



Vernon Senior Center's

Issue 2

August 2012

Senior Moments



Happenings

Say Good-bye to Moody Mondays. Manchester Community College's Noon Institute is coming to Vernon Senior Center.

This is a monthly series on Mondays presented by experts on a variety of topics.

The first program is Majestic Theaters of Broadway, on **September 10th at noon.** Other programs are The Life & Times of Mary Todd Lincoln, Titanic: 100 years since



the Great Ship went down, and Discover Beautiful Czech Republic. Cost is \$5 but if you enroll in all 4, take one for free. You must pre-register. Contact Sela for more information.

Panic In Connecticut

The Ellington & Vernon Senior Centers are hosting a one-woman show on **Friday, September 14th at 2:00pm.**

Virginia Wolf from Her Story Theater will be performing this captivating account of the Connecticut witch trials in the 17th century.

Tickets will go on sale August 15th. The cost is \$8 per ticket.

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Newcomers Welcome

On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month, it will be held on Thursday, August 23rd 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 as light refreshments will be served.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, August 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 September 6th & 13th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680 . Appointments are available between 9:00 am and 1:30 pm.



Hearing Screening will be held on Thursday, August 23rd. 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 and will be available to answer any questions that you may have.

Other Healthy Activities

Men's Golf League:

Congratulations to the Winners of the 1st leg of the men's golf tournament: **John Konicki** and **Steve Maloney**. The 2nd leg of the tournament is now underway.

The men play at Twin Hills Country Club & will continue play thru September.



Table Massage Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 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— This activity is offered on Friday mornings at 10:00am. Tai Chi is Chinese “mediation 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 and the cost is \$5 per

class.

Wii Bowling—This activity is offered on Fridays at 12:30pm. Come and join the hooting and hollering as teams compete. The Center's Team, **“Vernon Alley Cats”**, had a surprise visitor at their competition at East Windsor Senior Center. Vernon Senior Center's mascot, the Alley

Cat, arrived at the competition to cheer them on. Fun was had by all.



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

Wii Bowling—Fridays at 12:30pm



Exciting Opportunities

Drop In Canasta: Anyone interested in playing Canasta, come and join our group at the Senior Center on Wednesdays at 1:00pm.

This is a new activity and this group is very welcoming to new players. You don't need to register, just come and play.



Yoga Classes:

Toby Schoenberger instructs this Chair Yoga class which consists of gentle stretches and breathing exercises. The class will run thru mid August and a new class will start in early September.

The cost is \$20.00 per student for a 6-week session.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Monday, August 13th at 1:00pm.** The feature film is Joyful Noise, starring Dolly Parton & Queen Latifah. It is a comedy about a flat broke town choir whose members dream of winning a national contest. The stars struggle for leadership which

could scuttle the group's harmony and hopes of success. **On Wednesday, August 22nd at 1:00pm,** the feature film is The Iron Lady, starring Meryl Streep. It is a portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited

women's opportunities for leadership. Call the Center to register for these movies.



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.



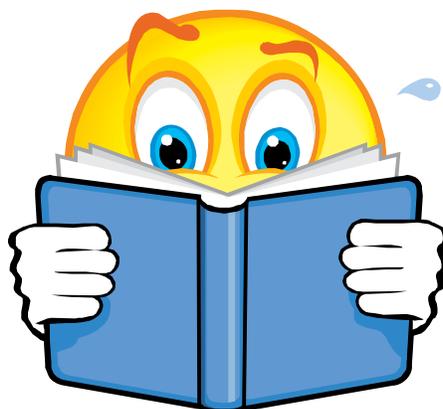
Knitting & Crocheting

Do you like to knit or crochet? We have a very active group & this activity now meets twice a month. Come and join our knitting & crocheting group on the 2nd & 4th Wednesday of the month at 10:00 am. All knitters are welcome. The group gets bigger every month!

A Hodgepodge

Computer Lessons with Christopher MacCoy:

There are a few slots still open for the **Basic Plus 1 Class**. This class is for those with more computer experience. It is on Thursdays at 12:00. Cost \$35.00 for the 5 week class. Call the Center now to register.



Book Club

The book club meets on the 3rd Thursday of the month. This month, they will be meeting on Thursday, August 16th at 10:00am to discuss the "Book of the Month" which is "Maisie Dobbs" by Jacqueline Winspear. New members are always welcome. Please feel free to join the group.

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 pool on Tuesday mornings

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!



Shuffleboard Tournament : Leaders of the tournament at the end of Round 3 are Team 3: **Barbara Palmberg & Shirley McElroy** and Team 6: **Sibyl Krebs & Barry Obedzinski** in a tie for 1st place. Each team has 6 wins.

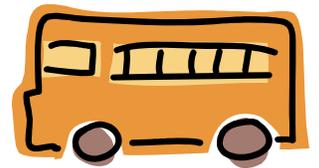
An awards luncheon will be held for all the players in the tournament.

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—Coming Soon
Our senior bus shopping trips will soon be held weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court and the

Senior Center. Contact the Center for the schedule. Our bus also goes to the Buckland Mall & Wal-Mart every other month. **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. The cost is



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. Jean Bostrom and Tina Sulam 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.

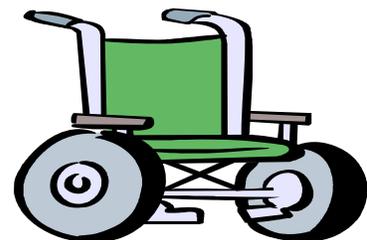
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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. **We need shower seats, canes & transfer benches.**



FYI

Renter's Rebate Vernon Social Services is presently taking Renter's Rebate applications. The income limit for an single person is \$32,300 and for a married couple is \$39,500. For more information or to schedule an appointment, please call Social Services at 860-870-3661.

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 Sela at 860-870-3680 to schedule an appointment. 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:

September 10th– Noon Institute with Manchester Community College

September 12th– Zumba

September 14th–Panic in Connecticut Accused Witches have their day.

September 20th–Mah Jongg Tournament

September 20th–Social Security Presentation

October 12th– Flu Clinic



Special Event

Birthdays & Anniversaries

The Center will be celebrating August and September Birthdays and Anniversaries on Monday, September 17th 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 very "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.

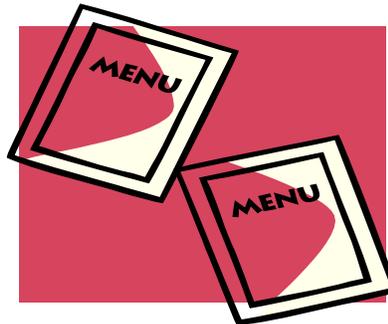


Other Activities

The "Out to Lunch Bunch" is the first Wednesday of every month. Each month a restaurant is chosen and this month the "bunch" is going to **The Cheesecake Factory** in West Hartford.

The "bunch" will meet on Wednesday, August 1st at

1:00pm. Transportation is provided by the Vernon Senior



On behalf of the Senior Center we would like to thank Marion Pitman for organizing the Out To Lunch Bunch. She makes all of the arrangements from reserving the restaurant to planning the special side trips. She also obtains gift certificates for raffle prizes for our luncheons. Thanks also to Barbara Descy for her assistance.

Advisory Board Update

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

The following are the present board members: David Alter, Barbara Dahlman, Jean Inge, Carol Nelson, Gerry Probulis, Ed Zinky, Ron Kane and Joe Grabinski.

The board will not be meeting



during the months of July and August. The next meeting will be Tuesday, September 25th at 9:30am at the Center. The Board welcomes any suggestions that you may have regarding the Senior Center.

Anyone interested in serving on the Advisory Board, please contact Paula at the Center.

What You Should Know

Charter Oak Pass The State Parks Division is offering lifetime passes which allow you entrance to all State Parks & Beaches. To obtain your pass, mail a copy of your driver's license along with a short note to Department of Environmental Protection, State Parks Division, 79 Elm St., Hartford, CT 06106.

Day Trips with Kids The Ct. Judicial Branch is sponsoring "Day Trips with Kids" on Thursday, August 9th. This is an opportunity for grandparents & grandchildren to explore State Supreme Court, Capitol, Legislative Office Building, Museum of CT History & the Old State House. Call 860-757-2270 for a Tour Schedule.

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.

Cooking Class

Are you looking for new, healthy cooking ideas? Join us on **Thursday August 9th at 10:00am** for a presentation with the Director of Food Services from Fox Hill Rehabilitation Center. Take part in a cooking demonstration and discussion on ways you can cook healthier meals and

incorporate new foods into your diet. Try some new creative recipes using fresh vegetables from the local farmers markets or perhaps your own garden and enjoy all that summer has to offer. Call or come to the Center to sign up for this fun interactive presentation.



AARP Safe Driving Class

The AARP will host a Drivers Safety Class at the Senior Center on **Friday, August 24th from 12:00 noon-4:00pm.**

They are offering a special class fee of only \$5.00 for any retired or active School Employees. This includes teachers, custodians, aides, cafeteria workers etc.



For all others the cost is \$12.00 for AARP members and \$14.00 for non-AARP members.

Please call the Center at 860-870-3680 to register for this class.

Space is limited so call early to reserve your spot in the class.

Senior Center Trips

Our Mackinac Island Trip

Last June, twenty eight seniors went on our trip to Mackinac Island with stops at Frankenmuth and Niagara Falls.

The Center has received numerous letters and phone calls from the travelers wanting us to know what a wonderful time they had on the trip. They especially wanted us to know that Penny, their guide from Landmark Tours, was



absolutely terrific. One traveler, Pat Iamonaco wrote, “I just returned from the Vernon Senior Center tour to Mackinac Island.

It was the best tour I’ve taken. The hotels were great as were the restaurants. There was so much included in the tour that it was a good price. The tour director, Penny Hardic, was wonderful, as was the bus driver, Marty. All of the extras that Penny provided—water bottles, snacks, movies, were very much appreciated. I have only one complaint. You don’t pay Penny enough for everything she does”.

Germanfest at the Williams Inn

A new trip has been scheduled for **Wednesday, October 24th**. Come join us at the Williams Inn in Williamstown, Massachusetts for a fun filled afternoon. Enjoy German style entertainment in music, story and song. Participate in stories of German heritage. Laugh and sing or just sit back and relax and enjoy the fun. Delight in a vast buffet of traditional German dishes including; leek soup, salad bar, cold Barvarian meats, smoked pork loin, beef brisket, braised red cabbage,

potato pancakes with apple sauce, Sauerbraten, Spatzel, a variety of Knockwurst, Bockwurst and Bratwurst plus much more! Desserts include Black Forest Cake, Linzer Torte & apple strudel. German wine and beer will be served along with coffee & tea. Come hungry and enjoy the fun!

Trip includes round trip transportation, buffet, entertainment, all taxes and gratuities. Cost is \$79.00 per person. Call now to sign up.



Senior Center Trips

Mary Poppins



In order to **reduce** the cost of the trip to the Broadway Production of "**Mary Poppins**" at the Bushnell in Hartford we will use the Vernon Senior Bus for the transportation. This will reduce the cost to **\$70.00 per person**. This will be an evening performance on Friday September 21st with Center Orchestra Seats for the 7:30pm show.

The deadline to order tickets is August 1st. Sign up now for this Supercalifragilistic Show!!!



West Farms Mall



The Senior Center is sponsoring a trip to West Farms Mall in West Hartford on **August 8th**.

The Senior Center Bus will leave the Green Circle parking lot at 10:00am.

You'll have time to shop, have lunch and find some bargains.

The bus will leave West Farms Mall at 2:00pm. There is no charge for the transportation for Vernon residents. There is a fee \$5 for non-residents.

Lunch is on your own. Please contact the Center to register for this trip.



Special Events

Crazy Whist Card Party



The Center will host a Crazy Whist Card & Pizza Party on **Monday, August 6th.**

Pizza will be served at 12:00 noon followed by the whist. This is a fun card game that doesn't require any special knowledge or skill.

Everyone can play! Prizes will be awarded to the winners. The cost is \$7 per person. Please contact the Center to register for this fun activity. Hope to see you on the 6th.



Jeopardy

The Center is hosting the game show, Jeopardy, on **Wednesday, August 29th from 1:00pm until 3:00pm.**

The Center offered this entertaining activity in May and it was so successful that we are offering it again.

Come and join the fun with DJ John Whitehead of Game Show Trivia. The game will be played on our projector screen and the challenge will be to buzz in first with the correct



answer. The categories will be fun and amusing and as you and your teammate compete against you fellow senior center members, you will have an opportunity to win prizes.

The space is limited so you may register for this exciting event when it appears in the local newspapers and when the sign up sheets are put out. The cost is \$3 per person.

Thank you for your cooperation in this matter.

Presentations

Medicare & Fraud Have you heard the latest Medicare scam? Do you know what Medicare fraud is?

Elaine Nicholls, from the North Central Agency on Aging will host a presentation at the Senior Center on **Wednesday, August 15th at 1:00pm.**

The presenter will be discussing ways in which you can protect yourself from Medicare Fraud. She will also discuss ways to detect and report Medicare fraud and abuse.

As we go about our daily routine, it is difficult to imagine that there are scams and fraud within our Medicare system.

Come and join us for this interesting and valuable program. Please contact the Senior Center to register.



Saving Money on Your Heating & Electric Bills

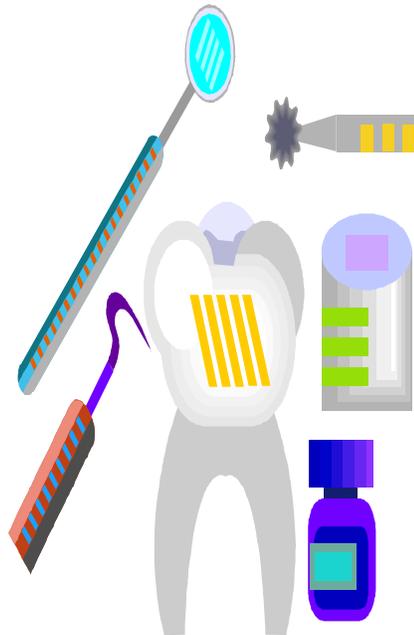
A representative from CL&P will speak about Home Energy Solutions, a program to reduce your home's energy bill. The presentation is on **Friday, August 3rd at 1:00pm.** The program, which is supported by Ct Energy Efficiency Fund, conducts an energy audit and offers easy solutions. Please call to register.

Dental Health

The UConn School of Dentistry will present a program on **Monday, August 27th at 1:00pm** regarding dental health for older individuals.

Maintaining good oral health as we age is just as important as attending to our physical health.

Join us for this informational discussion. Learn some tips and suggestions for keeping your teeth clean. Learn denture care and maintenance. Learn what a Prosthodontist is and how you could benefit from seeing one.



Learn about dental implants, what they are and how they can be used.

Please join us for this informative and worthwhile program. The Doctor will be available to answer your questions.

To register, please contact the Senior Center. It is important that you register so that we know if there is enough interest in the program.

Hope to see you on the 27th.

Try to Stay Cool
Come to the Senior
Center

Join us at the Senior
Center for a fun day!



August's Birthdays !

Happy Birthday to:

Marion Pitman Aug 2
Marie Collins Aug 3
Beatrice Lusa Aug 7
Sandy St. James Aug 10
Jane Czarnecki Aug 11
Rose Tipaldi Aug 14
Grace Hutchins Aug 17
Barbara Descy Aug 18
Betty Brow Aug 25
Gail Dimmock Aug 27
Leslie Ames Aug 27

Birthdays Continued:

Danny Dominques Aug 27
Happy Anniversary:
Bill & Maureen Tyler Aug 3
Dolores & Bob Hoermann Aug 19
Jack & Betty Brow Aug 27

*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
eballos@vernon-ct.gov**

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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

Ellen Ballos, Assistant Director

Sela Saunders, Secretary/Receptionist

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: