



Vernon Senior Center's

Issue 11
May 2014

Senior Moments

G. Fox Co. in the 1950s

The Senior Center and the Connecticut Historical Society are teaming up to bring you "From Hula Hoops to High Fashion: G. Fox Co. in the 1950s" on **Friday, May 9th at 1:30pm.**

When you think of "Fox's", images of the beautifully decorated department store on Main Street come to mind. The go-to place for everything from your favorite garments to home furnishings.



Don't forget the breathtaking Christmas displays or the back to school shopping trips!

Elizabeth Abbe, director of public outreach at the Connecticut Historical Society, will guide you down memory lane at Connecticut's favorite department store. She will take you back, floor by floor, to the days when Fox's was the largest privately-owned department store in the U.S.

Please call to register for this wonderful program.

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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, May 22nd 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 22nd. 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, May 14th**. 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, May 1st and Thursday, May 8th**. It is necessary 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 \$28.



The Hearing Screening will be held on a quarterly basis. The next screening will be **Wednesday, June 18th**. 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.

Chair Yoga: will begin **Monday, May 5th** at 1:00pm and will run for six weeks. Cost is \$20.00 for members, \$25.00 for non-members. Call now to sign up!

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. The Vernon Alley Cats beat East Winsor Senior Center in a recent competition.

Congratulation to the Cats!



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

Hearts— Mondays at 1:00pm

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”? If so, please join us on **Mondays at 1:00pm** for this fun game. This is an on-going activity so you don’t need to register.

Just come to the Center and join the fun.



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

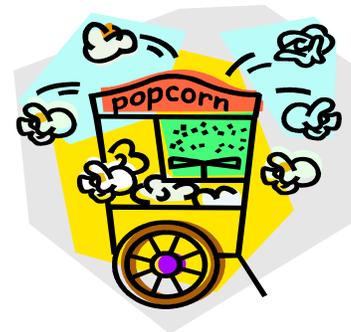
This is an on-going activity so you don’t need to register. Just come and join the fun.

Hope to see you.

Movie Matinee

Popcorn and A Movie—The Center is offering movie matinees! **Wednesday, May 7th at 1:00pm.** The feature film is **The Music Man.** Charming con man Harold (Robert Preston) wants to steal River City citizen’s money with a “boys’ band” scam, but finds it hard to skip town when lovely librarian Marian (Shirley Jones) steals his heart. Musical—Rated G

Wednesday, May 28th at 1:00pm. The feature film is **Saving Mr. Banks.** When Walt Disney (Tom Hanks) sets his sights on obtaining the rights to the classic “Mary Poppins,” he reaches out to the author P.L. Travers (Emma Thompson), only to find that she proves a tough nut to crack. Drama/ Biography— Rated PG-13



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.



Acrylic Painting Class

The 6 week Acrylic Painting Class that meets on **Mondays at 9:30am** is underway. Shauna Shane is the instructor. Prior registration required.

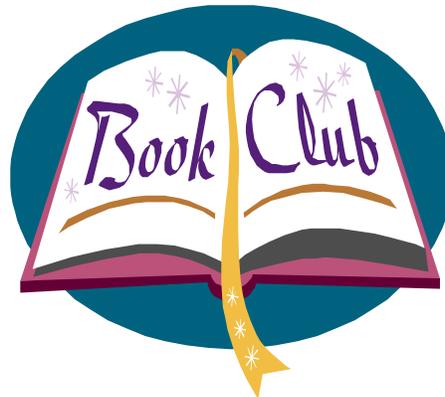
Crochet & Knitting

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

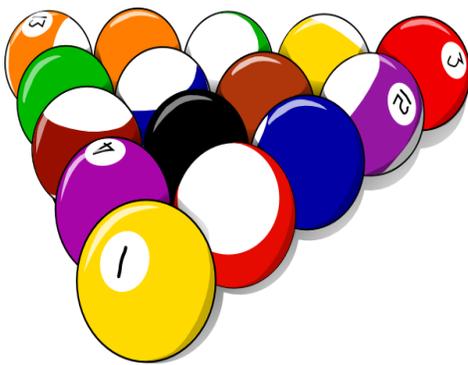
Computer Class: The **Intermediate Class** is underway. The class meets **Thursdays at 12:00 noon until 2:00pm**. This class is for those who have some computer experience but would like to expand their knowledge. Prior registration required.



Book Club: The Book Club's next meeting will be held on **Thursday, May 15th at 10:00am**.

They will be discussing the book "The Camel Club" by David Balducci. The group is seeking new members so if anyone is interested, come on the 15th 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!

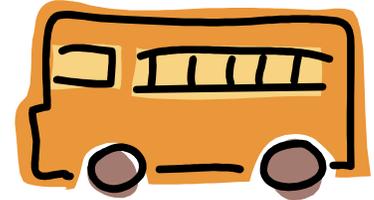
Golf League - Senior Men's Twin Hills Golf League began on Tuesday, April 29th. The teams and scheduling has been arranged but the group is always looking for substitutes. For more info., please contact Dick Johns at 860-682-3908 or Ted at 860-305-7508.

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 **May 9th.** 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



Senior Center Library

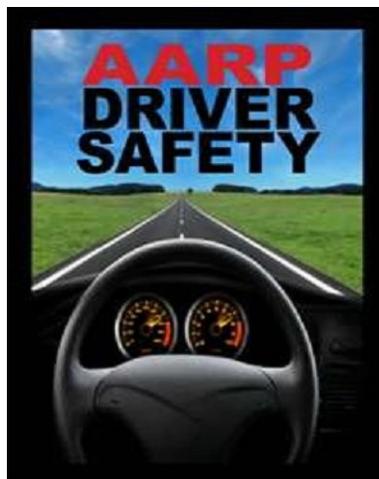
Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be 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.

AARP Driver Safety Class

The AARP will host a Drivers Safety Class on **Friday, May 16th** from **11:45-3:45pm**. Cost is \$15.00 for AARP members, \$20.00 for non-members. Call now to register, space is limited. Students who take the class may qualify for discount on their auto insurance. The course is designed to help you:



Update driving skills and your knowledge of the rules - and hazards - of the road.

Learn about normal age-related physical changes and how to adjust your driving to compensate.

Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

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.

June 3rd: Out to Lunch Bunch

June 14th: Exchange Club Picnic

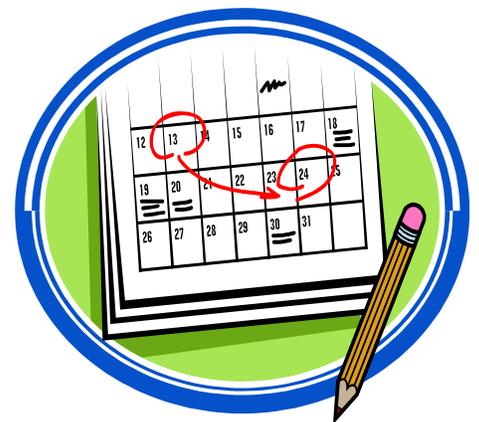
June 18th: Rep. Clair Janowski's Legislative Update

June 17th: Travel Series

July 18th: Luau & Entertainment

October 10th: Italian Festival

December 12th: Holiday Luncheon



Special Event

Birthdays & Anniversaries

The Center will be celebrating April and May Birthdays & Anniversaries on **Monday, May 12th 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 **The Golden Irene**. The group will meet on **Tuesday, May 6th 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, May 27th 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.

Shuffleboard Tournament

The Shuffleboard Tournament is presently underway.

There are six teams competing over a ten week period of time.

The Tournament is in the second leg and three teams are tied for first place. The teams are Team 1 - Dave Chagnot and John Konicki, Team 2 - Barry



Obedzinski and Shirley McElroy and Team 6- D Sam Blonstein and Joyce Sadlak.

Following the Tournament, an awards banquet is held at a local restaurant.

It is a lively group and we welcome all past players and new ones for this exciting activity.

Crazy Whist Card Party

The next party will be held on **Wednesday, May 14th at 12:30 noon.**

We will start with pizza at 12:00pm noon 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.

This is a fun group and 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 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**.

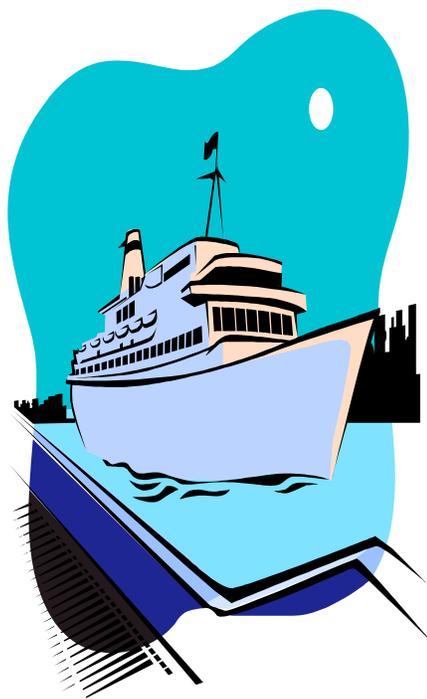
Day 3 After breakfast, we depart for Lake George Village, shopping & Prospect Mountain. We then head for **Sagamore Resort at Bolton's Landing** for lake-view dining before heading for home.

Cost: \$488 pp based on double occupancy. 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 from Bradley Airport 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

Thursday, June 19th—**Mystic Aquarium & Lunch at the Steak Loft**

Wednesday, July 16th—**Landmark's Lobster Bash & One Night with Elvis starring Brian Weldon**

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 and 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 Clam Bake: 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

May is National Salsa Month!

Join us on **Friday, May 30th** at **1:00pm** for a Salsa Party! We will be serving a variety of salsas for you to try!

Fun Fact:

May recognizes salsa as America's favorite way to add flavor to all kinds of food, such as eggs, burgers, chicken, tacos, chips, potatoes, rice and much more. So perhaps this month, you'll be able to find some great new ways to enjoy your salsa, whether you



buy it from the store or make it at home.

In addition to salsa and chips, we will be doing some fun, Latin activities including Mexican Bingo. Prizes will be awarded. **There is no cost for this fun program but we need you to register to see if there is enough interest.**

Happy Cinco De Mayo!

Monday, May 5th

Scams Beware

Have you ever received a phone call saying you won the lottery in some foreign country? Or that someone you love needs your help and that you should send money right away?

Hopefully not, because most cases than not it is a scam.

Join us on **Thursday, May 22nd** at **10:30 am** as Lieutenant William Meier from the Vernon Police Department talks about common scam targeting seniors.



Learn about mail & internet scams, health care fraud, telemarketing fraud, contractor fraud and more. Lieutenant Meier's discussion will include precautions to take to when considering a reverse mortgage.

Find out what safety tips and security measures you can take to prevent scams from happening to you!

Please call the Center to register for this program.

Presentations

May is Arthritis Awareness Month

Arthritis Awareness month is a time to motivate Americans to get up and get moving! The goal is to increase awareness of arthritis. Better understanding can benefit both patients with arthritis and people who are not afflicted with the disease.

Nancy Tomaselli, Physical Therapist will present on **Monday, May 12th at 10:30am**. She will speak about various Arthritis Remedies.

Each year during National



Arthritis Month, the Arthritis Foundation encourages people with arthritis to stay active. Walking, exercise, and avoiding a sedentary lifestyle are important.

Try to move your joints gently through their full range of motion every day. Gradually build up endurance exercises to 20 to 30 minutes per day, at least three times a week. After exercising, cool down for 5-10 minutes to let your heart slow down and allow your muscles to relax.

Call to register for this program

Electrical Supply Rates

Have you been receiving telephones calls from electric suppliers wanting you to sign up for their service? Are you confused about it?

Well then come and join us at the Center on **Wednesday, May 21st at 1:00pm** for a presentation by Attorney Wendy Wanchak from Connecticut Legal Services. She will be discussing information about Connecticut's electric supplier market. She will talk about what you as the consumer should know and what



are your rights if any.

She will also speak about new legislation being proposed that will help consumers navigate the confusing electric supplier market.

Come in and learn what you should know as a consumer, and ask her any questions. This is a very helpful and important topic.

Please call now to sign up for this event.

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The Center will be closed Monday, May 26th for Memorial Day

Join us at the Senior Center for a fun day!



May's Birthdays !

Happy Birthday:

May 7: Raymond Powers

May 18: Ruth Smith

May 19: Eillie O'Meara,
Marilyn Steele

May 20: Marion Domingue

May 25: Carolyn Waltman,
Mary Morse

May 28: Thelma Davidson

May 30: Carole Slattery



Anniversaries:

May 5: Ed & Carole Slattery

May 8: Don & Eileen Sierakowski



*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: