



Senior Moments

Katharine Hepburn Exhibition

Dressed for Stage & Screen

Sassy. Daring. Talented. Beautiful. Determined. Fashionable. Iconic. Hepburn.

With a stage and film career that spanned sixty-six years, Katharine Hepburn is an American icon, who dazzled silver screen, television, and theater audiences. Born and raised in CT, Hepburn's career reflected the changing role of women in the broader society. Challenging the norms of the day, she took control of her image and identity by establishing a unique sense of style which influenced countless women,

fashion designers, and the informal, elegant approach to American style that continues to resonate today.

The Connecticut Historical Society brings Kate's personal costume collection back to her home state with a special exhibit. This is the first and only scheduled New England appearance for the limited-time exhibition, which features over 40 costumes, worn in 21 films and 6 stage productions.



We will be traveling to the Connecticut Historical Society on **Tuesday, August 12th** to see this spectacular exhibit.

Depart at **11:45am**, Tour at **12:30pm**.

Cost: \$8 pp payable at sign up

Inside this issue:

Happenings	1
Health Activities	2
Exciting Opportunities	3
FYI	6
Trips	9
Hours and Location	14

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, August 28th 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

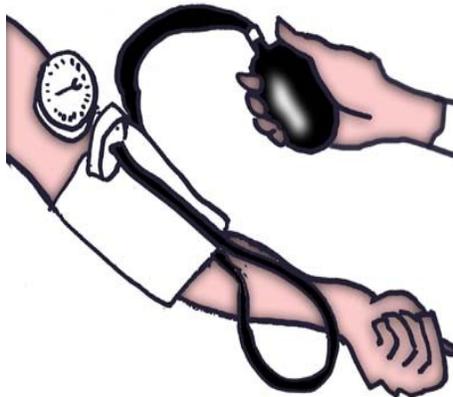
hope to see you on the 28th. Please call to register. Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, August 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 Hearing Screening : The next hearing screening will be held on **Thursday, September 18th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. **Call now to make an appointment.**

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.

Upcoming Competition Dates:

August 1st vs. East Hartford at 12:30pm at Vernon

August 8th vs. White Oaks at 11:00am at White Oaks

Please wear your team shirts and name badges!

Vernon beat East Windsor by 370 pins on Friday, July 25th — Congratulations!

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 : Tuesday at 1:00pm & Thursdays at 10:00am

Hearts— Mondays at 1:00pm

Mah Jongg—Mondays at 9:30am, 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



Other Opportunities

Strollers: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am**. This activity is for seniors who would like to walk but at a slower, less strenuous pace. Please contact the center for more information!

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 & A Movie: -The Center is offering movie matinees! **Wednesday, August 6th at 1:00pm**. The feature film is **Philomena**. Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Rated PG –13

Wednesday, August 27 at 1:00pm. The feature film is **A Summer Place**. Ken & Helen Jorgenson look forward to a pleasant summer at the shore with their daughter Molly. When Ken rekindles a torrid 20-year-old affair with local island resident Sylvia, scandal sweeps the seaside paradise. Melodrama doubles when the adulterous pair’s children begin their own romance. Not Rated.



Philomena
A Summer Place

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.



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!

Gov. Malloy: Changes to State Laws Regarding the Residential Electricity Market Will Benefit Connecticut Consumers

As of July 1st several changes to laws concerning Connecticut's electricity market have gone into effect, creating greater transparency and increasing protections for residential consumers by requiring electricity suppliers to provide very clear and specific information about how much they are being charged for electricity.

The changes stem from a legislative package -- known as the "Electric Supplier Consumers' Bill of Rights"

"This 'Bill of Rights' will help put an end to misleading and deceptive marketing practices by giving Connecticut consumers the information and resources they need to shop around for the best price, choose the electric retailer that works best for them and, ultimately, to save money on their monthly electricity bill.

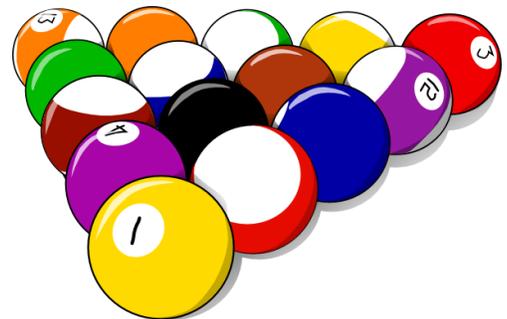
For more information, please visit this website:

<http://www.governor.ct.gov/malloy/cwp/view.asp?a=4010&Q=548430>



For the Sports Minded

Drop In Pool -Men's drop in pool is on **Wednesday & 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!



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-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

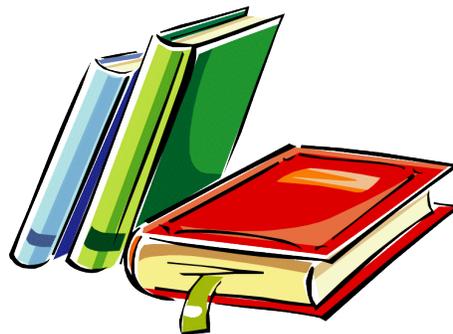
Buckland Mall & Wal-Mart—September Date to be Announced: Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council 860-870-7940 Dial A Ride Services



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



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.

Foot Care Appointments Available!



The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential 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. Call now for a list of the next available appointments.**



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 Tuesdays 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.

September 19th: Senior Celebration
Chocolate Fondue

September 29th: Shuffleboard
Tournament begins

October 2nd: Mahjongg Tournament
Begins

October 10th: Italian Festival

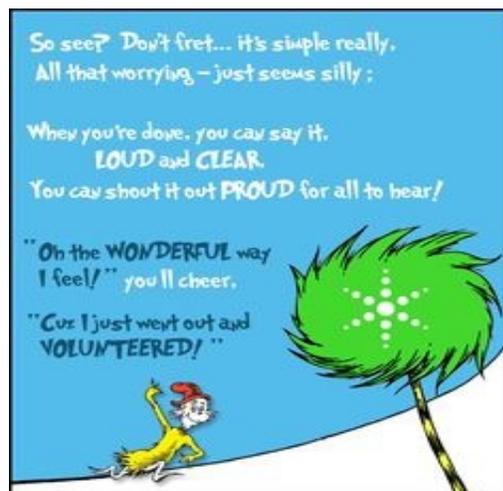
November 10th: MCC Noon Institute-
The Manhattan Project

December 12th: Holiday Luncheon



A Special Thank You...

All of us at the Vernon Senior Center would like to give a special thank you to Jean Inge for her countless hours of volunteer work at the center. Jean has been taking care of all our plants, keeping them healthy and making our center look so beautiful.



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 **Hilltop Restaurant** in **Willington** on **Tuesday, September 2nd at 1:00pm.**

Sign up on or after August 11th



The senior bus is available for transportation & 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 Advisory Board does not meet during the months of July and August

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

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.

Medical Equipment:

We will no longer be accepting or loaning out medical equipment. This includes walkers, canes, commodes, shower seats, and wheelchairs.

We appreciate all the donations we have had in the past.

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.

Senior Book Club

The book club will **not** be meeting in the months of July & August.

The next meeting will be held on **Thursday, September 18th at 10:00am.**

Have a wonderful summer!



The books to be discussed are:

1. "J. Roger Williams" by Mary Lee Setile
2. "Beggarmen, Thief" Irwin Shaw
3. "Wuthering Heights" by Emily Bronte

Read any or all of the summer reading books and join us at our next meeting!

Summer Weather Safety Tips!

After such a long, cold winter we all want to step out in the summertime sunshine. However, UV rays & heat can come with many dangers. Here are a few safety tips you can do to improve your safety during the summer months!



1. **Drink Plenty of Fluids:** Aim to drink 6-8 glasses of water each day.
2. **Pick the Right Outfit:** Wear light weight fabric, sunglasses, light colors, etc.
3. **Turn on Your Air Conditioning**
4. **Be an Early Bird or Night Owl:** Sun is strongest between 10am & 4pm.
5. **Watch for Heat Stroke**
6. **Check on Friends & Family**
7. **Review your Medications:** some medications have side effects like increased sensitivity to UV rays. Check with your doctor
8. **Wear Sunscreen:** Look for protection against UVA & UVB rays, and an SPF of 15 or greater.



Senior Center Trips

The Big E

The Center will be taking a trip to the Big E, Eastern States Exposition!

The Big E, the largest fair in the Northeast, is home to The Big E Cream Puff & Craz-E Burger. It's a New England extravaganza with top name entertainment, The Big E Circus Spectacular, The Avenue of States, Storowton Village Museum, animals, competitive exhibits, rides, shopping, crafts, and foods from around the world.



Monday, September 22nd

Due to popular demand we will accommodate Vernon residents first. Non-Vernon Residents will be put on a waitlist.

Cost is \$12 includes ticket & transportation.

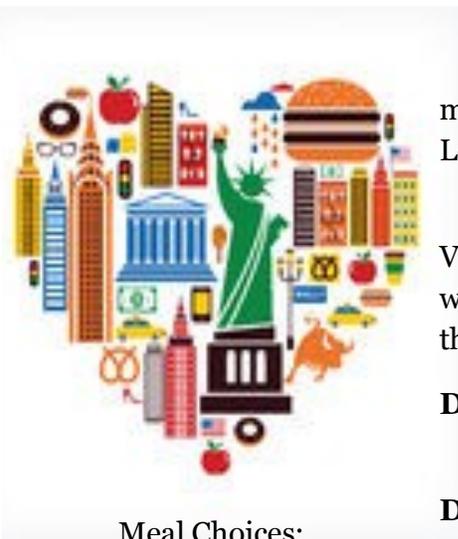
Payment is due at time of sign up. The seats fill up quickly!

Albany New York in the Fall

Join us to a region that has been blessed with acres of great varieties of broad-leaf trees and has one of the most spectacular ranges of fall foliage color in the United States.

We'll begin with lunch at the casual yet elegant Reel Seafood Co. Meal choices today are beef, fish or chicken and served with fresh tossed salad, potato, vegetable, dessert and coffee.

Following lunch we'll visit the New York State Museum. This wonderful museum traces New York's natural & cultural past including 9/11 artifacts & a working 1890s carousel.



Meal Choices:

Open Steak Sandwich

Stuffed Haddock

Chicken Francaise

The meals are served with fresh tossed salad, potato, vegetable, dessert and coffee.

On the way home we will make a stop at the famous Lee Outlets Shopping Mall.

Everyone will receive a VIP coupon booklet and you will have 2 hours to enjoy this place.

**Date: Wednesday,
October 15th**

Depart 8:30am

Cost: \$76.00 per person includes: Round Trip Transportation, NY State Museum, Sit down lunch and all taxes and gratuities including the driver.

Sign up now!

DAY TRIPS

Up Coming Trips

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 Mu-
seum with Exhibit through
the Eyes of the 911 First
Responders.**

Thursday, November 6—
**Wicked at the Bushnell:
The Untold Stories of the
Witches of Oz**

We are in the planning stages
for trips in
November &
December. If you
have any
suggestions,
please contact the
Center.



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.

Cape Cod & 100 Year Canal Anniversary Celebration

Join the Vernon Seniors on a wonderful trip to **Cape Cod** and **Enjoy A 100 Year Canal Anniversary Celebration!** The trip starts with lovely ride to Cape Cod to the Victorian seaside village of Onset. Lunch will be at the elegant Salerno's with loads of historical charm, in an original ballroom with its ornamental tin ceilings and handcrafted Mahogany bar, reminiscent of an era gone by. Lunch will be a choice of Baked Native Cod or Sliced Roast Beef. The meal includes a garden salad and dinner rolls, roasted potatoes and seasoned veggies. There will also be a Celebration Birthday Cake!



Next you will board the Hy-Line Cruise Ship for a narrated cruise down the Cape Cod Canal. The Cape Cod Canal is a National Historic Civil Engineering Landmark.

Come join us and help us celebrate this centennial event!

**Date: Wednesday, September
17th**

\$87.00 per person

Cost includes: transportation, sit down lunch, Harbor Cruise, & all taxes & gratuities including the driver

Pickup is at 9:00am

Return approximately 6:30pm

Special Events & Services

Around the Globe from Home: Poland

Join host Rick Steves as he travels to Poland. Poland is a country in Central Europe bordered by Germany, the Czech Republic, Slovakia, Ukraine, Belarus, the Baltic Sea, Kaliningrad Oblast (a Russian exclave) and Lithuania.



The culture of Poland is closely connected with its intricate 1000 year history. With origins in the culture of the Proto-Slavs, over time Polish culture has been profoundly influenced by its interweaving ties with the Germanic, Latin and Byzantine worlds as well as in continual dialog with the many other ethnic groups and minorities living in Poland. The people of Poland have traditionally been seen as hospitable to artists from abroad and eager to follow cultural and artistic trends popular in other countries.

Tuesday, August 19th at 1:00pm.

Call now to sign up!

We will be sampling a taste of traditional Polish Food!

Wicked at the Bushnell

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One - born with emerald green skin - is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for "the most complete - and completely satisfying - musical in a long time.



Thursday, November 6th

Show begins at 1:00pm, runs for 2 hours and 45 minutes.

\$75 Orchestra—Front Mezzanine. Tickets purchased at time of sign up. Non-refundable. Sign up before September 5th!

Sign up now! Seats are limited!

*Back by "popular" demand. Variety calls **WICKED** "a cultural phenomenon," and it continues to break box office records across North America. Winner of over 50 major awards, including a Grammy and three Tony Awards, **WICKED** is "Broadway's biggest blockbuster" (The New York Times).*

Just a Reminder...

The Senior Center will be closed on September 1st for Labor Day!

Join us at the Senior Center for a fun day!

hello  august

August Birthdays !

Happy Birthday:

August 2 -Marion Pitman

August 3—Marie Collins

August 7—Beatrice Lusa

August 10—Sandy St. James

August 11: Jane Czarneck

August 14: Alfred Dreher
Rose Tipaldi

August 17: Grace Hutchins

August 21: Larry Webster

August 27: Gail Dimmock

Leslie Ames

Dany Domingues

August 28: Shirley McElroy

Anniversaries

August 3: Bill & Maureen Tyler

HAPPY ANNIVERSARY

*Friends
Are
Always
Welcome
Here*

HAPPY BIRTHDAY

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

*Happiness is
spending time at
the
Senior Center!!*

*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

Sela Saunders, Secretary/Receptionist

Andrea Bouchard, Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: