

NOISES FROM THE CENTER

Vol. 6 No. 5 What's happenin' at the Senior Center May 2017



**Article
by Brad Parker**

East Haddam
Senior Center
15 Great Hillwood Road
P.O. Box 623
Moodus, CT 06469
860-873-5034



Spring is finally here and the Senior Center is full of activity. As the good weather comes we will be having a wide variety of road trips with our bus.

I am pleased to let everyone know that Anthony Nero is our new bus driver. His experience with working with seniors and his friendly demeanor is sure to make our trips even more enjoyable.

Everyone should please pay attention to our newsletter for new programs and trips. Our big tag and bake sale on Heritage Park is being moved from August to June 10th this year. I hope that this will get us away from the 99 degree and humid days we had the last couple of years. We will be renting spaces for people that would like to have their tag sale with us that day. The fee for a space is \$10.00. We usually have over 25 spaces rented and this works well for tag sale customers that can catch multiple peoples tag sales at one spot. Many people don't live on a road with much traffic and Heritage Park is much more visible.

We also have some great deals on some over-night trips that you may want to take advantage of.

I like to post old pictures from town at the Senior Center. If anyone has any that you would be willing to share with the center for a month or two, please let me know. These could be pictures of anything from town such as sports, school, people, town events and anything else you might have.



The last week of April was National Volunteer Recognition Week. Here at the Senior Center we have many activities and last year we had 25,000 sign-ins. None of this would be possible without our many volunteers. It is amazing to think of how many volunteers we have at the Senior Center. Our volunteers do many things such as delivery of meals on wheels, leading programs, set-up and clean up for functions and much more. Once again we can all be proud of the community spirit in our town.

Each year we recognize one senior who has gone above and beyond as the Senior of the Year. This year we will recognize someone that does so many little things throughout the year. Always there to help and never needs to be asked. Also, most importantly, this person makes an effort to make everyone feel welcome and at home here at the Senior Center. At the volunteer reception on April 27th the Senior of the Year Award was presented to Nancy Geysen. Please join me and congratulate Nancy and thank her for all her efforts at the Senior Center.

The Senior Center is a better place because of Nancy Geysen.



HAPPY BIRTHDAY

May Birthdays



- 4 Jovita Cozean
- 5 Leslie Briere • Jane Chisholm
- 6 Marge Gaudio

- 7 Suzanne Bostelman
Vincent Conte • Judy Grant

- 8 Louise Pear
- 11 Eleanor Ziobron
- 12 Judy Culver • Lee Wood
- 16 Ken McCall
- 17 Helen Bonfoey

- 18 Rebecca Faul • Barbara Hughes

- 19 Connie Donkin • Richard
Tedford
- 20 Janet Barrett

- 21 Linda Bradshaw • Irene Briga

- 23 William Cantrell • Mary Everett
Fredrick Parmenter
Eugene Rajpolt

- 24 Nancy Borge
- 25 Angela Leavitt
- 28 Sue Dion

- 29 Kathy D'Amelio
Cindy Boule • Lisa Curry

- 30 Janice Sina • Cheryl Cubeta



Birthday & a Movie

On the fourth Monday of every month, we have a birthday party—home-made 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 you wish to come. This month's party is on **Monday, Monday, May 22nd, 1:00^{pm}.**



Hearing Clinic

The Senior Center will be having a Hearing Clinic every 4th Wednesday of the month.

Hearing Tests, Hearing Aid Cleaning & Repair, Wax Inspection and Listening Demonstrations.

Please call the Senior Center (860) 873-5034 to schedule your appointment.



Shopping & Lunch Schedule

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

Tuesday, May 9th:

Willimantic: Price Rite, OS Job Lot, Royal Buffet

Tuesday, May 23rd:

Cromwell: Walmart, Aldi, Athenien Diner



Senior Community Cafe

Join us for Lunch at 12^{pm}
Monday, Wed, Friday
Suggested donation \$3.00
Tuesday/Thursday \$5.00
Or what you can afford

**Lunch with 1st Selectman
on Thursday, Thursday, May 18.**



Join Us for
**BILOXI
BLUES**

**@ Ivoryton Playhouse
Wednesday, May 10th.**

Bus will leave the Senior Center @1^{pm}.
\$5. for the bus, \$35. for the ticket

Sign-up and Reserve
your seat today.



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This month I want to recognize the Leo's Club for all that they do for our community. This is a group of teenagers that are a youth version of the Lions Club. They work very hard through-out the year on a variety of projects. I was just told that they will be donating \$500.00 to the Senior Meal Program. With kids like these we can say our future is in good hands. Let's all thank the Leo's...

THANK YOU!

Massage

Cora is Back!

The massage Therapist extraordinaire

Wednesday, May 10th

8:30-2:00^{pm}.

Rejuvenate your spirit, sign-up today.

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Brad Parker**

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Alice Sabo

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Center Hours

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



Blood Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Wednesday, May 24th, 1:30 pm – 6:30 pm**. The warm weather is here – finally – and with it, an increase in fun, travel, and people getting hurt. If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.

E H Senior Center Presents: **Lancaster Show Trip** **& the Dutch Country**

Tues – Thurs., July 11 – 13, 2017
3 days, 2 nights
\$329.00 per person, double occupancy.

Please call or stop by the Senior Center for more information regarding this

GREAT trip.

Pigeon Forge and **Smoky Mountains Show Trip**

Sunday, September 17th to Saturday,
September 23rd, 2017
7 days and 6 nights, \$539.00 pp,
double occupancy

Incredible price Includes:

- * 6 nights lodging • * 10 meals
- * guided tour of the Great Smoky Mountains National Park

and several shows

* \$75.00 deposit by May 17th
Stop by or call the Senior Center to sign-up today.



MARCH WINNER

The winner is Sally Hungerford.

A \$10.00 gift certificate to:
Grist Mill Market was awarded.
CONGRATULATIONS SALLY!



Dem Bones, Dem **Bones Gonna** **Walk Around ...**



Most people have heard this old spiritual detailing skeletal connections from the toes to the top of the head. The “hip bones connected to the back bone, back bone connected to the shoulder bone” and so forth. But how much thought do we give to our bone health? May is Osteoporosis Awareness Month. According to the National Osteoporosis Foundation, one in two women and one in four men will break a bone due to this silent condition. There are things you can do to improve bone strength. The US Dietary guidelines for good health also promote healthy bones. The Vitamin D, Magnesium, Potassium, Vitamin C, and Vitamin K found in many fruits and vegetables help your bones stay strong in many ways. Here is what you can do:

- Eat lean protein such as poultry, fish, beans and nuts.
- Eat a least 1 ½ cups of fruit and 2 cups of vegetables daily.
- Eat calcium rich foods: fat free or low fat dairy, dried figs, broccoli, sardines, kale
- Exercise regularly
- Check with you healthcare provider about calcium and Vitamin D before taking vitamin supplements.

Step up and stay strong and lean!

Learn more
www.nof.org
Call

Visiting Nurses of
the Lower Valley
860- 767-0186



APRIL

DONATIONS

Caroline Armstrong

Coffee

Dot Afonso \$ donation
Bob & Suzanne Bostelman

Juice

Hector & Daisy Cruz \$ donation
Rasick Davada \$ donation
Bob & Rita Fiala \$ donation
Ray & Elaine Flaherty \$ donation
Bud & Marge Gaudio Paper Plates
Nancy Geysen Tartar Sauce
Richard & Carol Harrington

Coffee Cups

Doreen Jezek Potting Soil
Jim & Kathy Leatherbee \$ donation
Sally Merry & Ray Willis Books,
Ice Cream, \$ donation

Coffee

Judy Metcalf Coffee
Peter & Trudy Novak \$ donation
Pat O'Brien Cookies & Kleenex
Loretta O'Mara \$ donation
Dick & Carol Parker Paper plates
Dot Parker Hand soap, Napkins
Mickey & Louise Pear Decaf coffee
Angelo Rosadini Coffee

Candy & paper plates

Alice Sabo Candy & paper plates
Kathy Simmons Disinfectant wipes
Sharon Smith Napkins & paper plates
Roger & Elsie Snell \$ donation
Rina Stevens Lysol Wipes
Roger Stube Mohegan Sun gift card
Helen Soya Juice

Desserts & Puzzles

Ellie Sutton Desserts & Puzzles
Carol Thody Paper towels, puzzles
Martha Tonucci Candy
Pat & Jim Ware \$ donation
Dot Woel Coffee

The Belltones & Chorus **Are Coming!!**

Wednesday, May 31st @ 1:30 pm;
East Haddam Senior Center
Come enjoy the afternoon,
refreshments will be served.



wish list
POTTING SOIL, Thank you!



The Senior Center will be hosting a town wide tag sale. at Heritage Park VENDORS ARE NEEDED! Space will be available for \$10.00, tables will not be provided. Also, you will be able to purchase homemade baked goods from some of the best bakers around! Please contact the Senior Center for information: 873-5034.

The usual menu of Hotdogs and bottled water will be offered for purchase.
Sat, June 10th, 8^{am} – 2^{pm}

Arts & Crafts by Joanne

Join us to do some Arts & Crafts here @ the Senior Center
Wednesday/ May 17th – 1^{pm},
“Sun-Catcher”
Wednesday/ June 7th – 1^{pm}, “TBD”
Don’t hesitate to show us how ARTSY you really are.

Sign-up today, it’s free!

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L O O K

what has been booked already for 2017:

- Lancaster Show Trip & the Dutch Country
Tues – Thurs., July 11 – 13, 2017
- Pigeon Forge and Smoky Mountains Show Trip
Sun., Sept. 17th to Sat., Sept. 23rd
- POLKA at the Aqua Turf,
Tuesday/October 17th
- Holiday Winter Wishes,
Tuesday/December 12th
Please watch upcoming Newsletters for more details



Memorial Day, May 29



**Thursday, May 18th,
Lunch/Bingo....\$8.00 @ 12:00^{pm}
Bingo Only.....\$3.00 @ 1:00^{pm}**
Please pay in advance, sign-up today



in May

Spring has arrived..... finally!
Join us for our *Spring Fling* with live Entertainment & Food. Hotdogs, beans, coleslaw, dessert, and coffee. **It’s FREE!!**
Monday, May 15th, 12:00^{pm}.
Please sign up by May 12th.
Limited seating.