



HOURS:

Mondays

8:30am-6:00pm

Tuesdays-Thursdays

8:30am-4:00pm

Fridays

8:30am-12:30pm

WINTER WEATHER POLICY:

If the Ellington Public schools are closed or delayed due to weather, so is the Senior Center. Subscribe to our alerts, Facebook Page, or tune into ABC, CBS, NBC. Programs that begin before the delayed opening time are cancelled. If delayed, kitchen closed.

1 Hour = Opens 9:30am

2 Hour = Opens 10:30am

MAPLE STREET MONTHLY

A Note from the Director:

November is a time to appreciate everyone who makes our Center such a welcoming place. Thank you to our members, volunteers, staff, and community partners for the friendships, kindness, and energy you share throughout the year.

This month offers many ways to learn and connect. New to the Center, retirement, or Ellington? Join our Welcome gathering on November 4 for a tour and information about activities and volunteering. Get creative and paint with Sandy Poirier on November 3, or learn photography exposure in time for the holidays with Fred Bird on November 13.

Our educational topics help you better understand topics that affect everyday life. Join Ellington Human Services to learn about Medicaid & SNAP benefits on November 4. The Arbors discusses Seasonal Depression on November 5, and The Law Offices of Draghi & Coyne discuss Probate on November 12. You can also schedule a time to meet with First Selectman Laurie Burstein on November 10 for town-related questions.

We look forward to honoring veterans and their loved ones at the November 16 Veterans Day Luncheon; register by November 9. The vaccine clinic that day requires an appointment by November 13.

Looking ahead to December, be sure to join us for a 1950s TV comedy program, a 3-D printing workshop, and the Ellington Singers' Concerts on December 4 and 9. Don't forget your ticket for the annual Holiday Dinner!

As colder weather approaches, check for closures, delays, or cancellations before visiting, and use caution in poor conditions. See the newsletter for details, costs, and deadlines. We hope to see you this month!

Warmly,
Sheila Grady

CONTACT US:



860-870-3133



seniorcenter@ellington-ct.gov



seniorcenter.ellington-ct.gov



40 Maple Street, Ellington, CT



55 Main Street, P.O. Box 187
Ellington, CT 06029



MyActiveCenter.com

Find us on Facebook and Instagram!



Acrylics on Canvas: A Painting Workshop with Sandy Poirier

Ornament
Tuesday, November 3
9:00am-11:30am
Cost: \$20
Sign up by 11/2
Class max 18, Min. 6

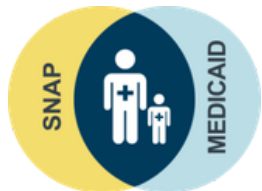


Sign up and pay in advance by the date listed to reserve your spot. Cost includes instruction and all supplies. All classes are non-refundable and non-transferable, unless the Senior Center or instructor cancels.

Welcome

Wednesday, November 4
10:00am

Are you a new member?
 New to retirement? New to Ellington?
 Come join us for a tour and meet with
 other members! See our facility, learn
 about our activities, fitness programs, &
 potential volunteer opportunities.
 Call 860-870-3133 to register.



Wednesday, November 4
1:00pm-3:00pm

Ellington Human Services
will be presenting a program on Medicaid
and Supplemental Nutrition Assistance
Benefits (SNAP) Benefits.

Learn about eligibility, work requirements,
renewals and more!

Sign up in advance: 860-870-3133, in person,
or on MyActiveCenter.

What is Seasonal Depression?

Thursday, November 5, 1:00pm
Sponsored by the Arbors, Presented By:
Lorraine Doonan, RN, CDP

Do you notice changes in sleep, appetite, anxiety, fatigue, concentration, or your general mood certain times of the year? There could be reasons why, including shorter days, less sunlight, changes in brain chemicals, and more.

Come learn more!

Sign up in advance:
860-870-3133, in person,
or on MyActiveCenter.



Ask the First Selectman **Tuesday, November 10**

Laurie Burstein will be at the center from
 1pm-3pm to answer any questions
 residents may have. Call to schedule a
 15 minute appointment: 860-870-3133.

Vaccine Clinic

Monday, November 16

- Shingles
- RSV
- Pneumonia
- Covid
- Tetanus
- Flu



Sign up in advance by 11/13 for an appointment:
 860-870-3133 or in person. Be sure to have your
 insurance information available when scheduling.



THE PROBATE PROCESS

Presented By:

Law Offices of Draghi & Coyne

Thursday, November 12

1:00pm - 2:00pm Seminar - sign up in advance
(in person, on MyActiveCenter, or call)

Join Attorney Coyne's discussion of the probate process, including 2 types of estates and how to approach each one. There will be an opportunity for questions after, or you may schedule a free 15-minute private consultation between 2:00pm-3:00pm, by appointment only. Call for an appointment time: 860-870-3133.

Cancelled

Understanding Your Camera's Exposure Issues for the Holidays

With Fred Bird



Friday, November 13
10:00am-11:30am

If you are not really sure what setting to use for holiday photographs, come to this class. You will leave the class understanding the basics of your camera and why certain settings are used.

Sign up in advance for this FREE class:
860-870-3133, in person, or on
MyActiveCenter.

Acrylics on Canvas:

A Painting Workshop with Sandy Poirier



Pinecones

Tuesday, December 1

9:00am-11:30am

Cost: \$20

Sign up by 11/30

Class max 18, Min. 6

Sign up and pay in advance by the date listed to reserve your spot. Cost includes instruction and all supplies. All classes are non-refundable and non-transferable, unless the Senior Center or instructor cancels.

Make-Your-Own-Craft:

6"x9" Double Waterfall Mini Album

Thursday, December 3

10:00am-11:30am

Cost: \$15 Cash Only - Limit 15



Terri will bring all the materials, pre-cut, and ready-to-assemble and a large choice of paper to select from. Instruction will be given.

A sample is at the front desk.

Sign up and pay in advance by 11/20.

ELLINGTON HUMAN SERVICES PRESENTS

VETERANS DAY

Luncheon

MONDAY

16 NOV 2026

11:30 AM



Human Services is hosting an honorary Veterans pasta luncheon. We warmly welcome Veterans and their loved ones to join us for this event.

Register in Advance By 11/9:

860-870-3133, in person,
or on MyActiveCenter



1950'S TV COMEDY

THURSDAY, DECEMBER 3 1PM-2:30PM

How much do you know about your favorite 1950's TV comedians? Come follow their paths from vaudeville to television with movie roles and radio programs along the way as Waldemar "Wally" Kostrzewa spotlights the comic characters who made us laugh each week. Hear behind-the-scenes stories and test your memory about TV comedy trivia. Bring your funny bone and a friend!

**FREE: SIGN UP IN ADVANCE: 860-870-3133,
IN PERSON, OR ON MYACTIVECENTER.**



ELLINGTON
SINGERS

HOLIDAY
Concerts

Friday, December 4
6:30pm

Wednesday, December 9
2:30pm

Location for both concerts is at
the Ellington Senior Center

*Non-perishable
items will be
collected for the
Ellington Food
Pantry.*

*Please help us
plan seating.
Sign up in advance:
in person,
860-870-3133
or on MyActiveCenter*




Annual Holiday Dinner

WEDNESDAY, DECEMBER 16

12pm Dinner Served
12:30pm-1:30pm Entertainment:
The Connecticut Belles

MENU:

Mixed Greens, Baked Stuffed Chicken,
Seasonal Vegetables, Roasted Potatoes
Dinner Roll, Beverage.
Dessert provided by The Ivy.

TICKETS:

Purchased in advance by 12/7
Residents: \$18
Non-residents: \$20



MOVIES

FREE - SIGN UP IN ADVANCE: 860-870-3133, IN PERSON, MYACTIVECENTER.COM

November 4, 1:00pm
"My Old Lady" PG-13 2014
Romance/Drama 1h 47m



Mathias, a down-and-out New Yorker, travels to Paris to liquidate a huge, valuable apartment he has inherited from his estranged father. Once there, however, he discovers a refined old woman, Mathilde, living in the apartment with her daughter Chloé. Kevin Kline, Maggie Smith

November 18, 1:00pm
"Top Gun Maverick" PG-13 2022
Action/Adventure 2h 11m



After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. Tom Cruise, Val Kilmer

BREAKFAST

Fridays
9:00am-10:00am

- \$3 French Toast
- \$3 Egg Sandwich
- \$2 Scrambled Eggs
- \$1 (2) Slices Toast or English Muffin choice of topping
- \$1 Coffee, Tea or Juice

Walk-in.
Menu subject to change.
Suggested donation.



NOVEMBER DAILY SPECIALS
\$6 - INCLUDES DESSERT & BEVERAGE

The Cafe will be closed 11/23-11/27

<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
11/3 Baked Ham Soup: Mediterranean Lentil	11/4 Teriyaki Pork Soup: Sweet & Sour Beef Cabbage	11/5 Meatloaf Soup: Chicken Noodle
11/10 Lime Cilantro Roasted Chicken Soup: Ham Chowder	11/11 Closed Veteran's Day	11/12 Beef Stew Soup: Pasta e Fagioli
11/17 Chicken LoMein Soup: Creamy Spinach	11/18 Baked Lemon Butter Tilapia Soup: Italian Sausage	11/19 Warm Open Faced Turkey Sandwich with Stuffing & Cranberry Soup: Butternut

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

MAPLE STREET CAFE LUNCH

Tuesdays
Wednesdays
Thursdays
11:00am-12:30pm
Walk in.

- \$6 Salad of the Day
- \$6 Made-to-Order Sandwiches
- \$2 Cup of Soup
- \$3 Bowl of Soup

Menu subject to change.
Full Menu posted on our website, Facebook page, and at the center weekly.
Weather Policy: Any closing or delay = kitchen closed.

TRANSPORTATION**Ellington Senior Center Transportation Services**

Available to Ellington residents only. Must be independent or aide is required.
Must be a registered member of the Ellington Senior Center and complete required paperwork prior to scheduling rides. This is NOT an on-demand ride service.

Rides Available:	Monday through Friday (hours vary by day). Refer to monthly newsletter for holidays.
Call to request rides on the following days:	Monday - Wednesday: 9:00 AM - 12:00 PM (2 week advanced notice required) Provide appointment date, time, address, and estimated length of time. Calls will be returned on Wednesdays. Call to cancel at any time, 24-hour notice is required!
Rides Provided for:	• Medical Rides (<u>we do not provide rides for outpatient procedures</u>) • Senior Center Activities and Local Errands
Odds & Ends:	• Call (860) 870-3133 or visit the Transportation section of our website to get started! • Round trip, curb to curb service. • Clients must be independent or an aide is required. • Suggested donation of \$30 annually and \$3 per ride is appreciated. • Refer to <i>Transportation Handbook</i> for program policies & further details.

Medical rides partially funded by a grant received from North Central Area Agency on Aging, "funded in part by The Older American's Act."

If Senior Center is closed or delayed due to weather, rides are cancelled.



- Cardio Equipment
- Free Weights
- Weight Machines
- Bands



HOURS:

Mondays 8:30am–5:30pm
 Tuesdays 8:30am–3:30pm
 Wednesdays 8:30am–3:30pm
 Thursdays 8:30am–3:30pm
 Fridays 8:30am–12:00pm

We accept the following forms of payment:

1. Renew Active
2. Silver Sneakers

3. Self-Pay: \$60.00 for 6 months or \$110.00 for 1 year*

NOTE: We are in the process of adding Silver & Fit to our forms of payment.

*Registration packets are available in the Fitness Center and on our website.
 Stop in to speak with a volunteer or staff member to learn more!*

ONGOING PROGRAMS

DISCUSSION GROUPS

Book Club

Wednesday, November 18
 10:30am–11:30am

Book: "The Nightingale", Kristin Hannah
Two sisters in France during World War II take different paths to survive and resist the German occupation. Vianne is the reserved, rule-following sister who tries to keep her family safe under the same roof as a German officer, while her rebellious younger sister, Isabelle, joins the French Resistance and risks everything to fight the Nazis. The book is a story of their struggle, resilience, and the sacrifices they make

Read the book. Come prepared to discuss.
 Copies available at Hall Memorial Library.

Creative Writing & Oral Stories

Thursday, November 19
 1:00pm–2:30pm

Share stories, poems, memoirs & more.

GENEALOGY

Wednesday, November 18

1:30pm–3:30pm (time change this month)

People of all levels in their research process get together monthly to help each other.

TED TALKS

Drop in on the following
 Tuesdays at 1:00pm for a brief video,
 followed by a group discussion.

11/3: *Why we should design cities like Disney.*
 Zach DeBoer

11/10: How to use family dinner to teach politics. Hajer Sharief

11/17: Your brain hallucinates your conscious reality. Anil Seth

11/24: How bullying spreads – and how social bravery stops it. Amy Cuddy

Thank you to our Volunteer Program Leaders who make many of these programs possible!

Most are free and drop-ins are welcome, unless specified.

If appointment is required, call 860-870-3133, unless noted otherwise.

See Calendar for Schedule - Subject to change. Program suggestions welcome.

ASK THE...

We offer free, private consultations with a variety of professionals in a safe environment.

See monthly calendar for schedules.

*Call to schedule: 860-870-3133 (unless noted otherwise). No walk-ins.

***Attorney: (Every Other Month) CANCELLED**

The Law offices of Draghi & Coyne will answer questions about Living Wills, Probate, Power of Attorney, Healthcare Proxy.

***Dementia Specialist (Monthly) 11/12**

Ed Walters-Zucco, RN from the Ivy, answers any dementia related questions

***Financial Advisor: (Monthly) 12/9**

A representative from Chart House Wealth will answer any financial questions.

***First Selectman (Every Other Month) 11/10**

Laurie Burstein will be here to answer any town-related questions.

***Insurance Agent: (Monthly) 11/18**

Mitchell Discenza, Hadden Insurance Solutions, will help with your Medicare, Life, Annuity, and Social Security questions.

***Realtor: (Monthly) 11/3**

Shirleen Peabody, Designated Senior Real Estate Specialist, answers real estate questions.

***Steve The Social Worker: (Weekly) 11/4, 11/18**

Steve Clapp, Elderly Outreach Social Worker, will answer your questions on Medicare, Fuel Assistance, Renter's Rebate, and more. Call 860-870-3128 for an appointment.

CARDS & GAMES

Billiard Play Hours

Drop in.

Mondays 8:30am-5:45pm

Tuesdays 8:30am-1:30pm

Wednesdays 8:30am-3:45pm

Thursdays: 8:30am-3:45pm

Fridays 8:30am-12:15pm

See Calendar for Closures

Board Games/Mahjonn

Mondays, 1:00pm-3:00pm, Weekly

Bridge (Party)

Tuesdays, 9:00am-11:30am, Weekly

Chair Volleyball

Thursdays, 2:00pm-3:45pm, Weekly

Chess Mates

Mondays, 9:00am-12:30pm, Weekly

Mexican Train Dominoes

Tuesdays, 1:00pm-3:30pm, Weekly

Setback

Thursdays, 1:00pm-3:30pm, Weekly

Shuffleboard

Tuesdays, 2:00pm-3:30pm, Weekly

Wii Bowling

Fridays, 9:00am-11:30am, Weekly

PERSONAL CARE/SUPPORT SERVICES **860-870-3133**

Foundations Footcare LLC

Thursday 11/5 & Tuesday 11/24

9:30am-3:00pm

Call for an appointment.

Cost: \$45 for 30 minutes.

Cash, check preferred. Credit card accepted.

