



Vernon Senior Center's

Issue 17
November 2014

Senior Moments

Thanksgiving Bingo & Pumpkin Pie



Now that it is November, we should each take a moment to give thanks to all that is important to us.

We, the Senior Center Staff, would like to extend a sincere thank you to all of our participants!

We are grateful for your participation and passion for our facility and all activities we provide. You inspire us to find new ways to bring the best opportunities to the Center.

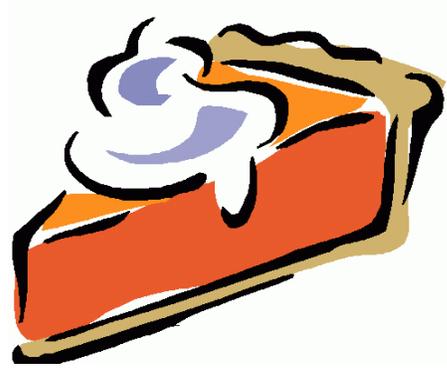
Wishing you peace and joy throughout this holiday season...

- Paula, Sela,
Andrea & Cathy

We hope you will join us on **Friday, November 21st** at **1:30pm** for Thanksgiving Bingo & Pumpkin Pie!

Stop on by and have some fun and enjoy a delicious seasonal treat. Share with us and your fellow seniors what you are thankful for this November.

Sign up now!



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Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. **Due to the Thanksgiving Holiday, there will be no newcomers meeting in November.**

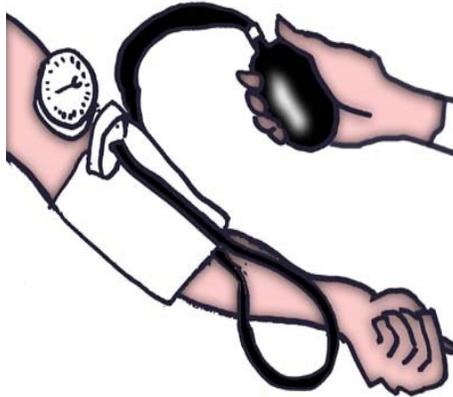
Instead join us on **Thursday, December 18th at 1:30pm.** Come and take a tour of our beautiful facility and learn about the programs and activities that are available.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, November 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 Hearing Screening: The next hearing screening will be held on **Thursday, December 18th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. Call for appointments.

Other Healthy Activities

Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Table Massage

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

On-Going Healthy Activities

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



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



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



Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos : Tuesday at 10:00am & Thursdays at 10:00am

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—Fridays at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Strollers: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am**. This activity is for seniors who would like to walk but at a slower, less strenuous pace. Please contact the center for more information!



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

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

Movie Matinee

Popcorn & A Movie: -The Center is offering movie matinees! **Wednesday, November 5th** the feature film is **Nebraska**. When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly take a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives whom the dad owes money. Starring Bruce Dern & Will Forte. Rated R—115 minutes.

Wednesday, November 26th the feature film is **Scent of a Woman**. Hoping to earn some extra cash during the Thanksgiving holiday, a poor prep-school student agrees to look after a blind and cantankerous retired colonel. Though the two are mismatched, their relationship grows during a string of wild escapades. Starring Al Pacino & Chris O'Donnell. Rated R—157 minutes.



Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets 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!

Winter Weather Policy

A Reminder:

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

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



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

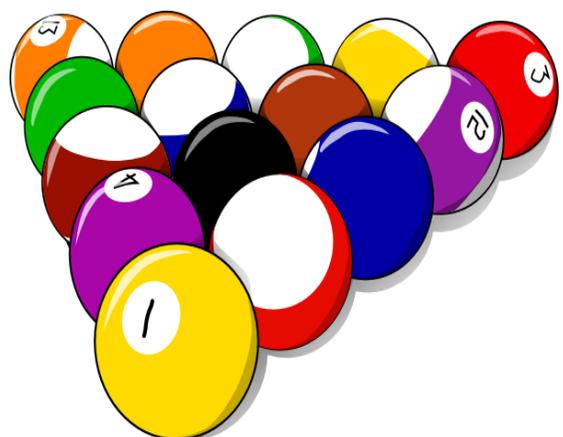
Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly.

Thank you, and please be safe.

For the Sports Minded

Drop In Pool -Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

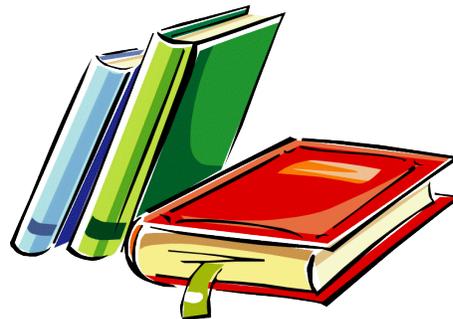
East Windsor Wal-Mart—November 14th Call for more information. Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council 860-870-7940



Senior Center Library

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

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Tina Sulam and Maryann Romano continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

Foot Care Appointments Available!



The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



FYI

Parking At the Senior Center We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Notary Public Service is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.
Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.

Age Requirement Change
The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare

& other health insurance programs that effect seniors.



If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

December 2nd: Out To Lunch Bunch

December 18th: Newcomer's Meeting

December 12th: Holiday Luncheon & Entertainment by the Troubadours

December 16th: Senior Center Advisory Board Meeting

December 31: New Year's Eve Celebration



Just a Reminder...

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

Thank you,
Vernon Senior Center Staff



Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the “bunch” is going to **Polish National House** in Hartford on **Tuesday, November 4th at 12:30pm.**

Call now to sign up



The senior bus is available for transportation & pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends. Thank you to Marion Pitman who sets up all the luncheons at area restaurants & Shirley Blinn who helps out.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Carole Slattery Karen Torelli and Wes Shorts.



The Advisory Board meeting will be held on November 18th at 9:30am due to Thanksgiving Holiday.

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

What You Should Know

Energy Assistance

Vernon Social Services is presently taking applications for Energy Assistance. If you are low income, you may be eligible for help with your heating bill. This is a Federal 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.

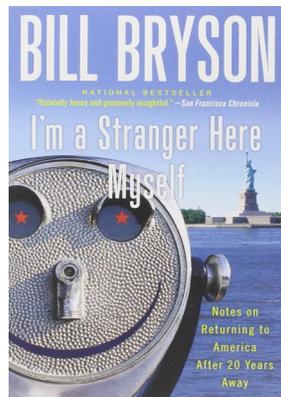
Signing In At the Senior Center.

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.

Senior Book Club

The next meeting will be held on **Thursday, November 20th** at **10:00am.**

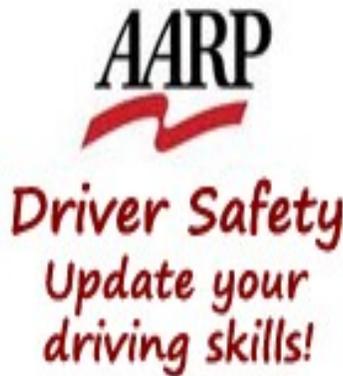
This month's book is "**I'm a Stranger Here Myself**" by Bill Bryson.



Delivering the brilliant comic musings that are a Bryson hallmark, I'm a Stranger Here Myself recounts his sometimes disconcerting reunion with the land of his birth. The result is a book filled with hysterical scenes of one man's attempt to reacquaint himself with his own country, but it is also an extended if at times bemused love letter to the homeland he has returned to after twenty years away.

AARP Driver Safety Class

The AARP will host a Drivers Safety Class on **Wednesday, November 19th** 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 a 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.

Sign up begins on November 8th
Space is limited

DAY TRIPS

Up Coming Trips

No Trips in January & February

May—West Point Dress Parade

June— Boston Tea Party Museum & Lunch

July—Lobster Bash & Barbra

September—Vine To Wine In Vermont

October –Providence Food Tour

November— 9/11 Museum

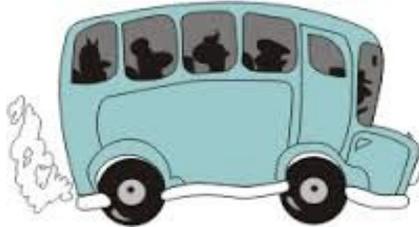
We are still in the planning stages for March, April and August.

Suggestions are welcome.

Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Trip to Mohegan Sun

Try your luck at **Mohegan Sun!** Join us on **Wednesday, December 3rd** as we travel to one of the world's finest destinations. Mohegan Sun consists of three different casinos, a 130,000 square-foot shopping experience, a 55-foot indoor waterfall, over 40 restaurants, and much more!

Date: Wednesday, December 3rd

Depart: 8:45am

Approximate Return: 4:30pm

Cost: \$25.00 per person includes:

- ◆ **Round trip transportation in a Post Road Tours Motor Coach**
- ◆ **\$30.00 Casino Bonus — \$15.00 Food Coupon & \$15.00 Free Bet (Subject to Change without Notification)**
- ◆ **All Taxes & Gratuities including the driver**

Sign up now!



Special Events & Services

Diabetes: Don't Sugar Coat it!

The Vernon Senior Center Presents
“**Diabetes: Don't Sugar Coat It!**” a
presentation by the University of
Connecticut School of Nursing on
Monday, November 3rd at 1:30pm.

Some topics that will be covered
include:

- ◆ The various types of diabetes (Type 1, Type 2, Gestational).
- ◆ Treatments
- ◆ Diagnostic Tests
- ◆ Costs



Diabetes is an extensive
disease. Come in and have
all your questions answered
by these future nurses!

Call now to sign up!

Refreshments will be served!

UConn
SCHOOL OF NURSING

Medicare Presentation

There will be a Medicare
Presentation on **Tuesday,**
November 4th at 1:30pm.

Christie McFatter of Vernon Social
Services and Cathy Bouley of the
Vernon Senior Center are trained
CHOICES Counselors. CHOICES
counselors are trained by North
Central Agency on Aging and do
not sell insurance.

They will be going over Medicare A,
Medicare B, Medigap Supplemental
Plans, Medicare D Prescription
coverage and Medicare Advantage
Plans.



They will also discuss
programs that help low
income seniors with their
insurance premiums.

Open enrollment is from
October 15th until
December 7th for plans
beginning January 1st.

Please contact the Center to
register for this informative
program.

Special Events & Services

(Continued)

Fall Prevention Presentation

Now that autumn is in full swing, it is time to focus on Fall Prevention! Join us on **Wednesday, November 5th** at **10:00am** for an interactive, jeopardy-style presentation by the UConn Pharmacy School!

UCONN



The American Pharmacists Association - Academy of Student Pharmacists (APhA-ASP) which is part of the University of Connecticut School of Pharmacy hopes to raise awareness of the risk factors for falls, how to prevent falls, and what to do after if falls were to occur.

“Defining Your Legacy” : Estate Considerations

Eric Judge, Financial Advisor, will be at the Center on **Monday, November 17th** at **1:30pm** to present a workshop, “Defining Your Legacy” Estate Considerations.

Explore the meaning of legacy and why it’s important to think about what you want to pass on to future generations. You will hear from 3 women with different circumstances and different thoughts about their legacy.

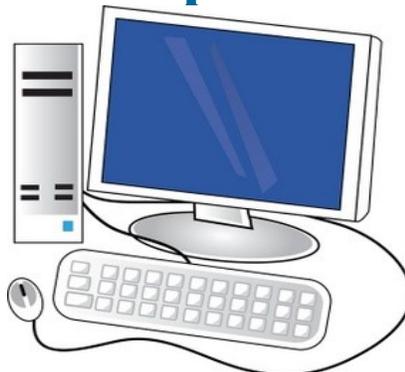
Please call to register, refreshments will be served!



Basic Computer Class

Chris MacCoy will be teaching a series of basic computer classes beginning on **Wednesday, November 19th** at **noon** and will run for 5-weeks.

Cost is \$25.00 for Vernon Residents, and \$35.00 for non-residents.



This class will cover basic computer skills such as using the mouse and keyboard, finding files and applications on your computer, opening programs, navigating the internet, setting a homepage, searching on Google and using Microsoft Word.

Sign up today!

Fun & Games

Crazy Whist Card Party

The senior center is hosting a Crazy Whist Card Party on **Wednesday, November 12th** 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!

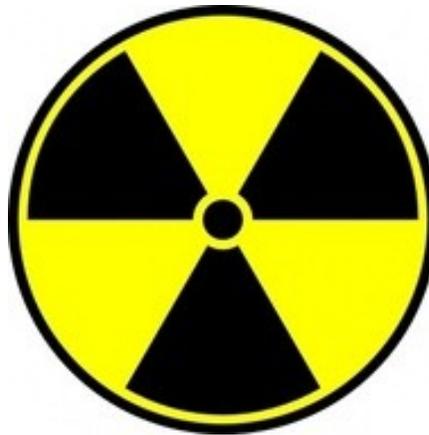
Cost is \$7.00 per person. Stop by the center to sign up now! Payment required at time of sign up.

Noon Institute

The Manhattan Project:

Dropping the Bomb

Not just for history buffs, but also for those interested in spy stories, national intelligence, and security, this course is an opportunity to get a firsthand view of the Manhattan Project; what it took to build the first atomic bombs; who were the civilian and military managers and stake holders; and how they kept it all a secret in the middle of a world war.



**Monday,
November 10th,
noon-1:30pm
Cost: \$5.00**

Register online

<http://www.manchestercc.edu/continuing-education/credit-free-programs/afternoon-enrichment/>

Happy Thanksgiving

A small illustration of a turkey and two pumpkins at the bottom of the 'Happy Thanksgiving' text.

Just a Reminder...

The Senior Center will
be closed on:
November
11th, 27th & 28th!



Join us at the Senior
Center for a fun day!

October Birthdays !

Happy Birthday:

November 1st: Carl Palmberg

November 6th: Alice Galo

November 12th: Charlie Campbell
Rita Hart

November 14th: Connie Marinelli

November 16th: Bernie Futoma

November 20th: Peggy Meyers

Anniversaries

November 20th:

Rose & Art Tipaldi



*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: