



Vernon Senior Center's

Issue 5
December 2013

Senior Moments

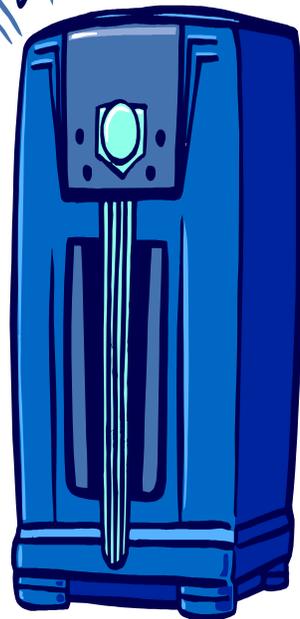


Reliving the 1940's

Those Were the Days

Join us on **Tuesday, December 10th at 10:30am** as a representative of CT Historical Society will be speaking about the 1940's.

Learn how the world looked to a boy growing up in a time when kids were free to roam. Recall when radio held center stage and the big-band sound dominated music. Learn how World War II changed everything. Also, see what amazing things can be learned



from the 1949 Census. You will be entertained, whether it's a reminiscence or a new introduction.

Dick Tomlinson, who is CT Historical Society Board Member, will be presenting.

This program is free of charge. It is important to register because if we do not have enough sign ups, we will have to cancel the program.

Please call the Center to register for this wonderful program.

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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, December 26th 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 26th. 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, December 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 **Thursday, December 5th & Thursday, December 12th**. 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 is **December 19th**. 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.

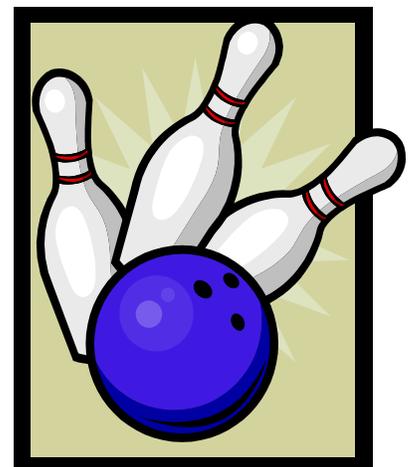


Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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**. In October and November, the Center’s team, the Vernon Alley Cats, competed against Willington, East Hartford, White Oakes and East Windsor. Even though our team lost the competition, all had a wonderful time.



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. 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.

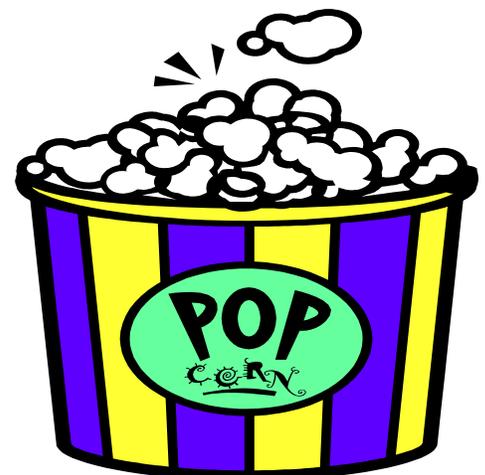
Please call the Center to register if you are interested in this program.



Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, December 4th at 1:00pm**. The feature film is **Holiday Inn**. It is a romantic comedy about Jim Hardy who retires from the bright lights of show-biz & becomes a farmer. He converts the farm into an Inn, open only on the holidays and

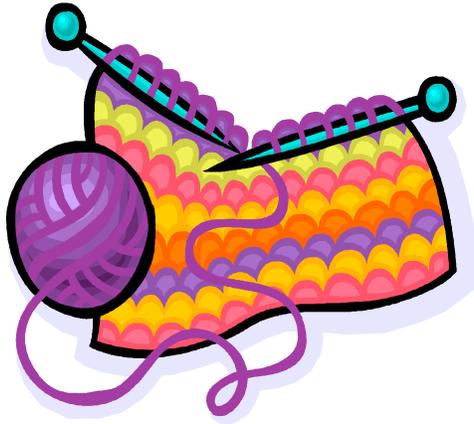
competes against an old pal for a singer-dancer's affection. The next matinee is on **Wednesday, December 18th at 1:00pm**. The film is an all time favorite, **White Christmas**. Popcorn will be served so please call to register so we know how much popcorn to pop.



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.



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

Congratulations to our winners of the **2013 Mah Jongg Tournament**. Dot Sherman 1st place score 345 and Gladys Itzkowicz 2nd place score 205. The group held their awards banquet at Angellinos. Thanks to Anne St Onge, Jean DeNicolo & Jeanette Loehr for managing the tournament.



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. Leaders in the tournament at

Team 3: Joe Fecteau and Bill Coughlin with 3 wins and no losses.



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 December on **Tuesday, December 17th.** Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide **Di-** al 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, commodes, walkers & 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 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.

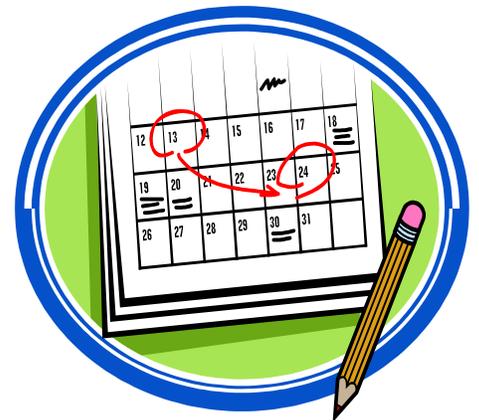
January 6th: Crazy Whist

January 7th: Out to Lunch Bunch

January 7th: Horizon Wings Raptor Rehabilitation & Education

January 24th: Pierogies & Polkas

January 27th: December and January Birthday & Anniversary Celebrations



Special Event

Birthdays & Anniversaries

The Center will be celebrating December and January 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.

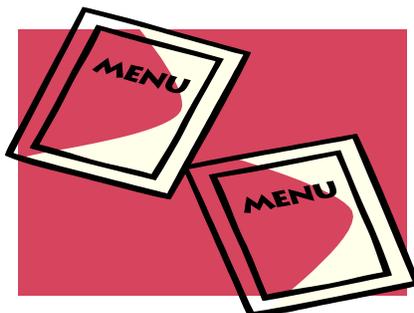
Come and share your special day with us.



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 "The Manchester Country Club". The group will meet on **Tuesday, December 3rd at 1:00pm**. Call to sign up for this special holiday lunch.

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 organizes all the lunches. We appreciate all your hard work.

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 and Polly Schaefer, William Tyler Sr., Richard Levitsky, and Patricia Iamonaco



Due to the holidays this month, the next board meeting will be held on December 17th 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.

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.

Bob Barker & The Price is Right

Join us on **Thursday, December 12th at 11:00am** as we celebrate Bob Barker's 90th birthday! The Price Is Right will be honoring Bob Barker on his birthday and he will be making a special appearance on the daytime game show. We will celebrate his birthday with some cookies and

coffee as we watch the show, The Price is Right.

In honor of Bob Barker's continuing efforts to help with animal awareness. We will be collecting donations of pet food for our local animal shelter.

We hope you can "Come on Down" on the 12th!



A Walk Down Memory Lane

Come and join us on **Monday, December 16th at 1:30pm** for a walk down memory lane.

Please bring with you a picture of yourself at an earlier time or bring a picture of an event or landscape from days gone by that you want to share with everyone.

We will be reminiscing about



our lives and hark back to a time when things were simpler.

It is not only interesting but informative and will be lots of fun.

Please contact the Center to register for this program.

Hope to see you on the 16th.

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.

Fireplace Feast at Salem Cross Inn

Join us for a beautiful day in West Brookfield, Mass on **Wed. December 11th**. The Salem Cross is a Colonial restaurant situated on 600 acres in Central Massachusetts and is one of the finest examples of Colonial restoration in the United States.

We start our day with a cheese & cracker social hour by the fieldstone fireplace as we watch the crackling fire roast our prime rib using a 1700’s antique roasting jack. This event has been featured on The Food Network and The Phantom Gourmet. We will then watch

the baker prepare a deep dish apple pie from scratch using fresh apples picked from the local orchards. Help peel the apples with an antique apple peeler and learn the secrets to making a perfect crust.

Lunch includes a choice of Prime Rib or Chicken Pot Pie served with New England Chowder, Vegetable, Potato, Dessert & Coffee.

Following lunch we’ll make a stop at Oakwood Farm Christmas Barn for some Holiday Shopping.

Cost \$80.00 per person includes: Cheese & Cracker Social hour, Fireplace Feast, Apple Pie Demonstration, shopping at Oakwood Christmas Barn, all taxes & gratuities including the driver.

Call now to sign up for this festive day!



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 by Dec. 10th to let us know you are interested in this show. We will require a \$50.00 non-refundable deposit at a later date.



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

Tuesday, February 25th:
Mohegan Sun, Includes casino bonus, with free bet & food coupon \$25.00

Thursday, March 27th:
Newport Playhouse

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

New Year's Celebration

The Center will be hosting a New Year's Brunch on **Tuesday, December 31st at 11:00am.**

Join us as we ring in the new year with food and music. We will be serving quiche, fresh fruit, assortment of pastries and non-alcoholic bubbly.

We will be entertained by DJ Mack who will be playing many of your favorite songs.

The celebration will include



favors, the traditional count down and a fun and entertaining time.

Space is limited so please register as soon as possible. The cost is \$5 per person.

We invite you to help us make merry as we celebrate the coming of the new year.

Hope to see you on the 31st.

Holiday Luncheon

The Center will be hosting a Holiday Luncheon on **Friday, December 6th at 11:00am.** (Snow Date is Friday December 13th). The Connecticut Yuletide Carolers, an acappella caroling group will perform at 11:00am followed by a delicious Holiday Luncheon catered by Maneeleys.

We will be serving Stuffed Sole with Lobster Sauce, Chicken Marsala, Mashed Potatoes, Vegetable, Rolls with butter & dessert.

Dressed in traditional costume,

the Victorian Carolers will fill the winter air with the bright sounds of the season, singing traditional and contemporary Christmas music in 4-part harmony to bring holiday cheer to young and old alike.

The group has appeared on WFSB's Better Connecticut and Fox TV's "Holiday Wishes". They have held performances throughout Connecticut and New England.

The cost is \$12.00 per person. Contact the Center to register for this festive holiday event!



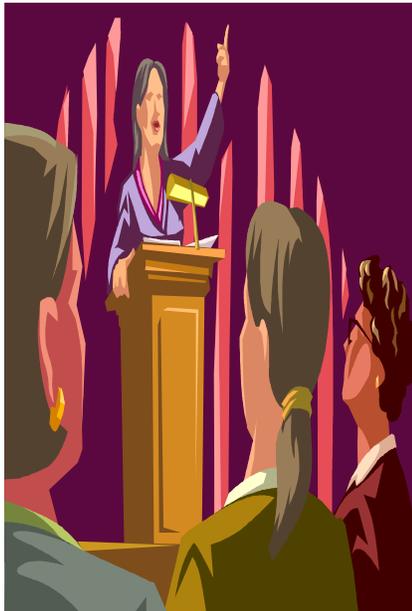
Presentations

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.

Festival of Trees

The Center is offering a trip to the Wadsworth Atheneum's Festival of Trees on **Friday, December 13th. The Senior Center bus will be leaving the Green Circle parking lot at 10:00am.**

We will arrive at the Atheneum at approximately 10:30am and you will have enough time to view the holiday trees and wreaths.

This is the 40th year of this holiday event. The evergreen trees and wreaths are decorated by



by Hartford area artists and organizations.

After the Atheneum, we will be making a stop at Buckland Mall. You will have an opportunity to get a bite to eat or do some shopping.

The cost for admittance to the museum is \$10. Transportation is free and lunch is on your own.

Please contact the Center to register for this wonderful holiday program.

The Center will be closed December 25th and January 1st

Join us at the Senior Center for a fun day!



November's Birthdays !

Happy Birthday:

Mary Dzat	Dec 7
Jack Brow	Dec 13
Rita LeTellier	Dec 15
Carl Owens	Dec 24
Martha Pinavich	Dec 24
Esther Edwards	Dec 24
Marilyn Talbot	Dec 26
Wanda Satkiewicz	Dec 28
Ron Zim	Dec 31



***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**

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

Ellen Ballos, Assistant Director

Sela Saunders, Secretary/Receptionist

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: