



Vernon Senior Center's

Issue 15
September 2014

Senior Moments

Senior Center Celebration

September is National Senior Center Month! It is the perfect time to celebrate with all your friends and reminisce on your favorite memories from the center!

Join us on **Friday, September 19th** at **1:00pm** for chocolate fountain treats and senior center celebration!

We will have a variety of items to dip including a bunch of different fruits, cream puffs, marshmallows, and much more!



Most would agree that everything is better with a little chocolate!

Dark chocolate is not only a delicious, sweet treat, it also has many health benefits!

Sign up now! **Cost \$2.00**



Stop by this Friday afternoon in September to indulge yourself with our chocolate fountain and learn about the benefits are dark chocolate!

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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, September 25th 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

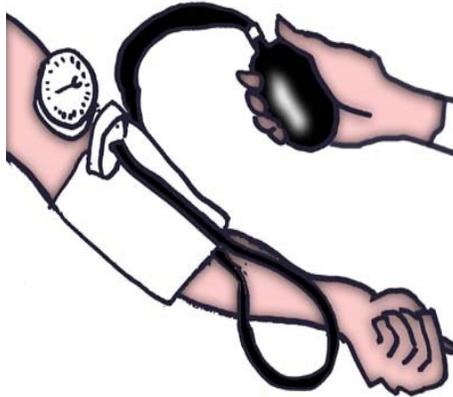
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 25th. 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, September 10th**. 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, September 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

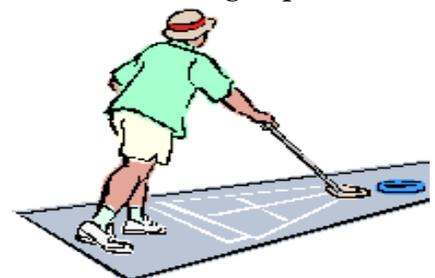
Tai Chi: Tai Chi is offered on **Fridays at 10:00am**. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free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



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

The Vernon Alley Cats defeated the Mighty Oaks by 116 Points on August 8th! Congrats!

Shuffleboard: The shuffleboard tournament begins on **Monday, September 29th at 9:30am** and will run for 10 weeks. Call to sign up.



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



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, September 3rd at 1:00pm. The feature film is Labor Day featuring Kate Winslet & Josh Brolin. What begins as a short ride turns into a life-changing event for divorced single mother Adel Wheeler and her 13 year old son Henry, when they give a lift to a bloodied man on a fateful Labor Day Weekend.

Wednesday, September 10th at 1:00pm. The feature film is Lone Survivor featuring Mark Wahlberg & Taylor Kitsch. Mark Wahlberg stars as Navy SEAL Marcus Luttrell in this action-drama based on an ill-fated real-life mission to bring down a Taliban boss. The stakes get even higher when Luttrell and his unit are ambushed in the Hindu Kush region of Afghanistan.



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

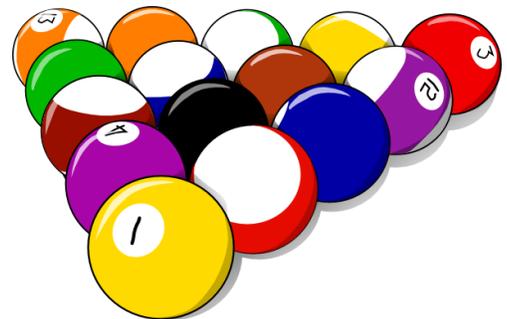
Do you like to crochet or knit? We have a very active group & this activity now meets twice a month. Come and join our knit & crochet group on the **2nd and 4th Wednesday of the month at 10:00 am**.

All are welcome. The group gets bigger every month!



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.

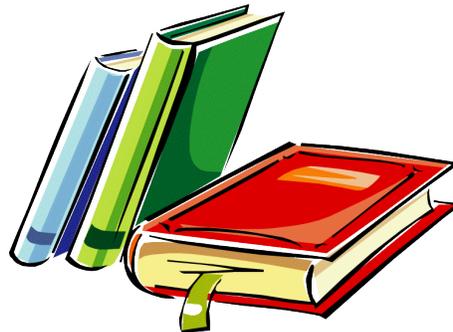
Buckland Mall & Wal-Mart—Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council 860- 870-7940 Dial A Ride Services



Senior Center Library

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

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



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

Foot Care Appointments Available!



The Senior Center will be offering Foot Care appointments. 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.

October 2nd: Mah Jongg Tournament Begins

October 7th: Out To Lunch Bunch

October 10th: Italian Festival Luncheon with Entertainment

October 15th: Flu Clinic

November 10th: MCC Noon Institute-The Manhattan Project

December 12th: Holiday Luncheon



New Senior Fitness Class

The center will be offering a new fitness class starting **Monday, September 8th at 9:30am.** The class will run for 5 weeks.

We have a new instructor.

Karen, is energetic, motivational and will get you up off your feet!

It is the perfect way to start off the new week!



The class is intended to improve your balance, coordination, strength and your overall health! Get up and moving with your fellow seniors and join this fun class!

Cost: \$10.00 for 5 weeks

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 Hilltop Restaurant** in Willington on **Tuesday, September 2nd at 1:00pm.**

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 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 Advisory Board meeting will be held on Tuesday, September 23rd 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.

Senior Book Club

The next meeting will be held on **Thursday, September 18th** at **10:00am**.

They will be discussing the three summer reading books listed on the right.



The books to be discussed are:

1. "J. Roger Williams" by Mary Lee Setile
2. "Beggarmen, Thief" Irwin Shaw
3. "Wuthering Heights" by Emily Bronte

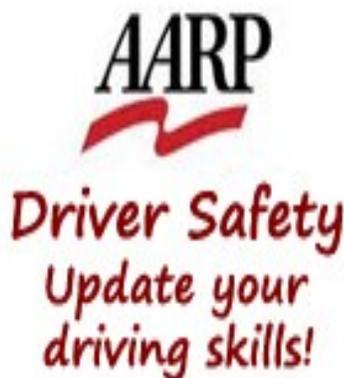
See you soon!

AARP Driver Safety Class

The AARP will host a Drivers Safety Class on **Monday, September 15th** 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.

Next Class:

November 19th



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

The Big E

The Center will be taking a trip to the Big E, Eastern States Exposition!

The Big E, the largest fair in the Northeast, is home to The Big E Cream Puff & Craze-Burger. It's a New England extravaganza with top name entertainment, The Big E Circus Spectacular, The Avenue of States, Storowton Village Museum, animals, competitive exhibits, rides, shopping, crafts, and foods from around the world.



Monday, September 22nd

Due to popular demand we will accommodate Vernon residents first. Non-Vernon Residents will be put on a waitlist.

Cost is \$12 includes ticket & transportation

Payment is due at time of sign up.

The seats fill up quickly!

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 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.

Sign up now!

DAY TRIPS

Up Coming Trips

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

December-Mohegan Sun—
Date to be announced.

The Senior Center is in the planning stages for trips for 2015. Staff, at the Center, welcome any suggestions. Our goal is to provide tours and excursions that you will enjoy. If you have any ideas,

please do not hesitate to contact the Senior 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.

Trips in the planning stages for next year.

Cape Cod & 100 Year Canal Anniversary Celebration

Join the Vernon Seniors on a wonderful trip to **Cape Cod** and **Enjoy A 100 Year Canal Anniversary Celebration!** The trip starts with lovely ride to Cape Cod to the Victorian seaside village of Onset. Lunch will be at the elegant Salerno's with loads of historical charm, in an original ballroom with its ornamental tin ceilings and handcrafted Mahogany bar, reminiscent of an era gone by. Lunch will be a choice of Baked Native Cod or Sliced Roast Beef. The meal includes a garden salad and dinner rolls, roasted potatoes and seasoned veggies. There will also be a Celebration Birthday Cake!



Next you will board the Hy-Line Cruise Ship for a narrated cruise down the Cape Cod Canal. The Cape Cod Canal is a National Historic Civil Engineering Landmark.

Trip is full but we are taking names for our wait list.

Date: Wednesday, September 17th

\$87.00 per person

Cost includes: transportation, sit down lunch, Harbor Cruise, & all taxes & gratuities including the driver

Pickup is at 9:00am

Return approximately 6:30pm

Special Events & Services

Computer Classes

Chris MacCoy will be teaching a series of computer classes beginning in September.

Basic Computer Class: This class is for 5-weeks and is for beginners. The class will cover basic computer skills such as going online, opening folders and navigating windows. The class will start on **Wednesday, September 10th from 12:00pm-2:00pm**

Cost is \$25.00 for Vernon Residents, \$35.00 for Non-Residents



Intermediate Computer

Class: This class is for 5-weeks and will cover topics like online shopping, Facebook, and doing research. Experience with computers is recommended. This class will start on **Thursday, September 11th from 12:00pm-2:00pm.**

Cost is \$25.00 for Vernon Residents, \$35.00 for Non-Residents

Call now to register for the classes, space is limited.

“Creating Moments of Joy”

Keeping That Special Person with Alzheimer’s Disease Busy & Active—presented by Jo Anne Harrison-Becker, MS Gerontology, CEO Therapeutic Recreation Services, Therapeutic Activities Consultant .

This one hour workshop is designed for caretakers, family & friends of a loved one diagnosed with Alzheimer’s Disease.

One of the most challenging aspects of providing care for someone with Alzheimer's Disease is to develop daily routines and activities that are interesting, meaningful, do-able, enjoyable and valued by the person with the disease.



Handouts, a Leisure Interest Survey and an Assessment for Persons Diagnosed with Alzheimer’s Disease included.

Presentation on **Wednesday, September 17th at 3:00pm**

Sign up today!

Fun & Games

Crazy Whist Card Party

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, September 24th 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. Please call to register for this fun activity!

All are welcome!

Cider, Donuts & Hollywood Squares

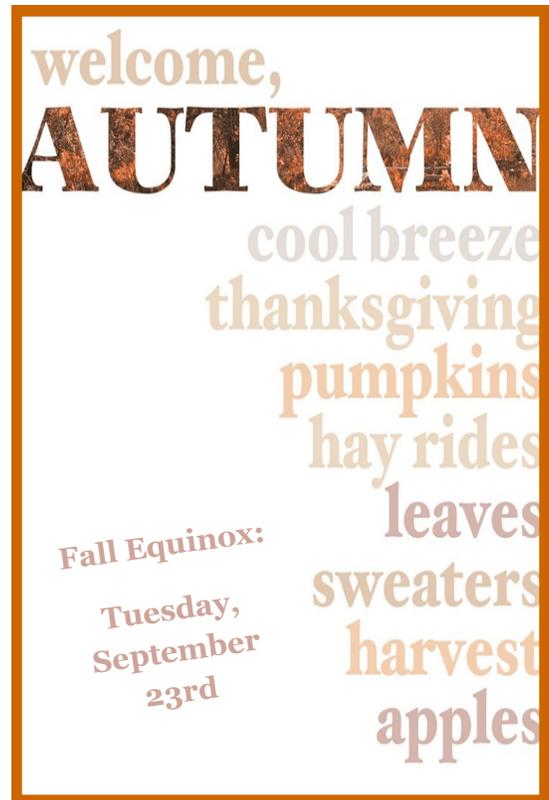
Join us **Friday, September 26th at 1:00pm** to say goodbye to summer and hello to fall! We will be having delicious apple cider and apple cider donuts.

We will test your knowledge with this fun trivia game modeled after the TV Game Show Hollywood Squares!

Join either Team X or Team O and we will test your trivia skills with the help of nine celebrities!

Play this exciting game of tic-tac-toe. Get three squares across, up and down or diagonally to win the game!

Prizes will be awarded!



Just a Reminder...

The Senior Center
will be closed on
September 1st for
Labor Day!

Join us at the Senior
Center for a fun day!



September Birthdays !

Happy Birthday:

Sept. 6: Frederick Nowsch

Sept. 18: Lillian Percoski

Sept. 19: Bernice Sierakowski

Sept. 26: Helen Scarpello

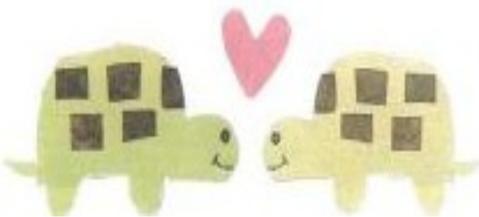
Sept. 30: Dolores Bouchard

Anniversaries

Sept. 10: Marilyn & Ed Talbot

Sept. 14: Bernie & Karen Futoma

Happy Anniversary



*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: