



Vernon Senior Center's

Issue 8  
February 2013

# Senior Moments



## President's Day Celebration

The Center is hosting a President's Day luncheon and entertainment on **Friday, February 15th at 11:00am.** **Snow date will be Friday, February 22nd.**

The Center will be honoring President Washington and Lincoln with stories and music by Tom Callinan, CT's first "Official State Troubadour". We will be serving some of the favorite foods of our most famous



includes: Pot Roast, Chicken Ala King, Baked Macaroni & Cheese, vegetables, with apple & cherry pie for dessert. Cost is \$12.00 per person. Call or come in to sign up for this fun day!

Presidents. Did you know that President Ford's favorite meal was Pot Roast or that Abraham Lincoln enjoyed Chicken Fricassee with biscuits? Come to the luncheon and enjoy a meal fit for a President! Our 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, February 28th 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 28th. 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, February 13th. 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, February 7th & 14th. 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, February 28th. 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.



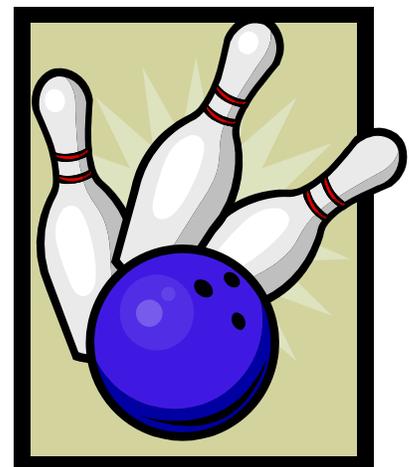
### Table Massage

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 “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, 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, has been very active competing against other senior centers and assisted living centers. Come and cheer on your fellow seniors.



# Cards & Games

**Bingo**—Mondays at 1:00pm

& Thursdays at 10:00am

**Set Back**— Friday at 10:00am

**Bridge**— Fridays at 1:00pm

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

**Wii Bowling**—Fridays at 12:30pm

**Canasta**— Wednesdays at 1:00pm

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

**Chess** —Tuesdays at 9:30am

**Scrabble**—Tuesdays at 1:00pm

**Cribbage**—Wednesdays at 9:45am

**Dominos** Tuesdays at 1:00pm



# Exciting Opportunities

## Reiki

The Center is offering an informational meeting about Reiki on **Wednesday, February 20th at 1:30pm.** Bette Giordano will be here to give a demonstration along with information regarding Reiki's benefits.

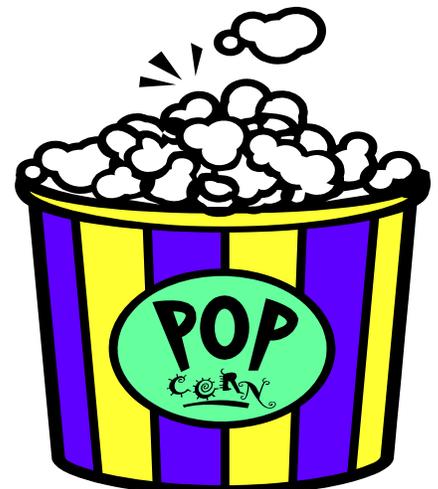


For those of you who are unfamiliar with Reiki, it is a form of energy work used to promote healing of the mind, body and spirit through a series of soft touches. Reiki is useful for the promotion of good health. Please contact the Center to register for this enlightening program.

# Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on **Wednesday, February 13th at 1:00pm.** The feature film is 'Breakfast at Tiffany's' starring Audrey Hepburn and George Peppard. Come and see this sentimental, romantic and witty classic. Our next feature film will be on **Wednesday, February 27th**

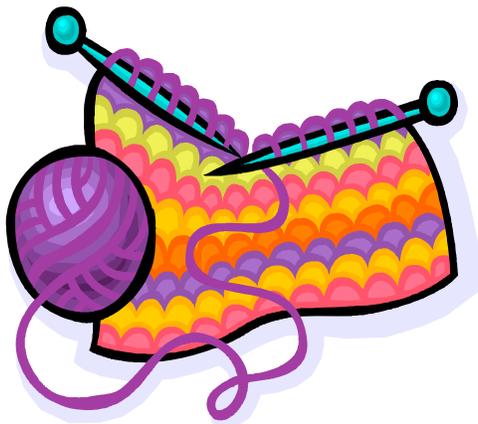
**at 1:00pm.** The feature film is "Always" directed by Steven Spielberg. The film is about Pete Sandich, a firefighting pilot who dies in the line of duty only to return as a guardian angel to fledgling aviator, Ted Barker. Please call the Center to sign up so we will know how much popcorn to pop!



# 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

**Investment Club:** The Center will have an informational meeting on **Wednesday, February 27th at 1:30pm** to see if there is interest in starting an investment club. The club would share investing information and strategies.



No money or investment would be involved.

Please call the Center to register for this program.

**Book Club:** The Book Club meets on the 3rd Thursday of each month. The group will be meeting on **Thursday, February 21st at 10:00am** to discuss the book of the month "Mr. Emerson's Wife" by Amy Belding Brown. 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.

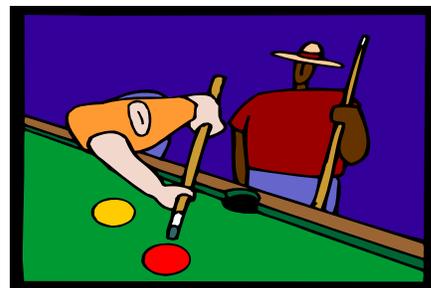
**Ladies Pool** - The ladies play pool on Tuesday mornings

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:

We are now in Leg 2 of the men's pool tournament. Leaders at the end of **Round 2:** 1st place team is **Team 2: Dave Alter & Tom Shea**

with 6 wins & n0 losses. Our 2nd place team is **Team 3: Bill Coughlin & Will Maynard** with 5 wins and 1 loss.

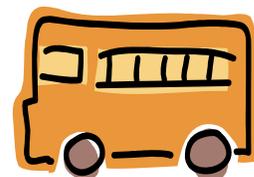


# Transportation

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

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

Mall & Wal-Mart in February 28th. 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.

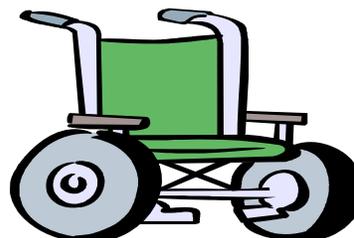
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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.

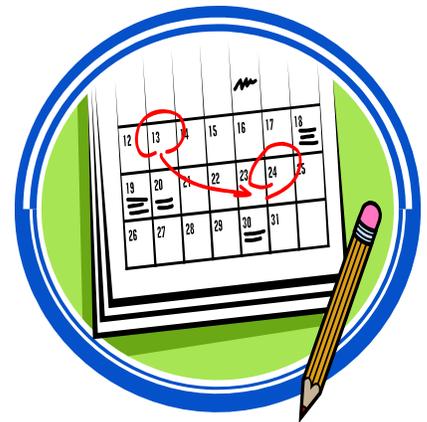
If you have any questions about your coverage or anything else related to your insurance, please contact Sela at 860-870-3680 to schedule an appointment. Please note that the counselors do not sell insurance.

## 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

- March 5th—Out to Lunch Bunch
- March 6th—Zumba Gold Class

- March 11th—Noon-Institute—Connecticut's Native Americans
- March 20th—Finger Lakes Trip Informational Meeting
- March 21st—Hyde Park with Culinary Institute Trip
- March 27th—Presentation—History of Vernon Railroads



# Special Event

## Birthdays & Anniversaries

The Center will be celebrating February and March Birthdays and Anniversaries on **Monday, March 25th 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.

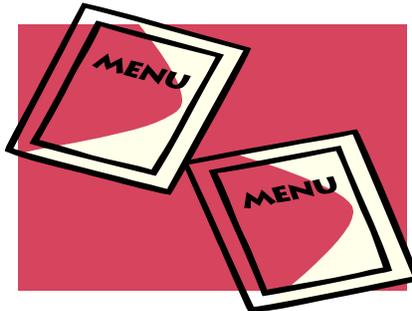
Come and share your special day with us.



# Other Activities

The "Out to Lunch Bunch" will now meet on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to Mitchells Restaurant in Vernon. The group will meet on **Tuesday February 5th at 1:00pm**.

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.

A special thanks to Marion Pitman for making all the arrangements and to Barbara Descy for all her 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, , Jean Inge, Carol Nelson, Gerry Probulis, Ed Zinky, Ron Kane and Joe Grabinski.

This month the board will meet on **Tuesday, February 26th**



**at 9:30am** at the Center due to the holiday.

The Board is in the process of planning some fun activities for the Center.

The Board welcomes any suggestions that you may have regarding the Senior Center.

# What You Should Know

## Energy Assistance

If you are having trouble paying for your heating bill and are low income, you may be eligible for Energy Assistance.

Vernon Social Services (860-870-3661) will begin taking applications this month. Please contact them to see if you may qualify for the program.

## Storm Policy

The Senior Center is CLOSED for activities when the Vernon schools are CLOSED and there will be **no transportation**, either the senior bus or car.

Listen to WTIC 1080 radio or to watch **WFSB Channel 3** if there is a snow storm for the latest information on closings.

## 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.

# Afternoon Tea & Tea Trivia

Join us on **Wednesday, February 6th at 1:00pm** for an Afternoon Tea and a game of tea trivia. Come and enjoy sipping a wide variety of teas and experiencing traditional English fare. We will be serving tea sandwiches and treats that are typical of an English tea.



We will also be having a fun time playing a game of tea trivia. Not only will you compete, you will learn some interesting facts about tea. Prizes will be awarded to the winners.

Please contact the Center to register for this entertaining activity. Cost is \$3.00 per person.

# Game Show “Name that Tune”

Do you remember the game show “Name that Tune”? Come and join us at the Center on **Wednesday, February 20th at 11:00am** for Vernon Senior Center’s version of the game. You will have an opportunity to win some prizes as you try and guess the songs played. You will be brought down memory lane



and you will need to put on your thinking caps.

After the game, we will be serving hot dogs and a variety of condiments. It is going to be a fun time so we hope that you will be able to attend.

Contact the Center to register. Cost is \$3.00 per person.

# Senior Center Trips

## ***Bermuda Cruise***

The Center through Landmark Cruises & Tours is offering a cruise to Bermuda. The cruise is on the Celebrity Summit cruising out of New Jersey for 7 days, **May 19th-May 26th, 2013**. The cruise features three full days at King's Wharf on the island's western end.

All prices are based on double occupancy. The price includes round trip motorcoach transfers, 7 night

cruise, port & departure taxes, meals, activities and entertainment aboard ship, trip cancellation insurance & proterage of one bag per person. Not included are shore excursions, bar drinks, gratuities, or items of a personal nature.

If you are interested in this cruise or would like more information and pricing, please contact the Senior Center.



## ***Trains, Canals & Wineries***

### **THE FINGER LAKES**

America's second largest wine region is practically next door in the enchanting Finger Lakes region of upstate New York. We will sample some of the very best wines along the Cayuga Lake Wine Trail, cruise the famous Erie Canal and enjoy the spectacular scenery aboard the Adirondack Scenic Railroad on our 4 day adventure, **September 23-26, 2013**.

Enjoy wonderful lakefront dining at the Sherwood Inn in Skaneateles and elegant Belhurst Castle in Geneva.

We'll tour Plantations and the beautiful college campus in Ithaca, with a photo stop at Taughannock Falls. We will visit MacKenzie-Childs, known world over for its whimsical, hand painted ceramics and home accessories. Our hotel will be the lovely Inn of the Finger Lakes in Auburn, on Owasco Lake. En route home you may test your luck at Turning Stone Casino.

**Tour Highlights**  
Roundtrip motorcoach transportation  
Three nights lodging at the Inn

Seven meals: 3 breakfasts, 3 dinners & 1 luncheon  
Nightly wine & beer reception at our hotel.  
Erie Canal lunch cruise  
Adirondack Scenic Railroad  
MacKenzie-Childs & Cornell Plantations  
Tour & Tasting at Saranac Brewery & two Finger Lakes wineries  
Baggage handling & Trip cancellation/interruption insurance. Cost \$539 per person based on double occupancy. **Informational Meeting is March 20th at 2:00pm. Call to register.**

# DAY TRIPS

## *Providence Flower Show*

Join us on **Thursday February 21st** for a little touch of Spring!

We begin our day with lunch at Cassarino's Restaurant in Providence RI. Our meal begins with Bruschetta followed by your choice of Chicken Parmigiana, Penne Primavera or Baked Scrod, with dessert and coffee.

Following lunch we'll take a short drive to the Rhode



Island Convention Center for New England's Premier Flower Show. This is a true horticultural extravaganza offering splendid floral exhibits, life-size landscaped garden vignettes, and the food and wine festival featuring wine samplings and chef demonstrations.

Cost is \$77.00 per person and includes round trip transportation on a Post Road Motor Coach.

## **Upcoming Day Trips**

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

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

**Thursday February 28th: Foxwoods Casino**

Trip includes: Transportation, \$15.00 food coupon, \$10.00 free bet. Cost is \$25.00 per person. Call now to sign up.



**Thursday, March 21st: Hyde Park NY Culinary Institute:**

Our day begins at the Culinary Institute located on the East Bank of The Hudson River. Trip includes lunch at the Culinary Institute. The lunch is completely prepared and served by the students. Following lunch we will have some time in the gift shop and then we travel to the Vanderbilt Mansion, a National Historic Site in Hyde Park. We will have a guided tour through this beautiful estate. Trip includes roundtrip transportation, all taxes & gratuities. Cost is \$88.00 per person.

# Special Events & Services

## AARP Tax Preparation

Again this year, AARP volunteer tax preparers will be at the Center to help prepare your federal and state income taxes. **The Center is now scheduling appointments.**

**The tax preparers will be at the Center on Tuesday and Wednesday mornings starting February 5th. APPOINTMENTS ARE REQUIRED.**



**NO WALK INS  
ACCEPTED**

**Please contact the Center to schedule an appointment.**

The Center is a very busy site and it is important to call the Center if you are **not** planning to keep your appointment. Both AARP volunteers and Senior Center Staff thank you for your anticipated cooperation. Last day is Wednesday, April 10th.

## Elder Law Attorney

Marilyn Denny, an Elder Law Attorney, from Greater Hartford Legal Aid will be at the Center on **Monday, February 4th at 10:30am**. She will be speaking about three areas of interest.

The first is Advance Directives. She will review and explain Power of Attorney forms and Health Care Directives.

The second is Your Home and Title 19 or Medicaid. Many seniors are concerned about what will happen to their homes if they have to enter a nursing facility. Attorney Denny sets



out the state regulations as they pertain to transferring a home and the guidelines for determining the income a spouse remaining in the home will receive.

The third is Help for Seniors in the Community. The attorney will speak about Connecticut Home Care Program, Money Follows the Person & requirements & responsibilities in retaining a personal care assistant.

Please contact the Center to register for this program.

# Presentations

## *Noon Institute*

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays. Our next program in the series is **The S.S. United States: Built for Peace, Prepared for War on Monday February 11th at noon.** The ship was a technological wonder of the 1950's and the pride of America. She was America's response to great English liners like the Queen Mary. Throughout the 1950's, she was one of the most



glamorous & popular liners on the Atlantic. Through pictures and stories we will explain the creation of this great ship, her career & ultimate demise.

**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 is accepted. Please make check payable to MCC.

## **Breakfast & Positive Thinking**

### **“Accentuate the Positive”**

The Senior Center is hosting a program on **Monday, February 25th at 10:30am** about the importance of positive thinking and its health benefits. Jo Anne Harrison-Becker will be the presenter.

When you are happy and positive, you'll find life easier than if you're miserable. According to numerous research studies, you'll get fewer colds & infections and you may even

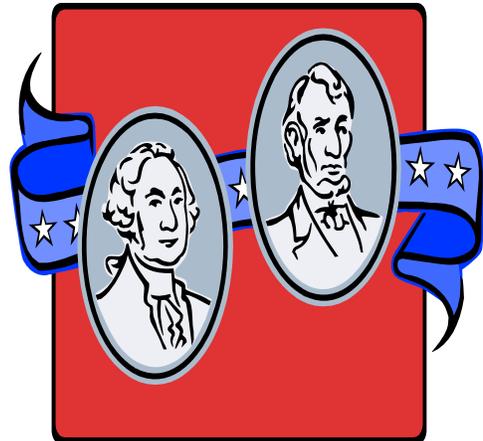


live longer! The presenter will speak about how to keep a positive attitude & stay positive around negative people, being positive in good times and bad, 7 “secrets” for a happier life and positive daily affirmations and how to make them work Remember shine a positive light on life and the life you experience will be filled with true richness.

Please contact the Center to register. **A continental breakfast will be served.**

The Center will be closed February 18th

Join us at the Senior Center for a fun day!



## February's Birthdays !

### Happy Birthday:

Bill Paulin	Feb 5
Paul Iacobucci	Feb 5
Ray Larkin	Feb 8
Barry Obedzinski	Feb 11
Marie Harris	Feb 12
Jean Mead	Feb 12
Bob DeCosta	Feb 17
Mary Viola	Feb 20
Grace Cameron	Feb 23
Barbara Palmberg	Feb 26
Margaret Ginolfi	Feb 27

### Birthdays Continued:

Joe Grabinski	Feb 28
Pat Iamonaco	Feb 28

### Happy Anniversary:

Bob & Pat Flanders	Feb 25
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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: