



Vernon Senior Center's

Issue 18  
December 2014

# Senior Moments

## Holiday Luncheon



**Menu:** Beef Tips in a Burgundy Sauce, Seafood Stuffed Sole, Roasted Baby Potatoes with garlic & herbs, Salad, Rolls & Dessert.

Entertainment will be provided by:  
**The Troubadours.**

**Cost: \$12.00**

**Sign up now!**



*Tis the season for giving...*

Help keep the joy in the holiday season!

Please bring a **new, unwrapped toy** to benefit the children in Vernon. All donations will be donated to Vernon Social Services.



Let's Celebrate the Season!

Join us on **Friday, December 12th at 12:30pm** for a Holiday Feast catered by Maneeley's Banquet Facility in South Windsor!

**Dig out those festive holiday sweaters that have been neglected since last winter!**

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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. **Due to the upcoming Holidays, the newcomers meeting will be held on Thursday, December 18th at 1:30pm.**

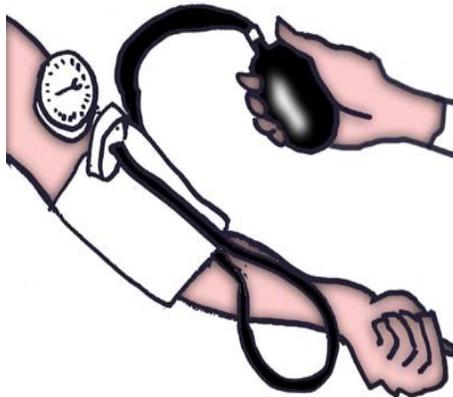
Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

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, December 10th**. 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, December 18th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. Call for appointments.

## 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

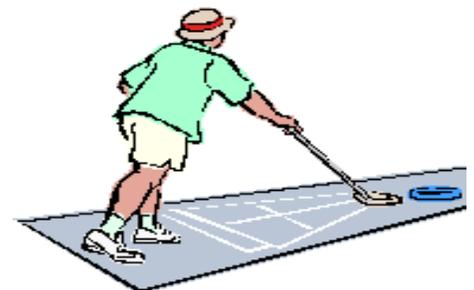
**Tai Chi:** Tai Chi is offered on **Fridays at 10:00am**. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free for new folks. Cost \$5 weekly.



**Wii Bowling:** This activity is offered on **Fridays at 12:30pm**. Join the hooting and hollering.



**Shuffleboard:** The shuffleboard tournament is underway. Come on by to cheer them on!



# 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

**Mah Jongg**—Mondays at 9:30am, Thursdays at 1:00 pm

**New to Dominos**-Tuesday 10:00am

**Pinochle**-Tuesday & Thursdays at 12:45pm

**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 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!



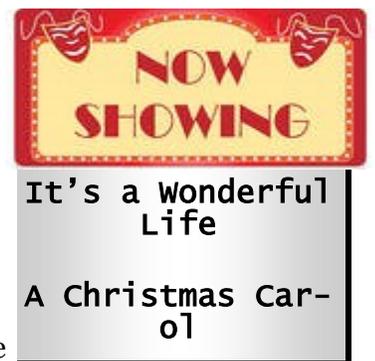
**Do You Want to Learn How to Play Dominos? Do you need a refresher course?** If so, please join us on **Tuesdays, at 10:00am** for this fun activity.

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, December 10th at 1:00pm** the feature film is **It's a Wonderful Life**. George has spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born. Not rated, 132 minutes.

**Wednesday, December 17th at 1:00pm** the feature film is **A Christmas Carol**. After working into the wee hours on the night before Christmas, Scrooge returns home to find the ghost of his former associate and the promise of visits from 3 more spirits. Will the dawn of a new day bring a new scrooge? Rated PG, 100 minutes..



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 weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

# Winter Weather Policy

## A Reminder:

Now that winter is approaching, it is important to listen to WTIC 1080 radio or to watch **WFSB Channel 3** if there is snow in the forecast.

If Vernon schools are **CLOSED**, the Center is **CLOSED** and there will be **no transportation** available with the Senior bus or the Senior Car.



If there is a school delay, the Center will open at 9:00am as usual.

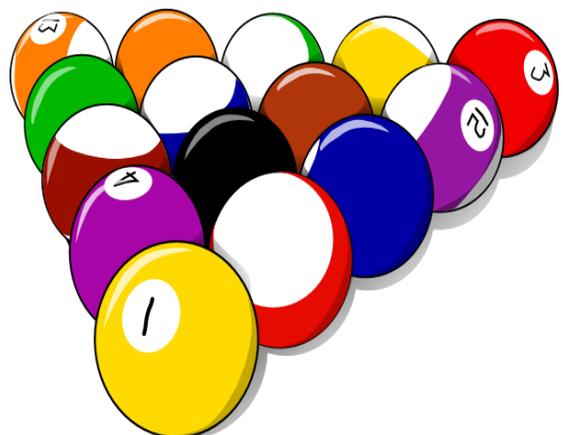
Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly.

Thank you, and please be safe.

# 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.

**Wal-Mart East Windsor**—Date to be Announced.

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council 860-

870-7940

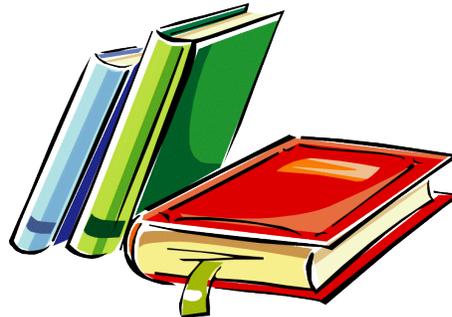
Dial A Ride Services



## Senior Center Library

Library books, movies 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.

## 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.

January 9th: Pierogies and Polkas  
February: Benefits of a Good Night

Sleep presented by JoAnne Harrison-Becker, MS

February: AARP Tax Preparation

February 11th: Informational Meeting  
Pacific Coast Cruise presented by Landmark Tours

March 17th: St. Patrick Day luncheon with entertainment.



# Just a Reminder...

The Vernon Senior Center strives to provide a positive environment for the community that is safe and enjoyable. While some programs become competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants are our primary concerns. The program atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of our programs.

Thank you,  
Vernon Senior Center Staff



## 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 **Outback Steakhouse** in Manchester on **Tuesday, December 2nd at 1:00pm.**

Call now to sign up



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, William Tyler Sr., Patricia Iamonaco, and Carole Slattery.

**Due to the Holiday, the**



**Advisory Board meeting will be held on December 16th 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

**Energy Assistance:** Vernon Social Services is presently taking applications for Energy Assistance. If you need help in paying for your heating bill, you may qualify for some assistance.

Please call Social Services at 860-870-3661 to see if you meet the criteria for help or to schedule an appointment.

## **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.

# When Returning Library Books...

If you are returning books to the library, or dropping off materials for donations, we ask that you bring it to the library directly.



If there is an event going on upstairs that you do not want to interrupt, please notify one of the staff members.

We have dedicated volunteers that put away all returned materials and keep the library looking neat and organized. They cannot do their job if books are lying around the center and in the wrong locations.

*-Thank you for your cooperation*

# Looking for something new to play?

A few of our groups are looking for new players!

**Pinochle—Tuesdays & Thursdays at 12:45pm.** Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Players score points by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks.



## **Scrabble—Tuesdays at 1:00pm.**

Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board which is divided into a 15×15 grid of squares. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns. The words must be defined in a standard dictionary.

# DAY TRIPS

## Up Coming Trips

**No Trips in January & February**

May—West Point Dress Parade

June— Boston Tea Party Museum & Lunch

July—Lobster Bash & Barbra

September—Vine To Wine In Vermont

October—Providence Food Tour

November—9/11 Museum

We are still in the planning stages for March, April & August.

Suggestions are welcome.



### 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.

## Bright Nights at Forest Park



Join us as we travel to Springfield, Massachusetts on **Tuesday, December 9th** to the Spirit of Springfield's **Bright Nights** Holiday Light Display.

Bright Nights is one of the Northeast's premiere holiday lighting experience, with nearly three miles of lighting displays.

The displays span from the traditional "North Pole Village" to the childhood-reminiscent, Dr. Seuss-inspired "Seuss Land."

There are over 450 ornamental displays and roughly 650,000 illuminated lights.

The Vernon Senior Bus will depart at **4:30pm from Green Circle Parking Lot.**

After traveling through the light display, we will stop for a quick dinner at the Enfield Square.

**The trip is free... but bring money for your dinner.**



# Special Events

## Around the Globe From Home

**Ho! Ho! Ho!**

Join us **Tuesday, December 23** at **1:30pm** as we cross over the Atlantic to share in the fun & festivities of a European Holiday with Rick Steves' European Christmas. Rick Steves' European Christmas DVD provides a vivid and authentic portrait of how Europeans celebrate the holiday from England to Norway, Burgundy to Bavaria, and Rome to the top of the Swiss Alps. Included are live concert performances of music.



The 2004 Midnight Mass at St. Peters Basilica (Pope John Paul II) is featured with highlights of Christmas traditions up in the loft with the finest choirs, and into the kitchen with grandma and her best-kept holiday secrets. Enjoy a taste of traditional European holiday fare. If you would like to share a special holiday tradition or memorabilia please feel free to bring them.

**Please note the change in day and time.**

## New Year's Eve Celebration

The Center will be hosting a New Year's Eve Brunch on **Wednesday, December 31st** at **11:00am**.

Join us as we ring in 2015 with yummy food and music! We will be serving quiche, fresh fruit, assorted pastries, coffee & tea.

Entertainment will be provided by Party Pro DJ!



We will have a count down to 12:00 Noon as we say goodbye to 2014, and hello to the new year!

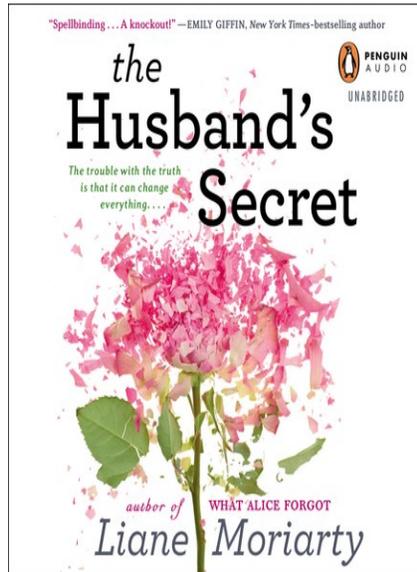
**Cost: \$5.00**

Payment is due at time of sign-up, call now as space is limited!

# Fun & Games

## Senior Book Club

The Senior Book Club will be meeting on **Thursday, December 18th** at **10:00am**. The book for this month is *The Husband's Secret* by Liana Moriarty. New members are always welcome!



Imagine that your husband wrote you a letter, to be opened after his death. Imagine, too, that the letter contains his deepest, darkest secret—something with the potential to destroy not just the life you built together, but the lives of others as well. Imagine, then, that you stumble across that letter while your husband is still very much alive. . . .

Cecilia Fitzpatrick has achieved it all—she’s an incredibly successful businesswoman, a pillar of her small community, and a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything.

C F B E G I N N I N G F G Y O P R X C X  
 C E R X Y R A U N A J O H N A H X B V L  
 C L L A B T O O F M E O J O Y O P Z X I  
 G A M E S C Y L I P K D K E S Q Y L I K  
 N I A I B C D D O F H F A Z P S N U C Z  
 E I T D C R N H P P A R T I E S A V C I  
 W X J L R I A O D L Z I C I P I W M O O  
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 Z U Z H P F A M I L Y N W C F E C Y B L  
 C U T Y Y A D I L O H D S R H L I I X S  
 E X P E C T A T I O N S E C V G H D A O  
 P A R A D E S Y E N G S V F P A T D B U  
 V P R S V M O A E O O E H G U R F G B K  
 Z P M T U T U Z S L G Q P B R Q M O O Q  
 W P J Q E H O U U C J Z N J V S Y B O Q  
 T P B I L K M T Y U G N G H D C H L V I  
 C L Q P C Y I C Z D N E H J V X P L C L  
 I E O K K O Q J V E L J J C V K V C W S  
 O B E N N U B K L J X X O I X K L L X X  
 K U U S C X Z X K Z V U I W S W V Q V Q

### Happy New Year Word Find!

- |              |             |
|--------------|-------------|
| BEGINNING    | FOOD        |
| FRIENDS      | PARTIES     |
| MIDNIGHT     | HOLIDAY     |
| TIME         | HOPE        |
| CELEBRATIONS | PLANS       |
| GAMES        | FOOTBALL    |
| NEW          | JANUARY     |
| YEAR         | RESOLUTIONS |
| EXPECTATIONS |             |
| HAPPY        |             |
| PARADES      |             |
| JOY          |             |
| FAMILY       |             |



We Hope

2015

Brings You...

12 Months of *Happiness*

52 Weeks of *Fun*

365 Days of **SUCCESS**

8,760 Hours of **Good Health**

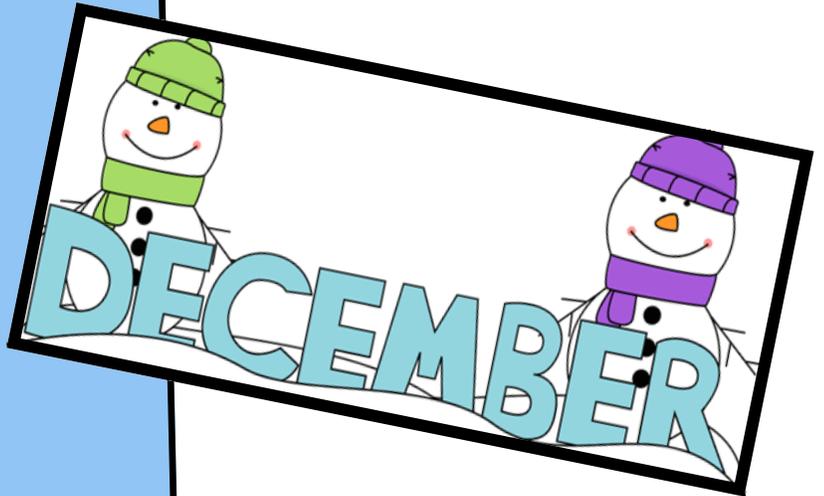
525,600 Minutes of *Good Luck*

&

31,536,000 Seconds of *Joy*

Just a  
Reminder...

The Senior Center  
will be closed on  
December 25th



Join us at the Senior  
Center for a fun day!

## December Birthdays !

### Happy Birthday:

December 1: Madeline St. Germain

December 7: Mary Dzat

December 15: Rita LeTellier  
Jackie Lavoie

December 24: Carl Owens  
Esther Edwards

December 26: Marilyn Talbot

December 28: Wanda Satkiewicz

December 31: Ron Zim



*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: