

ELLINGTON SENIOR CITIZEN NEWS

Greetings!

We have received Sector Rules for a Sept. 1 reopen from the governor for Phase 2. This 19-page document gives us thorough guidelines that we need to adhere to prior to a definite opening date.

We are getting **closer to reopening**, but we are not there yet. We are taking this seriously and doing the best to implement it and will be meeting with local Health Department officials and town department heads to determine a safe and realistic reopening date.

As always, we will keep everyone informed when we have more news to share.

The Maple Street Monthly newsletter includes a detailed list of what to expect upon reopening.

Be well, stay safe,
Erin R. Graziani, director
The Senior Center continues to remain closed at this time; however, we are offering several ongoing programs and special events virtually. If you would like to receive alerts, or need help connecting with us, let us know via phone at 860-870-3133; website: <http://seniorcenter.ellington-ct.gov/>

or Facebook:
<https://www.facebook.com/Ellington-Senior-Center-547859522023852/>

Virtual programs and classes

A number of virtual programs and classes will be offered free in September. You may also view previously recorded classes on our YouTube channel to watch at your convenience:
https://www.youtube.com/channel/UC6gJol0FV9sS_btq149Pi9Q

Ongoing virtual programs include:

Mondays: 3 p.m. Mindful Meditation.

Tuesdays: 10 a.m. Fit & Strong-Level 1; 11 a.m. Power Fitness.

Wednesdays: 9 a.m. Yoga; 10:30 a.m. Chair Yoga.

Thursdays: 10 a.m. Fit & Strong-Level 1; 11 a.m. Power Fitness

Mondays at 9 a.m. play with the **Ellington Chess Mates** at Chess.com. For more informa-

tion or to join the group, contact Will at: maynardwe@comcast.net

TED Talks

Tuesdays at 1 p.m., watch the following TED Talks and then join Assistant Director Sam Baer on Zoom (ID 251 344 4651) at 1:30 p.m. for a group discussions.

Links to the Talks can be found on our website and Facebook page.

Sept. 1: A call to end the media coverage mass shooters want

Sept. 8: Every day you live, you impact the planet

Sept. 15: What causes opioid addiction, and why is it so tough to combat?

Sept. 22: The aesthetics of survival

Sept. 29: Why are drug prices so high? Investigating the outdated US patent system

Special events

What's new in programs? We have been working hard at finding ways to bring back your favorite programs in a safe way once the senior center reopens.

We hope you will join us in "thinking outside of the box" as we add some non-traditional spins to traditional programs in order to make them work in our new, "touchless" world we are all living in.

Some basics:

Pre-registration will be required for all programs. See the page on MyActiveCenter for more information.

Drop-in visits will not be allowed.

BYOM (Bring your own mask). They will be required.

6-foot social distancing will be required and groups will be limited in size due to space. Yes, groups will be much smaller (6-21 depending on the room).

Hand sanitizer will be available and rooms will be sanitized between use.

Ellington residents will have priority registering and non-residents may be placed on a wait list.

"How to Use My Active Center," Friday, Sept. 11, at 10 a.m.

Join us for this Zoom program for a tutorial and time to practice our new registration

system. Once the Senior Center is open, we will require all participants to register in advance for all programs.

Registration

We are getting ready to reopen our doors with limited programs.

Due to Covid 19 all members will be required to be registered prior to entry into the Senior Center.

Registration options:

Online: Print your own forms online from our website and place them in our new drop box, found under the alcove.

Forms will be available on Monday, Sept. 14.

Curbside: Swing by on Monday, Sept. 14, or Friday, Sept. 18, for a socially distanced "hello" in our driveway to grab a printed copy from your passenger side window.

You may fill out the form in your car in the parking lot and return it to us then, or drop it in the box at your convenience.

Be sure to bring your own pen and mask.

Medicare Basics: Thursday, Sept. 17, 1 p.m. Join Rebecca Stack, elderly outreach social worker, for a virtual program on our Facebook Page to learn and ask questions about Medicare.

Tech Assist: Friday, Sept. 25, 9-11 a.m. and Monday, Sept. 28, 10 a.m.-noon.

Do you need with your computer, laptop, tablet, or smartphone? Do you need help figuring out how to use My Active Center to register for programs?

Maybe we can help. You must reserve your time slot.

Appointments are limited to 30 minutes per person. Preference will be given to Ellington residents.

To schedule your time slot, call 860-870-3133 or email: Agoss@ellington-ct.gov. Phone, Facetime, & Zoom Options are available.

We'd love to hear from you for ideas for virtual programs. Contact Sam at: sbaer@ellington-ct.gov with suggestions.



Connecticut Historical Society, gift of David Madsen

Women march in Hartford for right to vote, 1912.

Project to give voice to suffrage

WINDSOR — CRIS Radio and archivists from the Connecticut State Library, the Connecticut Historical Society, and Watkinson Library and College Archives at Trinity College are working to put together podcasts documenting the divisive debate over the passage of the 19th Amendment that was passed in August 1920.

Material will include 100-year-old documents and human-narrated recordings. The more than 20 historic documents include a handwritten letter expressing much urgency by Mary Townsend Seymour, first president of the NAACP Hartford Chapter, to Mary Ovington, co-founder of the NAACP.

In her letter, Seymour worried that prominent suffragettes — in their campaign to receive the right to vote — were not emphasizing the voting rights for all women — particularly women of color in the South.

Funded by a grant from the

Pomeroy Foundation, the documents and audio versions include those in favor and opposed to giving women the right to vote. Those opposed maintained it would negatively impact the dynamics between husband and wife at home.

State Historian Walt Woodward said, "The 'Voices of Woman Suffrage' collection at CRIS is an audio treasure trove. These letters, essays, articles, and reports bring to life the struggles surrounding the ratification of the 19th Amendment in ways that only the spoken word can do. How wonderful that this foundational moment in the long struggle to realize the full promise of America is available for public access."

The original documents and audio versions are available at: crisradio.org

CRIS Radio provides access to printed information to individuals who are blind or unable to read due to other print disabilities such as dyslexia, cerebral palsy, or Parkinson's disease.

Baptist church has outdoor services

MANCHESTER — First Baptist Church of Manchester, 240 Hillstown Road, offers Sunday morning services at 9 a.m. on the back lawn.

Visitors are welcome to bring a lawn chair, blanket, umbrella for shade and enjoy

a time of worship and the message.

Worshippers are asked to wear a face mask.

The service is also live stream on the church Facebook page.

For more information, visit: fbcmt.org