

# EW Senior Center Newsletter

Volume 4

August, 2012



**Roberta at the Senior Center Table during Community Day!**

Roberta, Teresa, Janet and Karl along with East Windsor residents enjoyed a sunny day as they participated in the 24th Annual Community Day on Saturday, May 12, 2012. The day started off with a parade which started at the Broad Brook Elementary School and marched up to the East Windsor Middle School where the activities took place. The Senior Center Bus also participated in the parade. Ceremonies included a celebration and thanking of East Windsor's hometown heroes from the War on Terror.

The East Windsor Senior Center sold raffle tickets to raise money to fund activities at the Senior Center. Two picnic baskets, which were filled by donations from the senior citizens. Those baskets were filled with various items needed for a picnic. Congratulations to the winners!

The Senior Center Team would like to thank everyone who donated to and participated in Community Day! Hope to see everyone next year!

## ***Tri-Town Travelers Update!***

As of the date of this publication, the Tri-Town Travelers Trips are beginning to fill up! The trip which is scheduled to go to New York City 911 Memorial Museum on November 10, 2012 is currently sold out!

There are seats available for other trips. Those trips are:

- ✓ September 20, 2012  
Long Island Wine Country (7 registered)
- ✓ October 23, 2012  
Oktoberfest & Train Ride (16 registered)
- ✓ December 4, 2012  
Vienna Boys Choir (7 registered)
- ✓ January 12, 2013  
Million Dollar Quartet & Lunch at Chowder Pot!

If you are interested, please come into the office and sign up!



## TRANSPORTATION CORNER

### TRANSPORTATION REMINDERS!

- Call Teresa at 860-292-8261 at least 7 Days in advance for your medical appointments.
- Make sure you have the doctor's name, address and general information before you call.
- All other transportation needs please call at least by noon the previous day.
- If you need an ADA lift for wheelchairs, please let her know at the time you make your arrangements.



We are pleased that our transportation program continues to be successful in helping the citizens of East Windsor. The new fiscal year has begun and we are very budget conscience. We have been using the town car whenever possible for medical appointments that are farther away. This will help to save on gas and wear and tear of our Dial-A-Ride vehicles. We are so happy to also be approved for another grant through the Department of Transportation. We have ordered a new vehicle which will arrive in November or December of this year. We are so fortunate to receive this grant because the monies cover eighty percent of the cost of the new vehicle. As our vehicles age and come off of warranty, the repairs are very expensive. By replacing the vehicles the Town saves money because most repairs are under warranty. We follow the Department of Transportation's Guidelines for when a vehicle has reached its useful life. We will continue to do our best in serving our client's needs and look forward to meeting and serving the new clients who join our service!

### FOOD FOR THOUGHT

Please join Janet Vining, Nutrition Manager, for her program. She discusses how to prepare various fruits and vegetables in a healthy way! August subject will be bananas!

If you have any suggestions for Janet, please let her know so she can prepare her program!



## CALLING ALL CARD PLAYERS!

Every Monday  
and Wednesday  
10:30 to 12:00!  
Come to the  
Center and  
challenge  
someone to  
Cribbage or other  
card games!



## Requesting Attendance!

The first Tuesday of **EVERY** month, the Focus Group meets at the Senior Center to discuss what events, activities, or trips are of interest to you. If you have any ideas or suggestions, please join the Focus Group! The upcoming meetings are scheduled for September 4, October 2, 2012 and November 6, 2012.

## HEALTH SCREENINGS

Every month health screenings are scheduled at the center.

- ✓ Foot care every first Thursday and Friday of each month.
- ✓ Blood pressure Screenings every first Thursday of each month.
- ✓ Sugar Screenings every Thursday of each month.

If you are interested, please call the office to register!

## Senior Center Closed for Observance of Holidays:

September 3, 2012 – Labor Day  
October 8, 2012 – Columbus Day  
November 12, 2012 – Veterans Day  
November 22 & 23 - Thanksgiving

## FLU SHOTS

The Senior Center will be hosting a Flu Shot Clinic on Tuesday, September 25, 2012 9:00 a.m. to 1:00 p.m. Those who wish to attend may call the office to register!

## AARP DRIVER TRAINING COURSE

The Center will be hosting the popular AARP Driver Training Class on Thursday, October 11, 2012 at 9:00 a.m. to 2:00 p.m. The cost of the class is \$12.00 for AARP Members and \$14.00 for Non-Members! If interested, please contact the office and reserve your spot!

### Exercise Classes Offered:

The East Windsor Senior Center offers different types of exercise classes.

- Monday and Wednesday mornings, the ACTIVE Classes are scheduled from 10:30 a.m. to 11:15 a.m. The class is taught by Dee Abrams who is from North Central District Health Department. There is a \$55.00 fee for 22 classes. If interested in attending the next session, which begins in September, please call 860-745-0383.
- Thursday mornings Tai Chi for Better Balance is taught by our own Roberta. The class is scheduled for 10:30 a.m. to 11:30 a.m. This class is FREE!
- Wednesday afternoons Wii Fitness with Melissa is taught from 12:30 p.m. to 1:30 p.m. This class is FREE!
- Tuesday afternoons at 12:30 p.m. Bob Slate instructs the chair yoga classes. This class is FREE!

If you are interested in attending any of the classes, please contact Dee or Roberta at the Senior Center or stop by and observe a class or two!!

The Center is hoping to offer different exercise classes and is in the process to offer new exercise activities in the future! We will keep you posted!!

### MOBILE FOODSHARE

St. Catherine's Church located at 6 Windsorville Road, Broad Brook welcomes the Mobile Foodshare! Every other Friday from 2:00 p.m. to 2:30 p.m. the Foodshare truck will provide fresh fruits and vegetables to individuals and families in need. No need to register and there is no income or asset limit. Those Dates are: August 31; September 14 & 28; October 12 & 26; November 9; and December 7 & 21. The Senior Center will be providing transportation, if needed.

### ART CLASSES OFFERED!



The Center will be offering free art classes on every Monday at 12:30 p.m. The art classes vary month to month on type of art such as watercolors, colored pencil and acrylic painting. Come join the fun and explore your artistic talents!

### Wii Bowling



The Center has Wii Bowling on Monday afternoons 12:30 – 1:30 to practice for tournaments or just for fun! Come join us every Monday afternoon!

### IN HOUSE MOVIES



The Center will be showing movies over the summer months! The movies which are scheduled to be shown are:

The Descendants  
The Artist  
J. Edgar  
The Dilemma

Popcorn and refreshments will be served. Please see the monthly calendars for dates and show times! We hope you can join us! If you have any suggestions, please let us know!

## Coupons for Troops

The Senior Center will be collecting manufacturer's coupons! The box for the collection is kept in the office. Once the coupons are collected, they will be cut, sorted and cataloged. Any coupons which are not used and expired will be sent to different organizations raising money for the troops overseas. If anyone would like to volunteer for cutting and sorting, please do not hesitate! If you would like to donate coupons, the box is in the office! Thank you for your support!



The Senior Center Team would like to thank all of the volunteers who have assisted in activities and events! If it wasn't for your help, we might not have been able to do all the activities that we have planned! Thank you! Your help is greatly appreciated!

## UPCOMING ACTIVITIES FOR SEPTEMBER/OCTOBER/NOVEMBER

### SEPTEMBER

Apple Picking  
Big E  
Wii Tournament vs. Windsor Locks  
Old State House Free Concert

### OCTOBER

Browns Harvest for Pumpkins  
New Balance Presentation  
Round Robin Wii Tournament  
Townwide Scarecrow Contest

### NOVEMBER

Veteran's Day Luncheon

These are a few activities we have planned for the upcoming months, dates and times will be announced. Suggestions are welcome!

### EAST WINDSOR SENIOR CENTER

125 Main Street, Broad Brook, CT 06016

Office: (860)292-8262

Transportation (Teresa): 860-292-8261

Nutrition (Janet): 860-292-8279

Email senior center:

[dpiotrowicz@gmail.com](mailto:dpiotrowicz@gmail.com)

### FORMATION OF WALKING GROUP AT EWSC

After the informative presentation by Dick Sherman of American Heritage River Commission, the EW Senior Center will be forming a group of seniors who would be interested in taking walks on the trail systems of East Windsor. There will be an initial meeting of the group on Tuesday, September 18, 2012 at 10:30 a.m. and the inaugural walk will be held on Tuesday, September 25, 2012 at 12:30 p.m. Anyone who is interested in the walking group, are invited to participate in the meeting!

## NEWS FROM TOWN OFFICES

### **PACK - IT - BACK TO SCHOOL PROGRAM**

The Department of Human Services for the Town of East Windsor is doing the 14<sup>th</sup> Annual Pack-It-Back-To-School Program. This Program provides backpacks filled with essential school items which are given to children who are in need of them. The items necessary to make this Program happen are needed from the community through your donations. Your donations can be dropped off between the hours of 8:30 - 4:30 Monday through Wednesday, 8:30 - 7:00 on Thursday and 8:30 - 12:00 on Fridays. Items being sought this year are new empty backpacks or new filled backpacks and the following school supplies - 3 ring binders in (black, blue, red and white), composition notebook, colored pencils, washable and non washable colored markers, full length rulers, zipped pencil cases or pencil boxes, college-ruled or wide ruled white paper, notebooks (single subject), glue, post-it-notes, 3 ½ X 5 index cards, pencil sharpeners, calculators, and two pocket folders - plain or with decorations. We welcome your participation and donations. If you need more information please call East Windsor Human Services at 860-623-2430.

### **Broad Brook Volunteer Fire Department**

#### **Help us Help You!**

**Make sure your street number is clearly marked on the front of your residence.**

**If you have a limited mobility family member living with you, please contact us and let us know so we can make note of this in order to better help your family in time of need.**

**Always keep a full list of your prescriptions handy in case of medical emergencies.**

**Remember when we change our clocks; we change the batteries in our detectors (smoke and co).**

**You can contact the Broad Brook Fire Department at [bbfd.org](http://bbfd.org) or call our non emergency number at 860-623-5940.**

**Chief David A Lockwood  
Broad Brook Volunteer Fire Department**

### **News from the Town Clerk – Joanne Slater**

**Seniors can get a free fishing/hunting/trapping licenses if they are 65 years of age or older and they meet hunter education requirements. No hunting or trapping licenses will be issued to any person unless proof is provided that they have held a resident license in the respective sport within the last five years or the person has a certificate indicating successful completion of a Connecticut Conservation Education/Firearms (CE/FS) course in the respective sport for which they are applying. Anyone can get the Inland and Marine fishing licenses. The licenses can be obtained at the Town Clerk's Office.**

**Notice to Real Estate Property Owners from your Assessor:**

**REVALUATION OCTOBER 1, 2012**

**“Be a Part of the Process”**

The Town of East Windsor is in the final stages of interior inspections for the October 1, 2012 Revaluation. Why not be taxed on what you have and not what is assumed you have?

**ACCURATE DATA = ACCURATE TAX  
INACCURATE DATA = INACCURATE TAX**

I am asking that you, as the property owners, play an active role in monitoring the quality of your data that is to be used as the basis for your real estate value. The information gathered from an interior inspection is to help establish an accurate, fair & equitable assessment for the October 1, 2012 Grand List. If you have not scheduled an interior inspection of your property, and still wish to have your property reviewed, there is still time - interior inspections continue to be scheduled, and every effort will be made to accommodate you and your busy schedules. If you have questions and/or concerns about this process, please do not hesitate to contact me. I appreciate your patience and tolerance of this detailed process and thank you again for your assistance.

Caroline G. Madore, CCMA II Assessor – Town of East Windsor  
Telephone: 860-623-8878 Email: [cmadore@eastwindsorct.com](mailto:cmadore@eastwindsorct.com)

**A LIST OF SOME BOARDS AND COMMISSIONS  
UPCOMING MEETINGS**

**Board of Selectmen** meets every first and third Tuesday at the Town Hall at 7:00 p.m. Next meetings will be September 4 & 18; October 2 & 16; and November 6 & 20.

**Board of Finance** meets every third Wednesday at the Town Hall at 7:30 p.m. Next meetings will be September 19; October 17; and November 21.

**Veterans Commission** meets every first Thursday at the Town Hall at 7:00 p.m. Next meetings will be September 6; October 4; and November 1.

**Board of Education** meets every second and fourth Wednesday at the East Windsor High School at 7:30 p.m. Next meetings will be September 12 & 26; October 10 & 24; and November 6.

The public is welcome to come and listen and contribute to your town!

## **PARKS AND RECREATION FALL NEWS**

**Yoga** – East Windsor Parks and Recreation is offering an 8 week session of Yoga. Classes will be held at the East Windsor High School, Room D-4, 6:15 p.m. – 7:30 p.m. **Monday Classes:** September 10<sup>th</sup> – November 5<sup>th</sup> (skip 10/8); **Wednesday Classes:** September 12<sup>th</sup> – October 31<sup>st</sup>. Please register through the Parks & Recreation Office, or via our Webster Bank Online Payment link. Checks should be made payable to Diane Lemay. **Cost:** Residents \$25 once per week; \$40 twice per week. Non-Residents \$30 once per week; \$45 twice per week.

**Zumba** – East Windsor Parks and Recreation is offering a 10 week session of Zumba. Classes are being held at the Town Hall Annex, 25 School Street from 6:00 p.m. – 7:00 p.m. Participants should bring a water bottle, towel and wear sneakers. **Monday Classes:** September 10<sup>th</sup> – November 12<sup>th</sup> (skip 10/1 and 11/5). **Wednesday Classes:** September 12<sup>th</sup> – November 14<sup>th</sup> (skip 10/3 and 10/31). Please register through the Parks & Recreation Office, or via our Webster Bank Online Payment link. Checks should be made payable to Kim Goulet. **Cost:** Residents \$35 once per week; \$60 twice per week. Non-Residents \$40 once per week; \$65 twice per week. Daily walk-ins are \$5 per class.

**Barktoberfest:** East Windsor's Annual Barktoberfest and Dog Swim will be held Saturday, October 6<sup>th</sup>. There will be vendors, food and contests. \$10 donation per swim.

**Scarecrow Contest:** East Windsor Parks & Recreation Annual Scarecrow Contest. Decorate a scarecrow at your home in any theme. Preregister with the Parks & Recreation Office. Entries must be visible from the road to ensure easy judging.

**Holiday Lights Contest:** East Windsor Parks & Recreation and The East Windsor Chamber of Commerce are sponsoring the Annual Home for the Holiday Lights Contest. Contest is open to all East Windsor Residents and Businesses. Prizes will be awarded to the top 3 displays. A spirit award is given to the best business display.

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### **Trash & Recycling Information from Public Works**

**Hazardous Waste Collection for East Windsor is Saturday, September 22, 2012 at 8:00 a.m. to 1:00 p.m. at South Windsor High School, 161 Nevers Road. Other collections EW residents may participate in are listed on MDC pamphlets at the EW Town Hall. Large Item Pick Up Program offered by All American Waste, for up to three large items. 1 item is \$50.00; 2 items is \$100.00; and 3 items is \$150.00. Call 860-289-7850 to make arrangements. Oversized or bulky items and/or metal drop off are scheduled twice a year, spring and fall. The next drop off scheduled is for Saturday, September 29, 2012 at the F&G Volume Reduction Station, 9 Shoham Road, East Windsor from 7:30 a.m. to 11:00 a.m. Please remember East Windsor uses Single Stream Recycling! Acceptable in the blue bin are newspapers, catalogs, magazines, soft cover books, direct mail, envelopes, paper, boxboard, milk and juice cartons, cardboard and brown paper bags, plastic bottles, glass bottles/jars, aluminum pie plates/trays, metal cans, and steel Aerosol cans.**