



Vernon Senior Center's

Issue 5

November 2013

Senior Moments



Afternoon of Laughter

Rick Stromoski, cartoonist, will be at the Center on **Friday, November 15th at 1:30pm** for an afternoon of cartoons, comics and hilarity.

Rick is an award winning nationally syndicated newspaper comic strip creator and humorous illustrator. His popular comic strip, Soup to Nutz appears in over 150 newspapers across the country including locally in the Hartford Courant.

He will talk about his



career in cartooning and show samples of his hilarious work and his new book "Soup to Nutz, A Second Helping."

He will also speak about his comic strip and humor writing. His presentation involves a laugh filled lecture that will keep you chuckling.

This event is free but please call to register so that we know how many will be in attendance.

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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 **Thurs., Nov. 21st** at 1:30pm due to the Thanksgiving holiday.

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 21th. 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, November 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, November 7th & Thursday, November 14th**. 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.

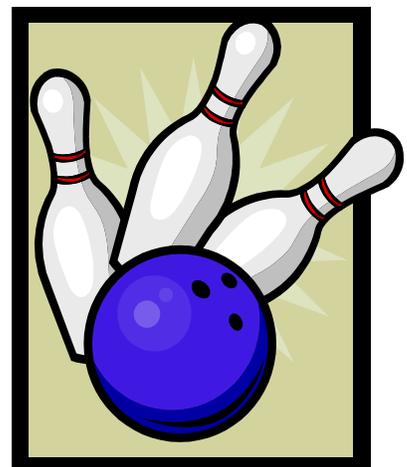


Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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, the Center’s team, the Vernon Alley Cats, competed against Willington, East Hartford, and East Windsor. Even though our team lost the competition, all had a wonderful time. The team is looking forward to other competitions.



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: Please contact the Senior Center at 860-870-3680 if you are interested in starting a 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 pace. The informational meeting is **Thursday, November 21st at 12:30pm.**

Painting Class: The Center will offer a 6-week Acrylic Painting Class starting on **Monday November 4th** from 9:30AM-11:30AM. Our new Instructor, Shauna Shane, has 30 years experience and will convey to others how to see and understand the beauty and technique involved in landscape

painting. Class is open to all skill levels. Cost is \$20.00 Vernon Residents, \$30.00 non-residents. Call now to register for the class.



Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, November 6th at 1:00pm.** The feature film is “Fried Green Tomatoes”. The film is about the remarkable and mysterious story of soul mates , Idgie and Ruth ,whose antics cause an uproar in their rural Southern town during the 1920s.

The next matinee is on **Wednesday, November 20th at 12:30pm.** The film is “Dr. Zhivago”. A young physician and his beautiful mistress get swept up in the danger and drama of the Bolshevik Revolution in Russia. It stars Omar Sharif, Julie Christie, Rod Steiger and Alec Guinness.

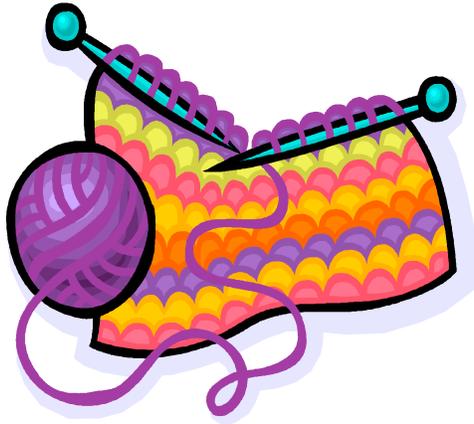
Popcorn will be served so please call to register so we know how much popcorn to pop.



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

Men's Golf League: The 2013 Men's Golf season has ended. Congratulations to this years Champions; **Steve Maloney & Don Kusha** and to the runners up **Mike Delissio & Don Nielson**. Thank you to Ted Yampanis for all his help.

We look forward to working with you again next year!!



Book Club: The Book Club meets on the 3rd Thursday of each month. This month the club will meet on **Thursday, November 21st at 10:00am**. The group has chosen the book "**Elegance**" by Kathleen Tessaro.

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: The men's pool tournament will start on **Monday, November 18th** at 9:30am. Any senior men who would like to participate are welcome

to sign up . Carl Palmberg will manage the tournament. Call now to register.



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. Date to be announced. 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.



Di-

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.

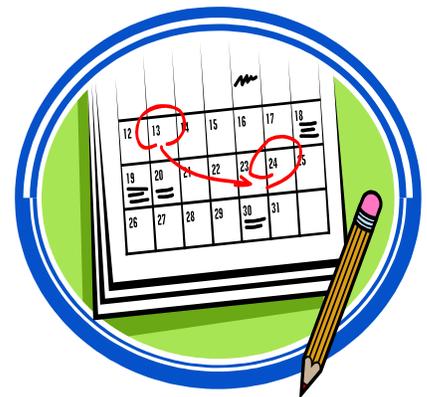
December 3rd: Out to Lunch Bunch

December 6th: Holiday Luncheon & Entertainment

December 9th: What's new at your Public Library

December 11th: Salem Cross Inn Trip

December 31st: New Year's Celebration



Special Event

Birthdays & Anniversaries

The Center will be celebrating October and Nov. Birthdays & Anniversaries on **Monday, November 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 "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.

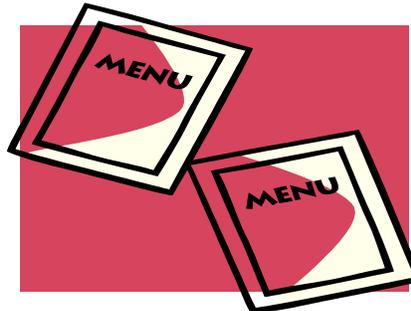
Come and share your special day with us.



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 "Traveler's Restaurant" in Union. The group will meet on the 2nd **Tuesday, November 12th at 1:00pm** instead of the 1st Tuesday.

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.

Jewelry Sale

The Senior Center Advisory Board is sponsoring a jewelry sale on **Thursday, November 14th from 10:30am-2:00pm.**

The sale offers genuine gemstone jewelry with lots of NEW Designer inspired costume jewelry at very reasonable prices.



Pandora style sterling, glass and gemstones beads starting at 50 cents each will be offered. Stacking charm bangles like "Alex & Ani" will be for sale at \$3 & up. Also, sale includes buy 1, get 1 at half price or buy 2 & get 1 free. **Come and do your Holiday Shopping at the Center.** Proceeds benefit 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.

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.

Other Classes:

Chair Yoga: The Center will offer another 6-week yoga class starting on **Monday November 18th at 1:00pm.** Toby Schoeneberger instructs the class which consists of gentle stretches and breathing exercises. Cost is \$20.00 Vernon Residents \$25.00 non-residents. Call now to sign up. Class size is limited.



AARP Drivers Safety Class:

The AARP will host a Drivers Safety Class on **Friday, November 22nd from 12:15-4:00pm.** Cost is \$12.00 for AARP members, \$14.00 for non-members. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.

Around the Globe From Home

Bonjour (Good Afternoon) Come fly with us on **Monday, December 2nd at 1:00pm** as we continue our travels through the beautiful country of France. Join us as we visit Normandy, Provence, the French Riviera and France's Alsace. After departing France, we will explore the region of Benelux. Benelux is a union of states

comprising three neighboring countries in Midwestern Europe: Belgium, the Netherlands and Luxembourg. The union's name is formed from joining the first two or three letters of each country's name—**Belgium Netherlands Luxembourg**—and was first used to name the customs agreement that initiated the

union (signed in 1944). It is now used in a more general way to refer to the geographic, economic and cultural grouping. We will watch a DVD exploring the area and sample a taste of the Dutch and Belgian cuisine. Please contact the Center to register as space is limited. Thank you.

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 & portage of one bag per person. Informational Meeting is **Monday Nov. 18th at 10:30am.** Please call to register.

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.

Wednesday, December 11th: Salem Cross Inn, Fireplace Feast. West Brookfield MA. \$80.00.

2014

Tuesday, January 14th: A day at Foxwoods, Includes casino bonus, with free bet & food coupon. \$25.00

Tuesday, February 25th: A day at 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

Pumpkin Pie

Join us at the Center on **Wednesday, November 13th at 1:30pm** for a fun filled afternoon. We will be serving pumpkin pie in honor of Thanksgiving and will be offering a trip down memory lane.

We will enjoy a piece of pie with whipped cream and then watch “The Best of the Dean Martin Variety Show” on our wide screen television.

Some of Dean’s guests include



Ann-Margaret, Jack Benny, Bob Newhart, Victor Borge and Frank Sinatra just to name a few.

The Dean Martin Variety Show was first aired in 1965 and it remains a one of a kind in the history of television. To this day, no one has matched Dean’s easygoing charm and the way he warmed the hearts of viewers. Please call to register for this fun program.

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.

Our next program, Matthew Brady and the Civil War: America's First Photojournalist will be **Monday, November 18th at noon**. Matthew Brady is credited with being the father of photojournalism. He is one of the most celebrated 19th century American photographers, best known for his portraits of celebrities and



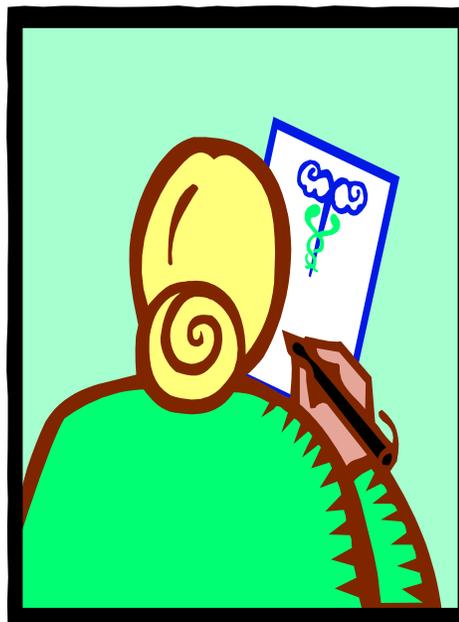
his documentation of the American Civil War.

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.

Medicare Presentation

There will be a Medicare Presentation on **Monday, November 4th at 1:30pm**. Christie McFatter of Vernon Social Services and Cathy Bouley of Vernon Senior Center are CHOICES trained counselors.

They will be going over Medicare A, Medicare B, Medigap Supplemental Plans, Medicare D Prescription coverage and Medicare Advantage Plans.



They will also discuss programs that help low income seniors with their insurance premiums.

Open enrollment is from October 15th until December 7th for plans beginning January 1st.

Please contact the Center to register for this informative program.

CHOICES counselors are trained by North Central Agency on Aging and do not sell insurance.

Happy Thanksgiving

Join us at the Senior Center for a fun day!



November's Birthdays !

Happy Birthday:

| | |
|------------------|--------|
| Carl Palmberg | Nov 1 |
| Alice Galo | Nov 6 |
| Charlie Campbell | Nov 12 |
| Rita Hart | Nov 12 |
| Connie Marinelli | Nov 14 |
| Bernie Futoma | Nov 16 |

Birthday's Continued:

| | |
|--------------|--------|
| Peggy Meyers | Nov 20 |
| Gordon Mead | Nov 26 |

Happy Anniversary:

| | |
|--------------------|--------|
| Rose & Art Tipaldi | Nov 20 |
|--------------------|--------|

***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: