



Maple Street Monthly Ellington Senior Center Newsletter

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

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

A NOTE FROM THE DIRECTOR:

Greetings!

Please come to our Annual Holiday Bazaar on Saturday, November 5th from 9am-2pm. Start your holiday shopping early and avoid the rush at the mall! Here you will find handmade treasures and keepsakes for generations to come made by our wonderful, dedicated crafters. Also come for lunch and don't forget to find a bargain at the Attic Treasures table!

Mark those calendars for our annual Thanksgiving Dinner on Thursday, November 17th at 12:30pm. Tickets must be purchased in advance. See inside for details.

Thank you to Dr. Swamy and Dr. Melekote for their generous donation to sponsor the Annual December Holiday Dinner; Therefore, there is no individual cost. Residents will be able to sign up beginning November 1st through November 15th. After the 15th it is open sign-up for non-residents. NOTE: There is a limit to 80, so sign up at the front desk and get your ticket ASAP.

Be on the look-out for the new Annual Registration Forms—coming soon!

We honor and remember our veterans every day and especially so on Veteran's Day. We are thankful to all the service men and women protecting our country. In closing, I wish you all a Happy Thanksgiving to you and your family

*Erin R. Graziani
Director, Ellington Senior Center*

NOVEMBER SPECIAL EVENTS: See Inside for Full Details!



*Annual
Holiday Bazaar
Saturday,
November 5th
9am-2pm
Crafts, Food
&
Tag Sale*

**Emergency
Preparedness:**

**What You Need to
Know!**

**Wednesday, Nov. 9th
1:00 pm**



**Presented By:
Terron Jones**

Thanksgiving Dinner

*Thursday, November 17
12:30 pm*

Tickets in Advance



SPECIAL EVENTS & FUN STUFF

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



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.
Presented in conjunction with Ellington's
Emergency Management.*

FREE: Pre-Registration Requested

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

German 2 Class Students Wanted!

SPRECHEN SIE
DEUTSCH ?



Tuesdays, 1:00 pm – 2:30 pm

Class Begins November 8th

Pre-registration is Required

Instructor: Willie Frederich

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

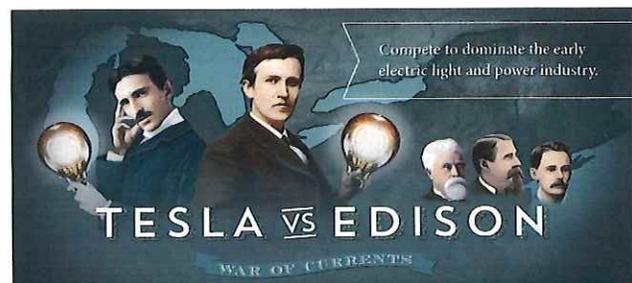
History For Fun: Tesla Vs. Edison

Presented By: Joe Ouellette

Wednesday, November 16

1:00 pm

FREE: Pre-Registration Requested



SPECIAL EVENTS & FUN STUFF

Thanksgiving Dinner
Thursday, November 17

12:30 pm

Tickets in Advance by 11/10/16

Residents: \$15

Non-Residents: \$16

Menu Includes: Oven Roasted Turkey,
& Gravy, Mashed Potatoes, Stuffing,
Butternut Squash, Cranberry Relish,
Dinner Roll, Pumpkin Pie, Beverage

Annual Holiday Dinner
Thursday, December 8, 2016

12:30pm

Menu Includes:

Pot Roast, Vegetables, Potatoes,
Rolls, Dessert & Beverage

Thank you to Dr. Gayethri Swami
Dr. Swathantra Melekote, Aswini
Melekote & Gautami Melekote,
who are sponsoring this event.

Reservations open:

Ellington Residents - November 1

Non-Residents - November 21

Max reservations: 80

First come, first served

The Ellington Senior Center
& Musical Insights Welcomes
Back Ashley Cruz!

"Songs of the Holiday Season"

Monday, November 28th

2:00 pm

Tickets in Advance

Residents: \$5

Non-residents: \$6



The Ellington Ad Hoc
Patriotic Committee welcomes
all to join us at our

Wreaths Across America Ceremony

Saturday, December 17, 2016

12:00 pm

Ellington Center Cemetery
95 Maple Street, Ellington

If you would like to participate or sponsor a
wreath please contact Wilson Flynn at
860-896-9053 or wdfpf45@sbcglobal.net



**An Ellington
Tradition:
Winterfest 2016**



**Join the Ellington Singers
Friday, December 2nd
7:00 pm
Hall Memorial Library**

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

WEEKLY PROGRAMS—Arts & Crafts, Cards & Games

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

Join us for our Holiday Bazaar

Nov. 5 from 9am-2pm.

We are accepting donations of jewelry, jewelry boxes and gently used, clean items for the tag sale table, which can be dropped off the week before, during our regular business hours.

Donations are greatly Appreciated!



Oil & Water Color Instruction

Instructor: Lynette Goric

Mondays 10:00am-12:00pm

Fee: \$100 for 5 week session*



Class Dates: 11/21, 11/28, 12/5, 12/12, 12/19

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

No Program Nov. 4th



LANGUAGE ARTS

Memories and Creative Writing

VPL: Pat Stoughton
 Thursday, November 17
 1:30pm
 FREE



MUSIC



Ellington Singers

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

Musical Insights

Monday, November 14
 Festive Holiday Music Seasonal Gathering
 3:00pm-4:30pm, Activities Room

Monday, November 28

2:00pm
 We welcome back Ashly Cruz:
 "Songs of the Holiday Season"
 Tickets Available in Advance:
 \$5 Residents; \$6 Non-residents



OUTDOOR ACTIVITIES

Weekday Walking Club

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



**Since July the club has walked 223 miles,
 the distance from Ellington to Philadelphia!**

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
 All levels of golfers welcome



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
 2:30 –3:15 pm
 Residents:\$4 walk-in/class
 Non-Residents: \$5 walk-in/class
PAR-Q FORM IS REQUIRED



Intermediate Line Dancing

Instructor: Nicole "Nikki" Gagne
 8 week Session: Mondays, Oct. 17-Dec. 5
 11:30am-12:30pm
 Residents: \$32; Non-residents: \$40
 Walk-in's: Residents: \$7; Non-residents: \$9
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
See instructor for monthly rate discount
PAR-Q FORM IS REQUIRED



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

Tai Chi & Qi Gong

Instructor: Roberta Villanova
 Fridays 11:00am-12:00pm
 Residents: \$5 walk-in
 Non-Resident: \$6 walk-in



No class: 11/4, 11/11, 11/25
PAR-Q FORM IS REQUIRED

Yoga

Instructor: Christine Olmstead



November Sessions:

Mondays: 11/7, 11/14, 11/21,

2:30-3:30pm

Session rate residents: \$18

Session rate non-residents: \$21

Wednesdays: 11/2, 11/9, 11/16, 11/30

No class 11/23

2:30-3:30pm

Session rate residents: \$24

Session rate non-residents: \$28

Walk-in residents: \$8/class

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

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



11/2, 9am: Club Meeting
 11/16, 1pm: Senior Center Program
 12/7, 9am Breakfast - RSVP required

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.

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, November 3, 2016

2:00-3:30pm

Facilitated by: Sandie Pino, LCSW

FREE



Blood Pressure & Diabetic Screening

2nd & 4th Tuesdays

12:30-2:00pm

November 8

(no screening on the 22)

Walk-in FREE



Podiatry Clinic

Wednesday, November 2

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 aturner@ellington-ct.gov.

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, 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.

HOME SAFETY TIPS

WHILE YOU'RE AWAY ON VACATION

As you plan your holiday trip, don't forget to take some basic safety precautions to keep your house and belongings safe while you're away.



- ◆ Stop mail and paper deliveries or have someone pick them up.
- ◆ Notify credit card company that you will be travelling.
- ◆ Leave a number where you can be reached.
- ◆ Let local police know you will be away and for how long.
- ◆ Leave a key with a neighbor or relative.
- ◆ Don't put trip info on social media.
- ◆ Leave a light on with a timer.
- ◆ Have someone plow your driveway if snow is expected.
- ◆ Unplug small appliances and TV
- ◆ Make sure all windows are locked

Thanksgiving Word Search

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|---------|-----------|
| cook | maize |
| corn | pilgrims |
| dinner | pumpkin |
| fall | relatives |
| family | settlers |
| feast | squash |
| food | stuffing |
| gravy | thanks |
| harvest | turkey |



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 the Information Center at the Senior Center.

POLICY REMINDER: The Handicap Parking Spaces are reserved for individuals with a disability placard or plate. Please save them for the folks who need them, if you do not.

HUMAN SERVICES, ELDERLY OUTREACH & MORE GOOD STUFF

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 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 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 860-870-3131

The Ellington Senior Center Will Once Again Be Holding a 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 20th 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 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.

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

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!



SHOPPING

**Big Y, Ellington:
Every Wednesday**



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



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

YOU ARE AMAZING

(In case you needed a reminder)



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

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).



TRIPS

TRIP CENTRAL

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.



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.



**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!



**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.



**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



**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



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



**COUNT YOUR AGE BY
THE NUMBER OF MEMORIES,
NOT BY
THE NUMBER OF YEARS.**

www.dailypracticalquotes.com

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| 5 | 3 | | | 7 | | | |
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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

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

MAPLE STREET KITCHEN MENU & INFORMATION

Maple Street Kitchen Menu: November 2016

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

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.

Thank you volunteers!

*Menu subject to change

| | |
|---------------------------|--|
| Weds. 11/2/16 | Chili, Corn Bread, Salad, Dessert & Beverage |
| Thurs. 11/3/16 | Grilled Cheese Sandwich, Cabbage Soup, Dessert & Beverage |
| Weds. 11/9/16 | Shepherd's Pie, Dinner Roll, Dessert & Beverage |
| Thurs. 11/10/16 | Veggie Lasagna, Dinner Roll, Dessert & Beverage |
| Weds. 11/16/17 | Pot Roast, Gravy, Mashed Potatoes, Peas, Dessert & Beverage |
| Thurs. 11/17/16 | Thanksgiving Dinner: Oven Roasted Turkey & Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Relish, Dinner Roll, Pumpkin Pie, Beverage Residents: \$15; Non-Residents : \$16 Sign up in advance by 11/10 |
| 11/23 & 11/24 | NO LUNCH HAPPY THANKSGIVING! |
| Weds. 11/30/16 | Tuna Wrap with Lettuce, Lentil Soup, Dessert & Beverage |

Pumpkin Pecan Cookies

2 cups flour 1 1/2 tsp baking powder 1 cup butter
1 tsp. cinnamon 1/4 tsp. baking soda 1/4 tsp. allspice
1 cup sugar 1 cup canned pumpkin 1 egg
1 cup chopped pecans

Beat the butter with sugar, add egg and then add the rest of the ingredients.

Drop by tsps. onto parchment paper. Bake at 350 for about 10-12 min.

Brown-Sugar Butter Frosting

6 tbsp. butter 1/3 cup brown sugar 2 cups powdered sugar
1 tsp. Vanilla 2-3 tsp hot water

Heat butter & brown sugar over med. heat until butter is melted. Remove from heat and stir in powdered sugar and vanilla. Add enough hot water to make a smooth spreadable frosting. Frost immediately.



COMMUNITY RENEWAL TEAM MENU & INFORMATION

CRT Menu NOVEMBER-2016

| MONDAY | TUESDAY |
|--|---|
|  Community Renewal Team Changing lives... Creating opportunity! | November 1, 2016 Cran Raisin Chicken Salad-1/2 c. on Multi-Grain Roll-1 ea. Spinach & Black Bean Salad-1/2 c. Shredded Lettuce-1/2 c. Fresh Apple-1 ea. |
| November 7, 2016 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. Blueberry Pomegrante Bar-1 ea. | November 8, 2016 Cream of Asparagus Soup-1 c. Garden Salad Greens-1 c. Cherry Tomato/Cucumbers/Onions-1/2 c. w/Tuna Salad-1/2 c. Italian Dressing-1/2 c. Wheat Dinner Roll-1 ea. Fresh Orange-1 ea. |
| November 14, 2016 Chicken Cacciatore-1 pc=3 oz. Seashell Pasta w/Marinara Sauce-1/2 c. Italian Mixed Vegetables-1/2 c. Italian Bread-1 sl. Fresh Banana-1 ea. | November 15, 2016 Farmer Brown Soup-1 c.. Stuffed Peppers-1 pc=3 oz. Mashed Potatoes-1/2 c. Bias Cut Carrots-1/2 c. 12-Grain Bread-1 sl. Fresh Apple-1 ea. |
| November 21, 2016 Macaroni & Cheese-1 c. Stewed Tomatoes & Zucchini-1/2 c. White Brean & Broccoli Florets Salad-1/2 c. Oatnut Bread-1 sl. Fresh Orange-1 ea. | November 22, 2016 Barbeque Chicken-1 pc=3 oz. Potato Salad-1/2 c. Corn Cobbette-1 ea. Wheat Dinner Roll-1 ea. Fresh Banana-1 ea. |
| November 28, 2016 Country Fried Steak-1 pc=3 oz. Lyonnaise Potatoes-1/2 c. Caribbean Blend Vegetables-1/2 c. Pumpnickel Bread-1 sl. Fresh Apple-1 ea. | November 29, 2016 Cream of Broccoli Soup-1 c. Chef Salad w/Mixed Greens-1 c. (Shredded Cheese-1 oz./Turkey Ham-1 oz.) Cooked Egg-1 ea=3 oz. Raspberry Vinaigrette Dressing-1 pkt. Saltine Crackers-2 pkts. Pineapple Tidbits-1/2 c. |

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

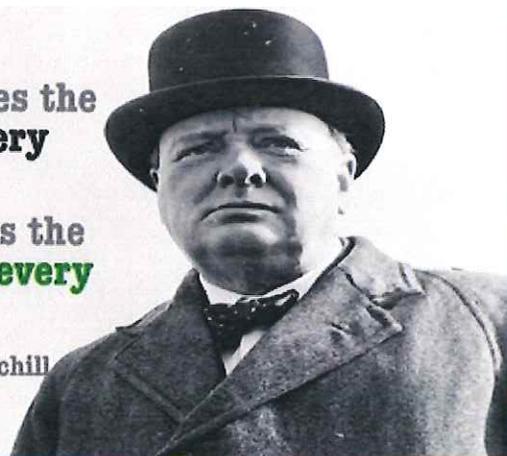
Thank you to the CRT Volunteers:

Terry Caron,
Bill Correia,
Kathi Peterson,
Shirley Pinard,
Donald Rudalewicz,
Ann Williams

Sudoku Answer

**"A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty."**

~ Winston Churchill



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 4 | 6 | 7 | 8 | 9 | 1 | 2 |
| 6 | 7 | 2 | 1 | 9 | 5 | 3 | 4 | 8 |
| 1 | 9 | 8 | 3 | 4 | 2 | 5 | 6 | 7 |
| 8 | 5 | 9 | 7 | 6 | 1 | 4 | 2 | 3 |
| 4 | 2 | 6 | 8 | 5 | 3 | 7 | 9 | 1 |
| 7 | 1 | 3 | 9 | 2 | 4 | 8 | 5 | 6 |
| 9 | 6 | 1 | 5 | 3 | 7 | 2 | 8 | 4 |
| 2 | 8 | 7 | 4 | 1 | 9 | 6 | 3 | 5 |
| 3 | 4 | 5 | 2 | 8 | 6 | 1 | 7 | 9 |

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, 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>

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 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!

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>