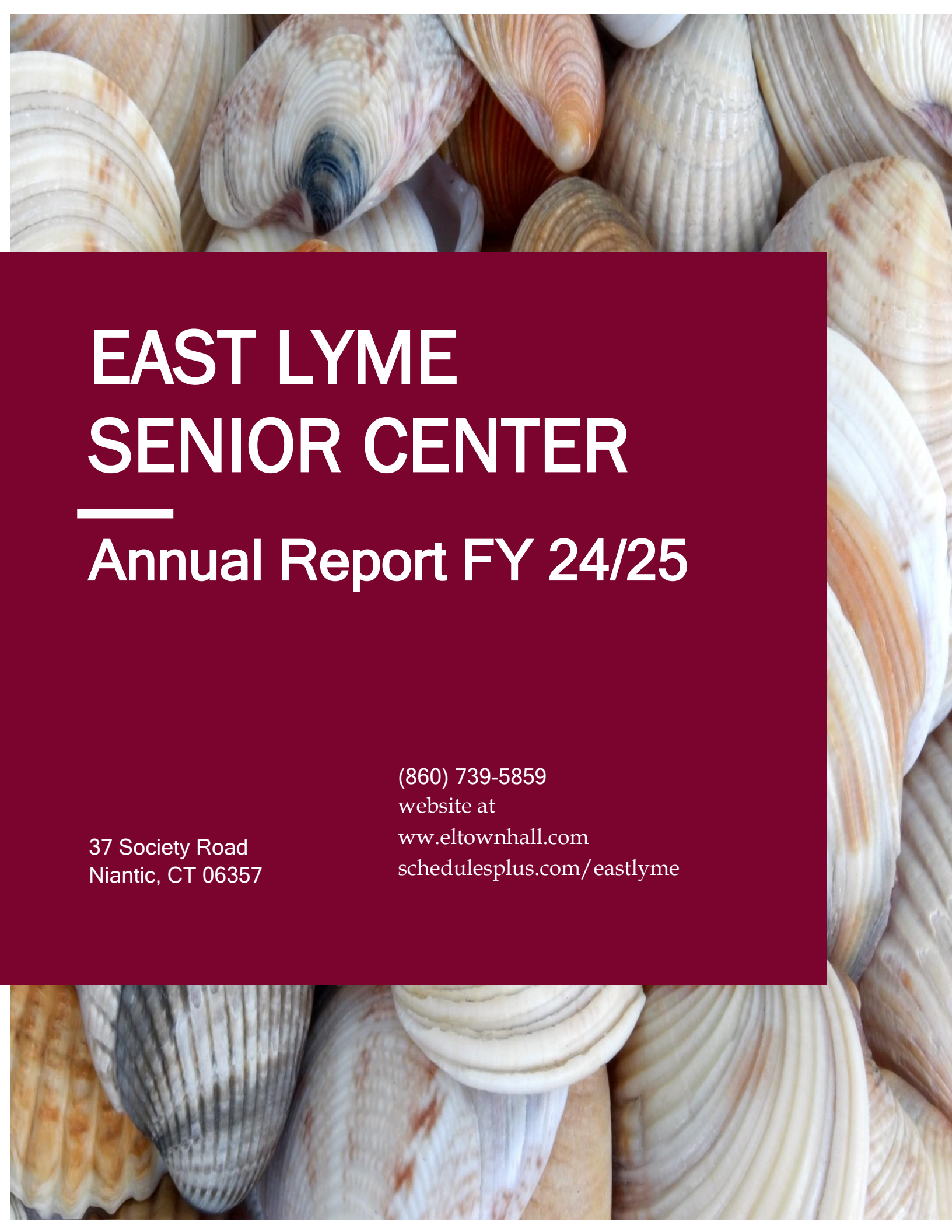


The background of the entire page is a close-up photograph of various seashells. The shells are mostly light-colored, with some showing distinct concentric ridges and others with more complex patterns of brown, orange, and blue. The shells are piled together, creating a textured, organic background.

EAST LYME SENIOR CENTER

Annual Report FY 24/25

37 Society Road
Niantic, CT 06357

(860) 739-5859
website at
www.eltownhall.com
schedulesplus.com/eastlyme

East Lyme Senior Center Annual Report FY 24/25

The East Lyme Senior Center is found within the Community Center Complex. It is a designated Focal Point - as approved by Senior Resources Area Agency on Aging.

The Senior Center continues to explore funding sources for programming and transportation services. For the 15th year in a row, the Senior Center applied for and received the CT Department of Transportation State Matching Grant for Elderly & Disabled Responsive Transportation. The awarding of this grant helps East Lyme residents get to medical appointments found within southern New London County. Wheelchair accessible vehicles as well as cars are available.

The Senior Center applied for the 5310 Grant in March of 2024 to replace an aging vehicle. This grant was awarded, and the new vehicle is scheduled for delivery late July 2025, early August 2025.

The Senior Center keeps an email distribution list to send its monthly newsletter, "The Courier" to any interested party. Anyone can be added to this email list by contacting the Senior Center office.

The East Lyme Senior Centers is a vital part of the community. We are committed to providing information, resources, aid, and social interaction needed to lead healthy, happy, and thriving lives.

Commission on Aging Members

Michael Bekech, Chair
Margret Hughes Vice-Chair

Marge Caste
Ilene Harris, Secretary/Treasurer
Joseph Palazzo
Kevin McGowan
Wendy Fiore
Carol Coyle
Roseanne Hardy, Ex-Officio
Frances Gherisi, Recording Secretary

Regular monthly meetings were held at the Senior Center throughout the year with the exception of an August break. The meetings were scheduled for the second Monday of every month and they begin at 5:00pm. The public is encouraged and welcome to attend.

East Lyme Senior Center Staff

Kristen Caramanica, Senior Center Director
Candy Heikkinen, Program Coordinator
Jane Bowen, Administrative Assistant
Kayla Orowson, Receptionist

Bus Drivers:

Lee Edwards
 Kelly Fecteau
 Kathy Kane
 Bob McGrath
 Gary Puckett
 Melissa Victor

Social Worker:

Jennifer Yu

Case Manager:

Sophie Dubreuil

The East Lyme Senior Center and the Commission on Aging Board are fully committed to serving every older adult in East Lyme by providing support and assistance. Any concerns or comments are welcome at both the Commission on Aging Board Meetings and the Commission on Aging Office found within the East Lyme Community Center.

Respectfully submitted,
 Michael Bekech
 Chairperson, Commission on Aging Board
 Kristen Caramanica
 Senior Center Director



OUR IMPACT

The East Lyme Senior Center served,
1,515 clients for the year.

24,198

Attendance
Programs

24,910

Total Attendance
figure for the year

The Senior Nutrition program served,
7,511 meals for the year.

712

Congregate
Site Clients
Served on Tues& Thurs.

6,799

Homebound
Clients
Served M-F

60 Volunteers were paired with
meaningful volunteer opportunities.

Senior Center Vehicles Usage

129 _____ # of Clients Served for the Year

29, 633 _____ Total Mileage for the Year

2,470 _____ Average Monthly Mileage

2,798 _____ Total # of Riders

233 _____ Average Monthly Ridership

5,251 _____ Total # of Rides

438 _____ Average Monthly Rides

Grant Funded Dial-a-Ride Medical Transport

339 _____ # of Clients Registered for the Service

78 _____ # of Clients Served for the Year

594 _____ # of Livery Rides

66 _____ # of Trips Caregiver Mileage Reimbursement Portion

660 _____ #Total East Lyme Trips (Taxi & Caregiver)

The Dial-a-Ride grant is made up of 2 sections: mileage reimbursement for a person who provides a medical ride for an enrolled client and the actual provision of rides to medical appointment for enrolled clients. To streamline the registration process, the client is no longer asked to annually complete a registration form, so the # of clients registered for the service shows an increase.



SOCIAL SERVICES

During the below program years, the Senior Center office aided the senior and disabled community for the **Rent Rebate** program.

2020	193 clients
2021	204 clients
2022	210 clients
2023	210 Clients
2024	N/A until Sept 30, 2025

During the below program years, the Senior Center office aided the senior and disabled community for the **Energy Assistance** program.

2020	150 clients
2021	225 clients
2022	166 clients
2023	196 clients
2024	195 clients

ENRICHMENT/ EXERCISE/FUN

Ageless Fitness

BINGO

Canasta—Hand & Foot

Chair Yoga Class

Chair Zumba

Craft Classes

Drawing Class

Duplicate Bridge

Fit Dance Exercise

Haircuts

Hiking

Jam Session

Lifelong Learning

Mahjong

Manicures

Massage Therapy

Mindful Motion

Music Lessons—Beginner Ukulele & Guitar

Music Lessons - Adu Beginner Ukulele

Music Lessons - Adu Beginner Guitar

Painting

Pickleball

Pickleball Lessons

Ping Pong

Quilting—Day and Evening

RUMMIKUB

Shoot Out Bridge

Stitch Happens

Tai Chi Class-Beginner

Tai Chi Class- 24 Forms

Scrabble

Strength Training Class

Walking

Writing Class

Yoga Class

B I N G O

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71



Fun Trips

Irene's, Norwich
 La Luna, New London
 Captain Scott's, New London
 Lil Pub, Old Saybrook
 Cristy's, Madison
 Constantine's, Niantic
 Donahue's, Madison
 Ocean House, Watch Hill, RI
 Olio's, Groton
 Koto, Groton

Retired Old Men Eating Out

Costello's Clam Shack, Noank
 Lenny and Joe's, Westbrook
 Sneakers, Groton
 Jealous Monk, Mystic
 Norwich Golf Course
 La Llorna, Niantic
 Flanders Fish, East Lyme
 Longhorn Steak, Waterford
 Long Shots, Uncasville

DAY / OVERNIGHT TRIPS

Lighthouse Narragansett
 Cape Cod Canal Cruise
 Taste of Providence
 FDR Home & Library
 Naugy Scenic Train
 Iceland Magical Northern Lights
 Salem Cross inn
 Christmas in Newport
 Croatia
 Peaks of Europe
 Bermuda Cruise
 Aqua Turf
 J.F.K Presidential Library
 Blackstone River and Wright's Farm
 Newport Flower Show

SPECIAL EVENTS



90+ Celebration

Ice Cream Truck

Holiday Lunches

Grab & Go Thanksgiving Meal

Dementia Care Fair

Veterans' Brunch

Annual Niantic Lion's Club Dinner

Rotary Club Picnic

Coffee Chats with First Selectman

Holiday Mocktail Party

East Lyme Public Works Recycling

