Vernon Senior Center's

Issue 16

October 2014

Senior Moments

The center will be hosting an **Italian Festival** on **Friday, October 10th**! Join us for delicious Italian cuisine, catered by the Tolland Family Restaurant.

The menu will include Chicken Parmesan, Sausage & Peppers, pasta, salad, vegetable, fresh baked Italian bread, and a sweet treat for dessert.

Entertainment for the afternoon will be provided by John Kuhner. He will be singing all your favorite Italian songs.

Date: Friday, October 10th

Time: 12:30pm

Cost: $12.00 per person, must pay at time of sign up.

Sign up by Friday, October 3rd as we need to notify the caterer.

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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, October 23rd 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 23rd. 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, October 8th**. 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.

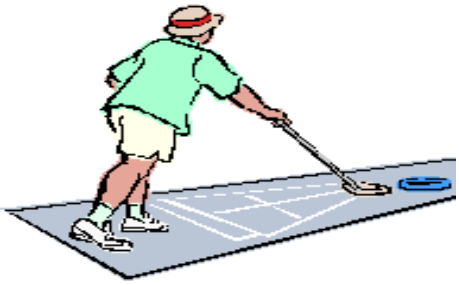
Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, $20 for a half an hour and $40 for an hour.
If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

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! Subs are always needed



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. Please contact the center for more information!

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 & A Movie: -The Center is offering movie matinees! **Wednesday, October 1st at 1:00pm.** The feature film is Heaven is for Real, the true story of the 4 –year old son of a small-town Nebraska pastor who, during emergency surgery, slips from consciousness and enters heaven. When he awakes, he recounts his experiences on the other side. Starring Greg Kinnear & Kelly Reilly. Rated PG 99 minutes.

Wednesday, October 29th at 1:00pm. The feature film is Still Mine, his home in despair, elderly farmer Craig Morrison must build a better shelter for his wife, whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector but refuses to back down. Starring James Cromwell & Genevieve Bujold. Rated PG-13 103 minutes.

Heaven is For Real

Still Mine

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

Creative Goings On

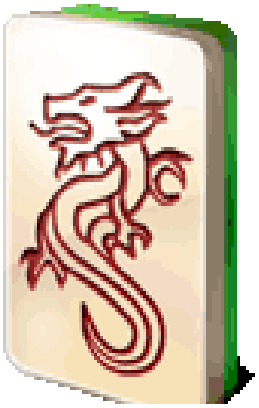
Drawing Class
Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary**.** All that is needed is desire and interest. Participants pay Mary directly and she charges $5 for each class.

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!

Mahjongg Tournament

The center will be hosting a **MahJongg Tournament** starting **Thursday, October 2nd at 1:00pm.** The tournament will run for 5—weeks. At the end of the tournament, there will be a celebratory luncheon on **Thursday, November 6th** where prizes will be awarded.



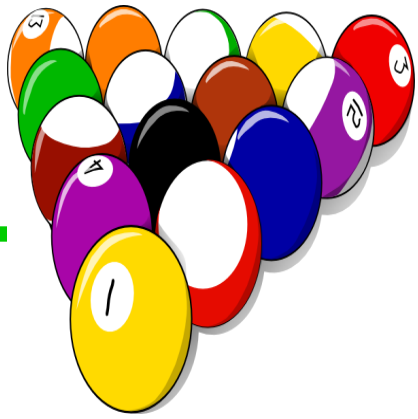
MahJongg Lessons

Want to learn how to play **Mah Jongg?** The center will be hosting lessons starting on **Monday, November 3rd** at **9:30am** and will run for 6-weeks.

The classes are free for Vernon Residents, and $10 for non-residents.

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!



Congratulations to the winners of the **Co-Ed Pool Tournament:**
First Place: Team 1: Shirley Blinn & John Konicki

Runners Up: Team 5: Maureen Tyler & Barry Obedzinski

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.

Buckland Mall & Wal-Mart—Date to be announced.

Need a ride to any activity at the Center? Contact Hockanum Valley Community Council 860-870-7940 Dial A Ride

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.

November 4th: Out to Lunch Bunch

November 3rd: MahJongg Lessons Begin

November 10th: MCC Noon Institute- The Manhattan Project

November 19th: AARP Safe Driving Class

December 12th: Holiday Luncheon with entertainment by the Troubadours

December 31th: New Year's Eve Count

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 **Basil's Restaurant** in Stafford Springs on **Tuesday, October 7th at 1:00pm.**

Call now to sign up and select your meal choice.

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 for the members & Shirley Blinn.

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 Wesley Shorts.

The Advisory Board meeting will be held on Tuesday, October 28th 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

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.

Energy Assistance

Vernon Social Services is presently taking applications for the State's Energy Assistance Program. If you are low to moderate income, you may be eligible for help paying your heating bill.

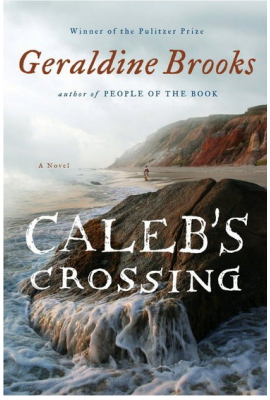
Contact Social Services at 860-870-3661 for more information.

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, October 16th** at **10:00am.**

This month's book is **Caleb's Crossing** by **Geraldine Brooks.**



Bethia is a restless and curious young woman growing up in Martha's vineyard in the 1660s amid a small band of pioneering English Puritans. At age twelve, she meets Caleb, the young son of a chieftain, and the two forge a secret bond that draws each into the alien world of the other. Bethia's father is a Calvinist minister who seeks to convert the native Wampanoag, and Caleb becomes a prize in the contest between old ways and new, eventually becoming the first Native American graduate of Harvard College.

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.

Call now to sign up for this event.
Space is limited

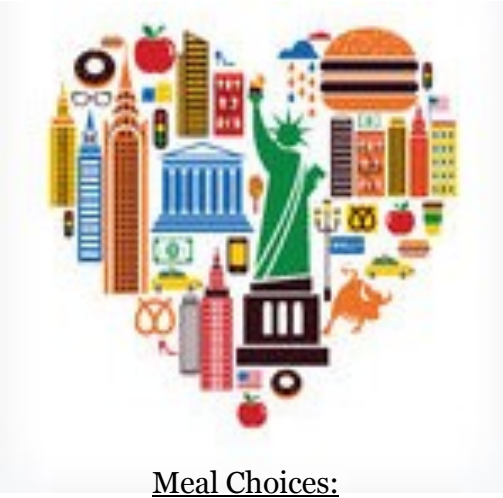
Senior Center Trips

Albany New York in the Fall

Join us to a region that has been blessed with acres of great varieties of broad-leaf trees and has one of the most spectacular ranges of fall foliage color in the United States.

We'll begin with lunch at the casual yet elegant Reel Seafood Co. Meal choices today are beef, fish or chicken and served with fresh tossed salad, potato, vegetable, dessert and coffee.

Following lunch we'll visit the New York State Museum. This wonderful museum traces New York's natural & cultural past including 9/11 artifacts & a working 1890s carousel.



Meal Choices:

Open Steak Sandwich

Stuffed Haddock

Chicken Francaise

The meals are served with fresh tossed salad, potato, vegetable, dessert and coffee.

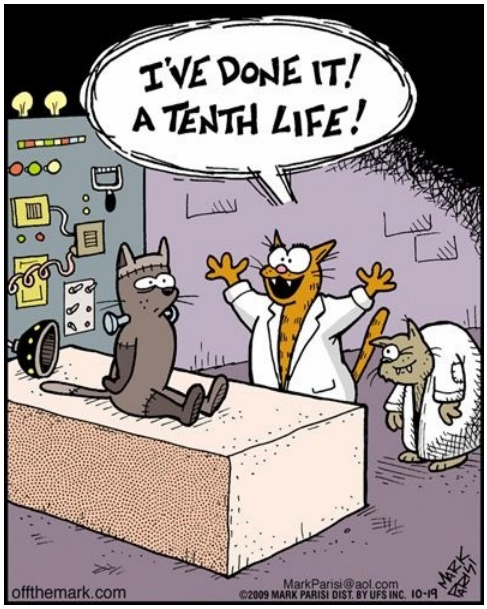
On the way home we will make a stop at the famous Lee Outlets Shopping Mall.

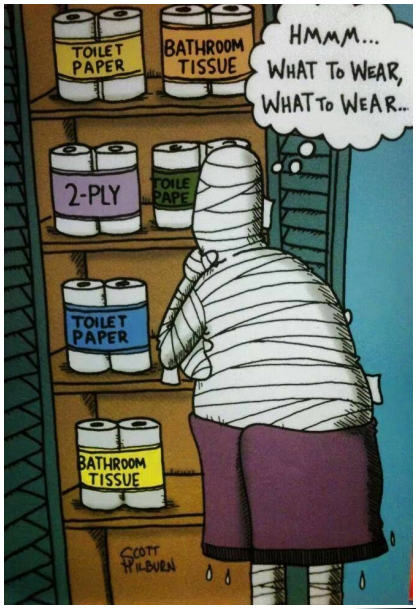
Everyone will receive a VIP coupon booklet and you will have 2 hours to enjoy this place.

Date: Wednesday, October 15th

Depart 8:30am

Cost: $76.00 per person includes: Round Trip Transportation, NY State Museum, Sit down lunch and all taxes and gratuities including the driver. Few seats left. Sign up now!





DAY TRIPS

Up Coming Trips

Wednesday, October 15th—
Albany's Empire State Plaza & NY State Museum with Exhibit through the Eyes of the 911 First Responders. Few Seas still available

Thursday, November 6th—
Wicked at the Bushnell: The Untold Stories of the Witches of Oz

Wednesday, December 3rd—
Mohegan Sun Trip

Have a trip idea in mind?

Let us know!

If you have any suggestions, please contact the Center.

Panama Canal Informational Meeting

Wednesday, October 15th 10:00am

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.

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!

Mohegan Sun
a world at play

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

You & Your Physical Therapist

Join us on **Wednesday, October 22nd** at **1:30pm** for a presentation by Registered Physical Therapist, Nancy Tomaselli. She will answer common questions you might have about physical therapy and rehabilitation.

She will discuss what she does as a RPT and what you might expect at your physical therapy appointment.

Call the center to 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 on line at MCC

Flu Clinic

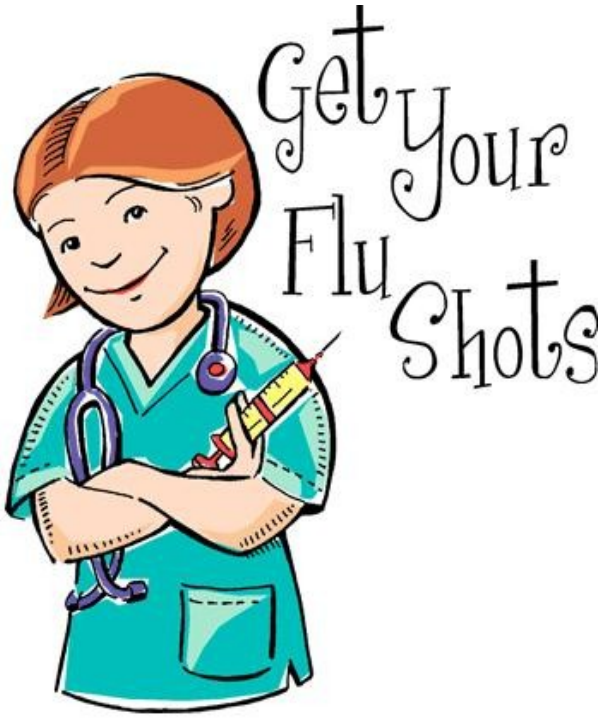
The center will be offering a flu clinic on **Wednesday, October 15th** from **1:30pm - 3:00pm.**

The Visiting Nurse & Health Services of Connecticut will provide the quadrivalent (4 strain) vaccine.

Medicare Part B, Aetna, Anthem Blue Cross, Connecticare & Healthy CT are accepted, or $35.00 cash.

(They are unable to accept United Healthcare or Cigna at this time, we apologize for any inconvenience)

Come get your flu shot before the winter season!

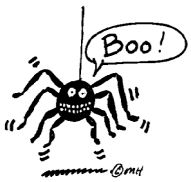


Fun & Games

Is the Senior Center Haunted??

Since most of you are too busy enjoying the activities at the center, I bet you did not notice the noises coming from the basement, or the lights flickering on and off. But what happens when the building is empty, when the lights go out for the night, and no one is home???

Celebrate Halloween with us on **Friday, October 31st** at 1:30pm to find out if the senior center is haunted! Festive treats will be served, stories will be told, and costumes are more than encouraged! **This is not for the faint of heart!!** Call the center to sign up! **Cost: $2.00**



Around the Globe from Home—Israel

"Around the Globe from Home". Shalom! שָׁלוֹם Join us Tuesday, **October 14, 2014 at 1:30** as we travel to the historically rich and varied country of Israel. Israel, officially the State of Israel, is a country in Western Asia, situated at the southeastern shore of the Mediterranean Sea. Tourism in Israel is one of Israel's major sources of income, with a record 3.54 million tourist arrivals in 2013. Israel offers a plethora of historical and religious sites, beach resorts, archaeological tourism, heritage tourism and ecotourism. The most visited city is Jerusalem with 3.5 million tourist arrivals annually.

We will travel to other popular sites such as Tel Aviv, which is to Israel what New York City is to the United States: its commercial heart and cultural center. Four different phytogeographic regions exist in Israel, due to the country's location between the temperate and the tropical zones, bordering the Mediterranean Sea in the west and the desert in the east. For this reason the flora and fauna of Israel is extremely diverse. There are 2,867 known species of plants found in Israel. Sample a taste of traditional Israeli fare. If you have traveled to Israel and would like to share any memorabilia or photographs, please feel free to bring them.

Please note the change in day and time.

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Just a Reminder...

The Senior Center will be closed on October 13th for Columbus Day!

Join us at the Senior Center for a fun day!

October Birthdays !

Happy Birthday:

October 17: Joe Harris

October 31: Murray Tarr, Hazel Yaconiello

Anniversaries

October 14: Alfred & Deane Dreher

October 22: Marie & Joe Harris

Friends Are Always Welcome Here

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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!!

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

Join us at the Senior Center for a fun day!

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: