

SENIOR NEWS

North
Stonington
Senior Center

Heating Assistance Programs

This summer's heat waves make it hard to imagine that winter will soon be approaching. But, it will be here before we know it. Now is the time to find out if you are eligible for heating assistance

On Thursday, August 12, 2010 at 11:00 am, Valerie Goncalves, from the Pawcatuck Neighbor Center, will discuss and take applications for heating assistance from North Stonington residents.

Benefits are available for homeowners and renters. If you have a reverse mortgage or a

life-use of your property, you are still eligible for assistance.

For homeowners, the first \$10,000 in liquid assets, and renters, the first \$7,000, will be disregarded.

Contingency Heating Assistance Program

(CHAP) Provides financial assistance to homeowners and renters whose incomes do not meet eligibility requirements for Energy Assistance. The benefit for homeowners and renters that qualify for CHAP is \$580.00

Information concern-



HURRY IN TODAY!

ing income guidelines may be obtained at the Senior Center or on line at <http://www.ct.gov/dss/cwp/view>. Or (800)842-1132

OTHER ASSISTANCE PROGRAMS

Applications are now available at the Senior Center for SNAP, CT food assistance.

Also available at the center is information concerning the Utility Rate, and Natural Gas Assistance Programs. The

PNC worker, Valerie Goncalves, will be available at the center Thursday, August at 11:00 am to discuss these programs.

Please note, these programs are not just for Seniors. If someone you

know needs assistance, they are welcome to join us on August 12 th.

Don't be cold this winter!

Please call ahead so I will a lunch count.

(860) 535-8188

Volume 1, Issue 3
August 2010

Special points of interest:

- HAPPY BIRTHDAY
- MARGARET WARD

HAPPY ANNIVERSARY

FRANK & DOT

Please forgive me if I missed your special day!

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AN EARLY THANKSGIVING

The North Stonington Seniors have a lot to be thankful for this summer.

First Selectman , Nicholas Mul-lane, paid for our lunch in June and has provided us with fresh vegetables from his garden: Norma and Steve Holliday donated enough halibut and salmon to feed over 40 people, Charley Ames donated the clams for our chowder, and Sea Well Seafood on Liberty Street in Pawcatuck, provided us with shrimp and

scallops at cost.

It has definitely been a bountiful summer!

Our fall and winter months are also good.

The Lion's Club donated \$500.00 to the center and the Antique Car Club donated \$125.00.

Their donations will make it possible for us to have an extra special holiday season.

Schedule of Events

August 5 th

Wright's Chicken Farm

We meet at the SC 9:30 am

August 10th Cornerstone Production meet at SC 9:30 am

August 12th

Pawcatuck Neighborhood Center

SC 11:00 am light lunch served

August 16 th

Banker's Life and Casualty

SC 12:30 coffee and dessert

August 26th

Mystery Lunch

SENIOR CENTER NEWS

Last week some of the sewing club members and I took a trip. We had a delightful lunch at Chili's and then drove to Affordable Fabrics.

Together we choose the fabric for the valances. It was a very successful day! I can't wait till the ladies complete the project. Once the valance are completed,

OPEN HOUSE

SEPTEMBER!

I will be holding an open house to show off the center's new face lift.

At the open house there will be sign - up sheets for new activities . Please invite your friends to join us in our celebration.

The exercise class will resume in September.

LUNCH MENU

Wednesday August 4 GA Meeting

Wednesday August 11

Make your own grinder

Sausage or meatballs, or chicken salad

Wednesday August 18

Picnic pot luck

Wednesday, August 25

Spareribs, macaroni salad, homemade

beans and veggies.



I hope everyone is enjoy
ing their summer!

AUGUST 2010

Mon	Tue	Wed	Thu	Fri	Sat
2 Crafts 10:00 am	3	4 GA Meeting 12:30 pm BLOOD PRESSURE	5 Sewing 1:00 to 3:00 Tai Chi 3:15 to 4:00	6 Art 10:00 to Noon <i>chair aerobic cancelled</i>	7
8 9 Crafts	10	11 Lunch noon Bingo	12 PNC 11:00 Sewing Tai Chi	13 Art Chair Aer- obics 1:30 to 2:30	14
15 16 Crafts Banker's Casualty 12:30 pm	17	18 Senior Picnic Noon	19 Sewing Tai Chi	20 Art <i>chair aero- bics cancelled</i>	21
22 23 2 Crafts	24	25 Lunch Bingo	26 Sewing Tai Chi	27 Art Chair aero- bics	28
29 30 Breakfast Club 7:00 am	31				

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BANKER'S LIFE AND CASUALTY COMPANY

*On August 16, 2010, @
12:30 pm Nicole Donnelly, a rep-
resentative from Banker's Life
and Casualty Company will
discuss long term health in-
surance, and health care in
the home.*



*Transportation is provided by seniors for medical reason,
by appointment only! Appointments must be made at least
a month in advance.*

North Stonington Golden Agers Club

Board of Directors:

GA President –Jerry Ward

GA Vice President –Sunny Gleason

GA Secretary– Marie Herbert

GA Treasurer-John Holliday

GA Sunshine Lady– Margaret Ward

*Yearly membership dues of \$10.00 are due at the end of
each January. Club Meetings are held at the center on the
first Wednesday of each month.*