



Vernon Senior Center's

Issue 8
August 2015

Senior Moments

Butterfly Conservatory

Join us on **Wednesday, September 16th** for a trip to **Magic Wings, Butterfly Conservatory & Gardens** in South Deerfield MA.

The conservatory features an 8,000 square foot indoor area which is home to nearly 4,000 exotic and domestic butterflies in a tropical environment.

Admission: Seniors age 62 and older \$10.50. Adults \$14 Payment at the Door

Transportation: Vernon Senior Bus

Lunch on your own at the food court

Bus Departs: 9:30am

Call to sign up for this wonderful trip.



Stop by the office to meet and welcome Susan Ward, our new Senior Program Coordinator.

Inside this issue:	
Happenings	1
Health Activities	2
Exciting Opportunities	3
FYI	6
Trips	9
Hours & Location	14

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, August 28th 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 28th.

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, August 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 **September 17th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles.

If you are interested in joining, please call Carol Benoit at 860-454-7449.



Zumba Gold

Interested in a fun and exciting exercise to get you off the couch and keep you moving? Join Zumba instructor Kathy Ferreira and dance your way back into shape!

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves!



Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner.

Classes are **Wednesdays at 1:00pm.** Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.

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

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

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm.** Our team known as the Vernon Alley Cats won their competitions against East Windsor Senior Center & White Oaks Retirement Center. Congratulations! Stop by on Fridays & join the hooting and hollering.



Do you want to learn how to play dominos?

Come to the Center on Tuesdays at 10:00am to learn this fun game. We have volunteers who will teach you how to play. It is lots of fun.

Movie Matinee

Popcorn & A Movie: The Center is offering movie matinees! **Wednesday, August 5th at 1:00pm.**

The feature film is **Unbroken** which is about the real life experiences of an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, he spends 47 days adrift before his capture.

Rated PG-13

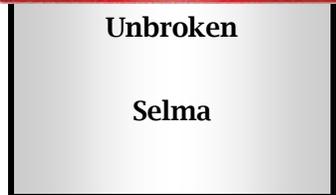
137 minutes

On **Wednesday, August 19th** at **1:00pm** is our next movie matinee.

The feature film is **Selma** civil rights march from Selma Alabama to Montgomery. This is a stirring historical drama that highlights the courage of the marchers as they withstand racist and violent attacks by the police.

Rated RG-13

128 minutes

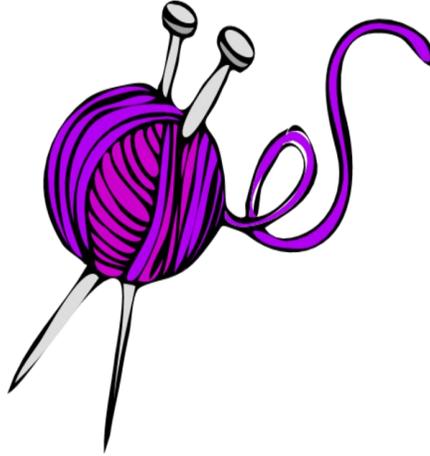


Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use colored 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 weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

CRT's Retired Senior Volunteer Program

RSVP (Retired Senior Volunteer Program) is seeking volunteers age 55 or older to volunteer just one hour per week to provide reading guidance to students.

The READ's program is operated as a school based program where volunteers are partnered with students in local elementary schools, providing reading guidance for 1 hour per week



from October-May.

You simply tell what weekdays you're available and you will be placed accordingly. You may also chose to serve as a substitute.

Please contact Theresa Strong at 860-760-3088 or email strong@crtct.org –Please know you can make a difference.

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.

Wal-Mart East Windsor—Friday, August

Need a ride to any activity or program at the Center?

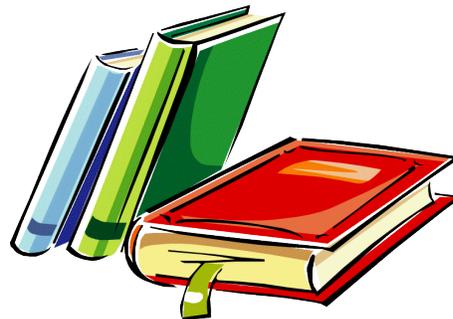
Contact Hockanum Valley Community Council 860-870-7940
Dial A Ride Services



Senior Center Library

Library books, 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

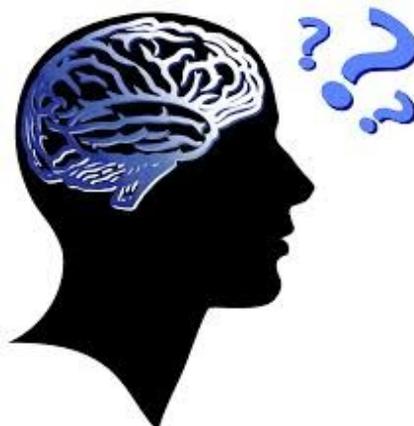
interest to you. An added bonus is that you may return the items at your leisure.



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.

Memory Enhancement Series

The Center is offering a Memory Enhancement Series starting **Monday, September 21st at 10:30am.** The first session in a Introduction to Our memory. It will cover types of memory, normal brain aging, factors that impact memory, and what is a serious memory problem.



Memory enhancing strategies and exercises will be discussed. The program is presented by Jo Anne Harrison-Becker, MS Gerontology.

This is a free event.

Please call to register for this program.

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 at a Glance

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.

September 17th: AARP Safe Driving Class

September 23: Big E trip

September 21st : Birthday Celebration

October 9th: Oktoberfest & Entertainment

October 24th: Seniorhood Fair

November 4th: Trip to the 9/11 Museum in NYC

December 4th: Holiday Luncheon & Entertainment



WalMart Bus Trip

The Center is offering a monthly trip on the Senior Center Bus to WalMart in East Windsor. The trip is scheduled for the first Friday of every month.

The trip in August is on **Friday, August 7th**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Happy Shopping



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 Basil’s in Stafford on **Tuesday, August 4th at 1:00 pm.**

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, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery. 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.

The Advisory Board is not meeting in July & August.

The next meeting is Tuesday, September 22 at 9:30am.

What You Should Know

Energy Assistance

Vernon Social Services will be taking applications for the State's Energy Assistance Program. If you are low income, you may be eligible for heating assistance. Contact Vernon Social Services at 860-870-3661 for more information or to schedule an appointment.

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.

Foot Care Appointments Available!



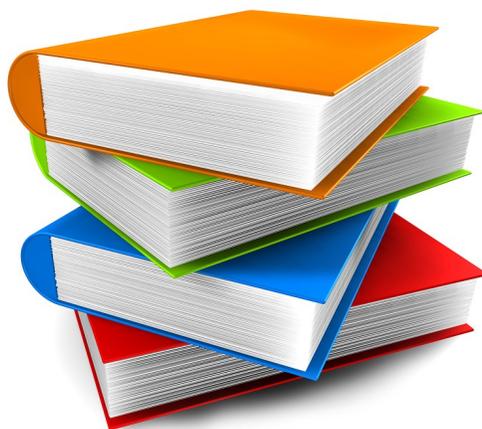
The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments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



Senior Book Club

The Senior Book Club will be meeting on **Thursday, August 20th at 10:00am.**

The book choice this month is *The Virtues of Oxygen* by Susan Schoenberger. The book is about *two very different women both touched by pain, forge an unlikely alliance salvation.*



that may just offer each an unexpected.

The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

Come and meet your fellow readers on the 20th.

You do not need to register for this activity. They are very welcoming and are always looking for new members.

Up Coming Trips

August 26th – Boston Tea Party Museum & Tea

Magic Wings—September 16th

Big E—September 23rd—Connecticut Day

October—Vine to Wine in Vermont

November 4th—9/11 Museum

We are still in the planning stages for December

Suggestions are always 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.

Mediterranean Venice Cruise

We are offering a 12 night Mediterranean cruise plus 2 nights in Barcelona escorted by Landmark Tours & Cruises' owners Bob & Joy Marx.

We'll fly to Barcelona & spend 2 nights in the heart of the City. We will tour the famous Sagrad Familia Cathedral, an architectural wonder.

We will board Royal Caribbean's Brilliance of the Seas for a 12 night cruise to Nice, Livorno (gateway to Tuscany), Civitavecchia (port city for Rome), Dubrovnik, Croatia, Venice (2 days), Ravenna, and Kotor Montenegro.

The price includes airport transfers, round trip airfare, 2 nights pre-stay Barcelona with touring and 3 meals, 12 night cruise, port and departure taxes, all meals, activities, & entertainment aboard ship, trip cancellation insurance, and portage of one bag per person.

Prices do not include shore excursions, bar drinks, gratuities aboard ship or items of a personal nature.

Informational Meeting Date to be Announced.

Dates: October 2-16, 2016

Price:

Cat. M—Inside Cabin—\$3419

Cat. I— Oceanview—\$3799

Cat. E2/E3- \$3929



Boston Tea Party

We will begin our day at Faneuil Hall with time for lunch, shopping or people watching.

Then we are off to the “Boston Tea Party Museum” where we will experience interactive exhibits, live actors in period dress plus an opportunity to participate in the “famous Tea Party”.

Once the tour is completed, we will have tea at Abigail’s Tea Room. Colonial Tea Ladies will serve us tea, other beverages, and assorted pastries, and we will receive a souvenir mug to take home. **Date: Wednesday, August 26th. Cost is \$71 pp** including taxes and gratuities. Payment due at sign up.



Vine To Wine In Vermont

Join us on **Wednesday, October 14th** as we travel to Vermont during the fall foliage season. Our first stop is the Grafton Cheese Company in Brattleboro VT. Here, we will experience the art of Vermont cheese making.

Then we are off to the Matterhorn Inn, located in the heart of Southern Vermont at the base of Mt. Snow. You can sit back and enjoy a talk on the different wines in Vermont and sample a few. Don’t forget to bring a piece of cheese in with you to sample with your wine.

After the tasting, it is a short walk into the dining room where you can sit back and enjoy a traditional buffet lunch in this quaint family owned and run inn. Some of the menu items include homemade Polish dishes.

After lunch, we are off to Honora Winery and Vineyards in Jacksonville VT. Here you can enjoy a Vine to Wine tour of the vineyards, learn the grape growing process, tour of the winery with its wine making process and a taste of three different Honora wines. You will receive a complimentary Honora etched souvenir glass.

Depart: 8:00am Green Circle Commuter Lot

Estimated Arrival: 6:45pm

Cost \$104 per person includes all taxes & gratuities



Special Events & Services

Big E Trip

The Center is going to the Big E on **Wednesday, September 23rd, Connecticut Day**. We will be departing from the Green Circle Commuter Parking Lot at **1:00pm** and leaving the fair at approximately **6:00pm**.

Cost: \$12 Transportation: Senior Center Bus

Vernon Seniors will receive priority.



National Senior Citizen's Month

Please join us in celebrating National Senior Citizen's month on **Friday, August 28th at 1:30pm**. We will be celebrating you, the Senior Citizen.

We will also be serving a "Peach Surprise".



Come visit with your fellow seniors, talk about the old days and enjoy a wonderful dessert.

This event is free but you need to sign up as space is limited.

Birthday Celebration

The Center will be celebrating July, August and September Birthdays on **Monday, September 21st at 2:00pm**.

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of July, August and September. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.



Special Events & Services

(Continued)

AARP Drivers Safety Class

The AARP will host a Drivers Safety Class on **Thursday, September 17th** from **11:45am to 3:45pm**. Cost is \$15.00 for AARP Members, \$20.00 for non-members. Payment by check only on the day of the class. 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.

Skin Cancer Awareness

The Visiting Nurses & Health Services of CT are doing a presentation on Skin Cancer, what you should know, on **Monday, August 24th at 10:30am**.

Do you know what is the most common type of skin cancer?

Do you know how many different types of skin cancer there are?

Is skin cancer deadly?

Join us on the 24th for an informative meeting. It is important to learn about this health issue not only for yourself but also for you love ones. Call to register.



Crazy Whist

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, September 2nd at 12:30pm**.

We will start with pizza followed by card playing.



Crazy Whist is a fun card game that everyone can play!

Cost is \$7.00 per person.

You must register for this program.

Everyone is welcome!

Just a Reminder...

We will be closed Monday,
September 7th in honor of
Labor Day

Join us at the Senior
Center for a fun day!

August's Birthdays !

Happy Birthday:

August 2 Marion Pitman
August 10 Sandy St. James
August 10 Audrey Heisler
August 11 Jane Czarnecki
August 14 Rose Tipaldi
August 17 Grace Hutchins
August 21 Larry Webster
August 23 Pat Chamberlin
August 25 Betty Brow
August 27 Leslie Ames
August 28 Shirley McElroy

Happy Anniversary:

August 3rd Bill & Maureen Tyler



**Note: If you would like
your birthday/
anniversary in the News-
letter, please inform the
Senior Center Staff.**

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

Susan Ward, Senior Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: