



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!

Thank you to all the crafters and volunteers who worked so hard to make the Annual Holiday Bazaar possible again this year. It was another success!

Annual Registration has begun! We would like to welcome Ellington residents age 55+ to come join us! Registration can be done in person or online. This year you will see the Senior Center Handbook is now available. Copies can be found at the center and on our website.

Here are some ways to be proactive in the event of an emergency:

- *Statewide Emergency Notification website:*
- *CT Prepares app*
- *Town of Ellington Wellness Check—found online (Forms—Human Services) and at the center. Fill out before an emergency happens—not the day/week before (Anna)*

There is no evening card games/billiards on Saturday, December 24th.

Thank you Dr. Swamy, Dr. Melekote and family for their generous sponsorship of this years Holiday Dinner. We are looking forward to it!

*Erin R. Graziani
Director, Ellington Senior Center*

DECEMBER SPECIAL EVENTS: See Inside for Full Details!

*An Ellington
Tradition:*



Winterfest 2016

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

Hall Memorial Library

**The Ellington Senior Center
Invites You to a LIVE
Opera & Show Tune Performance!
Monday, December 19th
3:00pm**

Performing Artists:
Bill Peltó
Carol Webber
Jim Metzler
Mary deManbey



SPECIAL EVENTS & FUN STUFF



*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*



Annual Holiday Dinner
Thursday, December 8, 2016
12:30pm

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

Sorry,
Reservations are full



**An Ellington
Tradition:**

Winterfest 2016

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

HAPPY HOLIDAYS!

**The Ellington Senior Center
Invites You to a LIVE
Opera & Show Tune Performance!**

**Monday, December 19th
3:00pm**



Performing Artists:
**Bill Peltó
Carol Webber
Jim Metzler
Mary deManbey**



**Thank you to these very generous artists
who have volunteered to perform for us,
free of charge.**

**Please sign up in the Information Center
so we can plan for proper seating.**



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

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

SPECIAL EVENTS & FUN STUFF

HISTORY WITH JOE: "Ford and Edison's Excellent Camping Adventures"

Wed., December 21 at 1:00pm

Between 1914 and 1924, Henry Ford toured the eastern United States in his company's auto on a series of camping trips with friends Thomas Edison, Harvey Firestone and John Burroughs.

Please sign up in advance



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.

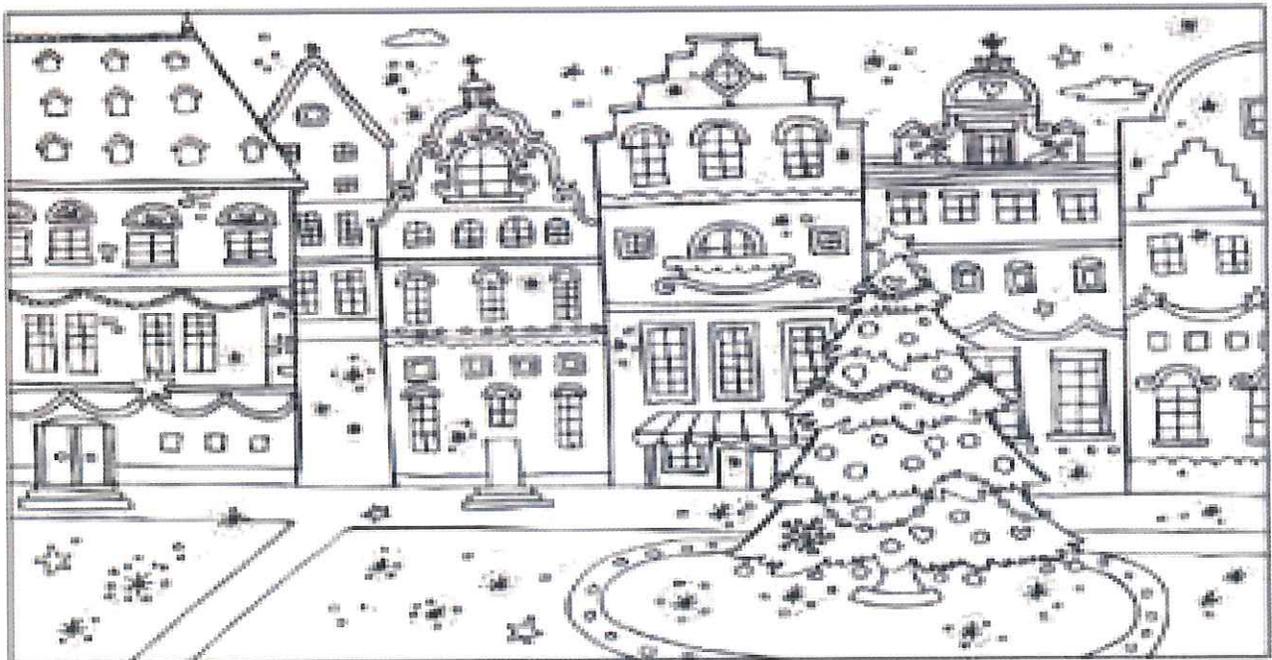
Note: Appointment scheduling for Ellington residents will begin January 3, 2017 and January 24, 2017 for non-residents.

Congratulations to the Holiday Bazaar Door Prize Winners:

**Handmade Quilt By Marion Burke: Audrey Wessell
Purple Crocheted Blanket by Maureen Webber: Mildred Larson
Tootsie Roll Wreath By Jack Cohen: Lois Goodin
Chuck Wagon Gift Card: Jack Cohen**

**CONGRATULATIONS
DOOR PRIZE WINNERS!**

COLOR THIS VILLAGE



GOOD STUFF TO KNOW

CANCELLATIONS & IMPORTANT WEATHER REMINDERS

Stay tuned 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

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.

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: December 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

| | |
|--------------------------------|---|
| Thursday 12/1/16 | Ham & Scalloped Potatoes, Peas Dessert & Beverage |
| Wednesday 12/7/16 | Kielbasa & Sauerkraut, Dinner Roll Dessert & Beverage |
| Thursday 12/8/16 | Holiday Dinner: Pot Roast, Vegetables, Potatoes, Rolls Dessert & Beverage ADVANCE RESERVATION REQUIRED |
| Wednesday 12/14/16 | Ham Salad Sandwich & Pea Soup Dessert & Beverage |
| Thursday 12/15/16 | Baked Ziti with Meatballs & Garden Salad Dessert & Beverage |
| Wednesday 12/21/2016 | Maple Street Chicken Casserole with Veggies Dessert & Beverage |
| Thursday 12/22/16 | Homemade Macaroni & Cheese with Broccoli, Dessert & Beverage |

PECAN BRITTLE

2 Sticks butter

1 cup sugar

2 tbsp. light corn syrup

2 cups pecan halves

Cook over medium heat,, stirring constantly. When it begins to boil set your timer for eight minutes and continue stirring. It will turn golden brown, and then spread on a cookie sheet to cool.

Front
Desk

Volunteers are needed to help at the front reception desk to answer phones and greet people.
See Erin for more information.

We're
Searching for
Volunteers

COMMUNITY RENEWAL TEAM MENU & INFORMATION

ELLINGTON SENIOR CENTER DECEMBER-2016 MENU

| MONDAY | TUESDAY |
|--|--|
| December 5, 2016 NATIONAL COOKIE DAY! Pineapple-Orange Juice-1/2 c. Lemon Chicken-1 pc=3 oz. Parslied Boiled Potatoes-1/2 c. Summer Squash-1/2 c. Wheat Dinner Roll-1 ea. Homemade Cookie-1 ea. | December 6, 2016 Fruit Punch- 6 oz. Seafood Salad-1/2 c. on Wheat Bun-1 ea. Baked Sweet Potato-1 ea. Shredded Lettuce-1/2 c. Fresh Orange-1 ea. |
| December 12, 2016 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. | December 13, 2016 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. Pineapple Tidbits-1/2 c. |
| December 19, 2016 Orange-Pineapple Juice-1/2 c. Seasoned Chicken in Alfredo Sauce- 3oz. Over Penne Pasta-1/2 c. Broccoli Florets-1/2 c. 100% Whole Wheat Bread-1 sl. Blueberry Pomegranate Bar-1 ea. | December 20, 2016 Cream of Asparagus Soup-1 c. Garden Salad Greens-1 c. Cherry Tomatoes/Cukes/Onions-1/2 c. w/Tuna Salad-1/2 c. Italian Dressing-1 pkt. Wheat Dinner Roll-1 ea. Fresh Orange-1 ea. |
| December 26, 2016 <p style="text-align: center;">CLOSED IN OBSERVANCE OF HOLIDAY</p> | December 27, 2016 Orange Juice-1/2 c. Stuffed Pepper-1 pc=3 oz. Mashed Potatoes-1/2 c. Bias Cut Carrots-1/2 c. 12-Grain Bread-1 sl. Fresh Apple-1 ea. |



To reserve a meal for:

Monday lunch: sign up by I am the Friday before.

Tuesday lunch: sign up by I am the Monday before

Suggested Donation: \$2.50

Thank you to the CRT Volunteers:

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

Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
 V U S B J T M P W O L P T D W
 P T N P B O O T S F Y S A L T
 S N O W M A N Y C C S T O R M
 E F W T Z L S E I R R U L F S
 S F M L E E L Y E O Y Y D N E
 E O O M E M I A U M A V O I R
 K G B S W O P S B L F W G H U
 A N I H V B P A P W B M N S T
 L I L O B B E N N L O L I K P
 F D E V D U R D O Q U N H I L
 X I N E D B Y W W X J P S I U
 Z L K L N I E L D T L D I N C
 F S V V L R K T F I R D F G S
 T S C R A P E R J W W H I T E

BOOTS
 DRIFT
 FISHING
 FLAKES
 FLURRIES
 FUN
 HOCKEY
 ICY
 PLAY
 PLOW
 SALT
 SAND
 SCRAPER
 SCULPTURE
 SHOVEL

SKATING
 SKIING
 SLIDING
 SLIPPERY
 SNOWBALL
 SNOWBLOWER
 SNOWMAN
 SNOWMOBILE
 STORM
 WHITE

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."



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

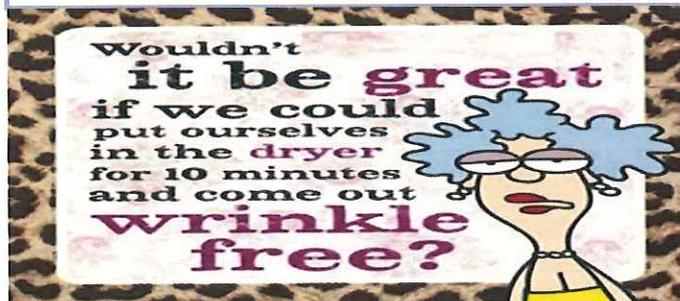
Big Y, Ellington:
Every Wednesday



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 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).

*May the good times
and treasures of the present
become the golden memories of tomorrow.
Wishing you lots of
love, joy and happiness.*

*Merry Christmas
&
Happy New Year*

CHRISTMAS.365GREETINGS.COM

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



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.



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



WATCH FOR COMING TRIPS IN 2017:

Hudson River Cruise (May 11) * 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.

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

NOTE: The group will only meet once, on 12/29 in Dec. (9:30am-11:30am) and will resume in Jan.

FREE

Volunteer Program Leader Wanted

This group is looking for someone with crafty ideas who is willing to instruct them. 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: \$100 for 5 week session*

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

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.



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 late Fall/Winter's day than to play some casual chess with friendly people at the Ellington Senior Center! The World Chess Championship is being played in New York City during Nov-Dec 2016 so there's much to talk about!



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

Please check for Tournament Schedule



WEEKLY PROGRAMS

Setback

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



NOTE: No program December 24

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, December 15
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

During the month of December the group will be singing at local Nursing Homes instead of singing at their regular time.



Musical Insights

Monday, November 28
2:00pm
We welcome back Ashly Cruz:
"Songs of the Holiday Season"
Tickets Available in Advance:
\$5 Residents; \$6 Non-residents



Monday, December 12
3:00pm-4:30pm, Activities Room
The History Of Christmas Music—Special
Not to be missed—Digital Power Point
Presentation by Janice Chaplin
No programs in January or February

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: 12/22, 12/29, 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 on 12/9.**



Congratulations to the Weekday Walking Club! Since July the group walked 334 miles - The distance from Ellington To Baltimore, MD! See you in the spring!

Yoga

Instructor: Christine Olmstead

December Sessions:

Mondays: 12/5, 12/12, 12/19

2:30-3:30pm

Session rate residents: \$18

Session rate non-residents: \$21

Wednesdays: 12/7, 12/14, 12/21, 12/28

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

12/7, 9am Breakfast: RSVP with Moe or Ferris



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

December 13

(no screening on the 27)

Walk-in FREE



Podiatry Clinic

Wednesday, December 7

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.

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

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 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>**