

**SENIOR NEWSLETTER JANUARY 2022**  
**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,

I cannot believe that another year has passed and that we are still tackling this Covid-19 pandemic. Please get your booster, if you haven't already, and remember to carry masks with you so you can wear one in public places like the grocery store or your doctor's waiting room! Since the Easton Senior Center has done such a good job at staying open, and keeping everyone safe, I make a resolution to have more in person Lunch & Learns (limited to 30 people) and I'm hoping you will join me. I have highlighted below some of the topics and events and please call or email me with any questions you might have! Here is to a healthy and happy 2022,

### Lunch & Learn Topics

- Winter Safety Tips (outside and inside and how to beat those winter blues)
- Home Safety Tips (A representative from Mr. Handyman will be presenting ways to make your home safer)
- Health and Wellness (a nurse from the Aspetuck Health group will be here to answer all of your health related questions)

I am also working on collaborating with Fairfield's Social Services department for the showing of the film called ***Coming of Age in Aging America***. This film asks the question: What will it mean for us all to live and age in a society where half the citizens are over the age of 50? Never in human history has this been our reality. It's new and it's not temporary. It's a permanent historic transformation. ***Coming of Age in Aging America*** presents a public challenge that urges a national conversation about our new reality. This will most likely be a ZOOM event, but stay tuned for more details about this fascinating look at our aging America.

***The Commission for the Aging does not meet in January***

**HAPPY NEW YEAR**