



Vernon Senior Center's

Issue 9
April 2014

Senior Moments



Tea & A Storyteller

Join award-winning storyteller, Carol Birch on **Friday, April 25th at 1:00pm** for an extraordinary journey back into the vitality and innocence of small town America.

Come and listen about the way life was lived in grandma's kitchen as told in Bradbury's novel, Dandelion Wine. The stories celebrate "the old as well as young, smart and dumb combined, sheer joy as well as complete terror.



You very well may laugh in recognition, sigh at the tenderness and maybe even rethink your relationship to your own past.

Carol Birch holds a singular place in the nationally recognized Circle of Excellence, awarded by her peers.

Tea and pastries will be served. Cost is \$2 per person.

Please call to register for this wonderful program.

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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 **Thursday, April 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 24th. 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, April 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, April 3th and Thursday, April 10th**. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. Cost \$29.



The Hearing Screening will be held on a quarterly basis. The next screening will be in June. Date to be announced. 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 Carol Benoit at 860-454-7449.

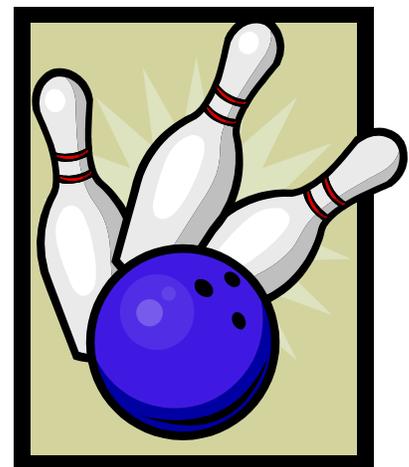


Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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**. Join the hooting and hollering. The team recently held a tournament & the winners were Maureen Tyler & Sam Blonstein, 2nd place team of Lucille Oakes & Barry Obedzinski. Awards luncheon was held at the Olive Garden on March 21st.



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

Hearts—Mondays at 1:00pm

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: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 12 noon.**

This activity is for seniors who would like to walk but at a slower, less strenuous pace.

If you are interested in joining the Strollers, please contact Sela at the Senior Center.

Do You Like to Play the Card Game “Hearts”? If so, please join us on **Mondays at 1:00pm** for this fun game. This is an on-going activity so you don’t need to register.

Just come to the Center and join the fun.



Do You Want to Learn How to Play Dominos? Do you need a refresher course? If so, please join us on **Tuesdays, at 10:00am** for this fun activity.

This is an on-going activity so you don’t need to register. Just come and join the fun. Hope to see you.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, April 16th at 1:00pm.** The feature film is **Last Vegas.**

Four sixty something pals (Robert De Niro, Morgan Freeman Michael Douglas and Kevin Kline) gather in Las Vegas to celebrate Billy’s (Michael Douglas) upcoming

nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could have ever imagined.

Comedy—Rated PG-13

Please call the center to register for this program so we will 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.

Acrylic Painting Class

The Center is offering a 6 week Acrylic Painting Class starting **Monday, April 21st from 9:30am-11:30am**. Shauna Shane is the instructor. The cost is \$20 for residents & \$30 for non-residents. Please call to sign up for this program. Payment is due upon registration.

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

Computer Class The Center is offering an **Intermediate Class** beginning **Thursday, April 10th from 12:00 noon until 2:00pm**. This class is for those who have some computer experience but would like to expand their knowledge. Cost: \$25 for residents & \$35 for non residents.



Book Club: The Book Club's next meeting will be held on **Thursday, April 17th at 10:00am**.

They will be discussing the book "Crossfire" by Jim Mars. The group is seeking new members so if anyone is interested, come on the 17th to meet the group.

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**.

Any senior lady who would like to join the group is welcome!
Golf League - Senior Men's Twin Hills Golf League will hold its organization meeting on **Monday, April 14th at 10:00am**. Teams and scheduling will be announced at this meeting. New members are always welcome. Play will start April 29th.



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 May. 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.



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.

Tina Sulam and Maryann Romano 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.

Anyone who borrowed a wheelchair & no longer needs it, please return it. Thank you.



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.

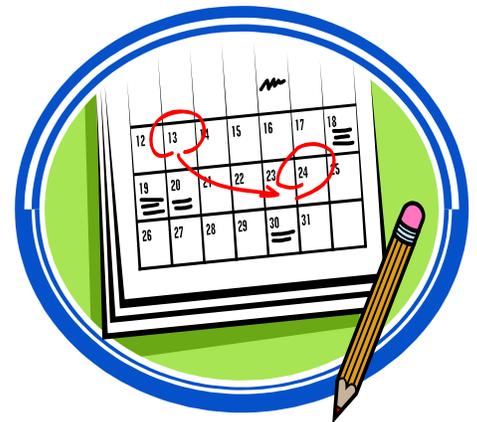
May 6th: Out To Lunch Bunch – Golden Irene in East Windsor

May 19th: Noon Institute— Behind the Scenes with Rodgers and Hammerstein

May: Ct Historical Society

June 14: Exchange Club Picnic

July 18th: Luau & Entertainment



Special Event

Birthdays & Anniversaries

The Center will be celebrating April & May Birthdays & Anniversaries on **Monday, May 12th 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 **New England Pizza**. The group will meet on **Tuesday, April 1st at 1:00pm**. Call to sign up for this luncheon.



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 sets up all the luncheons at area restaurants for the members.

Advisory Board

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, William Tyler Sr., Richard Levitsky, Patricia Iamonaco, Carole Slattery and Karen Torelli.



The next board meeting will be held on Tuesday, April 22nd at 9:30am.

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

What You Should Know

AARP Tax Preparation

The AARP volunteers are at the Center on Tuesdays & Wednesdays to prepare income tax returns.

An appointment is required. No walk-ins.

Please contact the Center to schedule an appointment. This is a free service offered by AARP.

Renter's Rebate

Vernon Social Services is presently taking applications for Renter's Rebate. If you are low income and rent, you may be eligible for a one time "rebate" award. This is a State program administered by the Towns. Please contact Social Services at 860-870-3661 to schedule an appointment or for more info.

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.

Shuffleboard Tournament

The Shuffleboard Tournament is presently underway.

There are six teams competing over a ten week period of time.

At this time, Team Number 1 of Dave Chagnot and John Konicki are in first place. The Tournament is about half way through with five weeks to go.



An awards banquet is held at a local restaurant.

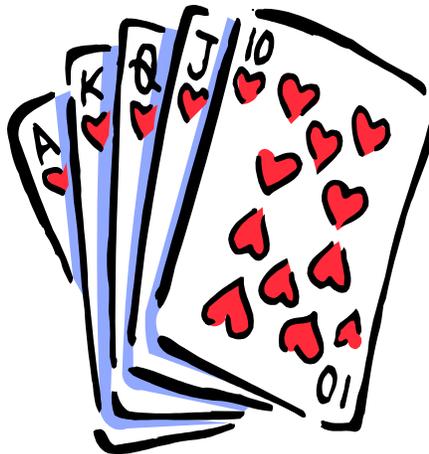
We are still looking for substitutes so if you are interested, please contact the Center to be added to the list.

It is a lively group and we welcome all past players and new ones for this exciting activity.

Crazy Whist Card Party

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, April 9th at 12:30 pm.** Last month the party was so successful that participants have requested that it be offered on a monthly basis.

We will start with pizza at 12:30 pm followed by card



Crazy Whist is a fun card game that everyone can play. It does not require any special skill and is very easy to learn.

Small prizes will be awarded so please mark your calendar for this fun filled afternoon.

Cost is \$7 pp. Please call the Center to register for this fun activity.

Senior Center Trips

Saratoga & Lake George

A Day at the Track & The
Historic Sagamore Resort

August 26th-28th

**3Days/5 Meals including
Dinner Cruise**

August is race time at the beautiful Saratoga Race Course. On our first day, we will visit **Cabin Creek Farm** which is a caring home for retired Thoroughbreds. We will have a guided tour the stables with & even feed carrots to the horses. Then, we are off to downtown Saratoga.

We'll have time to stroll down Broadway with lunch on your own. After checking into our hotel, the **Queensbury Hotel, Glens Falls**, we will have time to relax. That evening, we take a **Dinner Cruise** on the **Le Lac du Saint Sacrement on Lake George**. Next day, we'll rise & shine to a full breakfast at the hotel before leaving for the track. We will take a tram ride & visit

paddocks & see the morning workouts. A quick walk to our reserved grandstand seats & a day of racing followed by dinner at **Longfellows Restaurant**.

Day 3 After breakfast, we depart for Lake George Village, shopping & Prospect Mountain. We then head for **Sagamore Resort at Bolton's Landing** for lake-view dining before heading for home.

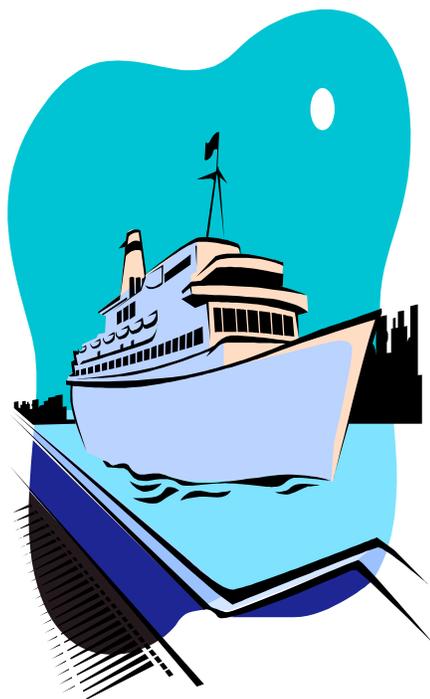
Cost: \$488 pp based on double occupancy.

**Informational meeting
Thursday, May 1 at 10:30am.**

Panama Canal Trip

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 from Bradley Airport to Fort Lauderdale and cruise to Half Moon Cay, Bahamas, Bonaire, Aruba, the Panama Canal to Gatun Lake 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.

There will be an informational meeting on Wednesday, April 23rd at 10:30am. Please call the Center to register for the meeting or for more information.

DAY TRIPS

Up Coming Trips

Wednesday, April 30th—
**YAKOV Smirnoff at the
Aqua Turf Club**

Monday, May 19th— **NYC
Sightseeing Luncheon
Cruise**

Thursday, June 19th—**Mystic
Aquarium & Lunch at the
Steak Loft**

Wednesday, July 16th—
**Landmark's Lobster Bash
& One Night with Elvis
starring Brian Weldon**

Wednesday, August 20—
**Rhode Island—Kenyon's
Gristmill & lunch at Coast
Guard House Restaurant**

Wednesday, September 17th—
**Cape Cod Canal, 100 Year
Anniversary Celebration**

October—**Albany's Empire
State Plaza & NY State
Museum with Exhibit
through the Eyes of the
911 First Responders**

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.

November & December Trips in the planning stages.

NYC Sightseeing Luncheon Cruise

You've never seen New York's world renowned skyline quite like this. The most up-close views, separated only by glass windows and water. The magic begins the moment you step aboard. A maitre d' escorts you to a linen-draped table where a gourmet menu awaits your selection. An elegant experience of creative plated dining is prepared fresh on board daily.

You will enjoy a narrated tour of the city skyline along with a splendid variety of live music and outstanding service. The Bateaux New York is a



European inspired vessel, that is certain to leave you with a lasting impression.

Following the cruise, you'll have some time to explore and shop at the ever popular South Street Seaport. The shops and the historic ambiance have made this renovated port one of Manhattan's most visited spots.

Date: Monday, May 19th

Cost: \$105 Includes roundtrip transportation, 2 hour lunch cruise, South Street Seaport, taxes & gratuities including driver. Call to register for this wonderful trip.

Special Events & Services

Around the Globe from Home

Greet God is a typical Austrian greeting often while shaking hands, is an important social courtesy. From a very early point in life, young Austrians learn to shake hands with adults when greeting.

Come fly with us on **Monday, April 14th at 1:00pm** as we tour the “magical” city of Salzburg. From a rich history and culture to breathtaking architecture and scenery, this small city will make you



Believe in love at first sight. Along the way, we will visit the gorgeous city of Vienna, diverse in history, culture and architecture. Walk with us as we climb the Alps of Austria, Italy, France & Switzerland. We will watch a DVD exploring the sites, culture & places of interest. Sample some traditional Austrian fare.

Please call to register for this wonderful program.

Johnny Carson

Here's Johnny. Come and join us at the Center on **Wednesday, April 23rd at 1:00pm** to celebrate the King of Late Night Television, Johnny Carlson.

We will be watch a DVD that honors his long late night career. We will journey back to his early career and watch episodes such as his very funny 1958 comedy quiz show with Ed McMahon. We will also watch an episode of the “Jack Benny Show” featuring Jack and Johnny in a great stand-up comedy routine.



Johnny entertained us for over 35 years and provided joy to millions of loyal television fans.

So come and laugh with us as we watch Johnny perform his magic. Walk with us down memory lane and witness Johnny as he made late night television famous.

Please call the Center to register for this program. Space is limited so it is important that we know how many people will be coming.

Hope to see you on the 23rd.

Presentations

Don't Worry Be Happy

“Worry is like a rocking chair — it gives you something to do, but it doesn’t get you anywhere.” Erma Bombeck

Worry troubles almost everyone periodically. However, worry can create emotional stress. We may find ourselves thinking about past events that were depressing or anxiety-provoking at the time they happened. We can think about all kinds of future event that MIGHT happen which would make us feel stressed and



and anxious if they did...

Jo-Anne Harrison-Becker will present on **Wednesday, April 16th at 10:30am**. She will speak about understanding worry, why we worry, the impact of worry on our health and how to break the worry habit.

We hope that you can join us for this beneficial program. Please contact the Center to register.

Vernon Police Dog, Narco

Please join us on **Monday, April 21st at 1:00pm** to meet Vernon Police Officer Hunt and his canine partner Narco.

“He is your friend, your partner, your defender, your dog. He will be yours, faithful and true to the last beat of his heart, You owe it to him to be worth of such devotion”. Author Unknown.

This quote best describes the special bond between a police dog and his partner so join us on the 21st to meet this extraordinary duo.



Officer Hunt will discuss the relationship between the officer and his partner. He will talk about the training and how the police dog performs his duties and assists the officers in their work.

You will be able to meet Narco up close. Learn about his life as a police dog and also about his home life.

Please contact the Center to register for this interesting program.

The Center will be closed Friday, April 18th

Join us at the Senior Center for a fun day!



April's Birthdays !

Happy Birthday:

April 7: Mary Oliver

April 7: Jean Paulin

April 11: Ana Sierra

April 12: Carrie Gamer

April 15: Ed Talbot

April 16: Donald Sierakowski

April 17: Ed Slattery

April 29: Art Tipaldi

April 30: Sandy Spivey

Anniversaries:

April 14: Bill & Jean Paulin



***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

Website: www.vernon-ct.gov

• • • • •
Hours

Monday—Friday

9:00am-3:00pm

*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

Sela Saunders, Secretary/Receptionist

Cathy Bouley, Coordinator

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

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: