



Vernon Senior Center's

Issue 6  
January 2014

# Senior Moments



## Pierogies & Polkas

Join us at the Center on **Friday, January 24th at 1:00pm** for a fun afternoon of pierogies and polkas.

Adam's Polish Foods is catering this event which will feature their homemade pierogies with various fillings.

Come and enjoy a light lunch while you will be entertained by the Disc Jockey, DJ Mack. He will be playing many of your favorite songs and polkas.

We will have a fun time



whether it's dancing the polka, toe tapping or hooting and clapping to the music.

The cost is \$8. Please contact the Center to register for this enjoyable and entertaining afternoon.

Pierogies are comfort food and will warm your heart along with the music on a cold winter day.

Hope to see you on the 24th.

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## Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, January 23th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 23th. Please call to register. Please note it costs \$2.00 to join the Center.



# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, January 8th**. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on **Thursday, January 2nd & Thursday, January 9th**. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. Call for the center for an appointment.



The Hearing Screening will be held on a quarterly basis. The next screening will be on **March 20th**. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions .

## Other Healthy Activities

**Walking Club:** The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call the Senior Center to register.



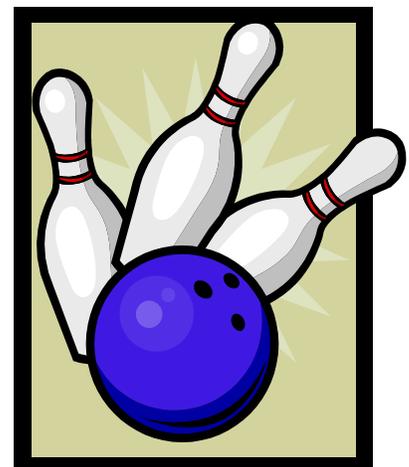
### Table Massage

Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

## On-Going Healthy Activities

**Tai Chi:** Tai Chi is offered on **Fridays at 10:00am**. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free for new folks. Cost \$5 weekly.

**Wii Bowling:** This activity is offered on **Fridays at 12:30pm**. Join the hooting and hollering as everyone competes against each other. The Center’s team, the Vernon Alley Cats, is now practicing for upcoming competitions. Come and join the competition for a fun afternoon of bowling.



# Cards & Games

**Bingo**—Mondays at 1:00pm

**Bridge**—Fridays at 1:00pm

**Canasta**—Wednesdays at 1:00pm

**Chess**—Tuesdays at 9:30am

**Cribbage**—Wednesdays at 9:45am

**Dominos** Tuesdays at 1:00pm

& Thursdays at 10:00am

**Mah Jongg**—Mondays at 9:30am, Wednesdays & Thursdays at 1:00 pm

**Pinochle**—Tuesday & Thursdays at 1:00 pm

**Scrabble**—Tuesdays at 1:00pm

**Set Back**—Friday at 9:45am

**Wii Bowling**—Fridays at 12:30pm



## Other Opportunities

**Strollers:** The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 12 noon..**

This activity is for seniors who would like to walk but at a slower, less strenuous pace. If you are interested in joining the Strollers, please contact Sela at the Senior Center.

**Do You Want to Learn How to Play Dominos? Do you need a refresher course?** If so, please join us on Tuesdays, beginning **January 7th at 10:00am** for this fun activity.

Please call the Center to register if you are interested in this program.



## Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on **Wednesday, January 8th at 1:00pm.** The feature film is **Walk the Line.** This is a critically acclaimed movie of country singer, Johnny Cash and his transformation from man to icon.

The next matinee is on

**Wednesday, January 22nd at 10:00pm.** The feature film is **The Bucket List.** It is about a corporate mogul and a mechanic who wind up in the same hospital room. The two bust out of the cancer ward to experience life to the fullest.

Popcorn will be served so please call to register so that

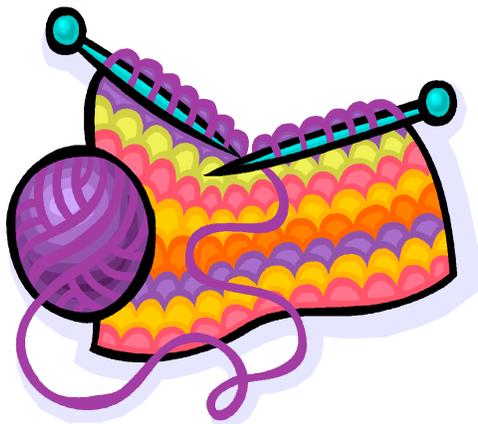
we know how much popcorn to pop.



# Creative Goings On

## Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



## Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets twice a month. Come and join our knit & crochet group on the **2nd and 4th Wednesday of the month at 10:00 am**.

All are welcome. The group gets bigger every month!

# A Hodgepodge

**Foxwood Casino** The Center is offering a trip to Foxwoods on **Tuesday, January 28th**. The trip includes transportation, \$15 food coupon, \$10 Keno Card (subject to change without notification), taxes and gratuities including the driver. **Cost is \$25 per person.**



**Book Club:** The Book Club will not meet in December. Their next meeting will be held on **Thursday January 16th at 10:00am**. The group will offer 2 books to choose from. "Can't Wait to Get to Heaven" by Fannie Flag or "Lucky Man" a memoir by Michael J. Fox.

New members are welcome.

# For the Sports Minded

**Drop In Pool** -Men's drop in pool is on **Wednesday and Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

**Ladies Pool** - The ladies play

**at 10:00am**. This is a chance for the ladies to practice their shooting skills. Any senior lady who would like to join the group is welcome!

**Men's Pool Tournament:** The tournament is now underway. We have 5 teams participating. The tournament leaders are

Joe Grabinski & Barry Obedzinski. Tied for 2nd: Carl Palmberg & Bill Jensen & Joe Fecteau & Bill Coughlin.

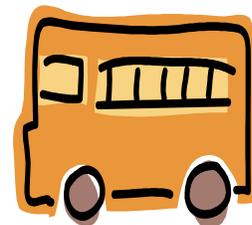


# Transportation

**Senior Car**—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

**Senior Bus**—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court. Our bus will be going to Buckland

Mall & Wal-Mart in February, date to be announced. Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services.



## Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Tina Sulam and Maryann Romano continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

## Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **Anyone who borrowed a wheelchair & no longer needs it, please return it. Thank you.**



# FYI

**Parking At the Senior Center** We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

**Notary Public Service** is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.  
**Suggestion Box** Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor

**Age Requirement Change**  
The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

## CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Mondays and Fridays. Please note that the counselors do not sell insurance.

## Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

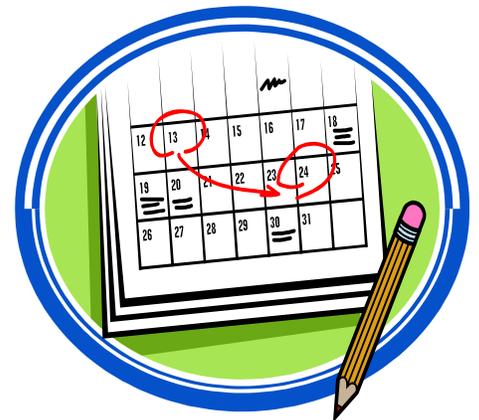
February 4th: Out to Lunch Bunch  
Vernon Diner

February 10th: Noon Institute

February 14th: Chocolate  
Flowing Fountain & Chocolate  
Trivia

February 24th: Beach Party

Treating Heartburn: Date to be  
announced.



## Special Event

### Birthdays & Anniversaries

The Center will be celebrating February and March Birthdays & Anniversaries on **Monday, January 27th at 2:30pm**. If you have a birthday or anniversary, please stop by for the celebration. Even if you don't have a birthday, please stop by to wish your fellow Seniors a "Happy Birthday".

A Birthday cake will be served, so please contact the Center to register so we know how many to expect.

Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities.

Come and share your special day with us.



## Other Activities

The "Out to Lunch Bunch" meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to Pastori's Restaurant. The group will meet on **Tuesday, January 7th at 1:00pm**. Call to sign up for this luncheon.



The senior bus is available for transportation and pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends. Thank you to Marion Pitman who sets up all the luncheons at area restaurants for the members.

## Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, Sally Hearn, William Tyler Sr., Richard Levitsky, and Patricia Iamonaco



**The next board meeting will be held on Tuesday, January 28th at 9:30am.**

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

# What You Should Know

## Energy Assistance

Vernon Social Services is now taking Energy Assistance applications. This is a federally funded program administered by the State. If you need help in paying for your heating bills, contact Social Services at 860-870-3661 for income guidelines, asset limits and more information.

## Inclement Weather

**If the Vernon schools are CLOSED, all programs and activities at the Center are cancelled.**

**Staff will be at the Center even though programs are cancelled for the day.**

**Closure announcement will be broadcast on TV & Radio.**

## Signing In At the Senior Center.

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

## Hartford Hawks

The Center is offering a trip to see the University of Hartford Women's Basketball Team play. The date is **Saturday, January 18th.**

The Hawks will be playing the University of New Hampshire Wildcats. The game starts at 2 o'clock and the Senior Center



Bus will be leaving the Green Circle Commuter Lot at **1:15pm.**

**The cost of the tickets is \$7.** This is for reserved seating. The transportation is free.

Please contact the Center to register so that we know how many tickets to order.

## Johnny Carson

Come and join us at the Center on **Monday, January 27th at 10:30am** for a morning of coffee and croissants and a delightful time watching Johnny Carson, the King of Late Night Television.

We will be showing a DVD that is a journey back to Johnny's early career. We will be



showing episodes of the original 1955 show along with Johnny's very funny comedy quiz show, "Who Do You Trust" with his sidekick, Ed McMahon.

Please contact the Center to register for this fun program. Please note that space is limited.

Hope to see you on the 27th.

## Senior Center Trips

### *Panama Canal Cruise*

Rated as “the world’s best cruise line” by Conde Naste Traveler, Holland America is renowned for its touches of class, its sophistication and service that is unequaled. The luxurious Zuiderdam, built in 2002 and recently refurbished, will be our seafaring “hotel” for a 10 night cruise to the Panama Canal. We will fly to Fort Lauderdale and cruise to Half Moon Cay, Bahamas, Bonaire, Aruba, the Panama Canal to Gatun



Lake, Colon and Costa Rica.

**Dates: November 7, 2014—  
November 17, 2014**

Inside Room \$2249 pp

Ocean view Room \$2519

Balcony Room \$2749

Price includes airfare, all transfers, 10 night cruise based on double occupancy, port & departure taxes, trip insurance & portorage of one bag per person.

Please call the Center for more information.

### *The Newport Playhouse*

The Center is offering a trip to The Newport Playhouse on **Thursday, March 27th**. This is a dinner theatre where you will enjoy a great buffet and a wonderful play. The buffet does not skimp on quality or selection. Everything is prepared on the premises. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts.

The intimate theatre is just a short stroll from the dining room. There you will have reserve seating. The play is



“My Husband’s Wild Desires (Almost Drove Me Mad!) This is a comedy that will have you rolling in the aisles with laughter. After the show, you will return to your original table, where the dining room has been transformed into a delightful Cabaret.

The cost is \$86 per person. It includes round trip transportation, buffet meal, matinee play and a cabaret show, all taxes and gratuities, including the driver. The bus leaves Green Circle Commuter Lot at 9:00am. Please contact the Center to register.

# DAY TRIPS

## *Yakov Smirnoff at Aqua Turf*

We are looking to see if there would be enough interest to purchase tickets for the **Yakov Smirnoff** show at the Aqua Turf Club on **Wednesday April 30, 2014.**

Fans who loved the comedy of Russian born entertainer Yakov Smirnoff throughout his expansive career on television, the silver screen and Broadway can experience the hilarity once again. In his new national tour, audience

members will enjoy Yakov's insightful and laughter filled philosophy on life, love, family and country.

Package includes: Elegant luncheon at the Aqua Turf served family style with tossed salad, penne pasta, Yankee Pot Roast, Baked Scrod, rolls & butter, vegetable, potato, dessert & coffee. Round trip transportation on a Post Road

Motor Coach, all taxes & gratuities including driver.

Cost \$90.00 per person.  
**Please call to let us know you are interested in this show. We will require a \$50.00 non-refundable deposit by February 1st.**



## Upcoming Day Trips

Listed below are some of the upcoming day trips for 2013. Please watch the Vernon Senior Center News Column published on Saturdays in the Journal Inquirer Newspaper.

**Once a trip is fully advertised in the Journal Inquirer, you may call or come to the Center to sign up.**

Trips are for seniors age 55 and over. We welcome Vernon Seniors as well as seniors from surrounding towns.

### **2014:**

Saturday January 4th & 18th:  
**Hartford Hawks Girls Basketball Games.**

Tuesday, January 28th:  
**Foxwoods**, Includes casino bonus, with free bet & food coupon. \$25.00

Thursday, March 27th:  
**Newport Playhouse**, buffet lunch, the play "My Husband's Wild Desires (Almost Drove Me Mad!) and a cabaret show. \$86 per person.

All trips include Drivers Gratuity unless otherwise noted.

**We are currently planning trips for the rest of 2014.**

### Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

# Special Events & Services

## Birds of Prey

Horizon Wings, a raptor rehabilitation and educational center out of Ashford, will be at the Center on **Tuesday, January 7th at 10:30am.** Mary-Beth, owner and founder will be here to present various birds of prey.

The presentation is both educational and entertaining. Besides the birds, she will be bringing their mascot, Beamer. Beamer is a three legged Eastern box turtle whose 4th



leg is a Lego wheel!

Come and see these wonderful and magnificent birds of prey. They will astonish you with their presence.

This event is free of charge but please contact the Center to register. It is important to register because if there isn't enough interest, the program will be cancelled. Snow Date: Monday, January 13th.

## Crazy Whist

The Center is hosting a Crazy Whist card party along with pizza on **Monday, January 6th at noon.** We will start with pizza at noon followed by card playing

Crazy Whist is a fun card game that everyone can play. It does not require any special skill and is very easy to learn.

Not only will you have fun but you may be a winner. Small prizes will be awarded so please mark your calendar for this fun filled afternoon.



The cost is \$7 per person. Please contact the Senior Center to register for this program. It is important that you pre-register for the party so we know how much pizza to order!

A great big thanks to Ed Zinky for organizing this event. Without volunteers like Ed, the Center would not be able to provide all these programs.

Come and join us as we play an interactive and fun game. Hope to see you on the 6th.

# Presentations

## *Noon Institute*

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays.

The Institute will not have programs for the months of December and January. The lectures and classes will resume in February, 2014.

Watch for the new programs in our newsletter, our Journal Inquirer column or at the college's website. The programs are presently in the planning



stages at this time

**Pre-registration is required.** The cost is \$5 per program. You may register on line at Manchester Community College Website or by mail. Registration forms are available at the Senior Center. No cash can be accepted. Please make your check payable to Manchester Community College.

## **Label Reading & Nutritional Information**

The Center is hosting a program, Label Reading in Real Life on **Thursday, January 23rd at 11:00am.**

A registered dietician from ECHN will lead an informative discussion on healthy food choices and label reading.

Please feel free to bring an item of your own that you may have questions about. Label information is very important in helping you to purchase healthy foods.



It is also important to understand the label information as it can be quite confusing.

With all the processed foods we eat, labels offer us a way to make better choices and eat a healthier diet.

Please contact the Center to register for this informative program. It is important to register so that we know if there is enough interest.

Hope to see you on the 23rd.

The Center will be  
closed January 1st &  
January 20th

Join us at the Senior  
Center for a fun day!



## January's Birthdays !

### Happy Birthday:

Cathy Parent	Jan. 2
Lois Tonski	Jan. 4
Shirley Blinn	Jan. 15
Maureen Tyler	Jan. 18
Dot Sherman	Jan. 20
Richard Levitsky	Jan. 29

### Anniversaries

Jon & Patricia Chamberlin—  
January 27th

Pat & Paul Margelony –  
January 31st



***Friends  
Are Always  
Welcome***



**Happiness is**      **VERNON SENIOR CENTER**

**26 Park Place**

**Phone:(860)870-3680**

**Fax: (860) 870-3588**

**Email: pclaydon@vernon-ct.gov**

**Website: www.vernon-ct.gov**

• • • • •  
**Hours**

**Monday—Friday**

**9:00am-3:00pm**

**Join us at the Senior  
Center for a fun day!**

*The Vernon Senior Center is committed  
to assisting Vernon seniors by providing  
programs that meet their needs and address their  
concerns.*

*Our staff includes:*

*Paula Claydon, Director*

*Sela Saunders, Secretary/Receptionist*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: