



Vernon Senior Center's

Issue 11
June 2013

Senior Moments



Old Connecticut Path

Jason Newton will be presenting a program about the Old Connecticut Path on **Friday, June 7th at 1:00pm**. The Reverend Thomas Hooker and his congregation set out on a journey from Cambridge MA to Hartford, CT in May 1636. The route they took became known as the Old Connecticut Path. With him were the Talcott, Steele, and Skinner families, some of whose descendants settled in Vernon. Researching the "path" became a family history



project for Jason over a three year period. Although it is open for debate, Newton feels the most likely path was through Tolland and then along Rt. 30, Hartford Tpk. Vernon. Along this path and ridge line, our first settlers build their farms, homes and churches. Jason hopes to create a heritage trail where the Old Connecticut Path may have been. Call the Center to register for this program.

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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, June 27 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 27th. Please call to register. Please note it costs \$2 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, June 12th. 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, June 6th & Thursday, June 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, June 27th. 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.



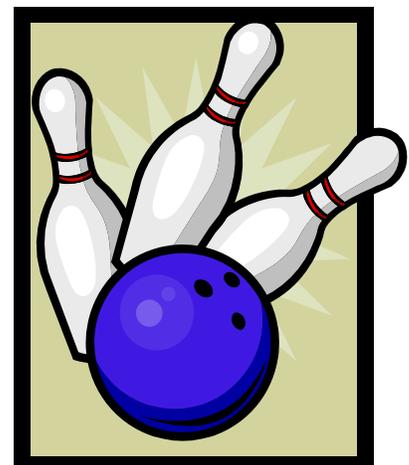
Table Massage

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 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. 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

Bridge— Fridays at 1:00pm

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

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

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Exciting Opportunities

Zumba Gold: The Zumba Class is now an ongoing activity, held on every **Wednesday at 1:00pm.**

Kathy Ferreria is the instructor and her class has become very popular. Anyone who is interested is welcome to join. Cost is \$4 per class paid directly to the instructor.

Shuffle board Tournament: The center will host a Shuffleboard tournament starting on **Monday June 3rd at 9:30am.** Any senior men or women who are interested in playing shuffleboard are welcome to sign up. An awards luncheon will be held for all who participate with cash prizes for

the winners. Helen Scarpello will manage the tournament assisted by Sibyl Krebs. Call now to sign up.



Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, June 5th at 1:00pm.** The feature film Life of Pi. This is a story of the adventures of Pi, an Indian boy, who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. This movie is exciting & suspenseful.

The next matinee is Pitch Perfect on **Wednesday, June 19th at 1:00pm.** This music-steeped comedy that draws on the world of a cappella groups to tell the story of an intense competition between three ensembles. This is a feel good movie with comedy and music. Popcorn will served so please

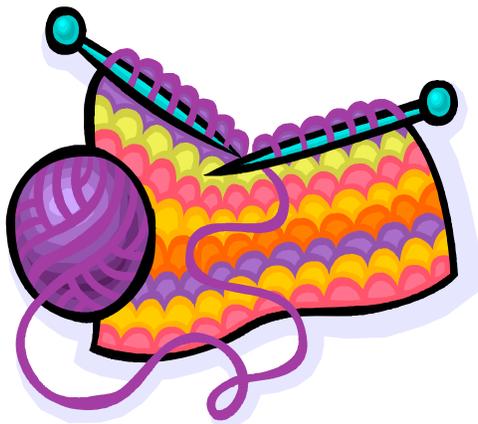
call to register so we know how much popcorn to pop.



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.



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

Mah Jongg Tournament:

Congratulations to the winners
1st Place: Gladys Itzkowitz 305
2nd Place: Jean Pasternak 225
The group enjoyed an awards luncheon at Angellino's on May 9th. Thank you to Anne St. Onge and Jeanette Loehr for managing the tournament.

Exchange Club Picnic

The Exchange Picnic will be **Saturday, June 15th**. The Center will be providing transportation with pick ups at the elderly housing sites. **Please contact the Center to sign up for the Senior Bus transportation only.**

Book Club: The Book Club meets on the 3rd Thursday of each month. The group will be meeting on **Thursday, June 20th at 10:00am** to discuss the book of the month which is A Hologram for the King by Dave Eggers. 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!

Co-ed Pool Tournament:

Congratulations to the winners
1st place Team 4: Maureen Tyler & John Konicki with 12 wins and 6 losses. Runners up Team 2: Joe Grabinski and

Barbara Palmberg with 9 wins & 9 losses. The group enjoyed an awards luncheon at Vernon Diner. Thank you to Carl Palmberg for managing 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—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 on **Friday June 7th at 9:30am.** 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.

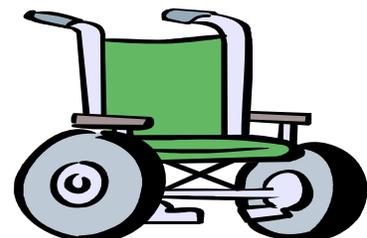
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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, 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.
Former Car Driver It is with sadness we inform you that, our former driver, Len DeCarli, has passed away. He was respected

& well liked. We, at the Center, offer our condolences to his family.
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.

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.

July 1st: June & July Birthday & Anniversary Celebration

July 2nd: Out to Lunch Bunch

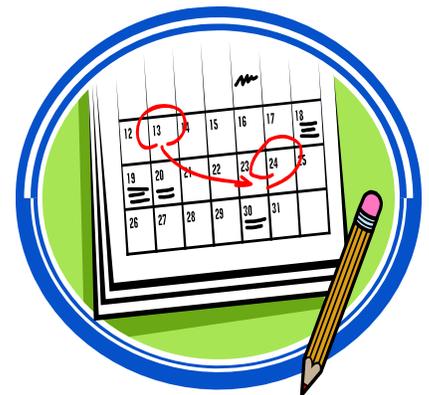
July 15th: Travel Series

July 17th: Landmark Tours
Lobster Bash Trip

July 22nd: Lincoln
Presentation

July 24th: Claire Janowski's
Legislative Update

July 29th: Ice Cream Social



Special Event

Birthdays & Anniversaries
The Center will be celebrating June and July Birthdays and Anniversaries on **Monday, July 1st 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".

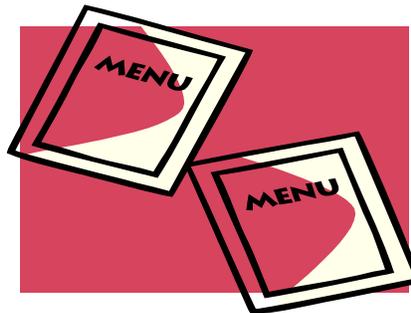
A Birthday cake will be served, so please contact the Center to register so we know how many to expect. Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities. Come and share your special day with us.



Other Activities

The "Out to Lunch Bunch" meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to "Red Lobster" in Rocky Hill. The group will meet on **Tuesday June 4th at 12:30pm.**

The senior bus is available for transportation and pick up at all



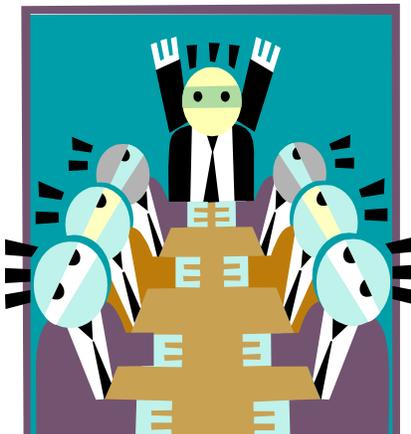
the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

We would like to welcome Shirley Blinn who will now assist Marion Pitman with the lunches.

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, Sally Hearn and Polly Schaefer.



This month the board will meet on **Tuesday, June 25th at 9:30am** at the Senior Center.

The Board meetings are an open public meeting and anyone who wishes to attend is more than welcome.

Your suggestions are always welcomed.

What You Should Know

Renter's Rebate Vernon Social Services are taking Renter's Rebate applications for seniors age 65 and disabled individuals. The application filings dates are from April 1st through October 1st. For more information or to schedule an appointment, please call Social Services at 860-870-3661.

Birthdays & Anniversaries
If you would like to have your birthday or anniversary recognized in the Senior Newsletter and/or Journal Inquirer Senior Center column, please contact Ellen at 860-870-3680. Birthdays and Anniversaries are extraordinary as we age so let us honor you on your special day.

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.

Crazy Whist & Other Events

The Center will host a **Crazy Whist Card & Pizza Party** on Friday, June 21st. We will start with pizza at 1:00pm followed by card playing.

Crazy Whist is a fun card game that everyone can play. Come and enjoy a fun afternoon at the Senior Center. Cost is \$7.00.

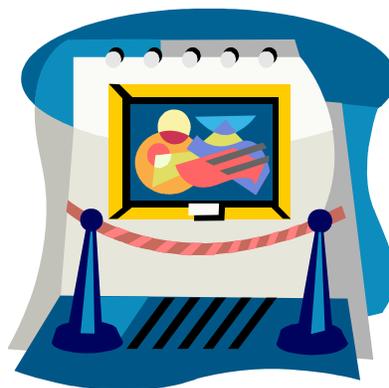
Prizes will be awarded. Please pre-register for the party so we know how much pizza to order!



AARP Drivers Safety Class
There will be a class on **Friday, June 14th at 11:45am-3:45pm.** Cost is \$12 for AARP members and \$14 for non-members. Check with your insurance agent to see if you would be eligible for a discount. Please call the Center to register. Space is limited!

Hill-Stead Museum

The Center is offering a trip to the Hill-Stead Museum on **Tuesday, June 18th.** Alfred Pope, an American industrialist, became a serious art collector in the late 1880's. He acquired paintings by Manet, Monet, Degas & Renoir just to name a few. All the art work is kept on display throughout his Farmington estate.



The 50 minute guided tour will walk through period rooms of the 1901 Pope Riddle house, view his art collection and hear about the museum's history and the lives of the occupants. Cost is \$9. Transportation provided by Senior Center bus. The bus will leave the Green Circle Commuter Lot at 9:45am. Please contact the Center to register for this trip.

Senior Center Trips

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**. Our hotel will be the lovely Inn of the Finger Lakes in

Auburn, on Owasco Lake. We'll enjoy lakefront dining at the Sherwood Inn in Skaneateles & the Belhurst Castle in Geneva. We'll tour Plantations & the beautiful college campus in Ithaca, stop at Taughannock Falls. We'll visit MacKenzie-Childs, known world over for its whimsical, hand painted ceramics. En route home you may test your luck at Turning Stone Casino.

Some Tour Highlights
Three nights lodging at the Inn of the Finger Lakes
Seven meals: 3 breakfasts, 3 dinners, & 1 luncheon
Nightly wine & beer reception at our hotel
Trip cancellation/interruption insurance & more.
Cost \$539 per person based on double occupancy.
Call the Center for more information regarding this wonderful trip.

Lobster Bash & Show

Amarante's Sea Cliff, located on the shore in East Haven, has a panoramic view overlooking Long Island Sound. The location is incredible, the food scrumptious & unmatched ambiance & service.

Our menu features a Welcome Reception on arrival.

Social Hour-Penne ala Vodka, Sweet & Sour Meatballs, Fried Dough Pizza, Frittata, Focaccia, Cheese Puffs & New England Clam Chowder.

Down East Clam Bake— 1 1/4 lb. Fresh Lobster or Top Sirloin Fillet, Corn on the Cob, Roasted Red Potatoes, Steamed



Mussels, Barbecue Chicken, Cole Slaw, Strawberry Shortcake, Ice Tea.

Entertainment—The multi-talented **Joey Vincent** will perform. His show is more than music. It is fast-paced humor, rapid-fire costume changes, impressions & music from the 30's to today. Prizes will be awarded.

Trip Date: Wednesday, July 17th. The cost is \$76 per person includes all taxes and gratuities. For more information or to sign up, please contact the Center.

DAY TRIPS

“Supreme Reflections”

Join us on **Thursday June 20th** as we travel to the Fox Theater at Foxwoods Casino for the show **“Supreme Reflections”**. Take a sparkling trip down Motown’s memory lane while you enjoy familiar songs and the true story of the Supremes. Sing along with such hits as Baby Love, Stop in the Name of Love and more!. The show is a full scale musical comedy revue that will thrill you with



beautiful costumes and fabulous music! You will get a new appreciation for the three classy ladies from Detroit who became one of the most popular female vocal groups in the world.

Trip includes ticket to the 2:00pm show, free time in the casino, \$10.00 free bet and full buffet voucher.

Cost is \$57.00 per person. Call now to sign up.

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.

Thursday, August 15th: Historic Lowell Mass

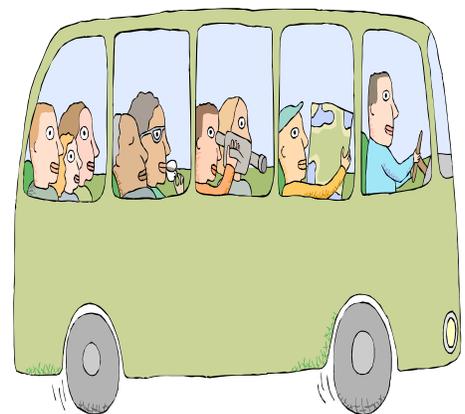
Thursday, September 12th: Friesians of Majesty/Putney Inn Vermont

Thursday, October 10th: Salem Witch Museum/Pickering Wharf

Tuesday, November 19th: NYC Botanical Garden Holiday Train Show.

December: Trip in the planning stages.

All trips are with Post Road Tours unless otherwise noted.



Special Events & Services

Sleep Disorders

Dr. Shoup from Johnson Memorial Hospital will be at the Center on **Monday, June 17th at 10:30am** to discuss sleep disorders.

Forty million Americans are chronically ill with various sleep disorders, and an additional 20 to 30 million experience intermittent sleep problems. Among the most prominent and costly disorders are insomnia and obstructive sleep apnea. With health consequences such as



congestive heart failure, increased risk of heart attack, higher accident rates, reduced productivity, lowered cognitive performance and decreased quality of life, these disorders can have a major impact on those who suffer from them.

Please contact the Center to register for this informative program. A continental breakfast will be served.

What is in YOUR wallet?

Join us on **June 12th at 10:30am** as members of the Mansfield Numismatic Society discuss and display various odd and curious monies used throughout history. Some of these would be tea bricks used in China, a walrus tusk used by the Inuit people, bronze implements used in Africa and coins made of porcelain and others made of silver. Some of the odd monies are the forerunners of the coin and currency we use today. Also on display will be various types of paper money in use,



well before the notes we have used the past century here in the U.S. **See examples of paper money issued right here in Rockville by the Rockville Bank, before the U.S. Government got into the business of issuing paper money.**

Learn about many forms that paper money used in this country as time progressed from the Revolution up to today and what to expect in the near future.

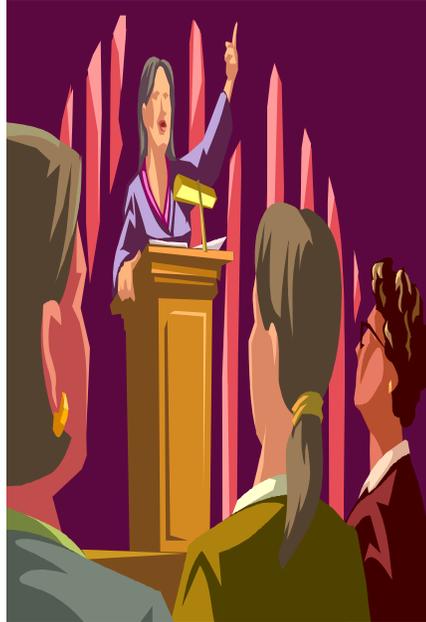
Call the Center to register for this fascinating program.

Presentations

Noon Institute

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays.

Our next program, How to Set Up a Container Garden, will be **Monday, June 10th at noon**. Whether you have a small yard, a tiny porch or just a windowsill, you can still grow flowers, herbs or vegetables. Learn to grow a moveable garden that is easy to maintain. Instructor: Bettylou Sandy, owner of Bettylou's



Gardening in Manchester. **Pre-registration is required.** The cost is \$5 per program. You may register on line at Manchester Community College Website or by mail.

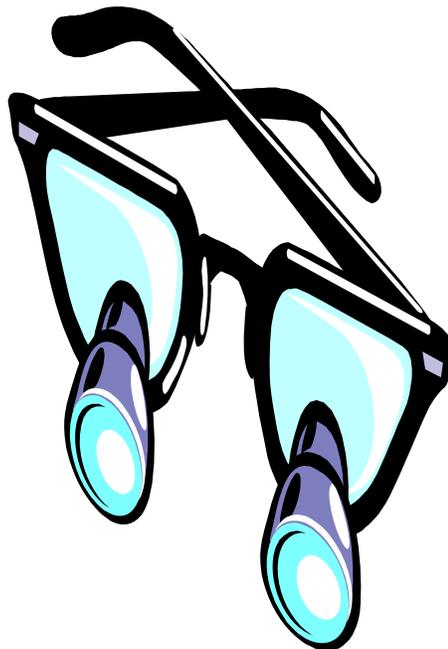
Registration forms are available at the Senior Center. No cash can be accepted. Please make your check payable to Manchester Community College.

If you have any questions, please contact the Center.

Additional Programs

Birds of Prey

These magnificent birds will be visiting the Center on **Monday, June 3rd at 1:00pm**. A Place called Hope is a raptor rescue, rehabilitation & education center for these birds. Their goal is to heal injured, orphaned, or ill birds and return them to the wild where they belong. These birds have become ambassadors and help to educate the public and teach us to co-exist. Please call to sign up for this very exciting program.



How Technology Helps Keep You Independent

Arlene Lugo from the Connecticut Tech Act Project will be at the Center on **Wednesday, June 26th at 10:30am**. She will demonstrate a variety of devices such as magnifiers, amplification devices, big button remote controls & other useful devices for seniors. Call the Center to register for this informative program.

June is turkey lovers month

Join us at the Senior Center for a fun day!



June's Birthdays !

Happy Birthday:

Jo Cassells June 18
Sophie Welply June 25
Barbara Sylvester June 26

Happy Anniversary:

Shirley & Terry McElroy June 1st

*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: