

NOISES FROM THE CENTER

Vol. 6 No. 8 What's happening at the Senior Center August 2017



Article by Brad Parker:

August is here and we made it through the hot July days. I am sure that we will do the same with August. After all, we waited all winter for these warm days. The month of August will bring us the end of summer fun. We will notice that the days are getting shorter. The summer fair season is now here and I am sure that I will see many of you at the fair in either Hamburg, Chester or Haddam Neck. The end of August also means the start of school. It also means that we will be heading into that dreaded political season that we have every other year. This makes me think about some of the past 1st Selectmen that have served the town and how lucky we were to have them. These people were dedicated to serving the town and doing what they thought was best for the town. The former 1st selectmen that are in my memory are Mark Walter, myself, Sue Merrow, John Blaschik, Doug Ferrary, Fred Ballek, Sam Pear, Irv Levowitz, Charlie Wolf and Charlie Bernstein. I often find myself thinking, when something controversial is going on in town what would Sam Pear or one of these other former leaders do. I always came up with the answer that they would do what they thought best for East Haddam and they would not let politics (especially national politics) cloud their vision. Many of the aspects of town that we take for granted are here today because of the dedication of the people. One thing that many people do not know is that Sam Pear and Charlie Bernstein were part of the Moodus Power Company that created the Moodus Reservoir. Without this then where would the town beach be? I have seen pictures of cows grazing where the water is now. I think that our small town is very lucky because the vast majority of people in town work very hard to support the community. This is "Small town U.S.A." and I am glad it is.

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



July Donations

Caroline Armstrong; Coffee
Barbara Boluck; Coffee
Elliott & Barbara Borent; Fruit
Cup Snacks
Sandy Chylinsky; Copy Paper
Rasik Davda ; \$\$ Donation
Walt Dixon & Elaine
Schmittberger; Sweet & Sour
Sauce
Bob & Rita Fiala; \$\$ Donation
Bernie & Maureen Gillis;
\$\$ Donation
Walt & Jo Golec; Candy
Richard & Carol Harrington;
Paper goods, Pickles,
Fresh Veggies
Bruno Lozito; \$\$ Donation
Audrey Martin; Paper Plates
Judy Metcalf ; Coffee
Rob & Alberta Mirer; \$\$
Donation
Pat O'Brien; Candy & Paper
goods
Loretta O'mara; \$\$ Donation
Susan Porter; \$\$ Donation
Alice Sabo; Table Cloths
Ellie Sutton; Books, Goodies,
Puzzles
Dr. Susan Uber; \$\$ Donation
Frank Vitale; Olive Oil
Liz Walter; Coffee
Pat & Jim Ware; Coffee &
Disinfectant Wipes
Judy Westcott ; Candy

August Birthdays

- 1 Myrna Bichunsky
 2 Gary Nichisti
 4 Lucille Landry
 Donald Palmer
 5 Audrey Martin
 Corrie Paardenkooper
 Janet P. Johnson
 6 Dot Parker
 Meg Vansteenburgh
 7 Brian Olson
 8 Robert Noble
 9 Henry Novinski
 12 Pearl Ollayos
 Russ Schondorf
 18 David Tajmajer
 19 Cate Marshall
 20 Glenn Hall
 LeRoy Heinrich
 Elaine Mozonski
 21 Suzanne LePage
 22 Vicki Cornell
 Stuart Palmer
 23 Rita Fiala
 24 Linda Shea
 Valerie Laming
 25 Carol Parker
 Richard Dolinski
 Nancy Walter
 26 Dottie Daigle
 Wanda Shumbo
 28 Debby Farrow
 Judy Magnano
 William Barney
 Donald Stankowski
 31 Glenn Grube



Shopping & Lunch Schedule

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



Tuesday, August 1st:

Old Saybrook: Walmart, Stop/Shop, OS Job Lot & Lunch

Tuesday, August 15th:

Cromwell: Walmart, Aldi, Athenien Diner

Tuesday, August 29th:

Waterford: Walmart, ShopRite, Aldi & Lunch



August Game Night

Games are not just for kids! Come alone or bring your own group. Play cards or any number of board games. Horseshoes also available. Better than the television version: we will have Ice Cream!!! **Thursday, August 24th, 6:00 pm.** Free and open to all. Please sign up by Monday, August 21st. There is nothing better than Ice Cream and Friends.

Birthday & A Movie



On the 4th 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, August 28th, 1:00 pm.**



This month I would like to recognize all

the members of our two Lions Clubs here in town. They both provide so many sources to our community. Here at the Senior Center, the East Haddam Lion's club provides a chicken Barbeque every August to any resident over 60 years old and the East Haddam Community Lions are major supporters of the Senior Meals Program. Please join me in thanking all our Lions here in East Haddam.
Thank You Lions!!!

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Program/Trip Coordinator:
 Alice Sabo

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Bus Driver: Anthony Nero

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CENTER HOURS

8^{am} 3^{pm} weekdays

Ivoryton Playhouse

Presents:

Saturday Night

Fever – The Musical

Wednesday, August 30th, 2:00 pm

Bus departs the Senior Center

@1:00 pm

\$35.00 for the ticket

\$5.00 for the bus

Get ready for some Night fever and the nostalgic songs of the Bee Gees!!

East Haddam Senior Ctr

presents

Newport Lobster Playhouse

Monday, August 21

- Roundtrip Motor Coach
- Buffet Luncheon
- Comedy Show
- A Cabaret Show
- Driver Gratuities

\$94.00 per person

TO RESERVE YOUR SEAT:

Contact Brad or Patti

860-873-5034 • bus departs @9:30

Deadline to sign-up: Mon. August 7

Pigeon Forge and Smoky Mountains Show Trip

**Sun., Sept. 17th to Sat., Sept. 23rd,
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.



Zika Update

Summer is in full swing. That means lots of time outdoors, hiking, picnicking etc. that make us vulnerable to mosquitos. Infected Aedes mosquitos can transmit Zika virus & other viruses. This mosquito is most active during the day. The best way to prevent Zika infection is to do everything we can to prevent mosquito bites. Protect yourself by using an Environmental Protection Agency registered insect repellent that includes DEET, Picaridin, Oil of lemon eucalyptus (OLE) or IR3535. These insect repellents are safe for pregnant & breastfeeding women when used as directed on the label. You can also wear long sleeve shirts & long pants. Spraying your clothing with Permethrin insect repellent is also helpful. If you need to use sunscreen & insect repellent, remember to apply the sunscreen first. At home you can keep mosquitos out by using screens on your windows. Empty & clean containers that hold water in & around your yard because mosquitos lay their eggs near standing water. Pregnant women/those trying to conceive, should not travel to areas at high risk for Zika. In the US Brownsville, TX & Miami-Dade County, Fl. are high risk areas. Get more information from the Center for Disease Control (CDC).

The symptoms of the Zika virus are usually mild flu like symptoms, fever, rash, joint pain, red eyes, muscle pain & headache that lasts a few days to a week. Zika can cause birth defects in fetuses infected before birth. If you think you might have been infected with Zika virus, contact your physician. 3

Keeping Your Body Young

On Monday, September 11th, after the Senior Club Meeting, a 45 minute video of Miranda Esmonde White's "Age Reversed" and "Classical Stretch" will be shown.

With discussion afterwards. Join us,
Sign-up today!



Yoga Update

th.jpg @ **the Senior Center**

There will be a second class offered on Wednesdays, starting in September. This will be a gentle/beginners class, with some chair yoga. There are two possibilities for times – 9:30 am or 1:30 pm. You can indicate the time that works best for you on a Preference sheet at the Senior Center. As with the Monday class, the classes are freely offered, though donations are appreciated and one-third of all donations are returned to programs at the Senior Center. So come as you are, you are always welcome. Bring a mat or borrow one from the Senior Center and wear comfy clothes.

Polka at

The Aqua Turf!

Tuesday, October 17, 2017

Featuring: The Polka Family Band

One of the finest Polka Bands around.

Get ready to dance!

\$41.00 pp / \$5.00 for the bus

Lunch Menu: Chicken Rice Soup/
Tossed Salad/Pierogi's/ Roast Pork

Loin/ Galumpki's Potato/

Vegetable/Cheesecake

Don't miss out on this energetic day,

sign-up today!

Massage

Cora Is Back!

Friday, August 4th

8:30 am - 2:00 pm

\$25.00 for 30 minutes.

Rejuvenate your spirit, **sign-up today!**



BBQ

It's that time again! For more than 25 years, the **Lions Club** has been hosting a **FREE Chicken Barbeque** lunch for East Haddam Seniors 60 years and older. Sunday, August 27th, 12 noon – 2 pm. Though this event is free, tickets are required. They will be available at the Senior Center beginning August 1.



Thursday, August 17th

Lunch/Bingo....\$8.00 @ 12:00 pm
 Bingo Only.....\$3.00 @ 1:00 pm
 Please pay in advance.
sign-up today



EH Senior Center
 15 Great Hillwood Road
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Pot Luck Dinner

Thursday, August 31st, 6:00 pm
 Bring your favorite Dish or Dessert. **Sign-up Today!**

Let's Do Lunch: BILL'S SEAFOOD

Westbrook, CT
 Wednesday, August 23rd.
 Order right off the menu.
 Bus departs the Senior Center @11:00 am
 \$5.00 for the bus.
Sign-up today!



National Senior Center Month Celebration

Join us for a Good Ole Fashion Cookout with all the fixins!
Monday, September 25th @12:00 pm
 with live entertainment @1:00 pm
Free to all the Seniors! But please sign-up by, September 20th @ the Senior Center.

The Winner of the Monthly Drawing Is: Kay Novinski;



A \$10.00 Gift Card to Two Wrasslin Cats Was awarded!
Congratulations!