



Vernon Senior Center's

Issue 12
June 2014

Senior Moments

CBS Radio Mystery Theater

Come in... Welcome...

If you are not superstitious of a little bad luck, join us on **Friday the 13th** as we gather round and listen to a CBS Radio Mystery Theater episode just like we did before we filled our homes with flat-screen televisions.

This episode is **Blizzard of Terror** starring Larry Haines and Leon Janney. A bitter couple gets caught up in a deadly storm and seek shelter in a remote cabin. But there is someone already there. And that someone might just be a homicidal maniac!

Sit back and reminisce with good company as you try to solve this spooky mystery.



Refreshments will be served.

Date: Friday, June 13th

1:30pm

Please call to sign up for this event!

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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, June 26nd 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

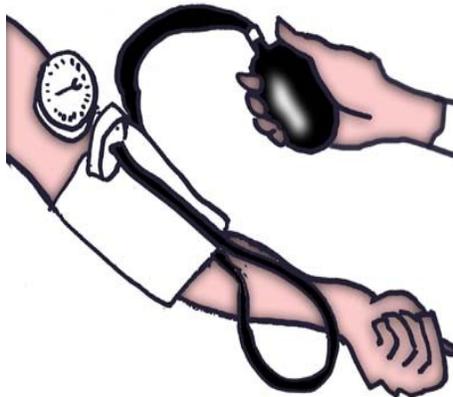
hope to see you on the 26nd. Please call to register. Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, June 11th.**

The hours are from 9:00 am – 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening will be held on a quarterly basis. The next screening will on **June 19th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions . Please call the center for 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.

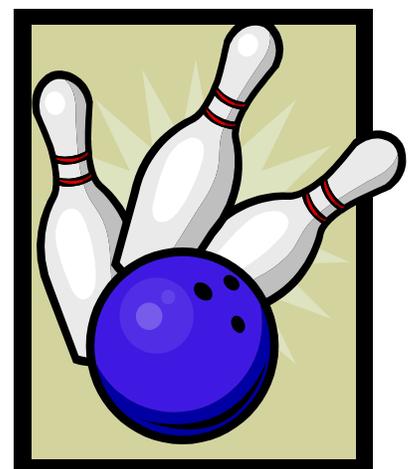
On-Going Healthy Activities

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.

Congratulations to Aurea Rodriguez for bowling a Perfect Game—300 on May 9th!

Congrats Aurea!



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 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.

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 **Tuesdays 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.

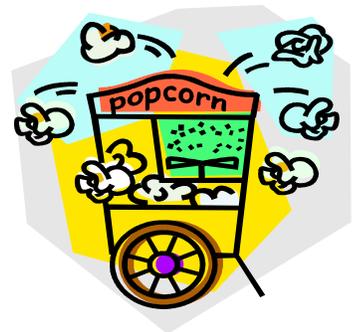
Hope to see you.

Movie Matinee

Popcorn and A Movie—The Center is offering movie matinees!

Wednesday, June 11th at 1:00pm. The feature film is **12 Years a Slave.** The autobiography of Solomon Northup, a free black man who was abducted from NY state and sold into slavery in the mid-1800s, serves as the basis for this historical drama. Starring Brad Pitt & Chiwetel Ejofor. Rated R.

Wednesday, June 25th at 1:00pm. The feature film is **The Bells of St. Mary’s.** Good-natured Father O’Malley is sent to help the financially struggling St. Mary’s Academy, run by Sister Benedict. O’Malley finds his leadership style at odds with the nun’s as the two bicker but collaborate to save the school. Drama/Family, Not Rated.



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**.

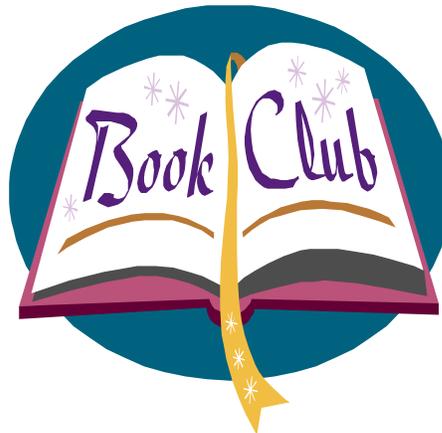
All are welcome. The group gets bigger every month!

A Hodgepodge

Book Club:

The Book Club's next meeting will be held on **Thursday, June 19th at 10:00am**. They will be discussing the book "Loving Frank" by Nancy Horan.

The Book Club will not be meeting in July and August



Exchange Club Picnic

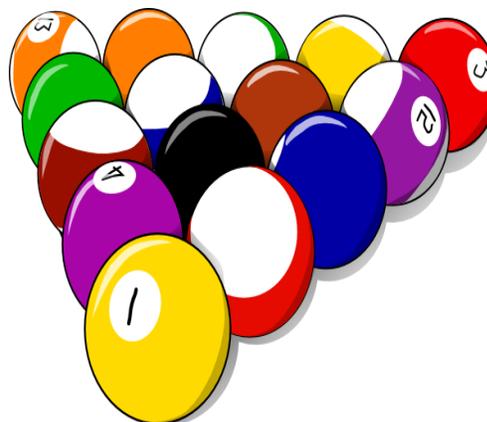
Saturday, June 21st

Call the center **ONLY** if you need a ride on our senior bus!

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!



Co-Ed Pool Tournament:

The co-ed pool tournament will begin Monday, July 7th at 9:30am and will run for 10-weeks.

Call now to sign up for this fun time!

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, the Senior Center & Sacred Heart Church.

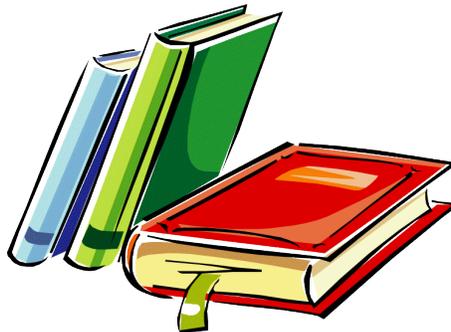
Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services.



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



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 twice a month. This month there will only one day for appointments which is **Thursday, June 12th**. 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.**

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.

July 7th: Co-ed Pool Tournament begins

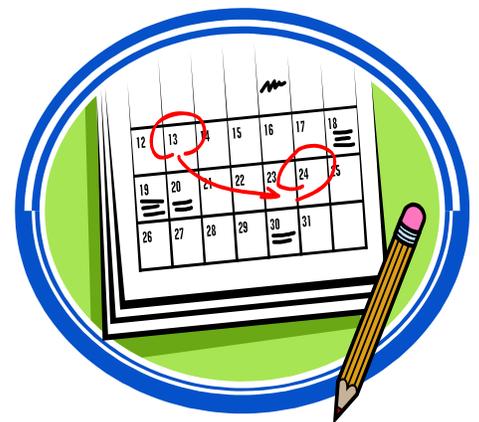
July 14th: Birthday Celebration

July 18th: Luau & Entertainment

September 29th: Shuffleboard Tournament begins

October 10th: Italian Festival

December 12th: Holiday Luncheon



Special Event

Birthdays & Anniversaries

The Center will be celebrating April, May, June & July Birthdays on **Monday, July 14th 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" typically meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to **The Sky Diner** in East Windsor on **Tuesday, June 10th at 1:00pm**. Call now to sign up. You will order off the menu, and pay at the restaurant.



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, June 24th 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

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.

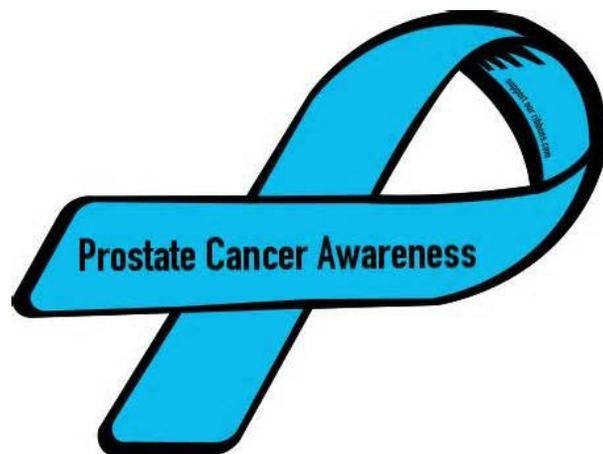
Signing In At the Senior Center.

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.

Prostate Cancer Survivor

Join us on **Monday, June 23rd at 10:30am** to hear prostate cancer survivor Greg Forbush discuss his life before, during, and after surviving prostate cancer. Listen to his honest and amazing story of courage. His story will open your eyes to the reality of what it is like to have prostate cancer and the decisions he made along the way.

Call now to sign up for this event.

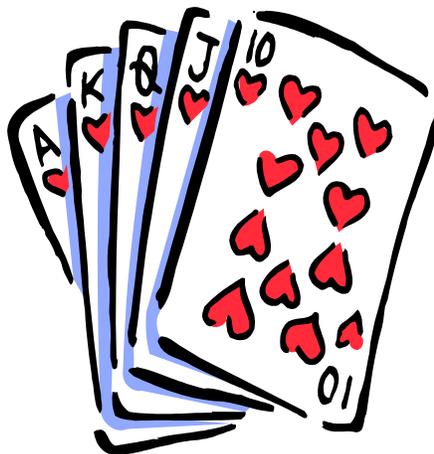


Crazy Whist Card Party

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, June 4th** at 12:30pm.

We will start with pizza followed by card playing.

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.

Everyone is welcome.

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 & 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**.

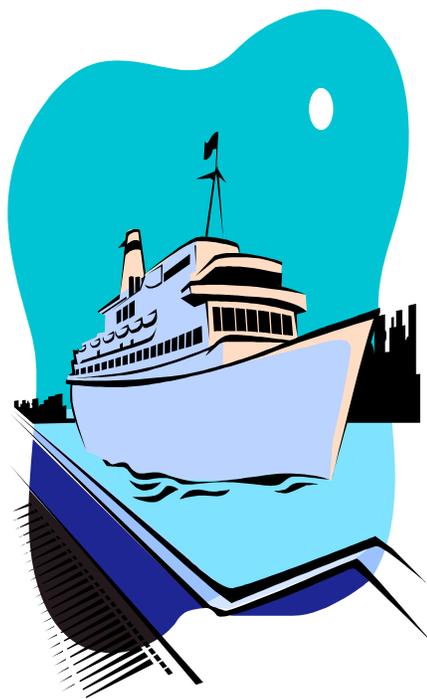
Day 3 After breakfast, we depart for Lake George Village, shopping & Prospect Mountain. We then head for **Sagamore Resort at Bolton's Landing** for lake-view dining before heading for home.

Cost: \$488 pp based on double occupancy. Call the Center for more information.

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 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 and portage of one bag per person.

Please call the Center for more information.

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
Museum with Exhibit
through the Eyes of the
911 First Responders.**

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.

Lunch & Show at Amarante's Sea Cliff

Join us for the Landmark's Lobster Bash at **Amarante's Sea Cliff**, located right on the shore in East Haven overlooking the beautiful Long Island Sound.

The menu features:

Social Hour: Penne ala Vodka, Sweet & Sour Meatballs, Fried Dough Pizza, Frittata, Focaccia & Cheese Puffs

Down East Lobster Bash: 1 1/4lb. Fresh Lobster or Sliced Beef Tenderloin, New England Clam Chowder, Corn on the Cob, Roasted Red Skin Potatoes, Steamed Mussels with butter, BBQ Chicken, Strawberry Shortcake, & Iced Tea



While enjoying the delicious meal, relax and enjoy the show, **One Night with Elvis** starring Brian Weldon. Brian hails from Long Island, NY and has been a huge Elvis fan since he was 8 years old. He knows over 40 Elvis songs, so requests are gladly accepted!

Date: Wednesday, July 16, 2014

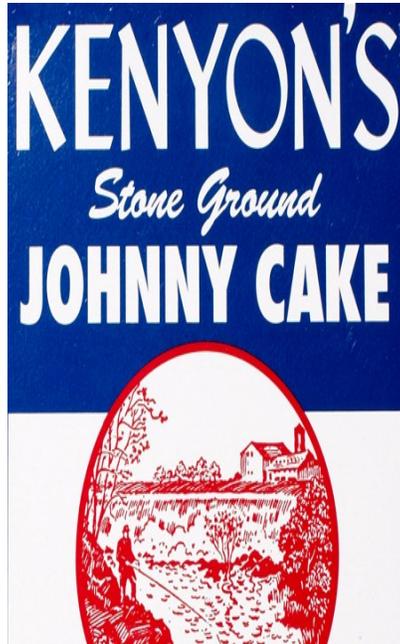
Cost: \$83 Includes roundtrip transportation, Social Hour & Clam Bake, One Night with Elvis performance, taxes & gratuities including driver. Call to register for this spectacular trip!

Special Events & Services

Day Trip to Sunny Rhode Island

Join us for a wonderful day in sunny Rhode Island. The day begins with a visit to Kenyon's Gristmill. Enjoy cooking demonstrations by the waterfront. Sample Rhode Island Johnny Cakes as you enjoy the tour of the mill and grinding process of the locally roasted coffee.

You will enjoy lunch at The Coast Guard House Restaurant in Narragansett.



Enjoy marinated chicken breast with mashed potatoes and seasonal vegetables or penne primavera, with seasonal vegetables and a light white wine butter sauce. The meal includes a garden salad, dessert, and coffee. After lunch we will take a short drive to the Fantastic Umbrella Factory.

Date: Wednesday, August 20th

Cost: \$68 includes round trip transportation, Tour at Kenyon's Gristmill, samples of Johnny Cakes & Coffee, Sit down lunch at the Coast Guard House, The Fantastic Umbrella Factory. All taxes & gratuities.

Travel Series—New England

"Around the Globe from Home". Unpack your suitcases this month and stay home! Join us **Tuesday, June 17th at 1:00pm** as we travel through our own New England states. Take a thrilling ride over Connecticut, Rhode Island and Vermont. Soar above red barns, white steeples, village greens, rugged coastlines, harbors and lighthouses in this classic look at New England from the air.



Many of America's renowned authors were born in the northeast region, including Henry David Thoreau and Ralph Waldo Emerson. Sample a taste of traditional New England fare. If you have traveled to any or all of the New England states and would like to share any memorabilia or photographs, please feel free to bring them. **Please note that the day has been changed to Tuesday.**

Call now to sign up!

Presentations

Legislative Update

Join State Representatives
**Claire Janowski & Tim
Ackert** for an informational
session on 2014 State Legislation
& Programs Affecting Seniors on
**Wednesday, June 18th at
10:30am.**

Some topics include:

- New laws affecting seniors
- Dial-A-Ride Transportation
- Medicare Savings Program
- Property Tax Credit
- Rental Rebate Programs



Please come with your questions
about state programs that assist
seniors.

Important handouts will be
available.

Refreshments will be served.

Please call the center to register
for this program.

See you there!

US Marine Flag Demonstration

Come show off you red, white and blue and join us at
the Center on **Wednesday, June 18th at 1:00pm**
for a historical flag demonstration by a member of The
Forever Wave contingent of The Marine Corps League.

This demonstration will cover a detailed flag history,
demonstrations of many past historical flags and a
presentation on how to fold the flag.

Along with the presentation, delicious apple pie and
creamy vanilla ice cream will be served

Call now to sign up.



Just a Reminder...
The Senior Center will be
closed on Friday, July 4th
for Independence Day

Join us at the Senior
Center for a fun day!

June

June's Birthdays !

Happy Birthday:

June 18th—Jo Cassells

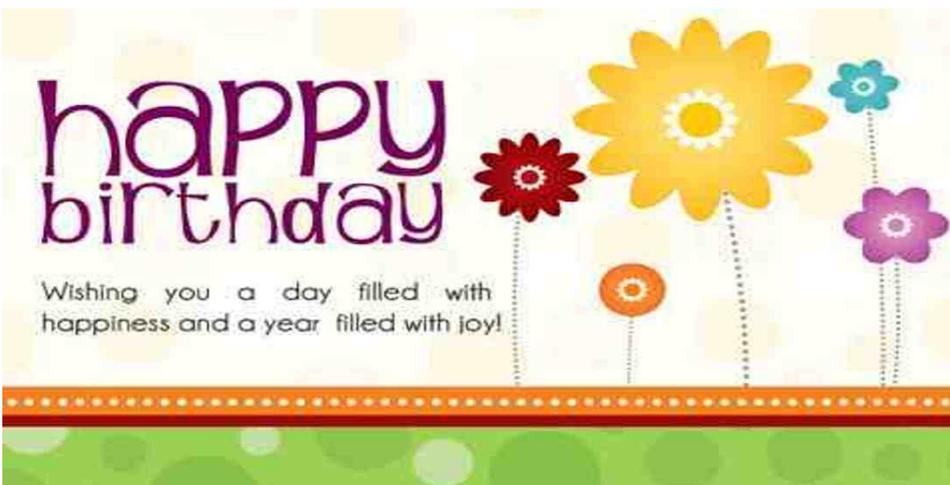
June 25th—Sophie Welply

June 26th—Barbara Sylvester

Anniversaries:

June 1st—Shirley & Terry McElroy

June 26th—Carl & Barbara Palmberg



*Friends
Are
Always
Welcome
Here*

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: