



Vernon Senior Center's

Issue 11
May 2013

Senior Moments



Tankerhoosen River Valley

Jon Roe will be presenting a program about the Tankerhoosen River Valley on **Wednesday, May 1st at 1:00pm.** The Tankerhoosen River is only five miles long flowing east to west across southern Vernon. It is often overshadowed by Rockville and its rich industrial history; yet the Tankerhoosen River Valley has its own story to tell of old mills, manufacturing, murder, lost villages, war heroes, scientific discovery & enterprising pioneers.



Deservedly known for its many hiking trails what is not to be appreciated is how connected the green areas are, giving Vernon a unique characteristic not found in any other area town. For an hour, we'll take a tour down the Tankerhoosen Valley

exploring special gardens, landscape features, historical sites, & share the beauty of the area as well as the stories of those who visited or lived in the area. Even for those who have lived their whole lives in Vernon, there are places & stories along the Tankerhoosen that hold hidden treasures. We would also like to hear your stories about this river. Please call the Center to register.

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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, May 23rd 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 23rd. 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, May 8th. 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, May 2nd & Thursday, May 9th. 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, May 23rd. 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.



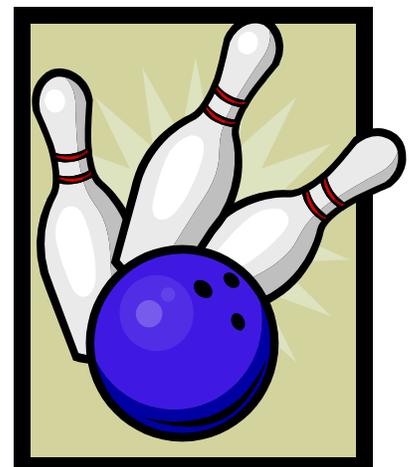
Table Massage

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

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 10:00am

Wii Bowling—Fridays at 12:30pm



Exciting Opportunities

Zumba Gold: The Center will offer another 6-week Zumba Class starting on **Wednesday May 22nd at 1:00pm.**

Kathy Ferreria is the Center's new instructor and her class has become very popular.

Cost is \$15.00 for residents and \$20.00 for non-residents. Call now to sign up!

Shuffleboard 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, May 8th at 1:00pm.** The feature film is Flight. After his amazing landing, an airline pilot (Denzel Washington) is praised but has questions about what happened. The government's inquiry into the causes soon puts the new hero's reputation at risk.

The next matinee is The Best Exotic Marigold Hotel on **Wednesday, May 22nd at 1:00pm.** To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. Upon arrival, they discover the once-lavish resort has wilted considerable.

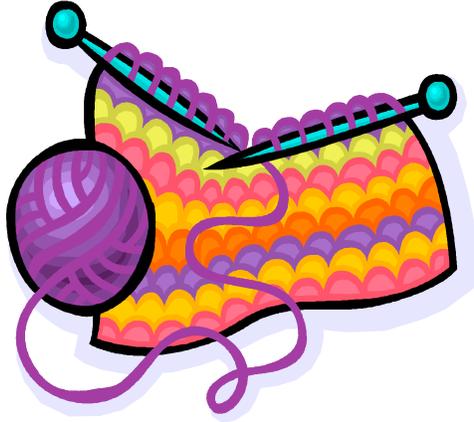
Please call to register so we know how popcorn to pop.



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 Club meets on the 3rd Wednesday of the month at 10:00am. The club shares investment information and strategies. **No money or investing will take place.** This is a new activity and anyone may join. Call for more information.



Book Club: The Book Club meets on the 3rd Thursday of each month. The group will be meeting on **Thursday, May 16th at 10:00am** to discuss the book of the month “**The Round House**” by Louise Erdrich.

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 leaders of the co-ed pool tournament. At the end of Round 5, we have a tie for 1st place between

Team 2: Joe Grabinski & Barbara Palmberg and Team 4: John Konicki & Maureen Tyler. Each team has 9 wins & 6 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 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.

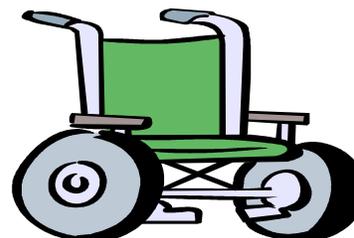
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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.
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 ne

June 3rd: Shuffleboard Tournament.

June 3rd: Birds of Prey Program

June 4th: Out to Lunch Bunch

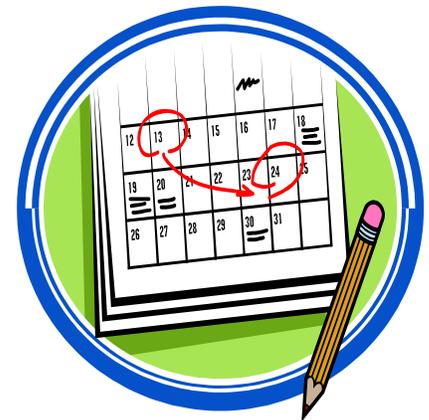
June 7th: Buckland Mall Trip

June 11th: Line Dance Class

June 15th: Exchange Club Picnic.

June 18th: Hill-Stead Museum Trip

June 20th: Fox Theater Trip



Special Event

Birthdays & Anniversaries

The Center will be celebrating April and May Birthdays and Anniversaries on **Monday, May 20th 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.

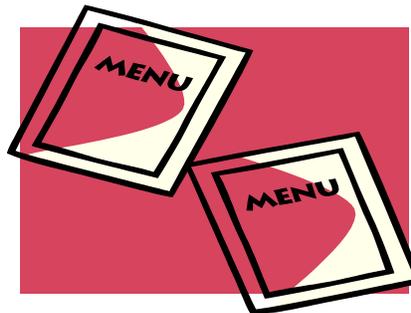
Come and share your special day with us.



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 "The Golden Dragon" in Manchester. The group will meet on **Tuesday May 7th 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, May 28th 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.

Around the Globe from Home

'G' day (giddyay) Come fly with us **on Monday, May 13th at 1:00pm** as we travel to the country of Australia. Australia, officially the Commonwealth of Australian, is a country comprising of the mainland of the Australian continent, the island of Tasmania, and numerous smaller islands.



Learn about the country's vast open spaces, exhilarating scenery and its diverse & friendly population. On our trip, we will watch a DVD exploring the historical sites, culture, land & places of interest. Sample a taste of customary cuisine. Learn some useful phrases. Please call the Center to register.

What is an Annuity?

The definition of an annuity is a form of insurance or investment entitling the investor to a series of annual sums. The Center is offering a program, sponsored by the State of Connecticut Insurance Department, Consumer Services Division, to help consumers navigate insurance. Gerard O'Sullivan, the presenter from the State



Agency will be at the Center, **Tuesday, May 21st at 1:30pm.** He will also speak about Life Insurance. **This is to provide information only. No sales involved.** Please contact the Center to register for this informative program. The more information we have, the better decisions we can make.

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 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.

Wednesday, May 15th: Red Lion Inn/Norman Rockwell Museum Landmark Tours

Thursday, June 20th: Supreme Reflections Fox Theater

Wednesday, July 17th: Landmark Tours Lobster Bash

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

How the West Was Lost

What do you know about Native American Indians? On **Wednesday, May 29th at 1:00pm**, Bill Baiocchi will present an interesting program on the Indians who lived in our western states.

Learn about the various tribes such as the Sioux, the Cheyenne, the Lakota in addition to other western tribes. Bill will share information concerning their lives, their culture and their warrior chiefs.



Bill will discuss details regarding such warrior chiefs as Red Cloud, Sitting Bull and Crazy Horse. He will also have a hand's on display, pictures and a DVD presentation.

Learn about a very important part of our history during the expansion out west.

Please call the Center to register for this interesting and informative program. Hope to see you on the 29th.

Birds of Prey

A Place Called Hope is a raptor rescue, Rehabilitation and Education Center for Birds of Prey. Their goal is to heal injured, orphaned, or ill birds and return them to the wild where they belong.

This non-profit organization is run by a group of dedicated volunteers and Wildlife Rehabilitators. Educational programming is one of the ways they support their ongoing efforts to the preservation of wildlife. These particular birds have become ambassadors and have helped educate the public.



They also teach all of us how to co-exist with the wildlife in our very own backyards.

These magnificent birds will be visiting the Center on **Monday, June 3rd at 1:00PM.**

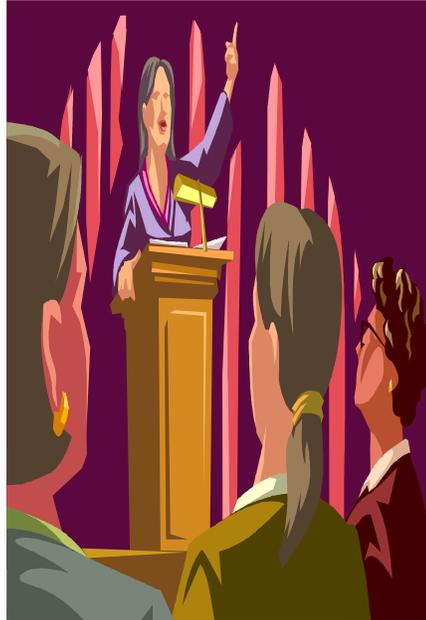
This organization depends on donations of supplies to help with the care of these birds. Donations of paper towels, stamps, garbage bags, bleach, antibiotic creams and more will be accepted. A full list of needed items is available at the Center. Call to sign up for this exciting program!

Presentations

Noon Institute

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays. **There will not be a program for the month of May.**

Manchester Community College is in the process of arranging the programs for June, July and August. Our next program in the series will be **Monday, June 10th at noon.** So please mark your calendar as these programs are very popular.



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 do not hesitate to contact the Center.

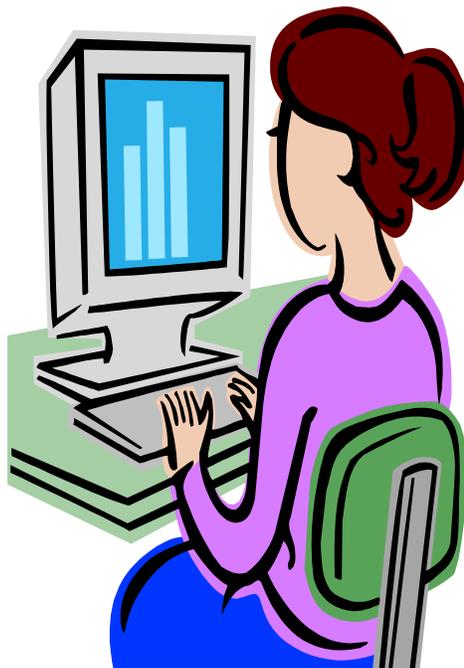
Additional Activities

Basic Computer Class:

The Center will offer a 5-week basic computer class "Introduction to the PC" starting on **Wednesday, May 1st at 12:00noon.**

Chris MacCoy of MacCoy Technology will instruct the class.

This class is for beginners and will cover basic computer skills such as using the mouse, opening folders, right click versus left click, going online and navigating windows.



Due to the number of computers available at the Center, class size is limited, but the class is open to anyone who would like to bring their own laptop.

The cost of the class is \$25.00 for Vernon Residents and \$35.00 for non-residents. Please contact the Senior Center to register for this class.

Computers may seem overwhelming but the more exposure make them much less of a challenge.

The Center will be closed May 27th in honor of Memorial Day

Join us at the Senior Center for a fun day!



May's Birthdays !

Happy Birthday:

Raymond Powers	May 7
Ruth Smith	May 18
Marilyn Steele	May 19
Jo Zielski	May 19
Ellie O'Meara	May 19
Marion Domingue	May 20
Carolyn Waltman	May 25
Mary Morse	May 25
Thelma Davidson	May 28
Carole Slattery	May 30

Happy Anniversary:

Ed & Carole Slattery	May 5
Don & Eileen Sierakowski	May 8



***Friends
Are Always
Welcome***



Happiness is **VERNON SENIOR CENTER**

26 Park Place

Phone:(860)870-3680

Fax: (860) 870-3588

**Email: pclaydon@vernon-ct.gov
eballos@vernon-ct.gov**

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Hours

**Monday—Friday
9:00am-3:00pm**

**Join us at the Senior
Center for a fun day!**

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Paula Claydon, Director

Ellen Ballos, Assistant Director

Sela Saunders, Secretary/Receptionist

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: