



Senior Moments



Oktoberfest

The Center will be hosting an Oktoberfest on **Friday, October 4th at 11:00am.**

The Troubadours, a musical variety act, will perform at 11:00am followed by a traditional German luncheon catered by the Country Butcher.

We will be serving knockwurst, bratwurst, sauerbraten and German red cabbage, along with side dishes and dessert.

The Troubadours are a group of seniors out of



the Elmwood Senior Center who have performed at the Center previously and were well received by the attendees.

The Troubadours sing many of your favorite tunes. You will be completely dazzled by their performance.

The cost is \$12. Please contact the Center to register for this fun program.

Hope to see you on the 4th.

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Newcomers Welcome

On the fourth Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, October 24th** at 1:30pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 26th. Please call to register. Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, October 9th**. 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, October 3rd & Thursday, October 10th**. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. Call for the center for an



The Hearing Screening will be held on a quarterly basis. 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 you may have.

Other Healthy Activities

Walking Club: The Walking Club meets on **Mondays at 10:00am 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.

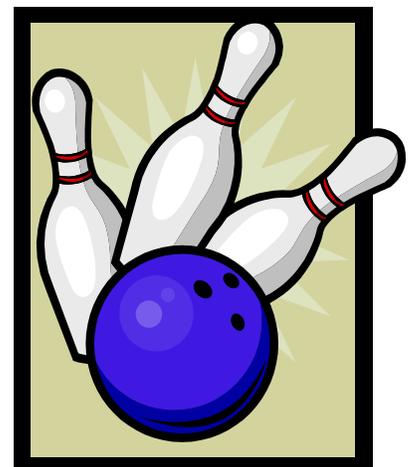


Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

On-Going Healthy Activities

Tai Chi: 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**. Join the hooting and hollering as everyone is having lots of fun. The Center’s team, The Vernon Alley Cats, is now practicing for upcoming competitions. Come and join the hooting and hollering as team members compete.



Cards & Games

Bingo—Mondays at 1:00pm

& Thursdays at 10:00am

Set Back— Friday at 9:45am

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

Cribbage—Wednesdays at 9:45am

Scrabble—Tuesdays at 1:00pm

Dominos Tuesdays at 1:00pm



Other Opportunities

The Aging Eye

Join Ophthalmologist, Ilona Shternfeld MD, on **Thurs., October 17th at 11:30am** for a discussion of common eye problems associated with aging, including macular degeneration. Prevention, screening and intervention will be covered. Call to register.

Meet the Director

Join the Director on **Monday, October 7th at 10:00am** for a discussion about programs and activities at the Center. We want your thoughts and ideas so that we can provide you with the programs and activities you want to do and enjoy. Call to register

Cooking with

Crestfield

Join us on **Wednesday, October 23rd at 1:30pm** for a fun festive cooking program sponsored by Crestfield Rehab. Center. They will be cooking Peekaboo pumpkin pound cake with a surprise baked into every slice. Call to register.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, October 16th at 1:00pm**. The feature film is Safe Haven. It is about a mysterious woman who arrives in a small N.C. town & begins a new life but remains haunted by a terrifying secret that prompted her to travel across the country.

The next matinee is 42 on **Wednesday, October 30th at 1:00pm**. The film is about the relationship between baseball icon Jackie Robinson and Brooklyn Dodger's general manager Branch Rickey, who signed Robinson in 1947 as the first black Major League Baseball player of the modern era.

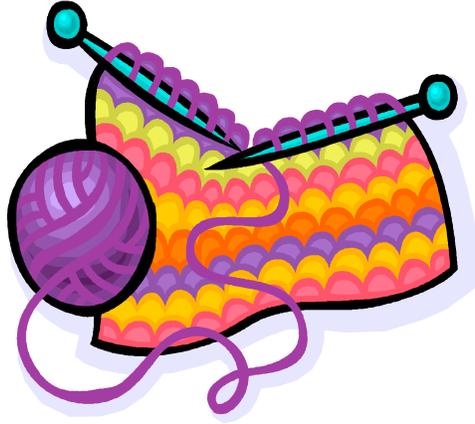
Popcorn will be served so please call to register so we know how much popcorn to pop.



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 knitters are welcome. The group gets bigger every month!

A Hodgepodge

Mah Jongg Tournament:

A 5-week Mah Jongg Tournament will be held at the Center starting on **Thursday, October 3rd at 1:00pm**. Ann St. Onge & Jeanette Loehr will co-manage the tournament. All Mah Jongg players are welcome to join.



Book Club: The Book Club meets on the 3rd Thursday of each month. This month the club will meet on **Thursday, October 17th at 10:00am**. The group has chosen "Sea Glass" by Anita Shreve as the book for October. New members are welcome.

For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday and Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play 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 Golf League: The second leg of the men's golf league is underway. Current leaders are Mike Delissio & Don Nielson. They will compete for the championship

with the winners of leg 1: Steve Maloney and Don Kusha. A scramble will be held on October 1st followed by the season ending banquet at 12:noon at Georgina's restaurant.



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 October. 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 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.

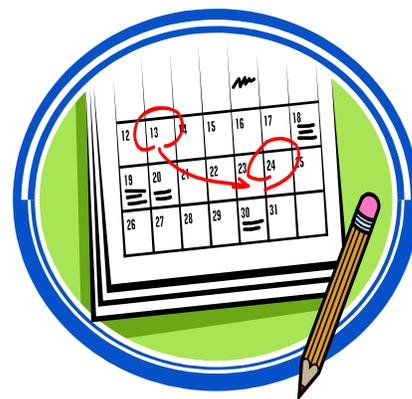
November 18th: Noon Institute: The Curse: Big time Gambling's Seduction of a Small New England Town

November 18th: Men's Pool Tournament

November 15th: Cartoonist Rick Stromoski

December 6th: Holiday Luncheon & Entertainment

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



Special Event

Birthdays & Anniversaries

The Center will be celebrating October and Nov. Birthdays & Anniversaries on **Monday, November 4th 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.

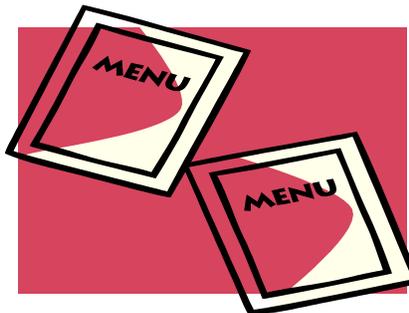


Other Activities

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 "Willington Pizza I" in Willington.

The group will meet on **Tuesday, October 1st at 1:00pm.**

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



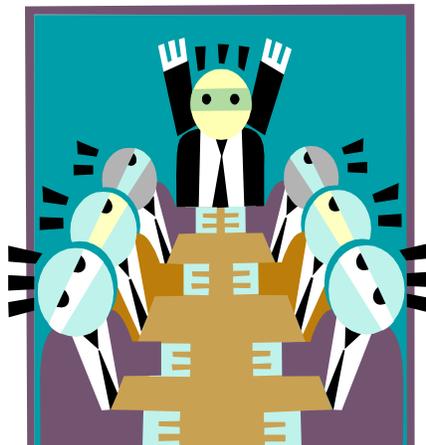
the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who organizes all the lunches. We appreciate all your hard work.

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: Jean Inge, Ron Kane, Joe Grabinski, Sally Hearn and Polly Schaefer. New members are William Tyler Sr., Richard Levitsky, and Patricia Iamonaco.



We welcome the new members to the committee and look forward to working with them. **The next board meeting is Tuesday, October 22nd.**

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

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.

Computer Classes

Chris MacCoy will be teaching a new series of computer classes.

Basic Computer Class: This class is for 5 weeks and is for beginners. The class will cover basic computer skills such as using the mouse, going on line, opening folders and navigating windows. The class will start on **Wednesday, October 23rd**

12:00pm-2:00pm. Cost is \$25.00 for Vernon Residents & \$35.00 for Non-residents.

Intermediate Computer Class: This 5-week class will cover topics such as e-mails, on-line shopping and facebook. Experience with computers is recommended. Classes will start on **Thursday October 24th** at

12:00pm-2:00pm. Cost is \$25.00 residents & \$35.00 non-residents. Call to register for the classes, space is limited.



Celebrate Autumn

Join us on **Monday, October 28th at 1:30pm** as we celebrate autumn by treating ourselves to cider, cider donuts and games.

We will offer some fun and interesting games such a “Name that Logo” and “Zoom In”. We will test your media and commercial knowledge.



This will be a fun afternoon at the Senior Center. We will ring in the fall season in style. We look forward to seeing you on the 28th.

Please contact the Center to register for the program. The cost is \$2.

Prizes will be awarded for the game winners.

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 unequalled. 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

Oceanview Room \$2519

Balcony Room \$2749

Price includes airfare, all transfers, 10 night cruise based on double occupancy, port & departure taxes, trip insurance & portorage of one bag per person. Informational meeting to be scheduled.

Salem Witch Museum, Salem Mass

You're invited to join us for a day at the bewitching seaport of Salem Massachusetts on **Thursday, October 10th.**

We start our day at the Salem Witch Museum where you will see a dramatic overview of the Witch Trials of 1692, using dramatic stage sets with life size figures.

Following our visit to the museum, we will have lunch at the Victoria Station Restaurant located on the waterfront at Pickering Wharf. Lunch choices include:

Baked Haddock, Chicken Mediterranean pan seared breast topped with tomatoes, black olives & cheese, or a Vegetarian Caprese Stack. All entrees are served with salad, potato, vegetable, dessert & coffee.

After lunch we will take a one hour tour on a charming trolley ride through historic Salem. See historic sea captains homes, cemeteries, The House of Seven Gables and more. We will end our day with some free time to shop at the exciting market place at

Pickering Wharf.

Cost is \$86.00 per person. Includes, all tours, lunch, all taxes and gratuities including the driver.

Call now to sign up for this fun day trip!



DAY TRIPS

Holiday Train Show NYC

Join us for a day in New York City on **Tuesday, November 19th** as we visit the New York Botanical Gardens for their annual Holiday Train Show.

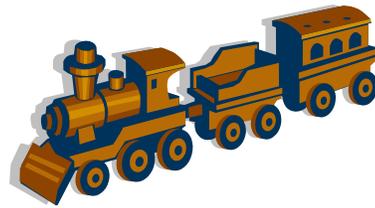
We begin our day with lunch at the famous Carmine's Restaurant, known for its festive atmosphere, nostalgic look and delicious food. We will enjoy a family style lunch starting with garden salad and stuffed mushrooms, followed by a pasta course of Penne ala

Vodka and Rigatoni with Broccoli. Our main course includes Chicken Parmigiano and Salmon Oreganato, followed by a dessert sampler for the table.

After lunch, we're off to the Train Show at the Botanical Gardens. Featuring over 140 scaled replicas of New York landmarks such as Radio City Music Hall and St. Patrick's Cathedral. Model Trains will run over a quarter mile of

various landscapes, crafted exclusively from plants including cascading waterfalls and rustic bridges. Call now to sign up for this unforgettable holiday exhibit!

Cost is \$97.00 per person.



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, October 10th: Salem Witch Museum/Trolley Tour/ Pickering Wharf \$86.00

Tuesday, November 19th: NYC Botanical Garden Holiday Train Show. Lunch at Carmines \$97.00

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

All trips include Drivers Gratuity unless otherwise noted.

We are currently planning trips for 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

“Seniorhood Fair”

Where can I get help in my community for myself, for someone I love, for an aging parent?

If you want to find the answers to these questions, come to the “Seniorhood Fair” on **Saturday, October 5 from 8:30am until 2:00pm.** The fair will be at Vernon Center Middle School.

The Keynote Speaker is Lynn McPhelimy who is a nationally recognized organizer,



motivational speaker & author of *In the Checklist of Life*. She has appeared on *The Oprah Winfrey Show* & *NBC's The Today Show*. She provides warmth, humor & a practical approach to challenging situations. The free event will offer information, food, fun and an education experience for adults, caretakers and seniors. **The first 300 people will receive a free box lunch.**

What to Expect at the ER

David John, M.D., Co-Chair of Emergency Medicine at Johnson Memorial Medical Center will be at the Center on **Thursday, October 24th at 10:30am** to discuss what to expect when visiting the emergency room.

He will discuss how to prepare for your visit, how to reduce your risk of injury or illness and describe the new geriatric services Johnson Memorial Hospital is putting in place to help make an ER visit be less stressful.



Remember the more knowledge we have the better prepared we will be. Not knowing what to expect may make a trip to the Emergency Room more traumatic so come to this very informative meeting.

The Center will be serving light refreshments at the event. Please make sure you contact us to register for the program because if we do not have enough people signed up, we will have to cancel the program. Thank you for your consideration.

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, October 21st 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 & 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.

Sidonia's Thread

Vernon's own Hanna Marcus will be at the Center on **Friday, October 18th at 1:30pm** to discuss her book "Sidonia's Thread: The Secrets of a Mother and Daughter Sewing a New Life in America".

The book is a memoir about the lives of two women, a mother and daughter, who come to Springfield, Massachusetts on their own after World War II to build a new life. With no other family, except each other, they built a world that revolves



around the mother's remarkable talent as a fashion designer and seamstress while the daughter serves as her dutiful model.

This poignant, unique memoir was a recent nominee for the 2013 Sophie Brody Medal for "Outstanding Achievement in Jewish Literature" by the Reference and User Services Association of the American Library Association and cited as a "Book of Note" by the Jewish Book Council. Call to sign up for this wonderful event.

Happy Halloween

Join us at the Senior Center for a fun day!



October's Birthdays !

Happy Birthday:

Joe Harris	Oct 17
Murray Tarr	Oct 31
Hazel Yaconiello	Oct 31

Happy Anniversary:

Alfred & Deane Dreher	Oct 14
Marie & Joe Harris	Oct 22

***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: