



Vernon Senior Center's

Issue 7
February 2014

Senior Moments



Beach Party

The Center is hosting a Beach Party on **Monday, February 24th at 12:00 noon.** Join us as we try to bring you some summertime fun this cold and snowy winter.

We will be serving picnic fare of Kentucky Fried Chicken, potato salad, coleslaw and dessert. We will also be serving a special non-alcoholic summertime beverage to quench your thirst after a warm day at the beach.



Following lunch, we will have some fun playing games of your youth.

Please wear your colorful summer outfits as we will be judging them and giving out prizes.

Please call the Center to register for this fun event. The cost is \$6 per person.

Please note space is limited so we will be taking registration once it appears in the JI & the Reminder.

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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, February 27th 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 27th. 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, February 12th**. 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, February 6th & Thursday, February 13th**. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. Call for the center for an appointment.



The Hearing Screening will be held on a quarterly basis. The next screening will be on **March 20th**. 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 & 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 860-871-1354.



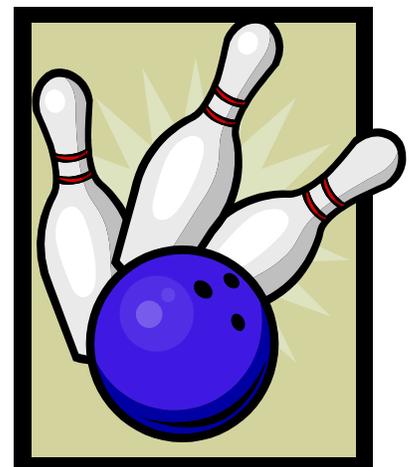
Table Massage

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. Alycne 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 competes against each other. The Center’s team, the Vernon Alley Cats, is now practicing for upcoming competitions. Come and join the competition for a fun afternoon of bowling.



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



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 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, February 5th at 1:00pm.** The feature is **Terms of Endearment.** This drama follows a widow & her daughter through the years as they support each other. It stars Shirley MacLaine, Debra Winger & Jack Nicholson.

The next matinee is **Wednesday, February 26th at 1:00pm.** The feature film is **An Affair to Remember.** It is a love story & stars Cary Grant & Deborah Kerr.

We have a wonderful surprise for all those attending. Popcorn will be served so please call to register so that

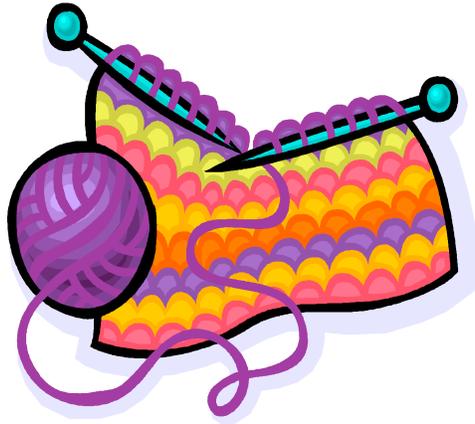
we know much popcorn to pop.



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!

A Hodgepodge

Computer Class Intro to Computers Class is a 5 week class beginning **Thursday, February 13th from noon to 2:00pm**. The class covers the basics such as keyboard, mouse control, word processing, plus the internet & e-mail. Cost: \$25 for residents & \$35 for non-residents.



Book Club: The Book Club's next meeting will be held on **Thursday, February 20th at 10:00am**.

The book chosen for February's meeting is "The Glass Castle" by Jeanette Walls. The group is seeking new members so if anyone is interested, come on the 20th 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!

Men's Pool Tournament:

The tournament is now underway. The tournament is tied between the team of Barry Obedzinski & Joe Grabinski and the team of Bill Jensen & Carl Palmberg. There will be a play off followed by a luncheon.



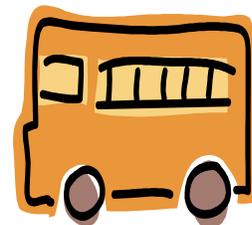
Transportation

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 March, 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.

March 4th: Line Dancing

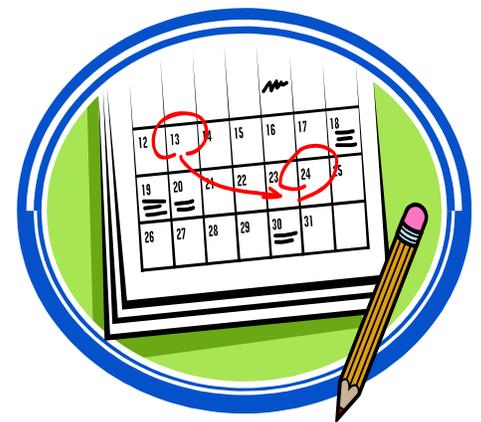
March 4th: Out to Lunch Bunch

March 21: AARP Safe Driving Course

March: Bus Trip to Buckland Mall

March: Heartburn Awareness

May 19: Noon Institute: Behind the Scenes with Rodgers & Hammerstein



Special Event

Birthdays & Anniversaries

The Center will be celebrating February and March Birthdays & Anniversaries on **Monday, March 24th 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 Vernon Diner. The group will meet on **Tuesday, February 4th 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, February 25th 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.

Inclement Weather

If the Vernon schools are CLOSED, all programs and activities at the Center are cancelled.

Staff will be at the Center even though programs are cancelled for the day.

Closure announcement will be broadcast on TV & Radio.

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 Center will be having a Shuffleboard Tournament beginning **Monday, March 3rd at 9:30am.**

There will be a minimum of six teams who will compete. The tournament will be for ten weeks.

If you have an interest in this



fun activity, please contact the Center to sign up. Teams will be chosen randomly.

We are also looking for subs. If you feel you cannot play every week, please sign up to be a sub.

It is a lively group and we welcome past players & new ones for this program.

When You No Longer Can Live at Home

Most older adults want to continue living in their own homes for the rest of their lives.

However, as people age and experience health problems and the losses that come with aging, they may find that maintaining a home and managing alone becomes increasingly difficult.



Tracy Grieder, from CCCI will be at the Center on **Tuesday, February 25th at 1:00pm** to discuss what are your options. She will speak about choices available for older adults, such as home care services, assisted living and nursing home placement.

Call the Center to register for this informative program.

Senior Center Trips

Panama Canal Cruise

Rated as “the world’s best cruise line” by Conde Naste Traveler, Holland America is renowned for its touches of class, its sophistication and service that is unequalled. The luxurious Zuiderdam, built in 2002 and recently refurbished, will be our seafaring “hotel” for a 10 night cruise to the Panama Canal. We will fly to Fort Lauderdale and cruise to Half Moon Cay, Bahamas, Bonaire, Aruba, the Panama Canal to Gatun



Lake, Colon and Costa Rica.

**Dates: November 7, 2014—
November 17, 2014**

Inside Room \$2249 pp

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.

Please call the Center for more information.

Pearls of the White Mountains

Get away from it all this spring & take a trip to the pearls of the White Mountains, New Hampshire, featuring the Mountain View Grand Resort & Spa and the Mount Washington Hotel from **May 19th-20th.**

We will travel to **Winnepesaukee** lakeside village of Wolfeboro & visit a **Crystal Shop** for a demonstration. After free time for lunch & shopping, we are off to the **Mountain View Grand Resort & Spa** traveling along the beautiful scenic lake route. The hotel has breathtaking

views of the mountains. We will have dinner in the elegant Main Dining Room. After a buffet breakfast, we will stop at **Settler’s Village Outlets**, ride on the **Conway Scenic Railroad, lunch & tour of Mount Washington Hotel.** On the way home, we will stop at **Clarke’s Trading Post**, which offers live Bear Shows.

PRICE: \$364 per person, double occupancy.

Informational Meeting February 27th at 12 noon. Call to register for this meeting.

TOUR INCLUDES

- *Roundtrip Motorcoach transportation
- *Deluxe Accommodations at The Mountain View Grand Resort
- *3 Meals: 1 Breakfast, 1 lunch, 1 dinner
- *Visit Wolfeboro & Crystal Shop
- *Train Ride on Conway Scenic Railroad
- *Tour & luncheon at Mount Washington Hotel
- *Visit to Clarke’s Trading Post
- *Luggage handling (1 bag per person)
- *All taxes, gratuities & trip insurance

DAY TRIPS

Yakov Smirnoff at Aqua Turf

We are looking to see if there would be enough interest to purchase tickets for the **Yakov Smirnoff** show at the Aqua Turf Club on **Wednesday April 30, 2014**.

Fans who loved the comedy of Russian born entertainer Yakov Smirnoff throughout his expansive career on television, the silver screen and Broadway can experience the hilarity once again. In his new national tour, audience

members will enjoy Yakov's insightful and laughter filled philosophy on life, love, family and country.

Package includes: Elegant luncheon at the Aqua Turf served family style with tossed salad, penne pasta, Yankee Pot Roast, Baked Scrod, rolls & butter, vegetable, potato, dessert & coffee. Round trip transportation on a Post Road

Motor Coach, all taxes & gratuities including driver.

Cost \$90.00 per person.
Please call to sign up
We will require a
\$50.00 non-refundable
deposit.



The Newport Playhouse

The Center is offering a trip to The Newport Playhouse on **Thursday, March 27th**. This is a dinner theatre where you will enjoy a great buffet and a wonderful play. The buffet does not skimp on quality or selection. Everything is prepared on the premises. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts.

The intimate theatre is just a short stroll from the dining room. There you will have reserve seating. The play is



My Husband's Wild Desires (Almost Drove Me Mad!) This is a comedy that will have you rolling in the aisles with laughter. After the show, you will return to your original table, where the dining room has been transformed into a delightful Cabaret.

The cost is \$86 per person. It includes round trip transportation, buffet meal, matinee play and a cabaret show, all taxes and gratuities, including the driver. The bus leaves Green Circle Commuter Lot at 9:00am. Please contact the Center to register

Special Events & Services

Chocolate Celebration

Valentine's Day is the most appropriate day to commemorate chocolate so the Center is hosting a **Chocolate Celebration on Friday, February 14th at 1:30pm.**

We will be featuring our world famous Chocolate Fountain. Well, it might not be world famous but who cares! We will be offering a wide variety of items to try in our rich, flowing chocolate. It will be a magnificent experience.



We will also be playing a game of Chocolate Trivia. We will be testing your chocolate knowledge. Prizes will be awarded.

Please note that space is limited so we will be taking registration once it appears in the JI and the Reminder.

The cost for this event is \$3. Hope to see you on the 14th for a delicious afternoon at the Center.

Around the Globe from Home

Hello! Come fly with us **Monday, February 3rd at 1:00pm** as we “hop across the pond” to England. England is a country that is part of the United Kingdom. It shares land borders with Scotland to the north and Wales to the west. The Irish Sea lies north west of England, whilst the Celtic Sea lies to the south-west. The North Sea to the east and the English Channel to the south separate it from the continental Europe. Most of England comprises the central and southern part of



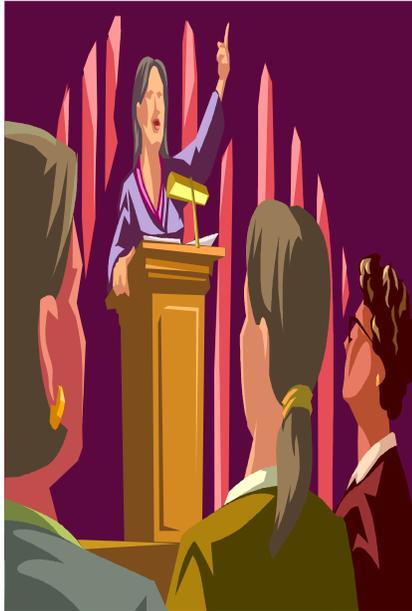
the island of Great Britain which lies in the North Atlantic. The name “England” is derived from the Old English name England, which means “land of the Angles”. Come and join us as we visit the historical city of London along with Bath, York, and the white cliffs of Dover. On our trip we will watch a DVD exploring the historical sites, culture, land and places of interests. Sample a taste of customary British fare. If you have traveled to England, please feel free to bring your photos etc. Call to register.

Presentations

Noon Institute

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

Langston Hughes & the American Dream lecture will be on **February 10th at noon**. Hughes' poetry resonates with themes & phrases that have become part of the fabric of contemporary American society. We will examine his life & social environment including his role in the Harlem Renaissance during the 20's & 30's. We will



explore how his poetry influenced Martin Luther King.

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 MCC.

Elder Law Attorney

Attorney George B. Bickford will be at the Center on **Thursday, February 27th at 10:00am** to provide invaluable information for navigating the many and diverse issues that face us as we age.

He will discuss the basics of estate planning, trusts, probate, and preparing for long term health care.

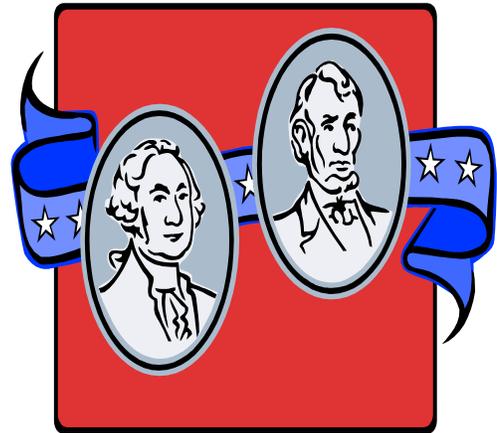
Attorney Bickford is a pioneer in the practice of elder law in Connecticut. He has extensive experience in all areas of advocacy and planning for the



elderly and disabled. Attorney Bickford is a graduate of Harvard College and the University of Connecticut School of Law. He is a member of the National Academy of Elder Law Attorneys, the Executive Committee for the Elder Law Section of the Connecticut Bar Association and Co-Chairs the Elder Law Committee of the Hartford County Bar Association. Please call to register for this informative program.

The Center will be closed February 17th in honor of President's Day

Join us at the Senior Center for a fun day!



February's Birthdays !

Happy Birthday:

Bill Paulin	Feb. 5
Paul Iacobucci	Feb. 5
Ray Larkin	Feb. 8
Barry Obedzinski	Feb. 11
Marie Harris	Feb. 12
Bob DeCosta	Feb. 17
Deane Dreher	Feb. 18
Mary Viola	Feb. 20
Grace Cameron	Feb. 23
Barbara Palmberg	Feb. 26
Margaret Ginolfi	Feb. 27

Joe Grabinski

Feb. 28

Pat Iamonaco

Feb. 28

Anniversaries:

Bob & Pat Flanders

Feb. 25



***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

**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

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: