



Vernon Senior Center's

Issue 3

September 2013

Senior Moments



CT's William Webb

Vernon Senior Center presents Kevin Johnson as William Webb, an African American Civil War Soldier from Connecticut on **Friday, September 20, 2013 at 2:00pm.**

Private Webb, a Hartford native, was recruited in 1863 and served in the Twenty-Nine (Colored) Regiment and was in several battles in Virginia.

Johnson's presentation of Webb is told from an emotional and exciting



first person perspective that vividly illustrates the struggle of the African-

Americans during the Civil War. He tells of his early life in Hartford, his recruitment, training and the traumatic final battles of the Civil War. The presentation is based on extensive research of the CT State Library & Museum of CT History. Mr. Johnson has been presenting William Webb for more than 12 years & has given over 400 performances. **The Event is free but please call to register.**

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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, September 26th 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, September 11th**. 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, Sept. 5th & Thursday, Sept. 12th**. 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.



The next Hearing Screening will be held on **September 26th**. 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 of 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. In inclement weather, the club will walk at the Senior Center. If you are interested in joining, please call the Senior Center to register.

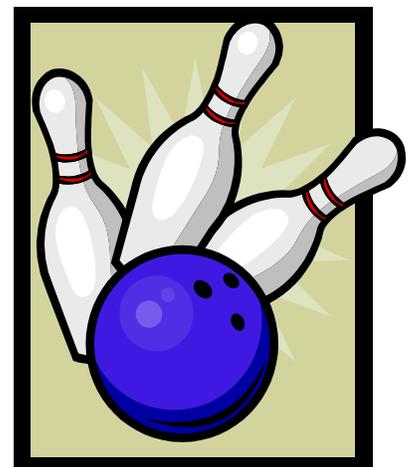


Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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

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

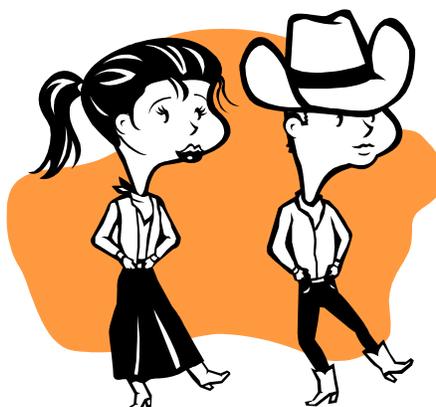
Set Back—Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Exciting Opportunities

Line Dance Class: A new 10-week Line Dance Class will start on **Tuesday, September 17th**. Class will be held from **9:30am-11:00am**. Shirley McElroy will instruct the class. Cost is \$20.00 per person. Please call the Center to sign up. Space fills quickly. You must pay for the class when you register.



AARP Drivers Safety Class: The Center will host a Drivers Safety Class on **Friday, September 13th from 11:45am-3:45pm**. The cost is \$12.00 for AARP members and \$14.00 for non-members. You must pay by check only, made payable to the AARP. Call now to sign up. Space is limited.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, September 11th at 1:00pm**. The film is the classic, *The Sting*, featuring a super cast: Paul Newman, Robert Redford, Robert Shaw, Charles Durning, and Eileen Brennan. It is about the ultimate scam, the double & triple crosses.

The next matinee is *Harry and Tonto* on **Wednesday, September 25th at 1:00pm**. The film is about an old codger named Harry as he takes a cross-country trip with his cat, Tonto, as a companion. Art Carney won an academy award for best actor in this role as Harry.

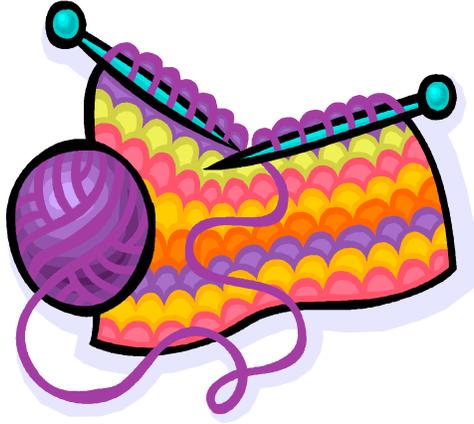
Popcorn will be served so please call to register so we know how much popcorn to pop.



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.



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

Legislative Update

Representative Tim Ackert will be at the Center on **Wednesday, September 4th at 12:30pm** to discuss recently enacted legislation. Please contact the Center to register for this informative program.



Book Club: The Book Club meets on the 3rd Thursday of each month. This month the club will meet on **Thursday, September 19th at 10:00am**. The group will discuss two books this month. "Arundel" by Kenneth Roberts and "Great Expectations" by Charles Dickens. 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!

Shuffleboard

Tournament: The tournament has ended. Congratulations to our champions Team 1: Sibyl Krebs & Barry Obedzinski with

Shirley McElroy as a sub & to our runners up Team 2: Dot Sherman & Joe Grabinski. An awards luncheon was held on August 12th at Vernon Buffet.



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.

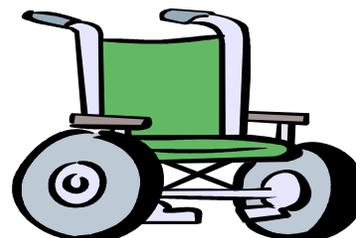
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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, 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

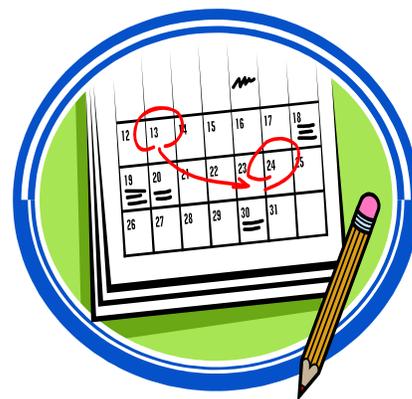
The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

October 4th: Luncheon & the Troubadours

October 18th: The Secrets of a Mother & Daughter Sewing a New Life in America

October 21st: America's First Photojournalist

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



Special Event

Birthdays & Anniversaries

The Center will be celebrating August and Sept. Birthdays & Anniversaries on **Monday, September 9th 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.

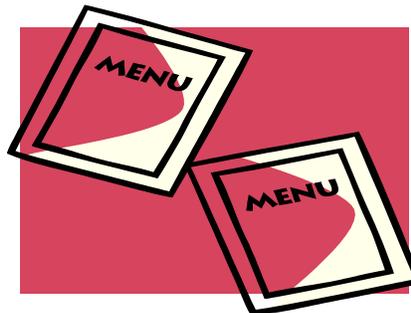
Come and share your special day with us.



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 Cracker Barrel" in East Windsor. Due to the Labor Day Holiday, the group will meet on **Tuesday, Sept. 10th 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. Carol Nelson, Dave Alter, Ed Zinky & Gerry Probulis recently resigned. We thank



them their service. The board does not meet over the summer. **Please note a change. The next meeting is Tuesday, September 17**

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

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.

Computer Classes

Chris MacCoy will be teaching a variety 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, September 11th**

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 September 12th**

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



Fair Days

The Big E:
Monday, September 16th.
Cost includes admission and transportation on the Vernon Senior Bus. The bus will depart from the Green Circle Commuter Lot at 9:00am and departs the Big E at 2:45pm. Due to popular demand we will accommodate Vernon residents first. Non-Vernon Residents

will be put on a wait list. Cost is \$12.00 for Vernon Residents and \$17.00 for non-residents.



Four Town Fair, Somers CT: Enjoy Senior Day at the Fair on **Friday, September 13th.** Admission is \$5.00. The senior bus will pick up passengers at the elderly housing sites, Sacred Heart Church and The Senior Center. Bus pick up begins at 9:30am. We will depart the fair at approximately 1:00pm. Call now to sign up.

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.

A Day in Vermont

Join us on **Thursday, September 12th**, as we travel to beautiful Vermont.

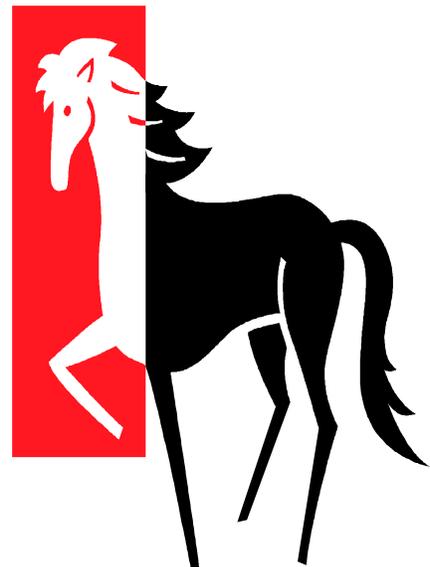
We begin our day with lunch at the Putney Inn located in Putney, VT. You'll enjoy the classic Vermont Feast which is a bountiful combination plate, served with Vermont Maple Glazed Ham & Roast Turkey with country stuffing. Lunch is served with salad, rolls, vegetable, mashed potato, dessert & coffee. After lunch we travel to Townshend VT to the Friesians of Majesty Farm. We will enjoy a guided tour of the

European style barns and watch a captivating show in the indoor arena featuring the Friesians Horse Drill Team.

On the way home we will make a stop at the Grafton Cheese Shoppe where we will enjoy cheese tasting and free time to shop for cheese, fine wines, fresh breads and other Vermont specialty items.

Cost is **\$87.00** per person includes lunch, tour, all taxes & gratuities including the driver.

Seats are still available. Call now to sign up for this delightful Autumn Day in Vermont.



DAY TRIPS

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.

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 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 Pickering Wharf.

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



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 September 12th :
A day in Vermont

Friday, September 13th: Four
Town Fair, Somers CT

Monday September 16th: Big E

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

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

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

All trips include Drivers Gratuity unless otherwise noted.

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.

Simplify Your Life

The Center is offering the seminar “Simplify Your Life” on **Monday, September 30th at 1:30pm.** The presenter, Jo Anne Harrison-Becker will speak about practical tips for everyday simplifying.

Wish your life could run more smoothly? Simplifying your life is a journey, not a destination. If you are interested in simplifying your life, this seminar is a great beginner’s guide. It is designed for anyone who is overwhelmed by the increasing demands and stressors in their lives and want to slow



to slow down and find peace of mind.

Some topics that she will cover will be “retired but working too much”, “time spent with others” and “take time for you”.

Confucius said “Life is really simple but we insist on making it complicated.”

Join us for this interesting and informative presentation. Please contact the Center to register for this presentation.

Light refreshments will be served.

Presentations

Noon Institute

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

Our next program,, The Virtuositic Works from Antiquity to Today will be **Monday, September 9th at noon.**

Musicians love to display their talents by performing works that test the limits of their skills. The virtuosic works of composers from antiquity to



modern day will be presented for all to hear-prepare to be dazzled!

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.

Travel Series

“Around the Globe from Home” Bonjour (Good Afternoon) Come fly with us **Monday, September 23rd at 1:00pm** as we travel to the beautiful country of France. France, officially the French Republic, is a unitary semi-presidential republic in Western Europe with several overseas regions and territories. Metropolitan France extends from the Mediterranean Sea to the English Channel and the North Sea, and from the Rhine to the Atlantic Ocean.



It is one of three countries (Morocco, Spain) to have both Atlantic and Mediterranean coastlines. France is the largest country in Western Europe. On our trip, we will watch a DVD exploring the historical sites, culture, land and places of interest. We will also sample customary French cuisine. If you have travelled to France and would like to share any memorabilia or photographs, please feel free to bring them. Please call to register for this wonderful program.

The Center will be
closed Monday,
September 2, 2013

Join us at the Senior
Center for a fun day!



September's Birthdays !

Happy Birthday:

Fred Nowsch Sept 6
Lucille Dauphin Sept 18
Lillian Percoski Sept 18
Bernice Sierakowski Sept 19
Helen Scarpello Sept 26
Dolores Bouchard Sept 30

Happy Anniversary:

Marilyn & Ed Talbot Sept 10

***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: