

SENIOR NEWSLETTER JANUARY 2020
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
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HOURS Monday through Friday 8:30 to 3:30

Dear Friends,

Happy New Year to all of you! It's time to get going on those resolutions, one of which should be, don't isolate, so call me for a friendly visit, my truck can get through the snow. Another resolution is to expand your mind, learn something new and you can achieve this by attending the presentations I offer! The first presentation of the New Year will be on ***How to Beat the Winter Blues*** with Lorraine from the EMS, please read below for more details!

Can't wait to see all of you back at the ESC!

How to Beat the Winter Blues
Friday January 17th at 11 am

Join us for an informative discussion on how to beat the blues in winter! Call it Seasonal Affective Disorder (S.A.D.) or just plain boredom from being inside all the time, people tend to get more depressed in the wintertime. It's cold, there's less sunlight and it's too icy to venture outside (i.e. the Senior Center) so we are susceptible to getting down in the dumps. Come hear Lorraine from the EMS talk about ways to shake off those winter blues! A positively uplifting lunch will follow the presentation!

Please RSVP to me at 203-268-1137.

Consider a Donation in the New Year

Please remember to donate to The Martha Carrie Schurman Fund, which was established by Martha's late husband, Al, in memory of his wife and her battle with Alzheimer's disease. Funds are awarded to Easton seniors who fall into a category of extreme financial need. Every donation helps! The fund has helped many in troubled times and we cannot continue to help those in need without your support! On behalf of myself and The Commission for the Aging THANK YOU!!!

The Commission for the Aging does not meet in January

**Happy
New Year!**