



Vernon Senior Center's

Issue 5
November 2012

Senior Moments



RHS Senior Luncheon

The Baking Club at Rockville High School is inviting **20** seniors to lunch on Friday, November 30th at the high school.

The students will be preparing and serving a special menu for their guests. The menu features assorted bread basket, mixed greens salad, home-style chicken pot pie, baked stuffed shells, and chicken cordon bleu. For dessert, there will be chocolate lava cake,



crème brulee, fruit and cheese and sugar free brownies with vanilla ice cream.

Since space is limited, the Senior Center will have a lottery to determine who is chosen for this wonderful event.

Please contact the Center to sign up for the lottery. Names will be drawn on Monday, November 26th.

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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. Due to the Holiday, it will be held on Thurs., November 29th 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 29th. 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, November 14th. 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 December 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, November 15th. 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

Walking Club The Walking Club meets on **Mondays at 10:30am at Sacred Heart Church** to walk the rails to trails. In inclement weather, the club will walk at the Senior Center. 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, \$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, cost is \$5 per class.

Wii Bowling: This activity is offered on Fridays at 12:30pm. Join the hooting and hollering as teams compete. The Center’s team, The Vernon Alley Cats, have competed against East Windsor Senior Center. The Wii Team always enjoys its competition with East Windsor.



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

Men's Pool Tournament:

The Center will host a Men's Pool Tournament starting on Monday, November 19th at 9:30AM. Any senior men who would like to participate are welcome to join. Carl Palmberg will manage this 2-Leg tournament. An awards banquet is held for all players.



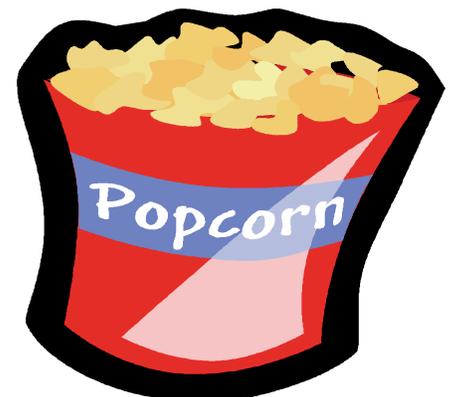
Yoga Classes: The Center will offer a 6-week Chair Yoga Class starting on Monday, November 5th at 1:00PM. This class consists of gentle stretches and breathing exercises. Toby Schoeneberger will instruct the class. Cost is \$20.00 per student. Please call Sela to register for the class. Space is limited.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, November 7th at 1:00pm.** Our feature film is Red Tails. The film is a fictionalized portrayal of the Tuskegee Airmen, a group of African American United States Army Air Force servicemen during World War II. Stars Cuba

Gooding Jr. On **Wednesday, November 28th at 1:00pm.** the feature film is Miracle Dogs. The film is about a boy, Charles Logan, who after meeting a lovable three-legged dog named Annie at the Cleveland Clinic, launches a mission to find homes for all of her puppies. Please call the Center to sign up so 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.



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

Bingo

The Senior Center needs more callers for Bingo. If you would like to volunteer, please contact the Center.

Canasta

Calling all canasta players! Come and join our group on Wednesdays at 1:00pm.

Book Club

The Book Club meets on the 3rd Thursday of the month. The group is meeting on November 15th at 10:00am. The group will discuss two books this month; "TeacherMan" by Frank McCourt and "The Enemy Within" by Michael Savage. The group will

not be meeting in December. Any senior who would like to join the lively discussion is 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 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 :

The 2nd leg of the tournament has ended with a playoff between **Team 2**: Dot Sherman & Aurea Rodriquez and **Team 4**: Pat Cyr & Doug Porter. **Team 2** won the playoff and will now compete with the winners of Leg 1 **Team 3**: Barbara Palmberg & Shirley McElroy, for the championship.

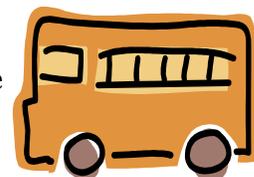
Transportation

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 now 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 on **Friday, December 14th.** Call the Center to register.

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. 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.

