Vernon Senior Center's

Issue 8

March 2014

Senior Moments

St. Patrick's Celebration

The Center will be hosting a St. Patrick's Day luncheon with entertainment on **Monday, March 17th at 12:00pm.**

The luncheon will be catered by Geissler's Market. Come and enjoy a wonderful meal of corned beef and cabbage, vegetables, rye bread and dessert.

The entertainment will be provided by Rod Henry . He will be performing a variety of songs from ones

celebrating St. Patrick's Day to ones that are hits from the past. He is a vocalist who will be singing songs that make you want to clap your hands and/or sing along.

Please call the Center to register by **March 10th** for this wonderful and fun event.

The cost is $12 per person. Hope to see you on the 17th.

Don't forget to wear green.

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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, March 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.

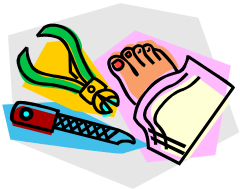
The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

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, March 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, March 6th & Thursday, March 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 860-454-7449.

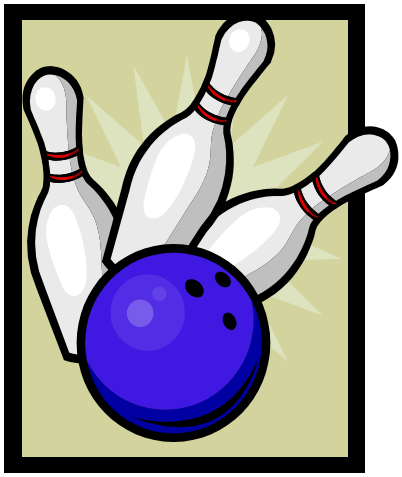
Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, $20 for a half an hour and $40 for an hour.
If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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 as everyone competes against each other.

The Center's team, the Vernon Alley Cats, are presently bowling against each other in a completion over 10 weeks, followed by a bowling luncheon banquet with prizes.



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

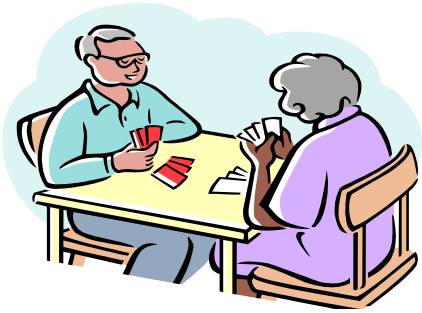
Mah Jongg—Mondays at 9:30am, Wednesdays & Thursdays at 1:00 pm

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 Like to Play the Card Game "Hearts"? Some seniors have shown an interest in playing the card game "Hearts". There will be an informational meeting on **Monday, March 10th at 1:00pm** for those who would like to play.
Please contact the Center to register for this meeting.

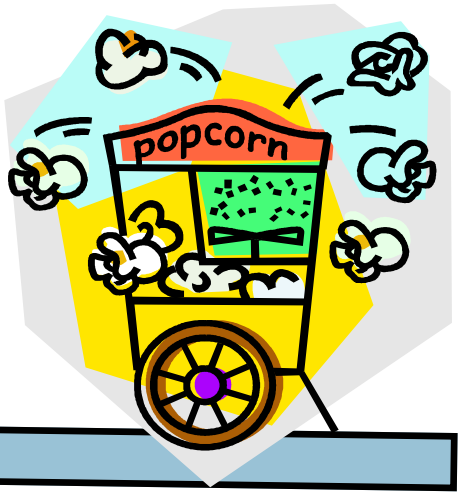
Do You Want to Learn How to Play Dominos? Do you need a refresher course? If so, please join us on **Tuesdays, at 10:00am** for this fun activity.

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

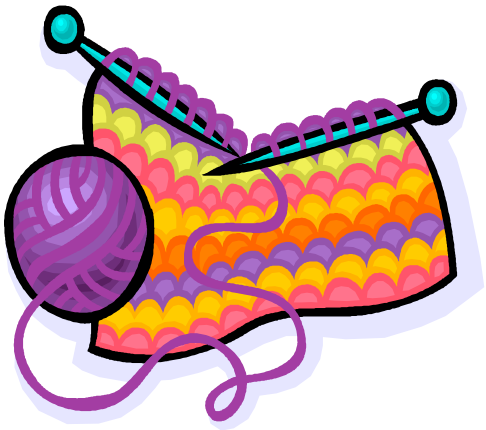
Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday, March 12th at 1:00pm.** The feature film is Lee Daniels' **The Butler.** Forest Whitaker delivers a powerful performance as Cecil Gaines, the White House butler under eight Presidents, during unparalleled change in American history.

The next matinee is **Wednesday, March 26th at 1:00pm.** The feature film is **Captain Phillips.** It is based on true events. Tom Hanks portrays Capt. Phillips, who is taken hostage by Somali pirates after they hijack his cargo ship. Popcorn will be served so please call to register so that we 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

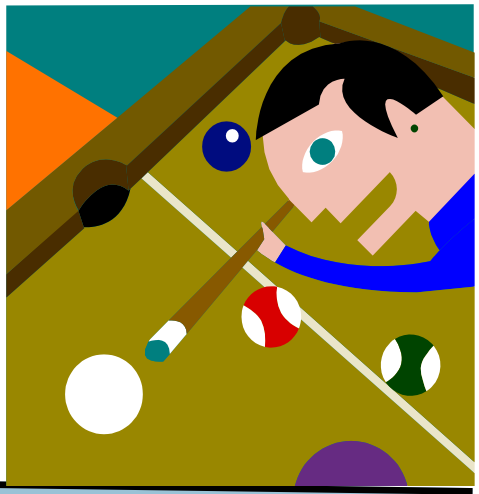
Computer Class The Center is offering an **Intermediate Class** beginning **Thursday, April 10th from 12:00 noon until 2:00pm.** This class is for those who have some computer experience but would like to expand their knowledge. Cost:

Book Club: The Book Club's next meeting will be held on **Thursday, March 20th at 10:00am**.
At this time, no new book has been chosen.
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 winners of the tournament was Team 1—Barry Obedzinski and Joe Grabinski. Runners up were Carl Palmberg and Bill Jensen. The players enjoyed a luncheon at the Vernon Super Buffet to celebrate.
Congratulation to the winners.



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 on **March 20th.**
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.

April 21: Meet Officer Macaulay and his canine partner.

April: Afternoon Tea at the Center

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

June 19th: Representative Claire Janowski's Legislative Update

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 Super Buffet**. The group will meet on **Tuesday, March 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, March 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.

Activity Spotlight

Scrabble
Come and join this fun activity which is on **Tuesdays at 1:00pm.**
Scrabble is not only fun, but it also challenges your mind. It is a way to exercise your brain and keep you young.
This popular game has been sold in 121 countries and is in 29 languages.

Pinochle
This is fun activity which is played on **Tuesdays and Thursdays at 1:00pm.**
The Center is seeking new players so if you know how to play the card game, come on down and join the group.
A little known fact: Pinochle was brought to the U.S. by German Immigrants.

Senior Center Trips

Saratoga & Lake George

A Day at the Track & The Historic Sagamore Resort
August 26th-28th
3Days/5 Meals including Dinner Cruise
August is race time at the beautiful Saratoga Race Course. On our first day, we will visit **Cabin Creek Farm** which is a caring home for retired Thoroughbreds. We will have a guided tour the stables with & even feed carrots to the horses. Then, we are off to downtown Saratoga. We'll have time to stroll down Broadway with lunch on your own. After checking into our hotel, the **Queensbury Hotel, Glens Falls**, we will have time to relax. That evening, we take a **Dinner Cruise** on the **Le Lac du Saint Sacrement on Lake George.** Next day, we'll rise & shine to a full breakfast at the hotel before leaving for the track. We will take a tram ride & visit paddocks & see the morning workouts. A quick walk to our reserved grandstand seats & a day of racing followed by dinner at **Longfellows Restaurant**.
Day 3 After breakfast, we depart for Lake George Village, shopping & Prospect Mountain. We then head for **Sagamore Resort at Bolton's Landing** for lake-view dining before heading for home.
Cost: $488 pp based on double occupancy.
Informational meeting March 20th at 10:30am.

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 **Winnipesaukee** 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.

Contact the Center for more information.

TOUR INCLUES
*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 for this hilarious show.**

NYC Sightseeing Luncheon Cruise

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

You will enjoy a narrated tour of the city skyline along with a splendid variety of live music and outstanding service. The Bateaux New York is a European inspired vessel, that is certain to leave you with a lasting impression.

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

Date: Monday, May 19th

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

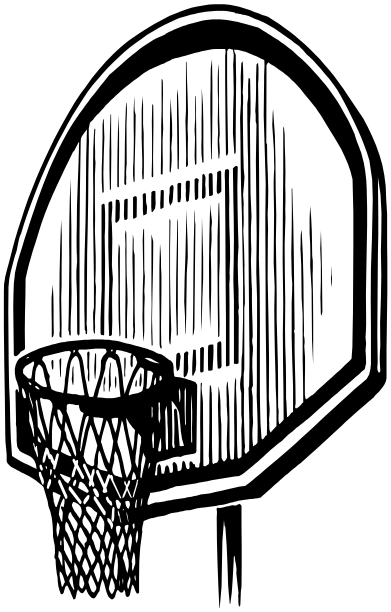
Special Events & Services

Celebrate March Madness

March Madness is all about college basketball so in honor of this national event, the Senior Center will be hosting it's own "March Madness."

Join us on **Monday, March 31 at 1:00pm** as we celebrate college hoops. We request that you wear your favorite team's attire. We will be judging who is the "Best Dressed Fan" and prizes will be awarded.

We will also have some fun exercising both your mind and body (mild body exercise).



We will be serving foods that are typical at college basketball games.

So please join us for a fun afternoon. You don't need to be a basketball fan to sign up for this entertaining activity.

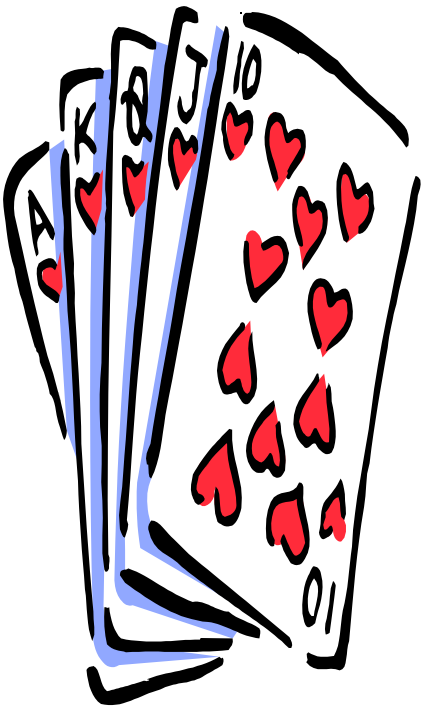
The cost is $3. Please call the Center to register for this event. Hope to see you on the 31st all decked out.

Crazy Whist

The Center is hosting a Crazy Whist Card Party on **Wednesday, March 19th at 12:30pm.** We will start with pizza at 12:30pm 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.

Not only will you have fun but you may be a winner. Small prizes will be awarded so please mark your calendar for this fun filled afternoon.



The cost is $7.

Please contact the Senior Center to register for this program. It is important that you pre-register for the party so we know how much pizza to order!

Come and join us as we play an interactive and fun game. Hope to see you on the 19th.

This card party has been so well received that we are hosting it every other month.

A special thanks to all the volunteers who make this event happen.

Presentations

AARP Safe Driving Course

The AARP will host a Drivers' Safety Class at the Center on **Friday, March 21** from **11:45am-3:45pm**.

The course is designed to help you update driving skills and your knowledge of the rules and hazards of the road. You also learn about normal age-related physical changes and how to adjust your driving to compensate. You will also reduce your chances of receiving a traffic violation, getting into an accident or becoming injured.

Cost is $12.00 for AARP members, $14.00 for non-members.

Call the Center now to register as space is limited.

Students who take the class may qualify for a multi-year discount on their auto insurance. Please consult your insurance agent to determine if a discount is offered.

Heartburn Awareness

Have you ever experienced a burning sensation after you have eaten? Are you aware of the activities that may worsen your heartburn symptoms? Do you know of over-the-counter options that may help to alleviate your problems?

Please join students from University of Connecticut School of Pharmacy on **Monday, March 24th at 12:00pm.**

The students will give a presentation entitled

"Heartburn Awareness" which will answer all the questions previously listed. There will be a question and answer session so come with all your inquiries.

Pharmacists are key players in educating heartburn sufferers on how they can improve their quality of life and avoid possible complications.

These eager pharmacists-in-training are looking forward to teaching you about heartburn and it's treatment. Call to register for this program.

Welcoming Spring
March 20th

Join us at the Senior Center for a fun day!

March's Birthdays !

Happy Birthday:

March 9 Anne Soloman

March 17 Paul Margelongy

March 19 Betty Worden

March 22 Evelyn Flynn

March 22 Alice Miner

March25 George Caron

March 28 Ursula Cox

March 29 Louise Setsky

Friends Are Always Welcome

Happiness is

VERNON SENIOR CENTER

26 Park Place

Phone:(860)870-3680
Fax: (860) 870-3588
Email: pclaydon@vernon-ct.gov

Website: www.vernon-ct.gov

Hours
Monday—Friday
9:00am-3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Paula Claydon, Director

Sela Saunders, Secretary/Receptionist

Cathy Bouley, Coordinator

Join us at the Senior Center for a fun day!

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: