



# Maple Street Monthly

## Ellington Senior Center Newsletter

40 Maple Street  
P.O. Box 187  
Ellington, CT 06029

<http://seniorcenter.ellington-ct.gov>

### A NOTE FROM THE DIRECTOR:

**Hours:**

**Mondays:**  
8:30am-6:00pm

**Tuesdays:**  
8:30am-4:00pm

**Wednesdays:**  
8:30am-4:00pm

**Thursdays:**  
8:30am-4:00pm

**Fridays:**  
8:30am-1:30pm

**Main Line:**  
860-870-3133

**Transportation  
Line:**  
860-870-3137  
Monday-Friday  
9:00am-12:00pm

Thank You  
Newsletter Team  
Volunteers:  
Anna Hyde  
Judy Varney  
Janet Wieliczka

*Happy and Healthy New Year!*

*Thank you to Dr. Gayethri Swamy, Dr. Swathanthra Melekote, Aswini Melekote, and Gautami Melekote who treated Ellington seniors to a wonderful holiday dinner. We also acknowledge the Ellington High School National Society students who provided the music, made the centerpieces and volunteered to serve the meal. We enjoyed a wonderful day and this helped bring holiday cheer to many of our lives.*

*We enjoyed a wonderful performance by the Ellington Singers as they kicked off Winterfest at Hall Memorial Library last month. We appreciate the help given by Sue Phillips, (Library Director) Mary Regan (Choral Director) and Maureen Webber (Volunteer Program Leader), who worked together on this evening venue.*

*Speaking of outreaching to the community, we are excited about Janice Chaplin's photo exhibit at the library. Be sure to stop by and see the exhibit that displays the Senior Center garden, with much thanks to Norine Veal, Leslie Suitor and Jan Chaplin.*

*This year marks the 20th anniversary of the Senior Center. We will be celebrating beginning in April and ending in May. You will see special announcements during the next few months for you to join us.*

*If you see someone without a smile, give them one of yours and remember a word of kindness goes the extra mile!*

*Erin R. Graziani  
Director, Ellington Senior Center*

### JANUARY SPECIAL EVENTS: See Inside!

**CONTEST:**  
**GUESS THE AMOUNT OF SNOW**  
 Guess how much snow is going to fall on  
 Monday January 16th (MLK Day)??

Name \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Amount \_\_\_\_\_ Feet \_\_\_\_\_ Inches

**Grand Prize: (1) Free Maple Street Lunch**

Entries must be submitted in the  
 Information Center by January 13, 2017.  
 In the event of multiple winners, one  
 winner will be selected by random.

**WEATHER REMINDERS:**

**Delayed Openings:**

1 hour	9:30 am
90 minutes	10:00 am
2 hour	10:30 am

**EARLY DISMISSAL:**  
 All evening programs &  
 activities are cancelled

## GOOD STUFF TO KNOW

### CANCELLATIONS & IMPORTANT WEATHER REMINDERS

Stay turned to Channels 3, 8 and 30 for closings due to weather.  
If the Ellington schools are closed or delayed, due to weather, so is the Senior Center.

#### DELAYED OPENINGS:

1 hour            9:30 am  
90 minutes      10:00 am  
2 hour            10:30 am

#### EARLY DISMISSAL:

All evening programs and activities are cancelled

#### CANCELLATIONS:

In the event a program is cancelled for reasons other than weather, we will do our best to inform you via our regular attendance and sign-up sheets. If you do not sign up for a program, but plan to attend, note that we will be unable to contact you.



### EVERBRIDGE NOTIFICATION SYSTEM

The Town of Ellington Emergency Management utilizes this System to alert residents of emergency situations and important notices. Registration to be included in this program is free and easy. Instruction packets on how to sign up for this program are available in our Information Center.

**Check Out Our Website: <http://seniorcenter.ellington-ct.gov>**  
**Click the "Notify Me" button to subscribe to alerts and important notices year-round, including delays and closings this winter! Tutorials are available at the Senior Center.**



What is Notify Me?



#### Notify Me®

Available Lists

1. Type your email address in the box and select **Sign In**.
2. If you want to receive text messages enter your phone number and select **Save**.
3. To subscribe or unsubscribe click and/or next to the lists to which you wish to subscribe/unsubscribe.

Please sign in to subscribe, unsubscribe, or manage your subscriptions

Email Address

Sign In

## SPECIAL EVENTS & FUN STUFF

### AARP Tax-Aide

Thursdays  
February 2nd—April 13th  
Appointment Times are Scheduled  
Between 9am and 1pm

Trained volunteers will complete federal and state income tax returns at no charge for those 50 and older. Stop in or call the Ellington Senior Center at 860-870-3133 for an appointment.

**Note: Appointment scheduling for Ellington residents will begin January 3, 2017 and January 24, 2017 for non-residents.**

### History for Fun: Women of the Wild West Presented By: Joe Ouellette Wednesday, January 18th 1:00 pm

Perhaps no other time in history is as steeped in myth, legend and adventure as the pioneering age of the "Wild West". From 1865 to 1900 a number of courageous women (12) made their mark in history, books, and sometimes our hearts forever.



"Basic Conversational German"

VPL: Willi Frederich  
Tuesdays 1:00pm—2:15pm



**Next session begins February 7, 2017**

Now is your chance to learn a new language. Willi is looking for "committed" students who would aim to attend this free class weekly. Class will consist of learning the German alphabet and reading. If interested, please leave your name and number with the receptionist

**REMINDER: It's Annual Registration Time!**

Please be sure to stop by the front desk to complete your Annual Registration Form. This form is required annually of ALL participants and only takes a couple of minutes.

NEW THIS YEAR: the Handbook & Operating Procedures for Senior Center Programs is now available. Be sure to get your copy at the front desk!



### New Class Now Forming: CrosSculpting

Instructor: Linda Stein  
Tuesdays & Thursdays  
5:30pm-6:30pm



**Residents: \$7/class; Non-Residents: \$8/class**  
**See instructor for monthly rate discount**

Classes are now forming for this NEW fitness class. Perform a variety of functional movements with and without weights for enhanced core and muscle strength. You will see personal gains in fitness and balance. Please call or email us if interested and we will let you know the start date.

We anticipate class to begin mid-February, pending interest.



Feel free to email Linda  
with questions:  
[lstein6@gmail.com](mailto:lstein6@gmail.com)



### Reminder: Program Suggestions are Ongoing!

Do you have a suggestion for a new program that you think at least 5 other Ellington residents age 55+ would enjoy? Would you be willing to volunteer to make this program possible?

If so, the "[Program Suggestion Form](#)" can be found in the Information Center and on our website. Please see the form for additional info.

**Acceptable Forms of Payment for all Programs/Classes:  
Cash or check, made payable to: SCAF (Senior Center Activity Fund)**

## SPECIAL EVENTS & FUN STUFF



The 3rd Annual 9 Ball Billiard Tournament will be held in January!

If interested, please contact Will Maynard:  
860-875-6023



### LOOK! NEW SECTION: "THE CULTURE CORNER"

**New!**

*Each month learn an interesting tidbit about a different culture in the section below. Afterwards, check out the Maple Street Kitchen menu to find a fun meal celebrating that nationality. Let's all try something new - or something we haven't had in years! Advanced reservations will be required and cost of the meals may vary.*

#### Chinese New Year—Saturday, January 28, 2017 The Year of the Rooster



The Chinese New Year, or Spring Festival as it's been called since the 20th century, remains the most important social and economic holiday in China. Originally tied to the lunar-solar Chinese Calendar, the holiday was a time to honor house-hold and heavenly deities as well as ancestors. It was also a time to bring family together for feasting. With the popular adoption in China of the Western calendar in 1912, the Chinese joined in celebrating January 1 as New Year's Day. China, however, continues to celebrate the traditional Chinese New Year, although in a shorter version with a new name: The Spring Festival. Significantly younger generations of Chinese now observe the holiday in very different manner from their ancestors. For some young people, the holiday has evolved from an opportunity to renew family ties to a chance for relaxation from work. Source: History.com

OX	R	U	N	G	R	N	L	P	M	Y	H	N	R	F	D	W	D	C	V	H
SNAKE	A	M	N	J	H	U	O	P	W	S	T	I	G	E	R	F	V	Y	J	M
ROOSTER	T	L	M	N	H	Y	X	G	T	V	F	R	C	D	E	X	S	W	Z	A
HORSE	Q	U	J	M	T	H	N	T	G	B	R	F	V	Y	J	M	E	D	C	W
RAT	S	X	D	H	G	B	Z	X	B	V	C	K	J	H	D	G	R	T	U	O
TIGER	O	J	R	F	V	S	N	A	K	E	J	G	D	A	Q	D	O	G	O	T
PIG	Z	C	A	N	M	N	V	C	X	F	J	K	J	H	F	E	O	U	Y	T
DOG	W	Q	G	D	H	B	I	M	N	G	V	C	E	R	T	B	S	C	X	P
MONKEY	I	O	O	J	G	O	U	J	M	Y	H	N	T	G	B	T	T	C	R	I
DRAGON	X	E	N	Z	W	A	R	A	B	B	I	T	I	O	N	U	E	B	Y	G
GOAT	V	T	F	C	R	D	X	S	S	Z	W	A	Q	A	S	C	R	D	V	E
RABBIT	F	B	R	G	N	T	H	M	E	H	M	Y	J	T	U	I	L	O	P	T
	Y	M	O	N	K	E	Y	E	R	S	D	X	C	V	B	N	M	J	K	I

# WEEKLY PROGRAMS

## ARTS & CRAFTS

### Adult Coloring

Tuesdays 9:30-11:45am

FREE

Coloring is said to help you relax, reduce stress and boost mental clarity. Bring your own book, paper, pencils or markers.

### Cut-Ups Carving Club

VPL's: Ed Ertel & Randy Russo

Wednesdays 9:30am-12:00pm

Fee: Nominal

Not only do they teach you how to carve intricate designs, but the jokes are never-ending in this fun group! Experience is not required, but some tools are. Stop by to have a look!



### Needle Crafts

VPL: Carolyn Feldman

Mondays 1:00pm -3:00pm

FREE

Knit, crochet, cross-stich, or whatever suits your fancy. You're welcome to bring your new or current project and socialize with the group.



### Sew & Sew Crafts

Thursdays

9:30am-11:30am

FREE

### Volunteer Program Leader Wanted

This group is looking for someone with crafty ideas who is willing to instruct them—even if it's just once a month! Traditionally, items made in this group have been made for the Annual Holiday Bazaar. See Sam for more information.



### Oil & Water Color Instruction

Instructor: Lynette Goric

Mondays 10:00am-12:00pm

Fee: \$120 for 6 week session\*

**Class Dates: 1/30, 2/6, 2/13 2/27, 3/6, 3/13**

**Pre-registration Required**

Lynette is a renowned artist in the area and many of her pieces can be seen in local hospitals, libraries and other buildings. A supply list will be handed out in class and can also be found on our website.

\*Schedule subject to change based on weather.



## CARDS & GAMES

### Board Games

VPL's: Janet Sosnicki,

Toni Finkle

Mondays 1:15-2:45pm

FREE

Come try a variety of games, including cribbage, Scrabble, Tri-ominoes, Backgammon and more! Bring a friend!



### Bridge

VPL's Rosemary Malatesta,

Pat Szemplinski

Tuesdays: 9:00am-12:00pm

FREE

The house is full on Tuesday mornings for this popular game, so come early to get your seat! All levels of players are welcome.



### Dominoes

VPL: June Lyons

Tuesdays 1:00-3:30pm

FREE

This group loves their dominoes! Join them for a game of Mexican Train.



### Ellington Chess Mates

VPL: Alex Cardoni

Mondays 10:00am-1:00pm

FREE

What better way to spend a Winter's day than to play some casual chess with friendly people at the Ellington Senior Center! New players welcome – we are willing to instruct!



### Open Billiards

VPL: Gerry LeBlanc

Mondays 9:00am-5:45pm

Tuesdays– Thursdays

9:00am-3:45pm

Fridays 9:00am-1:15pm

Saturdays 6:30pm-10:00pm

FREE



Congratulations to the winner of the November/December 8 Ball Tournament:

Mike O'Connor  
Way to go, Mike!



## WEEKLY PROGRAMS

### Setback

VPL: Dave Lehmann  
Tuesdays 6:00pm-9:00pm  
Saturdays 7:00-10:00pm  
(Saturday: doors open at 6:30pm)  
FREE



### Shuffleboard

VPL's: Basil Gallant & Shirley Pinard  
Wednesdays 2:00-3:30pm  
FREE



This is a great game to play on an indoor court to get you up and moving during the cold fall and winter months.

### Wii Bowling

VPL's: Dennis & Basil  
Fridays 9:00am-12:00pm  
FREE



This game is a MUST for the rowdy in spirit! Come laugh as players score a virtual strike or throw the ball into the gutter!

## LANGUAGE ARTS

### Memories and Creative Writing

VPL: Pat Stoughton  
Thursday, January 19  
1:00-2:30pm - FREE



Come and listen or share a piece with the group: memoirs, poems, stories, songs, etc. are all acceptable and welcome.

## MUSIC

### Ellington Singers

Volunteer Choral Director: Mary Regan  
VPL: Maureen Webber  
Wednesdays, 10:00am-12:00pm  
September-April  
Fee: \$10 Annually  
Save the date for the Annual Spring Musicale:  
Thursday, April 13, 2017 at 1:00pm—a show not to be missed!



“ You are **never**  
**too old** to set  
another goal or to  
dream a new dream. ”

### Musical Insights

**No programs in January or February.**

Join us in March as we plan for many special events over the next few months in celebration of the 20th anniversary of the Senior Center.

Many people turn to music to soothe stress, create a mood of joy, drama and even tragedy, Musical Insights answers these desires in their carefully crafted programs planned by the versatility of the members.

“Joy Con Tutti” - Something for Everyone!

## FITNESS, HEALTH & WELLNESS

### Amelia's Beginner Line Dancing

VPL: Amelia Kurpat  
Mondays—FREE  
1:00pm—2:15pm  
This is an introductory class to learn basic steps without jumping, hopping or twisting.

### Ballroom – Polka Fun Classes—ALL LEVELS

VPL: Amelia Kurpat  
Thursdays—FREE  
1:00pm Beginners  
1:30pm Regular Dancing  
2:30—3:00PM Polka & Fun  
No Class: 1/5



### Chair Exercise Class

Instructor: Linda Stein  
Tuesdays and Thursdays 10:00-10:45am  
Residents:\$4/class; Non-Residents: \$5/class  
Good for your mind and body! Not too rigorous, but a perfect workout to stretch and strengthen your muscles.

### Chair Yoga

Instructor: Christine Olmstead  
Thursdays  
2:30 –3:15 pm  
Residents:\$4 walk-in/class  
Non-Residents: \$5 walk-in/class  
All benefits of mat yoga, gentle and relaxing, all in a chair.



## WEEKLY PROGRAMS

### Intermediate Line Dancing

Instructor: Nicole "Nikki" Gagne

Mondays, 11:30am-12:30pm

Next 8 Week Winter Session:

12/12, 12/19, 1/9, 1/23, 1/30, 2/6,  
2/13, 2/27

Residents: \$32; Non-residents: \$40

Walk-in's: Residents: \$6; Non-residents: \$7



### Simple Circuit Fitness

Instructor Linda Stein

Tuesdays and Thursdays

11:00-11:45am

Residents: \$7/class; Non-Residents: \$8/class

**See instructor for monthly rate discount**

All exercises can be modified for all levels of fitness. Push yourself to do things you didn't know you could do and see a stronger you!



### Tai Chi & Qi Gong

Instructor: Roberta Villanova

Fridays 11:00am-12:00pm

Residents: \$5 walk-in

Non-Resident: \$6 walk-in

Some claim this helps to improve your mood, lower blood pressure, decreased anxiety, reduce inflammation and more. **No Class 1/20**



### Yoga

Instructor: Christine Olmstead

Due to Winter Weather in New England, January and February classes will not be held in sessions.

All classes will be on a walk-in basis and paid at the discounted rates.

#### January Class Dates:

1/4, 1/9, 1/11, 1/18, 1/25

#### February Class Dates:

2/1, 2/6, 2/8, 2/13, 2/15, 2/22

Resident: \$6/class

Non-resident: \$7/class

**REGULAR SESSIONS AND WALK IN RATES WILL RESUME IN MARCH.**



## SOCIAL GROUPS

### Ellington Men's Club

For more information, contact:

Ferris Bromley: 860-638-9813

ferris.bromley@raveis.com

Morris Webber: 860-875-2613

webberhaus@comcast.net



## TECHNOLOGY CLASSES

### 1:1 Computer Help with Bill

VPL: Bill Correia

Mondays, Wednesdays & Thursdays

1:00-3:00pm\*

By appointment only

FREE

What do you need help with? Bill, our resident tech expert, will try to help you figure out your phone, laptop, tablet and more!



## SCREENINGS, CLINICS, SUPPORT

### Blood Pressure & Diabetic Screening

2nd & 4th Tuesdays

12:30-2:00pm

1/10, 1/24

Walk-in

FREE



### Podiatry Clinic

Wednesday, January 5

9:00am-3:00pm

Fee Applies

For additional information or to schedule an appointment, call Rita Vigneau at 860-742-1102.

### Tri-Town Parkinson's Disease Support Group

For additional information, including meeting

location and time, contact Anna Turner at:

860-870-3131 or aturner@ellington-ct.gov.

FREE

Acceptable Forms of Payment for all Programs/Classes:  
Cash or check, made payable to: SCAF (Senior Center Activity Fund)

## TRANSPORTATION

### EMATs: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

#### HOURS, SCHEDULING & FEES:

Transportation Services are offered five days a week for social activities and medical appointments.

If you are a newcomer, please request your "Transportation Packet" that provides you with the program's rules and regulations by calling the Transportation Line at (860) 870-3137 between the hours of 9:00am to 12:00pm. Our transportation secretaries Florence Brennan and Jasbir Jutla will gladly assist you with your transportation requests.

**Normal hours for medical transportation are offered between the hours of**  
**Monday – Thursday: 9:00am-2:30pm**  
**Fridays: 9:00am-10:30am**

\*For appointments not in local area the last appointment time is 12:30pm.  
Last time for local appointments is 1:30pm.

**The Annual Suggested Donation for Transportation is \$30.00.**  
**A \$3.00 donation fee per round trip is suggested and appreciated.**

Checks Made Payable to: Ellington Senior Center Transportation



#### IMPORTANT REMINDERS:

- Transportation services are for non-emergency medical appointments.
- All medical transportation requests must be reserved at least 2 weeks in advance.
- All requests for Senior Center activities should be made the week before (for scheduling purposes)
- A new Annual Registration ("waiver") must be completed yearly.
- Riders must be ready 15 minutes prior to pick up time.
- Driveways and sidewalks must be kept clear of all obstacles and cleared of snow and ice, for your safety as well as our driver's safety.
- Riders be mindful of the fact that pick up times can be delayed up to 15 minutes, depending on traffic, weather, etc. We will do our absolute best to make your appointment time.
- Please stay tuned to local television channels 3, 8, and 30 for up to date notices or weather delays. Transportation services follow the town calendar for holiday closings; please obtain the Senior Center's monthly newsletter, the "Maple Street Monthly" for more information.

#### HISTORY:

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA). "Funded in part, by the Older American's Act."



## TRANSPORTATION & TRIP POLICIES

### EMATS

#### MEDICAL APPOINTMENTS

Medical transportation appointments can be made by calling the transportation line a minimum of at least two (2) weeks in advance. There is a first-come, first-served policy. We provide a limit of five (5) per day. One hour is allowed for standard medical appointments. A donation fee of \$3.00 is appreciated for standard medical appointments.



**IMPORTANT:** Our transportation department must confirm and issue you a pick-up time. You will be called between the hours of 9-10 am the morning before your appointment.

If your appointment cannot be confirmed, your ride will be cancelled.  
**NO EXCEPTIONS!**



#### SHOPPING

**Big Y, Ellington:**  
Every Wednesday



**Stop & Shop, Rockville:**  
Every Friday



*A limit of one (1) hour 15 minutes is allotted.*



### TRIP POLICIES

#### DAY TRIP POLICY:

Payment is due in full upon sign-up for all day trips. Typically, 40 participants are required for the trip to go (usually shared with other groups). If minimums are not met, the trip will be cancelled and payment will be refunded. All day trips are non-refundable unless you find a substitute or have purchased insurance (and will be reimbursed according to policy guidelines).

#### OVERNIGHT TRIP & CRUISE POLICY:



Deposit is due upon sign-up. Insurance for overnight trips and cruises are only available at sign-up. If minimums are not met, the trip will be cancelled and payment will be refunded. All trips are non-refundable unless you find a substitute or have purchased insurance (and will be reimbursed according to policy guidelines).



IN JAPAN, BROKEN OBJECTS are OFTEN REPAIRED WITH GOLD. THE FLAW is SEEN as A UNIQUE PIECE OF the OBJECT'S HISTORY, WHICH ADDS TO its BEAUTY.

CONSIDER THIS WHEN YOU FEEL BROKEN.

#### OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational and healthy activities and programs.

## TRIPS

### Salem Cross Inn

January 28, 2017

Cost: \$99pp

Welcome Cider reception with cheese & crackers, apple pie demonstration, sleigh ride, full luncheon followed by musical entertainment.

**Sign Up By December 30th Requested**



### Escorted Cruise to the British Isles

THE BRITISH ISLES



May 21-June 3, 2017

Royal Caribbean Vision of the Seas  
Cost: Starting at \$2799, including Air!  
Includes England, Scotland, Ireland and the Channel Islands

### "Jersey Boys"

#### Broadway Production at the Bushnell!

Thurs., March 23, 2017

Cost: \$99 pp

**IMPORTANT: VERY LIMITED SEATS.**  
**Due date is Jan. 6, 2017, unless sold out sooner!**



### California Coastal Highway

August 19-27, 2017

Cost: starts at \$3599 per person, double, includes flight. Guided tours of San Francisco, Solvang, Hearst Castle, Los Angeles and San Diego.



### "The Foursome"

Wednesday, April 5, 2017

Cost: \$86

Enjoy a great buffet and show in this unique dinner theatre. **Sign up by March 5th requested.**

### Transatlantic Cruise

#### Including Spain & Canary Islands

October 19th-

November 3rd, 2017

Cost: Starts at \$2499 per person, includes flight. Cruise from Rome to Fort Lauderdale with stops at Barcelona, Cartagena, Malaga, and Tenerife.



### Glenn Miller Orchestra

Monday May 15, 2017

Cost: \$93

This world famous orchestra will be playing at the Aqua Turf Club in Plantsville, CT. A delicious lunch will be served as well as coffee and donuts on arrival.



### Caribbean & the Panama Canal (New Locks)

Nov 10-20, 2017

Cost starting at \$1849 includes air fare. Cruise aboard the Caribbean Princess, one of the first cruise ships scheduled to traverse the new locks of the Panama Canal. Stops at Princess Cays; Cartagena, Colombia; Limon, Costa Rica and Grand Cayman



#### **WATCH FOR COMING TRIPS IN 2017:**

\* Boston Lighthouse Cruise (June 11) \* Bistro Lunch Aboard Ice Cream Train (July 12) \* Lake George Cruise (August 29) \* Lion King on Broadway (Sept. 27) \* Jimmy Sturr, Polka King at Aqua Turf (Oct. 10)  
Dates Pending: The Williams Inn German Fest, Williamstown \* Christmas in Old Sturbridge

**2017 Overnight Trip: "Jonah" at Sight & Sound Theatre, Lancaster, PA (Sept. 11-13, 2017) - Flyers available!**

**Additional information on all trips is located in our Information Center and on our website. Acceptable forms of payment for all trips: Cash or check, made payable to: SCAF (Senior Center Activity Fund); Credit cards accepted for cruises through Friendship Tours. See the previous page for our trip policies.**

**Maple Street Kitchen Menu: January 2017**

**We kindly ask that reservations are made at least 24 hours in advance to help us plan properly.**

**NOTE DURING WINTER MONTHS:**

**IF THERE IS A DELAYED OPENING, THE KITCHEN IS CLOSED**

To reserve a lunch, call 860-870-3133, or sign up at the front desk.

**WEEKLY LUNCH DONATION:** \$3.50 - Paid at the door on the day of.

All meals are made on the premise and served by volunteers trained in food service.

**Maple Street Kitchen**

**Donation:**

Weekly Lunch: \$3.50

Served at Noon

Special Events \$ TBD

See details inside for special event information as times and cost may vary.

**Maple Street Kitchen**

**Lunch Reservations**

To reserve your meal:

**Call 860-870-3133**

2 days in advance.

**Special Event Reservations**

Tickets must be purchased in advance, or sign up is required, by date listed.

**FOOD SERVICES TEAM**

Erin R. Graziani, Director, QFO

Samantha Baer,

Assistant Director, QFO

Ferris Bromley,

Designated Alternate QFO

Maureen Webber,

Designated Alternate QFO

JoAnn Bromley

Terry Caron

Amy Flaherty

Cheryl Kenton

Donald Rudalewicz

Angie Sandberg

Freddie Stomberg

Morris Webber

Barbara Wolfson

QFO – Qualified Food Operator

Maple Street Kitchen is Funded in part by a grant received by North Central Area on Aging and the Older American's Act

**THANK YOU VOLUNTEERS!!**

<b>Wednesday January 4, 2017</b>	Sliced Baked Ham topped with Pineapple Tidbits, Mashed Potato, Spinach, Dessert and Beverage
<b>Thursday January 5, 2017</b>	Turkey Rice Soup & Grilled Cheese Sandwich, Fruit, Dessert and Beverage
<b>Wednesday January 11, 2017</b>	Breakfast for lunch: Sausage Mushroom & Egg Bake, Side of Peaches, Dessert and Beverage
<b>Thursday January 12, 2017</b>	Crunchy Chicken Tenders, Coleslaw, Carrots, Fruit, Dessert and Beverage
<b>Wednesday January 18, 2017</b>	Meatloaf, Mashed Potatoes, Gravy, Roasted Squash, Dinner Roll, Fruit, Dessert and Beverage
<b>Thursday January 19, 2017</b>	Baked Vegetable Casserole with Cheese Fruit, Dessert and Beverage
<b>Wednesday January 25, 2017</b>	Rosemary & Lemon Chicken, Roasted Red Potato, Cauliflower, Fruit, Dessert and Beverage
<b>Thursday January 26, 2017</b>	Culture Corner: Chinese New Year Beef Stir Fry, Fried Rice, Noodles, Pineapple Tidbits, Fortune Cookie and Beverage

**Chinese Barbecued Pork**

2 pounds pork tenderloin 3/4 cup soy sauce

1/2 cup sugar

1/4 cup ketchup

1 clove garlic, finely chopped

Cut each tenderloin into 2 lengthwise strips. Mix remain ingredients, stir in pork. Refrigerate at least 8 hrs. Remove pork from marinade and bake in oven for 20 minutes or till done.



**Congratulations to the Holiday Dinner Door Prize Winners:  
Jack Scarlato, Penny Harrington & Mary Donohue**

# COMMUNITY RENEWAL TEAM MENU & INFORMATION



To reserve a meal for:  
**Monday lunch: sign up by 11am the Friday before;**  
**Tuesday lunch: sign up by 11am the Monday before**  
**Suggested Donation: \$2.50**



**Thank you to the CRT Volunteers:**  
 Terry Caron, Bill Correia, Kathi Peterson, Shirley Pinard, Donald Rudalewicz, Ann Williams

## ELLINGTON SENIOR CENTER JANUARY-2017 MENU

MONDAY	TUESDAY
<b>January 2, 2017</b> <b>CLOSED IN OBSERVANCE OF NEW YEAR'S DAY HOLIDAY</b>	<b>January 3, 2017</b> <b>NO LUNCH</b>
<b>January 9, 2017</b> Orange-Pineapple Juice-4 oz. Seasoned Chicken in Alfredo Sauce-3 oz. Over Penne Pasta-1/2 c. Broccoli Florets-1/2 c. 100% Whole Wheat Bread-1 sl. Fruit Cocktail -1/2 c. Milk-8 oz.	<b>January 10, 2017</b> Cream of Broccoli Soup-1 c. Chef Salad w/Mixed Greens- 1c. (Shredded Cheese-1 oz./Turkey Ham-1 oz.) Cooked Egg-1 ea. Raspberry Vinaigrette Dressing-1 pkt. Saltine Crackers-2 pkts. Pineapple Tidbits-1/2 c. Milk-8 oz.
<b>January 16, 2017</b> <b>CLOSED IN OBSERVANCE OF MLK HOLIDAY!</b>	<b>January 17, 2017</b> <b>NO LUNCH</b>
<b>January 23, 2017</b> Stuffed Cabbage w/Marinara Sauce- 1 pc=3 oz./1/2 c. Rice Romano-1/2 c. Beets-1/2 c. Oatnut Bread-1 sl. Fresh Apple-1 ea. Milk-8 oz.	<b>January 24, 2017</b> Hearty Vegetable Soup-1 c Hot Dog-1 pc=3 oz. Baked Beans-1/2 c. Sauerkraut-1/2 c. Mustard/Ketchup/Relish-1 pkt. ea. Hot Dog Roll-1 ea. Raspberry Strudel Stick-1 ea.
<b>January 30, 2017</b> Country Fried Steak-1 pc=3 oz. Lyonnaise Potatoes-1/2 c. Caribbean Blend Vegetables-1/2 c. Pumpernickel Bread-1 sl. Fresh Apple-1 ea. Milk-8oz.	<b>January 31, 2017</b> Cream of Asparagus Soup-1 c. Garden Salad Greens-1 c. Cherry Tom./Cucumbers/Onions-1/2 c. w/Tuna Salad-1/2 c. Italian Dressing-1 pkt. Wheat Dinner Roll-1 ea. Fresh Orange-1 ea. Milk-8 oz.

### ARTISTS WANTED for 3rd Annual Community "GALLERY NIGHT"

We're looking for artists to participate in our upcoming town-wide **GALLERY NIGHT!** On Saturday, February 11<sup>th</sup> from 4 pm to 7 pm (Snow Date February 18<sup>th</sup>) artists of all ages are invited to showcase their work at our community-wide **GALLERY NIGHT** at the Ellington Senior Center. All types of artwork will be displayed including paintings, prints, drawings, photographs, sculpture, graphic design, jewelry, and more. The event is hosted by Rise Above, a Human Services Student Leadership Group. If you are interested in participating, please contact our student chairperson, Kendall, at [ellingtongallerynight@gmail.com](mailto:ellingtongallerynight@gmail.com) for all the details. You may also contact Youth Services at 860-870-3130. Not an artist? **SAVE THE DATE** and please come and see all the beautiful artwork from around our community.



### About the Human Services Department

The Human Services Department provides programs and services that meet the social services, health care and transportation needs of the community.

Residents are provided direct service or referred to community-based programs.

The Human Services Department consists of the Senior Center, Elderly Outreach & Youth Services.

Joy Hollister is the Human Services Director and can be reached at 860-870-3128, email [jhollister@ellington-ct.gov](mailto:jhollister@ellington-ct.gov) or at 31 Arbor Way, Ellington.



### Elderly Outreach

The Ellington Human Services Department provides Ellington senior residents and their families with information on programs and services that can assist the elderly in living independently in our community. [Anna Turner, MSW](#), Elderly Outreach Social Worker, can assist elderly residents with applying for the Medicare Savings Program, food stamps/SNAP, review Medicare Part D and review supplemental health insurance options. Ms. Turner can be reached at 860-870-3131, email [aturner@ellington-ct.gov](mailto:aturner@ellington-ct.gov) or at 31 Arbor Way, Ellington.

### Medication Drop Box at the Resident Trooper's office

Ellington now has a permanent medication drop box stationed at the Resident Trooper's office at 33 Arbor Way. This box will enable you to properly discard unused prescription & over-the-counter medications. No questions asked! You cannot discard needles/ "sharps," hazardous waste, thermometers, or personal care products.

The preferred time to drop off your items off is between the hours of 8am-3pm, Mondays– Thursdays.



*If you have any questions contact the Resident State Troopers office at 860-875-1522*

### The Ellington Senior Center Will Once Again Be Holding a Health & Wellness Fair!

#### Health & Wellness Fair



We have decided to move the next fair to May in celebration of Older American's Month, as well as to help us celebrate our 20<sup>th</sup> year as a Senior Center. Mark your calendars:

**Thursday, May 11, 2017 from 10:00am-2:00pm.**

#### Local, Health & Wellness-Related Exhibitors Wanted:

If you feel you have a service or program that would be of interest, please email us at: [sbaer@ellington-ct.gov](mailto:sbaer@ellington-ct.gov) with your company name, contact name, phone, email address, mailing address and presentation topic, no later than February 1, 2017. Upon review, if appropriate, a volunteer team member will send a detailed packet, including information on fees, space and equipment needs. In the event that there are multiple vendors with similar services, preference will be given to Ellington-based organizations.

## MEMBERSHIP, PROGRAM REGISTRATION & PAYMENTS

### Meet Our Staff:

Director:

Erin R Graziani

Assistant Director:

Samantha "Sam" Baer

Bookkeeper:

Sue Maheux

Lead Driver:

Mike Joslin

Drivers:

Ken McCarthy

Melinda LaBruna

Transportation Clerks:

Florence Brennan

Jasbir Jutla

Receptionist:

Linda Sika, SCSEP-

Easter Seals Capital

Region & Eastern CT

Senior Community

Service Employment

Program

Custodians:

Claire Rich

Michael E. "Mikey" Joslin

For Delays & Closings

Tune to channels

3, 8 & 30

or check out our

website to subscribe

to alerts!

**We're on the web!**

<http://seniorcenter.ellington-ct.gov>

### MEMBERSHIP

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current Annual Registration on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration. We ask that you sign in using your "My Senior Center" swipe card for each program you attend.

### PROGRAM REGISTRATION & PAYMENTS

Several of the programs that are offered are free and members are welcome to attend on a walk-in basis. For programs that require a payment, a Program Registration Form must be submitted for each program prior to the start of a new class/session, along with full payment, to the receptionist.

Partial payments are not accepted unless otherwise specified.

Program registrations are accepted on a first come, first serve basis, with preference given to Ellington residents.

Some programs require pre-registration and will be stated as such in the description. Sign-up sheets for these programs will be located in the Information Center. Please ask the receptionist if you need help.

**IMPORTANT: All payments for programs are non-refundable, and make-up classes are not permitted, unless the Senior Center cancels.**

**Copies of the Handbook & Operating Procedures for Senior Center Programs can be found at the center and on our website.**

**Acceptable Forms of Payment for all Programs/Classes:  
Cash or check, made payable to: SCAF (Senior Center Activity Fund))**

### VOLUNTEER PROGRAM LEADERS: "VPLS"

The Ellington Senior Center is fortunate to have several individuals who volunteer to make our programs possible. Thanks to these "Volunteer Program Leaders" (VPL's) we are able to offer many programs at little or no cost.

Thank you volunteers!

### QUESTIONS

**All forms and detailed/updated information on all programs, special events, trips and volunteer opportunities can be found in the Information Center and Online at:  
<http://seniorcenter.ellington-ct.gov>**