

NOISES FROM THE CENTER

Vol. 5 No. 6 What's happenin' at the Senior Center June 2016



*East Haddam
Senior Center
15 Great Hillwood Road
Moodus, CT 06469
860-873-5034*



Article by Brad Parker

The days of it being dark at 4:30 are gone for now and our days are full of activity. We are lucky that there are so many things to do in our community. We should all be thankful that in our country we have the freedom to do so many things. So many people around the world are not so lucky. As the summer season begins, let's remember a few days to honor our country. I am talking about Memorial Day, Flag Day, and the Fourth of July. All important days that honor our country and our past. Have a Happy and Safe summer . Enjoy the word search below and look for words related to Memorial Day. Good Luck!

Find these words:

Memorial Day

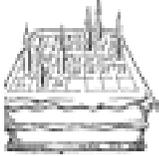


- | | |
|----------------|-----------|
| barbecue | military |
| battle | parade |
| cemetery | patriotic |
| ceremony | peace |
| country | picnic |
| courage | poppies |
| Decoration Day | remember |
| defend | respect |
| family | salute |
| fireworks | service |
| flag | soldier |
| flowers | solemn |
| grave | speech |
| freedom | summer |
| half staff | tombstone |
| hero | tribute |
| holiday | troops |
| honor | veteran |
| liberty | war |
| memorial | wreath |

ans. available at Senior Center

HAPPY BIRTHDAY

June Birthdays

- 1 Bob Landry 
- 2 Bob Cumming
Bernadette Lynn
Robin Sage
Elise Czaja
- 4 Lucille Gardner
- 6 Linda Brogan
- 8 Leona Gowac
- 11 Joanna Breton
- 12 Martha McCormick
Sandra Parmenter
- 15 Gary Sikorski
- 16 Jim O'Brien
Pat O'Brien 
- 19 Joan Chapman
- 20 Eunice Murphy
LeRoy Heinrich
Ted Lambert
- 21 Debra Lafleche
- 25 Karen Martin
June Guertin 
- 26 John Bronson
Geraldine DeLopez
- 29 Madora Castine

Birthday & A Movie

On the fourth Monday of every month, we have a birthday party, with homemade birthday cake and a movie. If it is your birthday month and you are 60 or older, please join us for lunch, for free, anytime during the month.

Reserve your lunch by noon the day before if you wish to come. This month's party and Movie is on **June 27th, 1^{pm}**.



Shopping & Lunch Schedule

Fee: \$3.00. If desired, the bus will stop at the East Haddam Food Bank.

Tuesday, **JUNE 7th**:

WILLIMANTIC: Price Rite,
OS Job Lot, Royal Buffett

Tuesday, **JUNE 21st**:

CROMWELL: Walmart,
Aldi, Athenien Diner

The **East Haddam Food Bank** is located in the lower level of the Grange Hall on Town Street.

It is here to serve East Haddam residents and is open every Tuesday from 10^{am} to 12^{pm} and 2:30^{pm} to 5:30^{pm}.

May Donations



Caroline Armstrong-	Coffee
Shirley Dill – Brown-	\$\$\$
Chestelm-	Cakes for Birthday Party
Rasik Davda-	\$\$\$
Nancy Geysen-	Decaf Coffee
Ceil Golub-	\$\$\$
Richard & Carol Harrington-	Coffee cups, paper plates
Fran Kosalski -	\$\$\$
Lucille Landry-	Cups
Rob & Alberta Mirer-	Raffle Gift Basket
Peter & Trudy Novak-	Coffee
Kay Novinski-	Napkins
Loretta O'mara-	\$\$\$
Dick & Carol Parker-	Bag of Candy
Nancy Schroeder-	Decaf Coffee
Benny Stelzer-	Coffee Grinder
Carol Thody-	Puzzles
Dot Valentino-	Sugar
Jim & Pat Ware-	Puzzles, Geraniums/ Petunias

Slow

Uncle Dan claims he once dropped his watch from the roof, whereupon he carefully climbed down the ladder and caught the watch before it hit.

"OF COURSE," he says, that watch always was 15 minutes slow."



Article by Brad Parker

This month I want to recognize the Visiting Nurses of the Lower Valley for all their contributions to our programs and our community. They recently co-sponsored with us our Health fair. This was a huge effort on their part helping to plan and organize this event. They also provide our seniors with flu shots in the fall. Along with this they also provide us with various health related presentations during the year. What a great service they provide our community. They are also available for in home healthcare services that might be needed. Let's give the Visiting Nurses of the Lower Valley a big **Thank You!!**

Senior Services Coordinator: Brad Parker

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Café Manager: Peg Ziobron

Program/ Trip Coordinator:
Alice Sabo

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Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours
8^{am} - 3^{pm} weekdays



All Aboard

the Essex

Steam Train & Riverboat Lunch Train.

Join us **Thursday, July 14th** and journey through the heart of the scenic Connecticut River valley while eating a 3-course meal. Your choice of Roast Beef or Chicken Parmesan. \$49.95p.p. And \$5.00 for the bus. The bus departs the Senior Center @10:15^{am}. The train returns to the station in Essex around 2:45-3:05.

Please call or stop by the Senior Center to sign-up today.

The **Newport Playhouse & Cabaret Restaurant** presents **Lobsterfest Matinee. Tuesday, August 16th**. Enjoy a great buffet, a funny play, and a fun – filled cabaret! **\$54.95 pp.** and **\$5.00 for the bus.** Bus will depart the Senior Center @ 8:30^{am}. \$\$\$ due by Friday, August 5th. Call or stop in the Senior Center to sign-up today.



The Senior Center will be hosting a town wide tag sale.

VENDORS ARE NEEDED!

Space will be available for \$10.00 – tables will not be provided.

Contact the Senior Center for information: 873-5034. The usual summer menu fare will be offered for purchase.

Heritage Park, Saturday,

August 13th, 8^{am} – 2^{pm}.

“To Gift or Not to Gift”

Join us on Thursday evening, June 16th at 7:00^{pm}. Attorney Scott Jezek will speak in regards to whether seniors/adults/parents should make late in life transfers to their children/heirs or not and what are the tax and Title XIX implications. Also, he will speak about spouses and what a surviving spouse needs to do after a spouse dies, regarding the probate process.

Please stop by or call the Senior Center to sign-up today.



Be Prepared for Summer

Summer is near & the kids are looking forward to summer vacation. It is a good time to make sure that your family is ready to be “Safe for Life.” The National Safety Council offers many tips for improving safety. Focus on a different safety topic each week & be prepared to stay safe this summer!

•Week 1: State Ready to Respond

Learn CPR & first aid
Check your emergency preparedness kit & restock.

Check smoke detectors
Design an emergency escape plan in case of fire

Keep emergency numbers handy

•Week 2: Be Healthy

Make sure your doctor knows all the medications you take even over the counter supplements to avoid interactions.

Eat plenty of fruits & vegetables & drink plenty of water.

Ask for alternative pain relievers to Opioid painkillers

•Week 3: Watch Out for Dangers

Stay alert: DON'T TEXT WHILE WALKING

Prevent falls by clearing & maintaining pathways & installing adequate lighting & nightlights

Supervise children at all times when near water or camp fires

Store toxic substances out of reach of pets & children

When visiting a crowded area determine a meeting place should you get separated

•Week 4: Share Roads Safely

Never use your cell phone while behind the wheel

Designate an alcohol & drug-free driver • Don't drive when fatigued

Drive with your teens to give them plenty of practice.

Here are links to more important safety info for you & your family.

Safe for Life www.nsc.org/safe4life
Call Visiting Nurses of the Lower Valley with any questions, 860-767-0186, we are here to serve!



Ivoryton Playhouse Matinee

“Chicago” Join on **Sunday, July 24th** at 2:00^{pm}. \$34.00pp., \$5.00 for the bus. \$\$ due to Brad or Patti by July 8th. Please call or stop by the Senior Center to sign-up

Washington D.C. Trip September 23 – 26 4 Days, 3 Nights, 6 Meals Included

Our Tour will feature World War II memorial, Capitol Hill, Embassy Row, Korean War and Vietnam War Veterans memorials, The Smithsonian, Lincoln Memorial and much more.

Two full day guided tours of the Memorials and Monuments is included.

The cost of the trip is \$365.00 p.p. (double occupancy). Call the Center for more details.
(860) 873-5034

Pennsylvania Trip

SAMSON

2 days/1 night, Oct. 4-5, 2016

A two day trip to Pennsylvania is loaded with fun activity. We will start with a stop at Sands Casino. The evening will be at a brand new 4 star Double Tree Hotel with a private wine & cheese reception. Followed by dinner and a show. The next morning will bring us to Amish Country and the Famous Sight & Sound Theatre for “SAMSON”. We will then eat at the Kitchen Kettle restaurant, and head home thereafter. The cost is \$283.00 (double) or \$330.00 (single).

Call the Senior Center for details.
(860) 873-5034

Farmers' Market Voucher

A representative with Senior Resources will be at the Senior Center to pass out vouchers that can be used at many of the local farmers' markets, including the Farmers' Market located at Ballek's Field.

These vouchers are worth \$18.00; they can only be used to "purchase" fruits, vegetables, honey & herbs. One booklet per person (not household). Income limits & other details will be announced next month. Please sign up in advance. **Tuesday, July 5th, 10:00 am – 12:00 pm**



Decaf Coffee.

And a smile ☺

Senior Center
15 Great Hillwood Rd
P.O. Box 623
Moodus, CT 06469



Horseshoes Anyone?

If anyone is interested in Playing Horseshoes one night a week, please call the Senior Center.



Thursday, June 16th, 1pm.

Join us for both Lunch & Bingo \$5.00 or just Bingo \$3.00.

Call or come in the Senior Center to sign-up.

April Winner



The Winner is **ELLIE BREINAN.**

A \$10.00 gift certificate to: **Moodus Ice Cream** was awarded.

Congratulations Ellie!



It is summer! Get out of the house and join us for our *June Pot Luck Dinner*: **Thursday, June 23, 6:00 pm.** 50 and over invited. Please call to sign-up and to let us know what you will bring.



Massage

CORA IS BACK!

The massage Therapist extraordinaire
Friday, June 17th
9:30 am – 2:00 pm
30 Minute appointments/ \$25.00
Rejuvenate your spirit, sign-up or call for an appointment today.