CLASSES

Wednesdays at 1:45 pm

I have heard wonderful things about David's class! Great for balance and to calm your spirit! If you have ever thought about trying Tai Chi, give David a call at 860-334-8488 to learn more and to sign up for a class. You must sign up in advance for this class.

NO DROP-INS

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

### **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**

May 26 - Plymouth Massachusetts: A few highlights - Lunch with a view, wine tasting, stroll around the cranberry bogs, and a cruise around Plymouth Harbor.

A delightful day at this historic site. \$90 per person.

June 24 - **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.

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

### **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, May 11 **Blue Back Square** 

A unique shopping experience. Bring your walking shoes! Lunch on your own. Bus leaves at 9 am. Cost \$10.

### MOHEGAN SUN Monday, May 16

Shop, have Lunch, have Fun! Hospitality Package included. Bus leaves at 9 am. Cost \$10. Payment at time of reservation. No Refunds.



### Youth & Family Services



**Professional** Counseling Services 322 Main Street, Old Saybrook

860.395.3190 www.oldsaybrookct.org/youth

- · Children, Adolescent, Adult/Seniors
- Individual, couple, family & Group Counseling
- Licensed Clinical Social Workers, Marriage & Family Therapists, Addictions Counselors
- Husky & Commercial insurances accepted all clients will be accepted regardless of ability to pay

### HELP WITH A HEART

Home health care services providing skilled care while maintaining the dignity and confidentiality of our clients.

- **♥** Personal Care Services
- **♥** Companion Services
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Health care professionals to address your changing health needs.

Email: lynnafarrell@comcast.net

Help With A Heart L.L.C. Cell (860) 391-1958 Office (860) 434-2351 Lynn A. Farrell, Principal



### 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 welcome</u> to our FREE Volunteer Open House.

Various local non-profits will be on hand to discuss their organization, the many things they do to help others, and how <u>you</u> can make a difference!

Non-profit organizations rely on the generosity and expertise 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!



Previous organizations have included High Hopes, Florence Griswold Museum, Meals on Wheels, Guiding Eyes for the Blind, Ivoryton Playhouse, Literacy Volunteers, Score, Maritime Education Network, Habitat for Humanity, Estuary Thrift Shop, Senior Resources, and more!

### **ESTUARY FURNITURE SALE**

**Every Friday from 9 am - Noon** 

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

### **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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This newsletter is kept at home a full month. It is regularly referred to

for important dates, times, events and meetings.

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# SOCIALIZATION

### **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

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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