Haircuts by Lynn Shea

Monday, November 2

8:30am-1:00pm

Cost: \$20 Cash—paid at time of service.

Call for an appointment. No walk ins.

Massage with Jon

Tuesday, November 17

10:00am-12:00pm

Call to schedule an appointment.

30 minutes - \$30 - cash or credit at time of service. Chair or table available.

No walk ins.

Moving Forward with Parkinson's **Support Group**

Friday, November 20

10:30am-12:00pm

All persons with Parkinson's Disease & their caregivers welcome. For more info email:
movingforwardellington@gmail.com

Notary Services

Call to schedule an appointment with Marci, generally available Tuesdays, Wednesdays, and Thursdays. Free.

Reiki

Wednesday, November 25

10:00am-11:30am

Cost: \$15—paid at the time of service.

Cash, Check, Venmo & CashApp accepted.

Call for an appointment. Hilary Rudenauer of Resonance Healing Arts offers 20-minute Reiki sessions monthly.

Tech Assist

Wednesdays, November 11/4 & 11/18

By appointment only. Call to schedule a time when volunteer, Denise, can assist you with your tech/device questions. Please be specific with what you need help with. Free.

Medical Equipment Lending Program

Need medical equipment?

We have a supply available for use.

Call or stop by to see what is available.

Call before donating as we are unable to accept certain items (crutches, beds, c-pap).

ARTS & CRAFTS

Coloring & Card Making

Thursdays, 10:00am-11:30am, Weekly Cards, coloring, paper crafts & more! Some supplies available or bring your own.

Cut Ups Carvers

Wednesdays, 9:30am-11:30am, Weekly Carving and jokes. Bring your own supplies. Free/nominal.

Needlecrafts

Mondays, 12:30pm-3:00pm, Weekly Knit, crochet, cross-stitch, or work on whatever you'd like! Bring your own project and supplies.

MUSIC & DANCING

Beginner Line Dancing

10 Week Fall Session:

September 15- November 17

Tuesdays, 2:15pm-3:45pm

Ellington Residents: \$50, Non-Residents \$60

Sign up and pay in advance. No walk ins.

Instructor: Sarah Preston-Britto

Simply Strumming

Wednesdays, 1:30pm-3:00pm, Weekly Join Michael for some simple, fun, 3-4 chord songs. BYO instrument.

Stretch & Strengthen

Instructor: Lisa Nadeau

Tuesdays & Thursdays, 11:15am-12:00pm, Weekly
Residents \$4/Non-Residents \$5

This class trains the entire body. Using light weights & bands (bring your own), and with your own body weight, the instructor will accommodate your unique fitness goals.

This class is for all levels of fitness. Drop in.

Exercises will be standing and in chairs.

Drop In.

TAI CHI**Tai Chi for Balance, Beginners**

Monday Session: 4:00pm-4:45pm - **FULL**
(September 28-December 21 - no class 10/12)

Tuesday Session: 9:00am-9:45am - **FULL**
(September 29-December 15)

Sign up in advance at the front desk.

Free. Max 16. No walk ins.

Instructor: Sheila Marchand

Learn this sequential form of tai chi where you will practice slow, smooth, continual movements to help improve your balance over a 12 week session. Each form builds onto the next, so attendance at all classes is highly recommended.

Tai Chi for Balance, Practice Group

Instructor: Sheila Marchand

Fridays, 8:45am-9:45am, Weekly, Free

Tai Chi for Balance, Intermediate

Instructor: Sheila Marchand

Mondays, 8:45am-9:45am, Weekly, Free
Completion of the beginner class required.

Advanced Tai Chi for Balance

Tuesdays, 10:00am-10:45am, Weekly, Free
Completion of Beginner and Intermediate class required. Lessons taught via video and students.

Silver Sneakers Stability Training

Silver Sneakers Instructor: Sam Baer

Mondays, 10:30am-11:00am, Weekly

Residents: \$2, Non-Residents: \$3

Silver Sneakers & Renew Active Members: FREE

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention. Exercises will be done standing, using a chair for support. Class is designed for all levels and many modifications will be suggested for each exercise. You should be able to stand for 30 minutes.

Drop In.

YOGA

Instructor: Sam Baer, RYT 200

Free. Drop-ins welcome.

All Levels Gentle Yoga

Mondays & Thursdays, 9:00am-10:00am

Weekly, Free. Drop in.

A gentle class focused on stretching the body and calming the mind. Practice both standing and floor poses, with cues offered for both accessibility and challenge. Bring your own yoga mat. Blocks and straps are available or bring your own.

Chair Yoga—Silver Sneakers Yoga

Mondays, 2:00pm-2:45pm

All the benefits of yoga, done both standing and in a chair. Improve balance, find your inner strength, and quiet the mind.

Meditation

Mondays, 3:00pm-3:30pm

Learn tips and tricks to quiet the mind and calm the body.

All trips are first come, first served and space is limited. Flyers with full details can be found on our website and at the Senior Center. Sign up and pay at the Senior Center for all day trips (in full) and overnight trips. Fly Tours (trips with airfare) & Cruises are booked directly with Friendship Tours: 860-243-1630. Please review our trip policy prior to trip purchase.

Please make checks payable to "Friendship Tours".

CRUISES – NOW BOOKING:



4/3/27-4/18/27:
Escorted Caribbean
Repositioning Cruise New
Orleans to Boston
From \$3299 pp twin



7/10/27-7/17/27:
Bermuda from NY
New Ship Norwegian Luna
From \$1649 pp twin

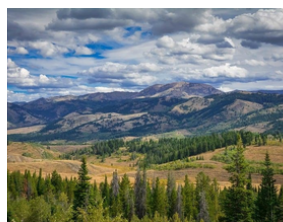


5/4/27-5/19/27:
Escorted British Isles Cruise:
Netherlands, Ireland,
England, Scotland
From \$5899 pp twin

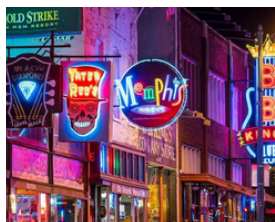


9/1/27-9/11/27:
Escorted Italy &
The French Riviera,
2 nights in Barcelona
From \$5099 pp twin

FLY TOURS – NOW BOOKING:



8/12/27-8/18/27:
Escorted Yellowstone,
Salt Lake Temple, &
Western Heritage
From \$5350 pp double



9/21/27-9/27/27:
Escorted Music Cities
Triangle: Memphis,
Muscle Shoals, Nashville
From \$4399 pp double

OVERNIGHT TRIPS – SAVE THE DATES – MORE INFO COMING SOON:



6/2-6/4/2027
"Jonah"
Sight & Sound Theatre,
Lancaster, PA



9/7-9/14/2027
Mackinac Island, MI
Niagara Falls, Canada
Frankenmuth, MI

DAY TRIPS – COMING SOON:

Day trip planning is underway! We are looking at a variety of trips for 2027. Trips will be posted at the center, on our website, and on Facebook when available.

NOVEMBER NEWS

Ellington Human Services



OUR TEAM

- Rebecca Stack
Director of Human Services
rstack@ellington-ct.gov
- Stephen Clapp
Elderly Outreach/Social Worker
sclapp@ellington-ct.gov
- Kelly Luginbuhl
Human Services Assistant/
Food Bank Coordinator
keluginbuhl@ellington-ct.gov



860-870-3128
31 Arbor Way
Ellington, CT



HOW CAN HUMAN SERVICES HELP YOU?

We can screen for a wide variety of federal, state, and local programs that may be able to assist your situation - we are here for you!

Call to set up an appointment or visit our webpage to see a list of all our program offerings 860-870-3128

ELLINGTON FOOD BANK

The Ellington Human Services Food Bank is available to Ellington residents on a monthly basis, providing an opportunity to shop for the items they need. If you or someone you know could benefit from this resource, please contact us. No one should go without—let's work together to support our community!



VETERANS COFFEEHOUSE

Veterans are invited for coffee and to learn about Veterans' benefits & services. This event is typically held on the 3rd Thursday of the month at Hall Library in the upstairs meeting room.

Thursday, November 19th, 10:30 AM. Hall Memorial Library, 93 Main St, Ellington, CT.
Refreshments generously provided by LuAnn's Bakery.



EVENING VETERANS COFFEEHOUSE

Monday, November 9th at 5:30 PM - Hall Memorial Library

Our first evening coffeehouse! Connect with other veterans and hear from a Veterans Service Officer from the Department of Veterans Affairs.



VETERANS DAY LUNCHEON

Monday, November 16th 11:30 AM

Veterans and their families are invited to join us for a free Veterans Day pasta luncheon.

Location: Ellington Senior Center, 40 Maple St. Ellington CT
RSVP Required. Call Ellington Senior Center 860-870-3133



CONNECTION CALLS

A CALL. A CHAT. A CONNECTION.

Ellington Connection Calls is a new program designed to help keep our community connected. Volunteers will make weekly friendly phone calls to

local residents who would enjoy some conversation, companionship, and a regular check-in. Its a simple way to make a big difference!

Interested in volunteering or receiving a weekly call?

Contact Ellington Human Services at 860-870-3128 to learn more or sign up.

*New
Program*



FOOD PANTRY TO PORCH

This program provides doorstep grocery deliveries to help support families over the weekend. Deliveries take place on Thursday afternoons. Families can sign up through Ellington Human Services.

For more information or questions, contact Ellington Human Services

☎ 860-870-3128 ✉ humanservices@ellington-ct.gov



MEDICARE OPEN ENROLLMENT

Oct. 15th - December 7th

Review Your Medicare Options

Medicare plans and needs can change from year to year. CHOICES counselors can provide free, unbiased guidance to help you compare your options and make an informed decision about your Medicare coverage.

Call 860-870-3128 to schedule an appointment with a CHOICES counselor



SNAP & MEDICAID BENEFIT UPDATE

Wednesday, November 4th - Ellington Senior Center

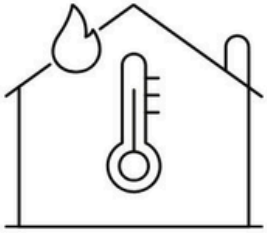
Join us for a presentation on upcoming changes to SNAP and Medicaid (HUSKY Health) in Connecticut. Learn about changes to eligibility, work requirements, renewals, and what these updates may mean for you.



JOB SEARCH ESSENTIALS: RESUME, INTERVIEWS & MORE

Join the American Job Center for expert tips and to build confidence in your job search. This one-on-one session will give you the tools to succeed.

The last Thursday of every month.
10:00 AM-12:00 PM
31 Arbor Way, Ellington, CT



CT ENERGY ASSISTANCE PROGRAM

Help with heating costs for eligible CT residents.

If you think you may qualify for the Connecticut Energy Assistance Program (CEAP), now is the time to schedule your appointment.

Eligible households may receive assistance with winter heating costs.
Now scheduling oil and deliverable fuel appointments.

Call 860-870-3128

Ellington Human Services | 31 Arbor Way, Ellington, CT

Holiday Sharing Program

Each year, with the help of the community, the Human Services Department coordinates a Holiday Sharing Program to support local families and seniors during the Holiday season.

Find out how you can sign up & get involved! ☎ 860-870-3128 ✉ humanservices@ellington-ct.gov



Thanksgiving Holiday

Thanksgiving Meal Baskets

Meal baskets filled with traditional sides and ingredients to help families and seniors prepare a holiday dinner.



Grocery Store Gift Cards

Gift cards are provided to families and seniors to purchase a turkey or main dish of their choosing.



Christmas Holiday

For Seniors

- Grocery store cards to assist with holiday shopping
- **Adopt-a-Senior Program:** Community members shop for self care items for a local senior.



For Families

- Department store gift cards to help families shop for holiday gifts.
- Donations of new toys for children.