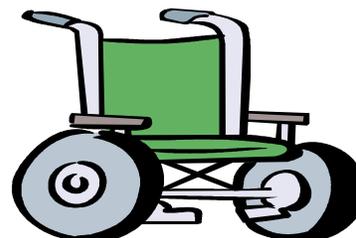
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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, transfer benches & wheelchairs.**



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 Sela at 860-870-3680 to schedule an appointment. Please note that the counselors do not sell insurance.

Upcoming Events

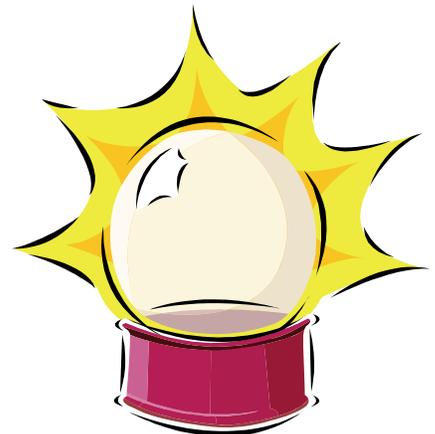
The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near:

December 4th- Out to Lunch Bunch

December 7th-Holiday Luncheon: Snow Date
December 14th

December 17th—Noon Institute with Manchester Community College

December 18th— Aqua Turf Trip



Special Event

Birthdays & Anniversaries

The Center will be celebrating October and November Birthdays and Anniversaries on Monday, November 5th 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 Polish National Home** in Hartford. This month the "bunch" will meet on **Wednesday November 7th at 12:30:00pm.**



The senior bus is available for transportation and will stop for pick up at all the Vernon Senior Housing facilities with a stop at the Senior Center and Sacred Heart Church. At the time of this publication, the bus is full. Please call Sela or come to the Center if you want to sign up for the wait list.

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 be meeting



on Tuesday, November 26th 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

Energy Assistance Vernon Social Services are presently taking Energy Assistance applications. The program assists with paying for heating bills.

If you are age 60 or older, the income guideline for this program is \$31,815 yearly for one person and \$41,605 yearly for two people.

Benefits range from \$300 to \$575. If you heat with oil, you may be eligible for additional benefits.

For more information or to schedule an appointment, please contact Social Services at 860-870-3661.

This program is funded by the federal government and administered by the State.

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.

Election Day-Bus Routes

The Senior Center bus will be operating the following schedule on Election Day, November 6th, for those in senior housing who need a ride to the polls.

District II—Pick up at Rose Commons at 9:00am to Rockville High School & return.

District I—Pick up 55 Grove Street, Court Towers & Florence Mill to Northeast School at 9:45am & return.

District III— Pick up at Franklin Park East & West, Congregate Housing & Windermere Ave at 10:45am & return.

District III—Pick up at Welles

Village at 11:45am to Skinner Road School & return.



Computer Classes

Chris MacCoy will be teaching a variety of computer classes.



Basic Computer Class-This class is for 5 weeks & it assumes some computer experience. Some areas covered are opening folders, navigating windows, changing desktop background, going on line, & going to websites. Classes start November 7th from 12:00 noon—2:00pm. Cost is \$35 for residents & \$45

for non-residents.

Basic Plus Class—This class is for 5 weeks & will cover a review of the basic course. Experience is recommended. Some areas covered are e-mails, online shopping, paypal account, & facebook. Classes start November 8th from noon—2:00pm. Cost is \$35 residents & \$45 non-residents.

Senior Center Trips

Aqua Turf Holiday Party

A new trip has been scheduled for **Tuesday, December 18th** to the beautiful Aqua Turf Club in Plantsville CT. Join us for the Aqua Turf Club Holiday Party and enjoy The Sin Sisters, a local Connecticut shoreline act, who have been performing all over the State for the last 23 years. These three best friends combine a smooth blend of perfect harmony with an indescribable talent for

singing. You will also enjoy a sumptuous holiday meal with all the trimmings. Our day begins with a welcome reception with coffee and donuts. We will then have a sit down family style lunch which includes: Salad, Pasta, Chicken Kathryn, Baked Salmon, Potato, Vegetable and Dessert. Each guest receives a complimentary glass of wine or beer. Following lunch enjoy music and dancing.

There will also be a free raffle drawing with prizes for all who attend. Cost is \$73.00 per person and includes roundtrip transportation on a Post Road Motor Coach. Call now to sign up for this wonderful Holiday celebration!



The Diamonds at Foxwoods

On Wednesday, November 28th we will travel to Foxwoods Casino for The Silver Bells and Diamonds Holiday Show, performed by The Diamonds. This show combines The Diamonds greatest hits from the 50's and 60's along with the holiday classics you know and love. Sing along with such hits as "Why Do Fools Fall in Love" along with "I'll be Home for Christmas" and "Let It Snow". We will have time to visit the casino, tempt lady luck and have lunch before the 2:00pm



performance. Each guest will receive a casino bonus consisting of a \$10 Keno and a buffet voucher (or \$10 food coupon). Trip includes roundtrip transportation on a Post Road Motor Coach all taxes and gratuities. **At this time the trip is full with a wait list being taken.** Don't hesitate to sign up on the wait list there are always cancellations and most people on the wait list have a very good chance of getting on the trip.

FUN STUFF

You Be The Judge

Come to the Senior Center on **Tuesday, November 27th at 1:30pm** for a fun and stimulating afternoon of “You Be the Judge”.

You will hear actual court cases and become part of a jury. You will deliberate with your fellow jury members and come to a conclusion. Once you express guilt or innocence, you will learn the real outcome of the trial. Will you be able to determine the



the verdict?

We will form teams randomly selected and they will compete for prizes.

This activity will not only be amusing and entertaining but it will also stimulate your senses.

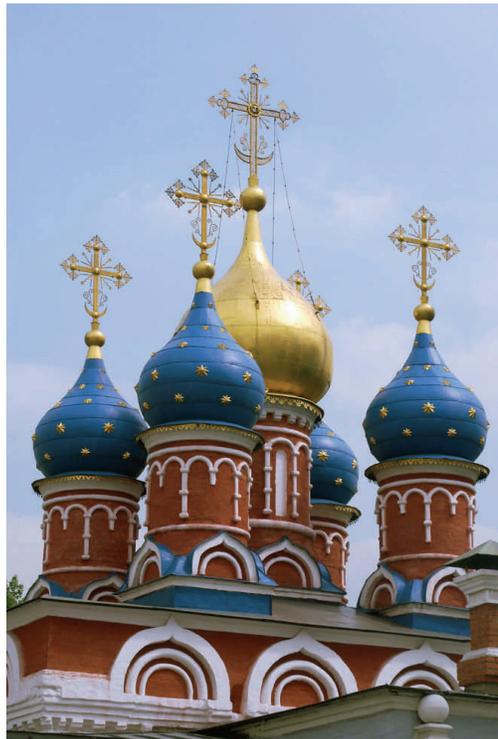
Please contact the Center to register for this program.

Armchair Travel To Russia

“Around the Globe from Home”

dobryj dyen'! (dohb-rihy dyen'): Good afternoon! Come fly with us **Monday, November 26th at 1:00 pm** as we travel to the vast and complex country of Russia.

Russia is the largest country in the world and has given birth to many great artists such as Dostoevsky and Tolstoy. On our trip we will watch a DVD exploring the country's historical sites, culture, land and places of interest.



We will also sample a taste of customary Russian fare and we will learn some useful phrases.

If you have traveled to Russia and would like to share any memorabilia or photographs that you have, please feel free to bring them.

Please contact the Center to register for this program. It is necessary that we know how many people will be attending so that we prepare enough Russian cuisine. Thank you for your cooperation in this matter.

Special Events

AARP Safe Driving Class

The AARP will host a Drivers Safety Class at the Senior Center on Friday, November 16th from 11:45am-3:45pm. There is a special promotion for Veterans this month. All Veteran's, their spouses, widows or widowers can attend the class for free. You must bring a form of identification showing you are a Veteran.

For all others attending the class the cost is \$12.00 for AARP Members and \$14.00

for non-AARP Members.

Those who take the class may be eligible for a discount on their Auto Insurance.

This year, the AARP is requesting students pay by check only if possible.

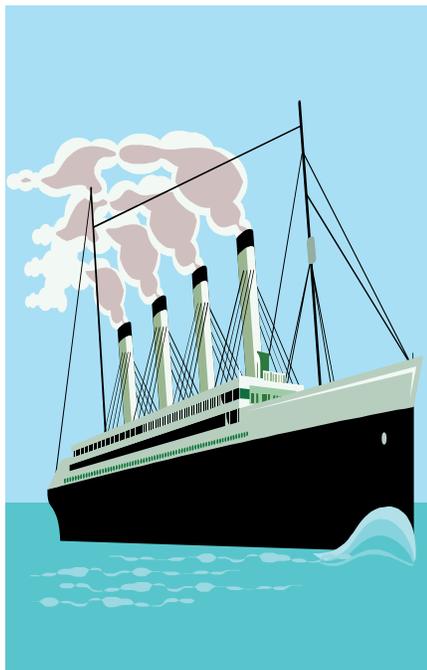
Please contact Sela at the Senior Center to register for the class. Space is limited and fills very quickly.



Noon Institute

Manchester Community College's Noon Institute is coming to Vernon Senior Center. This is a monthly series held on Mondays presented by experts on a variety of topics. Our third program in the series is "**Titanic: 100 years Since the Great Ship Went Down**" on November 19th.

Instructor Jason Scappaticci, MA, will discuss how one of the most famous disasters of the 20th century unfolded, how it may have been avoided and the lessons learned.



More than 1,100 people lost their lives on the night when the great ship went down.

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.

Upcoming programs:
December 17th-Discover the Beautiful Czech Republic. The instructor is Anna Simpson.

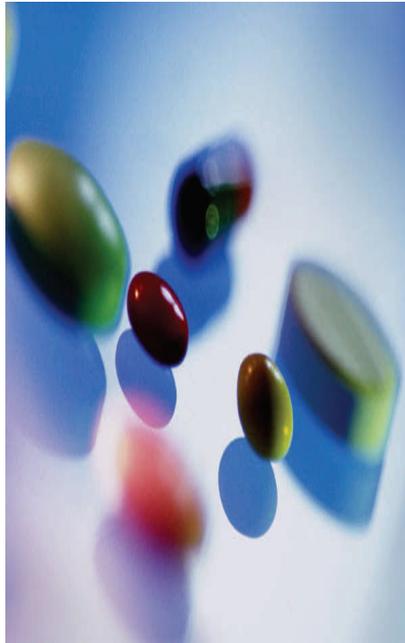
Presentations

What You Should Know about Your Medicine

How many medications do you take each day? At what time do you take them? Should you be taking them with food? What are all those pills really for anyway?

There is a lot to remember when it comes to you and your medications. Come to an exciting "Brown Bag Event" at the Senior Center led by the students from the University of Connecticut School of Pharmacy.

The students will go through all



your medications with you, explain what each medication is for, and how you should take them to get the most benefit.

Mark your calendar. The event will be held **Thursday, November 29th at 10:00am.**

Please call to register for this very informative program. Bring your medications and any questions for the students.

The Director Needs Your Help

The Director invites you to a meeting on **Tuesday, November 13th at 1:30pm** for your input.

Some Senior Centers can be cliquy which makes it difficult for new members to join in the activities. I have witnessed first hand the warmth and friendliness of our members but I believe a little helping hand would add to our reputation and character.

Therefore, we are seeking welcoming ambassadors who



would help us achieve our goal of making this the most vibrant and welcoming Center.

We would also like your suggestions regarding new programs and activities. Join the discussion on how to improve and support our programs and activities.

Please contact the Senior Center to register for this meeting. Please know we are committed to you and your needs.

Closed Veterans Day, Nov. 12th & Thanksgiving, Nov. 22nd & 23rd

Join us at the Senior Center for a fun day!



November's Birthdays !

Happy Birthday:

Barbara Dahlman	Nov 1
Alice Galo	Nov 6
Charlie Campbell	Nov 12
Rita Hart	Nov 12
Connie Marinelli	Nov 14
Peggy Meyers	Nov 20
Gordon Mead	Nov 26

Happy Anniversary:

Rose & Art Tipaldi	Nov 20
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***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: