



Maple Street Monthly Ellington Senior Center Newsletter

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

October 2016

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

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

A NOTE FROM THE DIRECTOR:

Greetings!

As you know, on September 2, 2016, Doris Crayton, Director of Human Services, retired after 26 years. We are grateful for the years of dedicated service under Doris' tenure in which she made the Human Services Department what it is today. We wish her the best in the next chapter in her life—retirement! We welcome Joy Hollister, the new Director of Human Services, and we look forward to working with her!

*I am pleased to announce that the Community Renewal Team's "Senior Café" will resume on October 3rd serving lunch on Mondays & Tuesdays and Maple Street Kitchen is back on our regular schedule, offering lunch every Wednesday & Thursday. **NOTE: RESERVATIONS MUST BE MADE AT LEAST 2 DAYS IN ADVANCE.** This helps us to properly plan so we have enough of food for everyone and do not waste food. We can not accommodate walk-in's on the day of. We welcome student volunteers Brittany and Jeremy on Thursdays under Miss Sarah's assistance. Please see inside for specific details on each of these lunch programs.*

Christopher Davis, State Representative, invites you to attend a PURA Forum at the Center this month. See details inside under Special Events.

Have you seen the wonderful, new, town-wide Ellington Events magazine? Please be sure to stop by the Senior Center to get your copy of our monthly newsletter, or go online, because special events and class schedules may not be listed in the magazine.

*Erin R. Graziani
Director, Ellington Senior Center*

OCTOBER SPECIAL EVENTS:

TORNADOES & Twisters
TERROR



**Presented By: Joe Ouellette
Wednesday, October 19th, 1pm**

**FREE—Pre-registration requested
See Special Events for Details!**

Musical Insights
& the Ellington Senior Center
Presents:

MARKUS CENTOLA

Performing Artist & Instructor

Performance Date:
Monday, October 24
3:00-4:30pm

Tickets Now Available:
Residents: \$7
Non-Residents: \$8



SPECIAL EVENTS & FUN STUFF

SPECIAL EVENTS

Christopher Davis, State Representative
Hosts a Public Utilities Regulatory Authority
(PURA) Forum

Wednesday, October 5th
1:00 pm



Learn about ways to better monitor your
utility bills. Sign up in advance in the
Information Center, or call.
Bring a copy of your electric bill



TRIAD EVENT

MEDICARE 2017 updates:

Oct. 27th at 1pm at the Ellington Senior Center,
The North Central Area Agency on Aging/
CHOICES program will give an informative
presentation on Medicare and updates for 2017.
Please join us for this program and light
refreshments. **Registration Requested.**

Tornadoes, Twisters & Terror!



**Wednesday,
October 19, 2016
1:00pm**

**A Part of the "History for Fun" Series
Presented by: Joe Ouellette**

Join Joe for a Special Presentation on the
2011 New England Tornado Outbreak

Pre-Registration Required

TRIAD Shred-It Event



Thursday, Oct 27th 12:00pm to 2pm

Ellington senior residents are encouraged
to bring papers they want to be shredded
for safe disposal of personal information
(maximum 2 boxes per household).

Any questions call Anna Turner 860-870-3131

Musical Insights & the Ellington Senior Center Presents:

MARKUS CENTOLA

Performing Artist & Instructor

Performance Date:
Monday, October 24,
2016
3:00-4:30pm

Tickets In Advance:

Residents: \$7
Non-Residents: \$8



AARP Smart Driver Class Schedule

Pre-registration is required.

AARP Members: \$15.00

Non-AARP Members: \$20.00

Cash or check made payable to AARP,
due at class.

Wednesday, November 2, 2016
11:30am—3:30pm



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

SPECIAL EVENTS & FUN STUFF

Annual Holiday Bazaar

Saturday,
November 5th
9am-2pm

Crafts, Food & Tag Sale

Donations Wanted,

See Sew & So Crafts for more info!



UCONN Center for Public Health & Health Policy Invites you to a:



"Virtual Grocery Store Tour"

Thursday, November 10th at 1:00pm

Learn how to make healthier choices while being mindful of our food budgets by learning how to read and interpret food labels as well as learn more about price comparison. **FREE**

Sign up in advance in the Information Center or call 860-870-3133

German 2 Class Students Wanted!

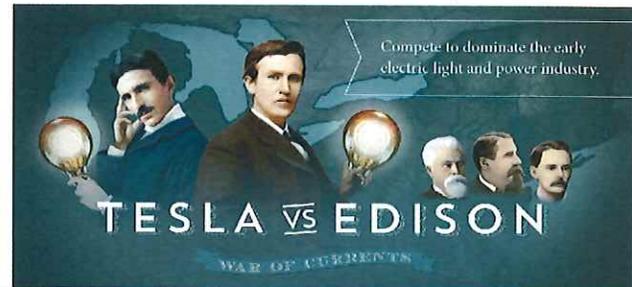
SPRECHEN SIE
DEUTSCH ?

Tuesdays, 1:00 pm – 2:30 pm
Class Begins November 8th
Pre-registration is Required
Instructor: Willi Frederich

If you have taken the first class, or have experience in speaking basic German, this is for you! Sign up in advance.

History For Fun: Tesla Vs. Edison
Presented By: Joe Ouellette
Wednesday, November 16
1:00 pm

FREE: Pre-Registration Requested



Emergency Preparedness: What you need to know!

Presented by: Terron L. Jones,
MPH, Assistant Director of
Emergency Management &
Homeland Security- Bridgeport



Wednesday, November 9th at 1:00pm

We will discuss Recent Scams, Alertness,
First Responders, Working with Facility
Management, Emergency Situations, etc.

FREE: Pre-Registration Requested

Thanksgiving Dinner
Thursday, November 17
12:30 pm

Tickets in Advance by 11/10/16

Residents: \$15

Non-Residents: \$16

See flyer for full menu



CRT Menu OCTOBER-2016

MONDAY	TUESDAY
<p>October 3, 2016 Fruit Punch-6 oz. Chicken Pot Pie w/Peas & Corn-1 ea=7 oz. Summer Salad Greens w/Sliced Tomatoes & Cucumbers-1/2 c. Ranch Dressing-1 pkt. Fresh Apple-1 ea.</p>	<p>October 4, 2016 Stuffed Cabbage w/Marinara Sauce-1 pc=3 oz. Brown Rice-1/2 c. Beets-1/2 c. Rye Bread-1 sl. Fresh Orange-1 ea.</p>
<p>October 10, 2016 CLOSED IN OBSERVANCE OF COLUMBUS DAY HOLIDAY!</p>	<p>October 11, 2016 Pineapple-Orange Juice-1/2 c. Hot Dog/Hot Dog Roll- 1pc= 3 oz./1 ea. Baked Beans-1/2 c. Red/Green Cabbage Coleslaw w/Shredded Carrots-1/2 c. Mustard/Ketchup/Relis-1 pkt. ea. Homemade Cookie-1 ea.</p>
<p>October 17, 2016 Grape Juice- 6 oz. Peach BBQ Chicken Leg-1 pc=3 oz. Potato Salad-1/2 c. Corn Cobbette-1 ea. Homemade Biscuit-1 ea. Fresh Apple-1 ea.</p>	<p>October 18, 2016 Cream of Vegetable Soup-1 c. Chef Salad w/Mixed Greens (Shredded Cheese-1 oz./Turkey Ham -1 oz.) Cooked Egg-1 ea=3 oz. Italian Dressing-1 pkt. Wheat Dinner Roll-1 ea. Fresh Orange-1 ea.</p>
<p>October 24, 2016 Cran-Orange Juice-1/2 c. Sage Stuffed Chicken-1 pc=3 oz. Mashed Potatoes-1/2 c. Peas & Diced Carrots-1/2 c. Oatnut Bread-1 sl.</p>	<p>October 25, 2016 Italian Meatballs-3=3 oz. Seashell Pasta w/Marinara Sauce-1/2 c. Spinach Salad w/Sliced Tomatoes-1/2 c. Ranch Dressing-1 pkt. Club Roll-1 ea.</p>
<p>October 31, 2016 CRT HALLOWEEN MEAL! Macaroni & Cheese-1 c. Stewed Tomatoes & Zucchini-1/2 c. Garden Salad w/Cucumbers/Sliced Tomatoes-1/2 c. Italian Dressing-1 pkt. Wheat Bread-1 sl.</p>	 <p>CRT Community Renewal Team Changing lives... Creating opportunity!</p>

CRT LUNCH INFO



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



*The Ellington Senior Center
 & Musical Insights Welcomes
 Back Ashly Cruz!
 "Songs of the Holiday Season"
 Monday, November 28th
 2:00 pm
 Tickets in Advance
 Residents: \$5*

Friendly Building Reminders:

- ◇ No smoking on the premises. 
- ◇ Please refrain from using colognes and perfumes, due to allergies. 

Thank You for Your Cooperation

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

by noon the day before.

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

Maple Street Kitchen Menu: October 2016

RESERVATIONS REQUIRED AT LEAST 2 DAYS IN ADVANCE:

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

Sorry, we can not accept walk-in's on the day of the lunch.

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.

Thank you volunteers!

*Menu subject to change

Weds. 10/5/16	Baked Chicken, Rice, Green Vegetable Medley Dessert and Beverage
Thurs. 10/6/16	Meatloaf , Mashed Potatoes, Peas, Dessert and Beverage
Weds. 10/12/16	American Chop Suey, Green Beans Dessert and Beverage
Thurs. 10/13/16	Beef Stew, Dinner Roll Dessert and Beverage
Weds. 10/19/16	Stuffed Cabbage, Veggie Blend Dessert and Beverage
Thurs. 10/20/16	Eggplant Parmesan, Garlic Bread, Tossed Salad Dessert and Beverage
Weds. 10/26/16	Open Faced Turkey Sandwich w/ Gravy & Cranberry Sauce, Dessert and Beverage
Thurs. 10/27/16	Pizza Day! (Sign up by 10/25) Includes 2 Slices - Ordered in Advance - and a Beverage

EASIEST APPLE PIE EVER!

Topping:

1 cup+ 2 tablespoons flour 3/4 cup sugar
1/4 cup melted butter 1 egg
1/2 cup walnuts



Fill 9" pan 2/3 full of apples. Sprinkle 1 tablespoon sugar + 1 tsp. cinnamon. Mix together topping and pat onto pie.
Bake 350 for 45 minutes. Delicious!

ARTS & CRAFTS

Adult Coloring

Tuesdays 9:30-11:45am
FREE—bring your own supplies

Cut-Ups Carving Club

VPL's: Ed Ertel & Randy Russo
Wednesdays 9:30am-12:00pm
Fee: Nominal



Needle Crafts

VPL: Carolyn Feldman
Mondays 1:00-3:00pm
FREE



Sew & Sew Crafts

VPL: Carolyn Cook
Thursdays 9:30-11:30am - FREE

*Donations
are Greatly
Appreciated!*

We are getting ready for the holiday bazaar on Nov. 5 and are looking for donations of jewelry, jewelry boxes and gently used, clean items for the tag sale table. Donations can be dropped off the week before, during our regular business hours.

Oil & Water Color Instruction

Instructor: Lynette Goric
Mondays 10:00am-12:00pm
Fee: \$120 for 6 week session*
*Minimum of 4 students required for class to run. Call for class dates

Pre-registration Required



CARDS & GAMES

Board Games

VPL's: Janet Sosnicki,
Toni Finkle
Mondays 1:15-2:45pm
FREE



Bridge

VPL's Rosemary Malatesta,
Pat Szemplinski
Tuesdays: 9:00am-12:00pm
FREE



Dominoes

VPL: June Lyons
Tuesdays 1:00-3:30pm
FREE



Ellington Chess Mates

VPL: Alex Cardoni
Mondays 10:00am-1:00pm
FREE



Horseshoes

VPL's: Rich Malone,
Larry Peterson
Mondays, 10:00am
FREE



Open Play is available during regular hours.

Setback

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



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



Shuffleboard

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



Wii Bowling

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



LANGUAGE ARTS

Memories and Creative Writing

VPL: Pat Stoughton
Thursday, October 20
1:00-2:30pm
FREE



MUSIC

Ellington Singers

Volunteer Choral Director:
Mary Regan
VPL: Maureen Webber
Wednesdays
10:00am-12:00pm
September-April
Fee: \$10 Annually



OUTDOOR ACTIVITIES

Weekday Walking Club

VPL: Joe Ouellette
Daily, weather permitting
8:30am
Arbor Park - FREE



Since July the club has walked the distance
from Ellington to New York!

PAR-Q FORM IS REQUIRED

Ellington Senior Center Co-Ed Golf League

For more information contact:
Ferris Bromley
860-638-9813
ferris.bromley@raveis.com



Garden Thyme

VPL: Norine Veal
Tuesdays 9:00am
weather permitting
FREE



FITNESS, HEALTH & WELLNESS

Ballroom – Polka Fun Classes—ALL LEVELS

VPL: Amelia Kurpat
Thursdays—FREE
1:00pm Beginners; 1:30pm Regular Dancing
2:30—3:00PM Polka & Fun
PAR-Q FORM IS REQUIRED

Basic Beginner Line Dancing

VPL: Amelia Kurpat
Mondays—FREE
1:00pm—2:15pm Introductory & Easy
PAR-Q-FORM IS REQUIRED

Chair Exercise Class

Instructor: Linda Stein
Tuesdays and Thursdays 10:00-10:45am
Residents:\$4/class; Non-Residents: \$5/class
PAR-Q FORM IS REQUIRED

Chair Yoga

Instructor: Christine Olmstead
THURSDAYS - NEW DAY AND TIME!
2:30 –3:15 pm
Residents:\$4 walk-in/class
Non-Residents: \$5 walk-in/class
PAR-Q FORM IS REQUIRED

Intermediate Line Dancing

NEW!

Instructor: Nicole “Nikki” Gagne
8 week Session: pre-register by October 13th
Mondays, October 17-December 5
11:30am-12:30pm *Class minimum of 9 required
Residents: \$40; Non-residents: \$56
PAR-Q FORM IS REQUIRED

Simple Circuit Fitness

Instructor Linda Stein
Tuesdays and Thursdays 11:00-11:45am
Residents: \$7/class;
Non-Residents: \$8/class



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

WEEKLY PROGRAMS—Fitness, Health, Social Groups, Screenings, Clinics, Support

Tai Chi & Qi Gong

Instructor: Roberta Villanova

Fridays 11:00am-12:00pm

Residents: \$5 walk-in

Non-Resident: \$6 walk-in

No class on 10/28 and 11/4

PAR-Q FORM IS REQUIRED



Yoga

Instructor: Christine Olmstead

October Sessions:

Mondays: 10/3 & 10/17

No class 10/10

2:30-3:30pm

Session rate residents: \$12

Session rate non-residents: \$14

Wednesdays: 10/5, 10/12, 10/19, 10/26

2:30-3:30pm

Session rate residents: \$24

Session rate non-residents: \$28

Walk-in residents: \$8/class

Walk-In non-residents: \$10/class

PAR-Q FORM IS REQUIRED



TECHNOLOGY CLASSES

1:1 Computer Help with Bill

VPL: Bill Correia

Mondays, Wednesdays & Thursdays

1:00-3:00pm*

By appointment only

FREE



Technology Available at the Center:

Did you know we have 2 computers, an iPad & laptop available for your use while at the center? Stop by the front desk for more information and to sign one out.

SCREENINGS, CLINICS, SUPPORT

Alzheimer's Caregiver Support Group

Thursday, October 6, 2016

2:00-3:30pm

Facilitated by: Sandie Pino, LCSW

FREE



Blood Pressure & Diabetic Screening

2nd & 4th Tuesdays

12:30-2:00pm

October 11 & 25

Walk-in FREE

FREE



SOCIAL GROUPS

Ellington Men's Club

For more information, contact

Ferris Bromley: 860-638-9813

ferris.bromley@raveis.com

Morris Webber: 860-875-2613

morrishaus1@gmail.com



10/5, 9am: Club Meeting - Fire Safety

10/19 1pm: Senior Center Program - Tornadoes

11/2, 9am: Club Meeting

11/16, 1pm: Senior Center Program

Policy Reminder: No town-owned technological devices are permitted to leave the building. When in use for classes or individual use, make sure to sign the log sheet and return it to the receptionist.

Podiatry Clinic

Wednesday, October 5

Fee Applies

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



Tri-Town Parkinson's Disease Support Group

3rd Friday of the month,
unless otherwise specified

10:00am

FREE

For additional information, including meeting location, contact Anna Turner at 860-870-3131 or atturner@ellington-ct.gov.

TRANSPORTATION & TRIP POLICIES

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
Monday – Friday
between the hours of 9:00am-2:30pm**

*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."



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!



Live your life
and forget your age!!

SHOPPING

**Big Y, Ellington:
Every Wednesday**



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



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

TRIP CENTRAL

DAY TRIP POLICY:

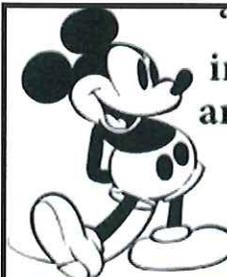
Payment is due in full upon sign-up for all day trips. Typically, 40 participants are required for the trip to go (usually shared with other groups). If minimums are not met, the trip will be cancelled and payment will be refunded. All day trips are non-refundable unless you find a substitute or have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

OVERNIGHT TRIP POLICY:



Deposit is due upon sign-up.

Insurance for overnight trips is 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).



“Laughter is timeless,
imagination has no age,
and dreams are forever.”

WALT DISNEY

OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 60 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

TRIP CENTRAL

"Intrepid Museum, NYC"

November 10, 2016

Cost: \$95



Explore the 900 foot USS Intrepid, a WWII aircraft carrier, as well as the Space Shuttle Enterprise and Submarine Growler.

Caribbean & Bermuda Celebrity Cruise



April 22-30, 2017

Cost: Starting at \$1199 Roundtrip to Airport & Home from the Jersey Pier and flight to San Juan, Puerto Rico. Visit San Juan, St. Thomas, St. Maarten and Bermuda

New Price!

Historic Deerfield MA Annual Stocking Stuffer

December 5, 2016

Cost: \$95—**ALMOST SOLD OUT**

Each stop provides a gift for you to fill your stocking! Stops at Kringle Candle, Champney's Restaurant, Old Deerfield, Stebbins House and Forest Park's Bright Nights.



Escorted Cruise to 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

THE BRITISH ISLES



New Price!

"Caribbean from NY 2017"

February 7-17, 2017

Cost: Starting at \$1079 including transportation to New York on the Norwegian Gem. San Juan, St. Thomas, St. Maarten and Tortola



Transatlantic Cruise

Including Spain & Canary Islands

October 19th-

November 3rd, 2017

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



TRIP SURVEY: Below is a tentative list of trips being planned for 2017. Please check those you may be interested in and return to the receptionist to assist with the planning— no later than October 31st!

- | | |
|--|--|
| <input type="checkbox"/> "Cabaret", Thomaston Opera House (Feb.) | <input type="checkbox"/> Williams Inn German Festival, MA (Oct./Nov) |
| <input type="checkbox"/> "Jersey Boys", at the Bushnell (Mar.) | <input type="checkbox"/> Christmas in Old Sturbridge Village (Dec.) |
| <input type="checkbox"/> "Aida" at the Metropolitan Opera, NY (Apr) | <input type="checkbox"/> California Coastal Highway 8/19-8/27/17 |
| <input type="checkbox"/> Hudson River Locks & Lunch Cruise, NY (May) | <input type="checkbox"/> Panama Canal (New Locks) 11/10-11/21/17 |
| <input type="checkbox"/> Boston Lighthouse Brunch (June) | <input type="checkbox"/> Other Suggestion: _____ |
| <input type="checkbox"/> Charlestown Seafood Festival, RI (Aug.) | Name: _____ |
| <input type="checkbox"/> Lake George Luncheon Cruise, NY (Aug.) | Phone: _____ |
| <input type="checkbox"/> "Lion King" on Broadway (Sept.) | Town: _____ |
| <input type="checkbox"/> "Jonah", Lancaster, PA 9/11-9/13/17 | |
| <input type="checkbox"/> Jimmy Sturr Polka King at Aqua Turf (Oct.) | |



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.

OUTREACH AND TRIAD SENIOR SAFETY NEWS



The Ellington TRIAD Senior Safety program is part of a nationwide safety program working to increase older adult safety & allay their fears of crime. Our TRIAD committee is comprised of older adults, law enforcement officers, and the Town of Ellington Human Services employees working together to inform the public on issues related to senior safety. To join our committee, or if you have safety questions, please contact Anna L. Turner, MSW/Elderly Outreach Social Worker at 860-870-3131 or email at aturner@ellington-ct.gov.

**Emergency Management's
"Resident Safety Check"**

If you are an elderly or disabled Ellington resident and want to have a First Responder check on you in your home in the event of a community emergency, then please call Anna Turner at 860-870-3131 for more information and to get your name, address, & phone on the contact list.

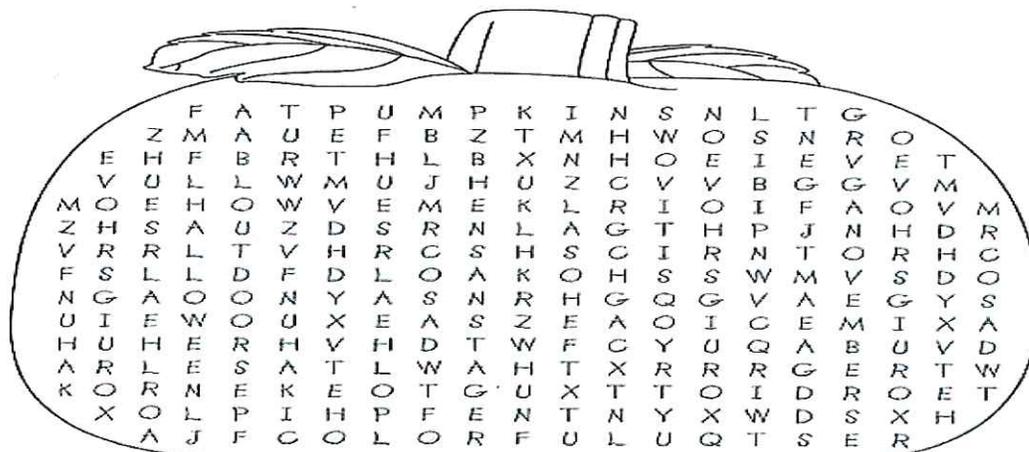


**EVERBRIDGE NOTIFICATION SYSTEM
SIGN-UP**



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 the Information Center at the Senior Center.

Find and circle the fall words from the word list:



- Word List**
- | | | | |
|----------|-----------|----------|--------------|
| AUTUMN | GOURDS | LEAVES | PUMPKINS |
| COLORFUL | HALLOWEEN | NOVEMBER | SCARECROW |
| FARMERS | HARVEST | OCTOBER | THANKSGIVING |
| FIELDS | HAYRIDE | OUTDOORS | |

Ellington - Office of Emergency Management



GOV. MALLOY ANNOUNCES LAUNCH OF CONNECTICUT EMERGENCY ALERT MOBILE APP

'CT Prepares' Mobile App Provides Residents with Emergency Alerts and other Useful Resources



(HARTFORD, CT) – Governor Dannel P. Malloy today announced the launch of a new emergency preparedness mobile application for Connecticut residents that provides information and alerts in emergency situation, and also helps residents prepare in advance of an emergency.

The "CT Prepares" app includes:

- Send an "I'm Safe" message to contacts via email, text, and social networks
- View real-time alerts for emergencies, weather and traffic
- View current and extended National Weather Service forecasts based on current location
- Access Connecticut Emergency Management Agency news and events
- View emergency preparation guides for different types of emergencies

Locate Connecticut Emergency Management contacts and other useful emergency resources Connecticut Interactive.

If You See Something Suspicious.... Say Something! 1-866-HLS-TIPS.

Medication Drop Box is Now Located 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 860-870-3131

Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

Use Fireplaces Safely

Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended, and make sure a fire in a fireplace is completely out before going to bed.

Use Caution with Space Heaters

A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your stove or oven to heat your home; only use space heaters that are

approved for this purpose. Always allow at least three feet of empty area around space heaters.

Reconsider Leaf Burning

The Air Defenders reports that burning leaves produces dangerous and cancer-causing chemicals and urges homeowners to avoid disposing of leaves this way. If you decide to burn leaves, wear a protective mask. Burning leaves should only be attempted far away from a house or other structures on a homeowner's property. Always check the weather forecast before starting to burn leaves. This activity should not be attempted in windy conditions.

MEMBERSHIP, PROGRAM REGISTRATION & PAYMENTS

MEMBERSHIP

The Ellington Senior Center is open to those age 60 and older. All program participants must have a current [Annual Registration & Medical Waiver Form](#) 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.

A completed [PAR-Q](#) (on the reverse of the Annual Registration Form) must be on file for all fitness classes, as indicated.

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.

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

VOLUNTEER PROGRAM LEADERS: "VPLS"

QUESTIONS

The Ellington Senior 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!

**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>**

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, SCEP- Easter
Seals Capital Region &
Eastern CT Senior
Community Service
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>