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# NOISES FROM THE CENTER

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Vol. 6 No. 6 What's happening at the Senior Center June 2017



Article by Brad Parker

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

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## Small Town U.S.A

I believe that East Haddam is the capital of small town U.S.A. There are a lot of good things happening here in our small town. I think we should all feel lucky to call our town our home. Probably the renovation of the old high school into an up to date municipal office complex will impact our town more than anything else in the recent past. It will play an important role in our town moving forward into the future and will have a positive economic impact on the Moodus business community. As we all see the construction starting on the project we can see that it will not be long before we can say that we are proud of our municipal office complex. It has been many years since we could say that. There are good things going on in town all the time. I think this is because there are so many good people.

Our community is always there to support each other. The outpouring of support over the past couple of months for the "Senior Meals" has been amazing. While the state and federal support of elderly nutrition seems to be falling apart, our residents have really made a stand to keep the program going. This issue is not going away, but true to its character, our community is showing once again that our people will do whatever it takes to help and support each other.



Anyone that would like to contribute to "senior meals" can do so by making out a check to the Town of East Haddam and write Senior Meals in the memo section.

Stop by the Senior Center to drop the check off, or mail it to our P.O. Box 623.

Some people say that there is nothing going on in town. I think there are more things happening than a person can possibly do. I will mention some of the great events held in just the last few weeks. There were some great concerts at the school, basket bash, a polish dinner, garden club plant sale, several huge tag sales, a spring fling at the Senior Center and many more great activities. These events and many more are not only enjoyed by many residents that participate, but have many residents that volunteer. This is what makes our community such a great place. Just this past weekend our high school softball team played in the conference tournament. There was a big crowd of support there and many of the people had no personal connection to our team. They were just there to support our kids and our community. We are lucky to live in a town like ours. I remember something that Frank Davis told me back in the early 1970's. He said, "Before you take something from your community, you should put something into it." Now, doesn't this make sense? I have grown older since he gave me that advice and I appreciate it even more now. I think what sets our town apart from others is our spirit. The vast majority of our people work hard to make our town a better place in a positive way. This is not to say that there are not some people that are not satisfied with things, and think many things are wrong. To these people, I say to be positive in your approach. As the old saying goes, "nothing positive ever comes from being negative." Now that June is here, I hope you enjoy your summer and I will see you at

## June Birthdays

- 1 Bob Landry
- 2 Bob Cumming  
Bernadette Lynn  
Robin Sage  
Elise Czaja
- 4 Lucille Gardner  
Ellen Fennema
- 5 Judith Rivers
- 6 Linda Brogan
- 8 Leona Gowac
- 11 Joanna Breton
- 12 Martha McCormick  
Sandra Parmenter
- 15 Gary Sikorski
- 16 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
- 28 Jodi Lisitano
- 29 Madora Castine
- 30 Anita Hamblett



### Birthday & A Movie

On the fourth Monday of every month, we have a birthday party – 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 you wish to come. This month's party is on **Monday, June 26<sup>th</sup>, 1:00<sup>pm</sup>**.



## Shopping & Lunch Schedule

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

**Tuesday, June 6<sup>th</sup>:**

**Old Saybrook:** Walmart,  
Stop & Shop,  
OS Job Lot

**Tuesday, June 20<sup>th</sup>:**

**Cromwell:** Walmart, Aldi,

## Let's Do Lunch

**LENNY & JOE'S! Thursday, June 8<sup>th</sup>**. Bus departs the Senior Center at 11:15 Just order off the menu!! Seats are limited, so sign-up today

## Costello's Clam Shack

**Thursday, July 13<sup>th</sup>**

Just order right off the menu. Bus will depart the Senior Center @11:00<sup>am</sup>, \$5.00 for the



It is summer! Get out of the house and join us for our *June Pot Luck Dinner*, **Thursday, June 22, 6:00<sup>pm</sup>**. 50 and over invited. Sign-up today and let us know what you'll be bringing.



This month I want to recognize the "Straight from the Heart" group from the High School. Their purpose and goal is to do good things to help others. This past month they came to the Senior Center to work as servers at our spring picnic and even did the dishes!

Not only did they work but provided ice cream, rolls and paper plates. **Join me in thanking them** along with their advisor (Bridget Erlandson) for their support of the center. They were great!!!!

## Massage

### CORA IS BACK!

The massage Therapist extraordinaire  
**Friday, June 16<sup>th</sup>**

Senior Services Coordinator:

### Brad Parker

Assistant: Patti Puia

Program/Trip Coordinator:

Alice Sabo

Medical Car Driver: Mickey Pear

Bus Driver: Anthony Nero

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Kitchen: 860 873-5197

Email: [seniors@easthaddam.org](mailto:seniors@easthaddam.org)

**CENTER HOURS**

**8<sup>am</sup> 3<sup>pm</sup> weekdays**

## Great Trips

### Lancaster Show Trip (Jonah)

#### & the Dutch Country

Tuesday – Thursday,

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

## Pigeon Forge and Smoky Mountains Show Trip

Sun., Sept. 17<sup>th</sup> to Sat., Sept. 23<sup>rd</sup>, 2017

7 days & 6 nights, \$539.00 pp double occ.

Incredible price includes:

6 nights lodging

Guided tour of the Great Smokey Mountains National Park

And several shows

\$75.00 deposit, WAS due by May 17

Stop by or call the Senior Center for info.

## Million Dollar Quartet

@ The Ivoryton Playhouse

Join Us: Wednesday, June 14<sup>th</sup>

\$35.00 for ticket, \$5.00 for the bus.

Payment is due Thursday, June 1<sup>st</sup>

The bus will depart the Senior

Center @ 1:00 pm



## It's Time For Baseball!

Join us to see a New

Britain Bees baseball game, **Tues,**

**July 25<sup>th</sup> - Sign-up today**

**It's FREE w/ lunch included.**

Just \$5.00 for the bus. Bus departs

Senior Center @ 10:30 am

GAME TIME @ 12:05 pm

## Healthy Summer Eating



Family gatherings, celebrations, picnics, and BBQs all mean tempting

foods to eat that may not be part of a healthy diet. Picnics often mean high calorie food choices with creamy dressings, chips and high fat meats. There are ways you can enjoy food and the party without straying too far from a healthy eating pattern. Try these healthy additions to your outdoor BBQ. Chunks of fruit such as watermelon, strawberries, kiwi and pineapple on skewers look pretty and appetizing! Replace sugary drinks with ice tea mixed with blended raspberries or peaches. Try hummus or yogurt-based dips with cut up veggies. Maybe a turkey or veggie burger will hit the spot instead of a hamburger or hotdog. Eating the rainbow of colors in fresh produce will help you stay healthy and strong to enjoy summer fun! Be well!

Visit What's Cooking at USDA for healthy recipes.

Visiting Nurses of the Lower Valley 860-767-0186

Senior Resources Agency  
On Aging Presents:

## A Benefits Check-up

Could you use a few extra dollars in your pocket every month? You may qualify for assistance with your monthly medical and household costs. Benefits Enrollment Centers help low to moderate income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs.

They will be here at the

**Senior Center:**

**June 15<sup>th</sup>, 1:00 pm – 3:00 pm**

**Appointments are required:**

**Please call (860)873-5034**

## Donations

Peg Blake: Coffee, cookies & napkins

Bob & Suzanne Bostelman:

Apple juice

Ellie Breinan: Spic & span

cleaning spray

Mike & Vickie Cornell: Candy

Bob Cumming & Leighton Phraner:

Garden Ornaments

Rasik Davda: \$\$ donation

Bob & Rita Fiala: \$\$ donation

Fresh Kitchen: Paper plates & deserts

Sharon Fritz: Candy

Bud & Marge Gaudio: Paper plates

Nancy Geysen: Candy, paper plates & napkins

Maureen Gillis: Coffee cups

June Guertin: \$\$ donation

Sam & Gail Guy: Case of copy

paper, soap & \$\$ donation

Richard & Carol Harrington:

Coffee & Vlasic pickles

Ralph & Terry Havens: \$\$ donation

Jim & Kathy Leatherbee:

\$\$ donation & puzzles

Judy Metcalf: Coffee

Dave & Eleanore Miller: \$\$ donation

Henry & Kay Novinski: \$\$ donation

Pat O'Brien: Decaf coffee & napkins

Dot Parker: Fresh flower

centerpieces & table cloths

Mickey & Louise Pear: Paper plates

& potting soil

Susan Porter: \$\$ donation

Alice Sabo: Candy, coffee creamer & straws

Shelley Salamon: \$\$ donation

Beth Schondorf: \$25.00 gift cert. to pharmacy

Nancy Schroeder: Coffee

Kathy Simmons: Coffee & p. plates

Joe & Janice Sina: \$\$ donation

Phil & Maryann Snow: Coffee

Ralph & Anne Torning: Coffee cups

Carol Thody: Puzzles

Ginger Walter: Plastic forks & spoons

Judy Westcott: Candy

Dot Woel: Coffee



## Arts & Crafts

By Joanne

Join us to do some Arts & Crafts here @ the Senior Center  
Wed./ June 7<sup>th</sup> – 1<sup>pm</sup>, sun catcher.

## Lights & Sights

Join us for a **DELIGHTFUL** Lighthouse Cruise, Monday, July 17<sup>th</sup>  
\$30.00 a ticket/ \$5.00 for the bus.  
The boat will depart from New London @12:30 <sup>pm</sup>  
The bus will leave the Senior Center @ 11:00 <sup>am</sup>  
**Don't miss out on this amazing afternoon!!!**

Sign-up today.



what has been booked

- Lancaster Show Trip and The Dutch Country

Tues - Thurs July 11-13, 2017

- Pigeon Forge and Smokey Mountains Show  
Sun., Sept. 17<sup>th</sup> to Sat., Sept. 23<sup>rd</sup>

- POLKA at the Aqua Turf,  
Tues./Oct 17<sup>th</sup>

- Holiday Winter Wishes  
Tues./Dec 12<sup>th</sup>

Please watch upcoming Newsletters  
for more details



Thursday,  
June 15<sup>th</sup>  
Lunch/Bingo....

\$8.00 @ 12 <sup>pm</sup>

Bingo Only...

\$3.00 @ 1 <sup>pm</sup>

Please pay in advance,  
sign-up today

## • Bake and Tag Sale •

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. 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. Hotdogs and bottled water will be offered for purchase. Heritage Park, Saturday, June 10th, 8 <sup>am</sup> – 2 <sup>pm</sup>.



EH Senior Center

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