



Senior Moments



Happenings

The Spring

Fling: The Center will host a special spring Brunch with musical entertainment *on Friday April 27th beginning at 10:30am*. A delicious breakfast will be served, catered by Maneeley's.

The breakfast consists of scrambled eggs, home fries, bacon, sausage, French toast, croissants, bagels with cream cheese, assorted muffins, danish pastries and coffee or tea. After breakfast,



a performance by the Beethoven Chorus. This choral group is made up entirely of senior men who perform old favorites, patriotic tunes and classical songs. Tickets cost \$11.00 Call to sign up for this wonderful event.

AARP Driver's Safety Class: The Center will host a Driver's Safety Class on Wednesday, April 25th from 9:30am–1:30pm. The cost is \$12.00 for AARP members and \$14.00 for non-members. Those who take the class may be eligible for a discount on their Auto Insurance. Call the Center to register. Space fills quickly. Please feel free to bring a snack or light lunch.

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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, April 26th at 1:30 pm.

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 26th. 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, April 11th. 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 May 3th & 10th . 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, April 26th. 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. The season opening organizational meeting for the Men's Golf League will be held at the Senior Center on Wednesday, April 4th at 10:00am. League play will begin on Tuesday April 24th at The Twin Hills Country Club. Any senior men who are interested in playing



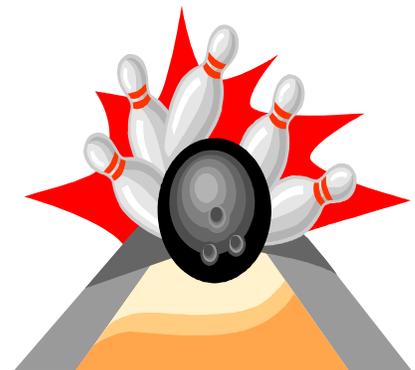
are welcome to attend the meeting. Ted Yampanis will manage the league. Substitutes are needed and are always welcome. It's time to get outdoors and enjoy the Golfing Season. For further information please contact Dick Johns at (860) 432-1796.

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”**, have been participating in competitions with other senior centers and senior living facilities in the area.

New players are always welcome!



Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays 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

Setback—Fridays at 10:00am.

Wii Bowling—Fridays at 12:30pm

Wii Golf—Wednesdays at 12:00 noon.



Exciting Opportunities

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.



Chair Yoga Class: The Center will offer another 6-week chair yoga class starting on **Monday April 16th at 1:PM.** Toby Schoenberger will instruct the class which consists of gentle stretches and breathing exercises. Cost is \$20.00 per student. Call the Center to sign up. Class space is limited.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Monday, April 9th at 10:00am.** The feature film is The Help. The film is about a young white woman, Eugenia “Skeeter” Phelan and her relationship with two black maids during the Civil Rights era in America. Skeeter is a journalist who decides to write

a controversial book from the point of view of the maids, exposing the racism that they faced as they worked for white families. On **Monday, April 30th at 10:00am,** the feature film is To Kill A Mockingbird with Gregory Peck. This is a classic movie based on the novel by Harper Lee which involves racial

injustice and the destruction of innocence.

Contact the Center to sign up.



Creative Goings On

Drawing Class

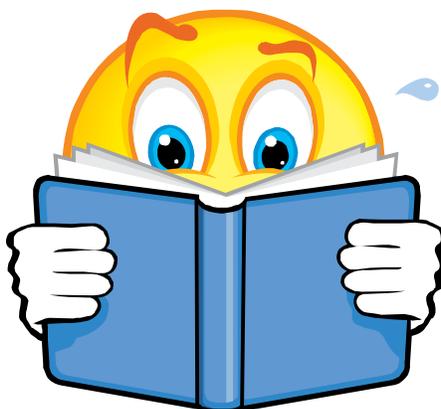
Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Painting Class. Linda Lasko will instruct another Acrylic Painting Class starting Thursday, May 3rd from 11:00am until 1:00pm. The class is appropriate for all skill levels. Classes run for 8 weeks and the cost is \$35 for residents & \$45 for non-residents. Contact the Center to sign up.

A Hodgepodge

Wii Golf will now be played on Wednesdays at 12:00 noon. Ron Kane and Dave Alter run this activity and are willing to teach anyone who is interested. This is a good way to get in some practice before the Golf Season gets underway. Come join the fun!



Book Club

The book club has changed their meeting date to the 3rd Thursday of the month. This month, they will be meeting on Thursday, April 19th at 10:00am to discuss the "Book of the Month" which is "Growing Up" by Russell Baker. New members are always 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!



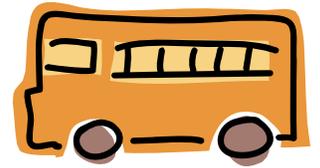
Men's Pool Tournament . Congratulations to **Team 5: Will Maynard & Ken Nunn** winners of the 2011-2012 Men's Pool Tournament and to Team 6: Steve Schubert & Bill Tyler runners up. An awards luncheon was held at the Vernon Super Buffet on March 19th for all who participated in the tournament.

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—Important Change Our senior bus shopping trips are held on the 1st & 3rd Thursday of the month. 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. 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 \$4 roundtrip.



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.

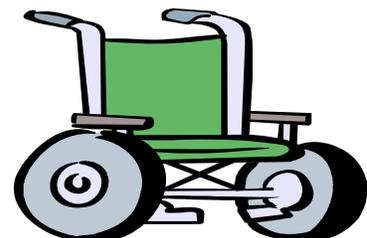
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Manchester Racquet Club

The Racquet Club has a tennis program designed for members age 62 & older. Playing days are Monday, Wednesday & Friday, early mornings. The format is all doubles play. For more information, please contact Carol Norman at 860-646-8860.

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:

May 4th—Events Committee Meeting

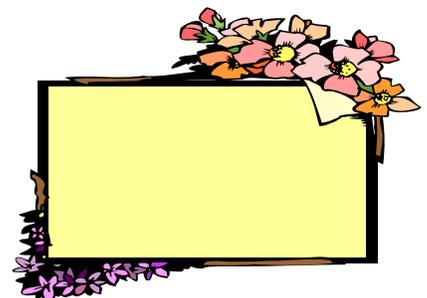
May 2nd —Out To Lunch Bunch. Reservations taken starting April 9th.

May 18th—Senior Health Expo

June 14th—Representative Claire Janowski's presentation.

June—Exchange Club picnic at Henry Park

July 11th—Luncheon & Entertainment celebrating the 4th of July



Special Event

Birthdays & Anniversaries

The Center will be celebrating April and May Birthdays and Anniversaries on Monday, May 14th 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.

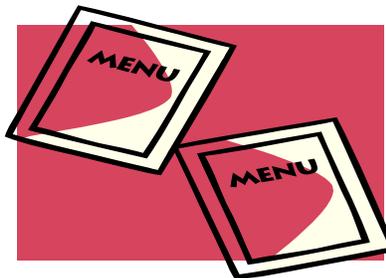
Come and share your special day with us.



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 R House Restaurant. The Senior Bus provides the transportation. This program is very popular and fills quickly so don't forget to call.

Accepting reservations for May "OTLB" starting on Monday, April 9th. Restaurant is Sofia's in East Windsor.



Computer Lab Hours The Center has a wonderful Computer Lab thanks to a State grant. It is open for use on Tuesdays and Thursdays from 10:00am-3:00pm for your use.

Come and practice your skills. Remember the saying, practice makes perfect. Staff is available for questions and help.

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



on Tuesday, April 24th at 9:30am.

This is a public meeting and the Board welcomes any suggestions that you may have regarding the Senior Center.

A special thank you to Ray Lakin, who recently resigned, for his many years of service.

What You Should Know

Events Committee The Events Committee is meeting on Friday, May 4th at noon. The committee plans special fun events for the Center. If you are interested in volunteering for this committee, please join us on the 4th. If you have any questions, feel free to contact the Senior Center.

2012 Senior Games Calling all senior athletes. If you would like to participate in the 2012 Senior Games, you may register online, www.seniorgamesct.org, or call 860-528-4588. The games take place starting May 19th and run through June 13th depending on the sport. Competition includes individual and team sports.

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.

New Activity—Square Dancing

The Center is offering square dance lessons taught by Richard Sbardella. Lessons will begin on **Wednesday, April 18th from 10:00am until 11:30am. The first lesson is free.**

If there is enough interest, the lessons will continue for a 6 week period at a cost of \$20.

Square dancing has many benefits. It helps you keep fit physically and mentally. Reacting quickly to the dance caller, keeps you mentally on your toes. It is easy to learn. It is sociable and just plain fun. Please contact the Center to sign up for this wonderful activity.



Other Stuff

Computer Lessons Chris MacCoy will be teaching two computer classes, one for beginners and another one for beginners who are not yet intermediate level.

The basic beginners class will begin on Wednesday, April 25th from 10:00am-12 noon. Cost \$35 for 5 week class.

The basic plus 1 class will begin

on Thursday, April 26th from 12 noon until 2:00pm. Cost is \$35 for 5 week class.



Scrabble: The Center has scrabble games that are available for use at any time. If you can't make the game on Tuesdays, you and a friend are welcome to play on another day. Contact the Center if interested and we will try to accommodate you. We have a group that plays on Tuesday at 1:00pm. Come join the game.

Senior Center Trips

Better Connecticut Show

Tuesday April 17th. We will visit WFSB Channel 3 for a live taping of the **Better Connecticut Show** with Scott Haney & Kara Sundlun. Following the show we'll take a short drive to the Chowder Pot Restaurant on Brainard Road in East Hartford for a delicious lunch with a choice of Broiled Salmon with orange dill sauce, Baked Stuffed Scrod with seafood stuffing or Chicken Florentine. Lunch

includes tossed salad, vegetable, potato, dessert and coffee. After lunch, we will travel to Stew Leonard's Dairy Store. Stew Leonard's began in 1969 and wanted to make the best dairy store ever. Trip includes round-trip transportation on a Post Road Motor Coach, all taxes & gratuities including the driver. Cost is \$57.00 per person. Call now to sign up for this fun day in Connecticut.



JFK LIBRARY BOSTON

A new trip has been scheduled for **Wednesday, May 23rd.** We begin the day with lunch at the Chart House. This historic restaurant on Boston's Long Wharf is located in the restored 18th century offices of American Patriot John Hancock. Meal choices are: Baked Atlantic Salmon, Slow Roasted Prime Rib, Chicken Romano or Angel Hair Pasta with tomato basil. Meals are served with Caesar Salad, potatoes, vegetable, dessert and coffee. After lunch we'll take a short drive to the



John F. Kennedy Library & Museum which is dedicated to the memory of our Nation's 35th President. Located on a ten acre park, overlooking the sea that he loved and the city that launched him to greatness, the Library stands as a vibrant tribute to the life and times of President John F. Kennedy. Cost is \$84.00 per person. Trip includes round trip transportation, lunch at The Chart House, Entrance to JFK Library & Museum.

Senior Center Overnight Trips

Mackinac Island-A Few Seats Available

The Senior Center presents an 8 day motorcoach trip to Mackinac Island with Frankenmuth & Niagara Falls.

Tour Highlights

Roundtrip motorcoach transportation

*7 night hotel accommodations

*14 meals: 6 breakfasts

1 lunch, 7 dinners

*Niagara Falls & Skylon

Tower

*Admission to the Henry Ford Museum

*Tour of Frankenmuth

*Visit Bronner's Christmas Village

* Cruise aboard the Bavarian Belle Paddlewheel.

*Ferry transportation to Mackinac Island

*Lunch at the Grand Hotel

*Horse Drawn Carriage ride at Mackinac Island

* Casino Gaming in Niagara Falls New York

*Landmark Tours escorts

*All Taxes & gratuities including driver, escort &

step-on guides

*Luggage handling of one bag per person

*Trip cancellation & interruption insurance.

Prices: \$1269 per person double occupancy; \$1664 single & \$1145 triple.

Dates: June 22– June 29, 2012

Informational

Meeting April 11 at

2:30am

Canada & New England Cruise

The Senior Center presents Canada & New England Cruise aboard Royal Caribbean's Brilliance of the Seas with 2 nights in Quebec City, departing September 21., returning October 3rd, 2012.

We'll travel to Cape Liberty, NJ for a 10 cruise visiting Portland Maine, Bar Harbor, St. John, New Brunswick, Halifax, Sidney, Charlottetown Prince Edward Island, Gaspé & Quebec.

After departing the ship, we'll enjoy a 2-night stay at the Best Western City Center. We'll tour

the Beupre Coast which includes the Shrine of Ste. Anne de Beupre & Montmorency Falls. After our Quebec experience, we depart for home by motorcoach.

Stateroom Descriptions:

Standard inside with 2 lower beds/queen, vanity area: \$1909

Large Oceanview with 2 lower beds/queen, window, vanity area: \$2209

Delux Oceanview with balcony, 2 lower beds/queen, sitting area: Price \$2529.

Prices are based on double

occupancy.

Prices includes round trip transfers, full time escort, 10 night cruise, 2 nights hotel, 2 dinners, 2 breakfasts & 2 tours in Quebec, port & departure taxes, all meals, activities & entertainment aboard ship, trip cancellation insurance, & portorage of 1 bag per person.

Prices do not include shore excursions, bar drinks, gratuities aboard ship or items of a person nature.

For questions or more information, contact the Senior Center.

Trips Continued

Baseball Game

A new policy will be put in place for trips that involve tickets. Tickets that we purchase for shows and sporting events are non-refundable if we don't sell the tickets we cannot return them. We will now require a non-refundable deposit for any trips that involve tickets. We will take a pre-registration for trips that involve tickets to see if there is enough interest to run the trip. Currently we are looking into purchasing tickets



for a UConn Baseball game at Dodd Stadium in Norwich vs. Rhode Island on **Tuesday May 15th** at 11:00am. The cost includes a ticket to the game, reservations in an air conditioned luxury suite and light refreshments. The trip would include transportation on a Post Road Motorcoach. We would need a minimum of 30 people to run this trip. Cost is \$35.00 per person. Call the Center if interested

Walk to End Alzheimer's

Vernon Senior Center is joining the walk to end Alzheimer's Disease on **Sunday, September 29th, 2012 at Asnuntuck Community College, Enfield.**

Join us as we walk to end Alzheimer's, the nation's sixth-leading cause of death and a disease that devastates millions of families across the country. With you help, we can raise the funds and awareness to enhance Alzheimer care and support and advance critical research.



Look for more information as we get closer to the date.

Please mark your calendars and contact the Senior Center to register to participate. Bring your children, grandchildren and the whole family.

Transportation will be provided if there is enough of interest.

This is a very worthwhile endeavor and we hope that you will be able to join us. Let's make a difference.

Presentations

The Emotional Aspects of Aging and Coping with Life's Changes

Diana Fontana, from Connecticut Community Care, Inc. will present this informative program on **Monday, April 23rd at 10:00am.** Come and learn about the aging process and how to manage the transformation. It is always helpful to have insight as we enter different stages in life. Contact the Center to register.

Back Pain

Elizabeth Davoren, APRN, from Connecticut Back Center, will provide an interactive lecture on current treatment & the myths of back pain. Eight out of ten people will experience back pain. Before treatment, you should know the facts. The program is on **Monday, April 16th at 10:30am.** Please call the Center to register for this program.



Senior Center Celebration

September was Senior Center Celebration month and the Vernon Senior Center honored it with a festivity on the 30th of the month.

The Seniors who attended were asked "What does the Senior Center Mean to Them".

Published below are what some of our seniors said.

By Jo Zielski

It means a lot to me. It's a place to enjoy meeting people I haven't seen for years and enjoy their company at bingo, picnics

"Out to Lunch Bunch" etc. All the people are friendly and the staff is just great.

By Gladys Vincent

It is a place to meet people, go on trips. I'll never forget the things that I did and the good times I have had.

By Bob Glenister

Fellowship with other seniors. Trips to interesting places and cards with friends.

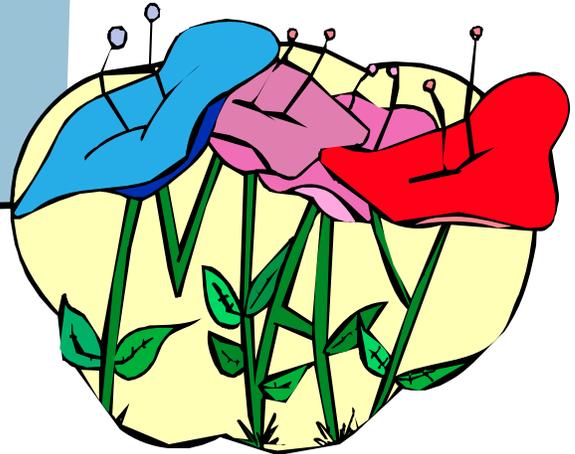


Senior Center Closed Good Friday

April 6th

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Join us at the Senior
Center for a fun day!



April Birthdays !

Happy Birthday to:

Mary Oliver	4/7
Jean Paulin	4/7
Arline Collins	4/7
Anna Sierra	4/11
Carrie Gamer	4/12
Ed Talbot	4/15
Don Sierakowski	4/16
Ed Slattery	4/17
Paul Satryb	4/20
Art Tipaldi	4/29

Happy Anniversary:

Bill and Jean Paulin	4/14
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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**

• • • • •
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: