



Vernon Senior Center's

Issue 12
December 2015

Senior Moments

Happy Holidays



Message from the Senior Center:

The Staff here at the Center would like to wish you and yours a very safe and wonderful holiday season.



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Newcomers

On the 3rd Thursday of the month, the Senior Center hosts a tour of the Center for new seniors. This month, it will **not** be held. We will resume in **January**.

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

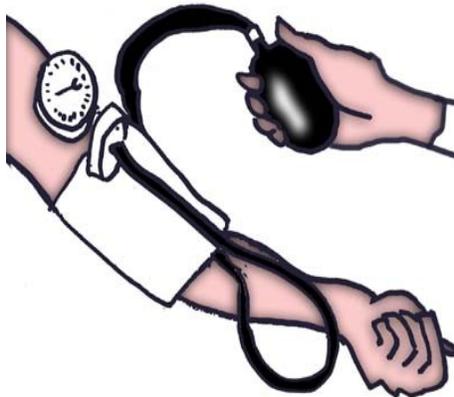
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you in **January**.

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, December 9th**. There will not be a screening in November. 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 **December 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

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



Memberships

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

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 is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



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 and a Movie: The Center is offering movie matinees! **Wednesday, December 9th at 1:00pm.**

The feature film is **A Christmas Story**. In this nostalgic look at Christmas in 1940's Indiana, 9 - year - old Ralphie Parker desperately wants a "Red Ryder carbine-action, 200-shot Range Model air rifle." But first he'll have to wage an all-out campaign to convince his parents the toy is safe.

Rated: PG

Runs: 93 mins

On **Wednesday, December 23rd at 1:00 pm.**

The feature film is **Christmas Miracle**. A group of strangers are forced to seek refuge in an abandoned church after a major snow storm hits. Over the course of the evening these strangers rely on one another to make do during these very difficult times.

Rated: NR

Runs: 92 mins



A Christmas Story

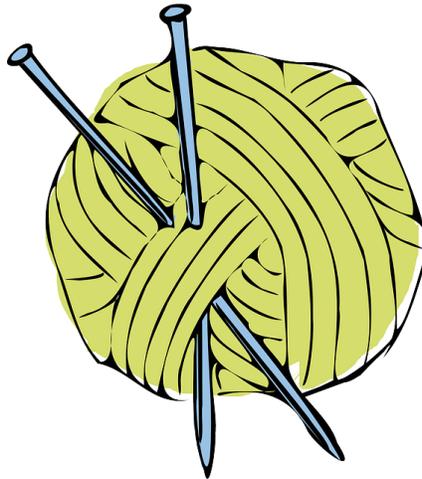
Christmas Miracle

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

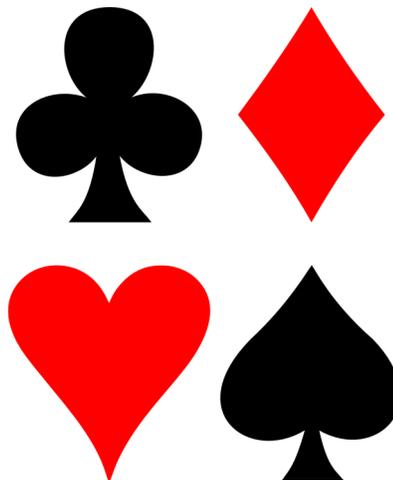
Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

Looking for something new to play?

Pinochle— Tuesdays & Thursdays at 12:45pm.

Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Players score by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks.



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, Pitkat, Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, December 4th

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.



If you are interested in volunteering in the library please let us know.

All items have been donated.

Maryann Romano continues to volunteer keeping the library organized and easily categorized for your reading pleasure.

When Returning Library Books...

If you are returning books to the library, or dropping off materials for donations, we ask that you **bring it to the library directly.**

If there is an event going on upstairs that you do not want to interrupt, please notify one of the staff members.



We have dedicated volunteers that put away all returned materials and keep the library looking neat and organized. They cannot do their job if books are lying around the center and in the wrong locations.

- Thank you for your cooperation

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.

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.

Brain Teasers

A.

What has rivers but no water, forests but no trees, and cities but no people.

B.

What does this mean?

T
O
W
N

C.

I'm named after nothing though I'm awfully clamorous. And when I'm not working, your house is less glamorous.

Answers on coloring page.

Question: What am I?

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.

January 25th—Beat the Winter Blues — Jo Anne Harrison-Becker will hold a class to explain how the winter can affect your mood and how to take steps to stay active and cheerful, throughout the season.

January 27th—Bus Trip to Foxwoods Casino

January 13th—Crazy Whist and Pizza Party

February 24th —Bus Trip to Mohegan Sun Casino



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 **Dec.** is on **Friday, Dec. 4th.** 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**” will meet on the first **Tuesday** of this month. Each month a restaurant is chosen. This month the “bunch” is going to **Carmine’s** on **Tuesday, December 1st** at **1:00 pm.** Call now to sign up !

There are pickups available at the Senior Housing complexes—Franklin Park, Court Towers,



Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call Sela or come to the Center to sign up for this fun day out with your friends.

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 next meeting is **Tuesday, December 15th** 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.



Signing In At the Senior Center:

It is really important that you remember to sign in with both first & last names and please 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!



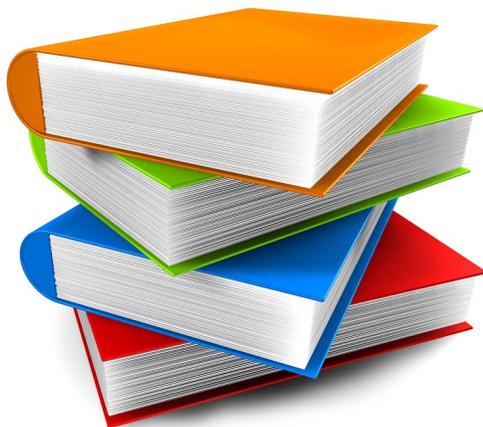
The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments 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, December 17th** at **10:00am.**

December's pick is **"The History of Us"** by Leah Stewart.



This novel is about three siblings who must review both their past and their relationship with each other after their aunt plans to sell their childhood home.

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

You do not need to register for this activity.

Up Coming Trips

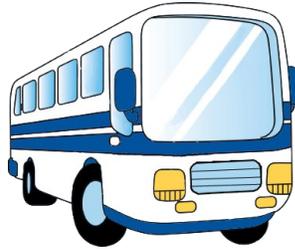
Cancellation Policy

December 8th—Bright Nights at Forest Park

December 10th— Irving Berlin's White Christmas at the Ogunquit Playhouse, The Music Hall in Portsmouth, New Hampshire

January 27th— Bus trip to Foxwoods Casino

February 24th— Bus trip to Mohegan Sun Casino



Suggestions are always welcome.

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.

Casino Trips

Foxwoods Casino

We are going to the casino! Come join us!

We will be going to **Foxwoods Casino** on **Wednesday, January 27th.**

Cost: \$25 Per Person

The price includes the round trip transportation and a Casino Bonus. The Casino Bonus is a \$10 food coupon and a \$10 Slot Play, this is subject to change without notification.

We will **depart** at **8:45am** from the Green Circle Commuter Lot.

The approximate **return** time will be **4:30pm.**

Please call to register.



Mohegan Sun Casino

Try Your Luck at Mohegan Sun Casino!

We will be going to **Mohegan Sun Casino** on **Wednesday, February 24th.**

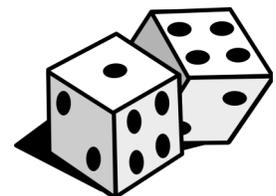
Cost: \$25 Per Person.

The price includes the round trip transportation and a Casino Bonus. The Casino Bonus is a \$15 food coupon and a \$15 free bet, this is subject to change without notification.

We will **depart** at **8:45am** from the Green Circle Commuter Lot.

The approximate **return** time will be **4:30pm.**

Please call to register.



White Christmas

The Music Hall, located in downtown Portsmouth, New Hampshire, will present the Ogunquit Playhouse production of the Irving Berlin classic, **White Christmas**, on **Thursday, December 10th**. The cost includes: round trip transportation, Orchestra Seats to the 2:00pm matinee performance, and all taxes and gratuities, including the driver. You will have time on your own in downtown Portsmouth for lunch before the show and rest stops will be made on the way there and on the way back. The bus departs Vernon's Green Circle Commuter Lot at **9:00am** with an approximate return time of **8:00pm**.

Cost: \$115.00

Please call to register



Holiday Party

Let's Celebrate the Season!

Join us on **Friday, December 4th, at 12:30pm** for a Holiday Feast catered by Maneeley's Banquet Facility in South Windsor and entertainment by **Michael Ciulla**.

Dig out those festive holiday sweaters that have been neglected since last winter!

Menu: Beef Tips in a Burgundy Sauce, Seafood Stuffed Sole, Roasted Baby Potatoes with garlic & herbs, Salad, Rolls & Dessert.

Help keep the joy in the holiday season!

Please bring a **new, unwrapped toy** to benefit the children in Vernon. All donations will be donated to Vernon Social Services.

Desserts are being donated and served by Ladd, Turkington and Carmon Funeral Home.

Home Helpers are donating the centerpieces and a raffle prize.

Fox Hill Nursing Center is donating a raffle basket.

Cost \$12.00

Snow Date: Friday, December 11th

Please call to register.



Special Events & Services



Help Needed

Volunteers are needed at the Pitkat Congregate for lunch service. The volunteers will help with the distribution of lunches to the residents of the Pitkat Congregate. Volunteers are needed daily, around 11:00am-1:00pm. Please call Judy or Mary at 860-875-9244, if interested.

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.



Birthday Celebration



The Center will be celebrating October, November, and December Birthdays on **Monday, December 14th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of October, November, and December. 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

Crazy Whist

The Senior Center is hosting a Crazy Whist Pizza and Card Party on **Wednesday , December 16th at 12:30**. We will start with pizza followed by card playing. Crazy Whist is a fun card game that everyone can play!

Cost: \$7.00 per person.

You must register for this program.

Everyone is welcome!



Scrabble

Scrabble - Tuesdays at 1:00pm.

Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board which is divided into a 15x15 grid of squares. The tiles must form words which, in crossword fashion, flow from left to right in rows or downwards in columns. The words must be defined in a standard dictionary.

M₃

Fall Prevention and Balance

When your balance effects your social life, it may be time to find out how to improve your balance and prevent falls. Gina Koudelka, DPT, and Victoria Depietro, DPT, from ECHN Rehabilitation Services, will show you the steps you need to take to feel confident and stay on your feet. They will address the following:

- * Identify risk factors for falls
- * Identify balance assessments
- * Identify specific physical therapy interventions to improve balance
- * Have an understanding of how to reduce the risk for falls.



Bright Nights at Forest Park

Join us as we travel to Springfield, Massachusetts on **Tuesday, December 8th** to the Spirit of Springfield's **Bright Nights** Holiday Light Display.

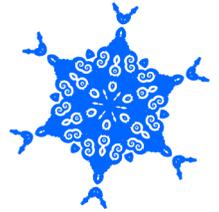
Bright Nights is a Northeast premiere holiday lighting experience, with nearly three miles of lighting displays. The displays span from traditional "North Pole Village" to the childhood-reminiscent, Dr. Seuss-inspired "Seuss Land." The Vernon Senior Bus will **depart at 4:30pm** from **Green Circle Parking Lot**. After traveling through the light display, we will stop for a **quick dinner at McDonald's**.

The cost of the trip is \$2 and the price of your dinner. Vernon residents first.

Winter Puzzle



K F B D F G N B E J E C T L D S
 S D L R P B L K M H R E S R R E
 H O A Q C I A K R B I H L W A A
 C C Q G Z L R C Y Y F H E S O S
 S A V Z F N A E T A O C K H B O
 M R A W I L A R T G Z I V X W N
 B R O S B O L M C A V V E D O H
 D N E E B X S J W T E T R R N U
 S E C V E M R B M O I W S E S W
 B U I O R E T A E H N C S O O X
 K I I L J U W P B M T S M N R C
 Q P E G F R E E Z E O R S R Y F
 E T A N R E B I H E L C I C I T
 E J Q R N T Z Z R Q Z S V K E T



ARCTIC

COLD

FROST

HIBERNATE

SCARF

SNOW

SNOWMAN

BLIZZARD

FIRE

GLOVES

ICE

SEASON

SNOWBOARD

SWEATER

COAT

FREEZE

HEATER

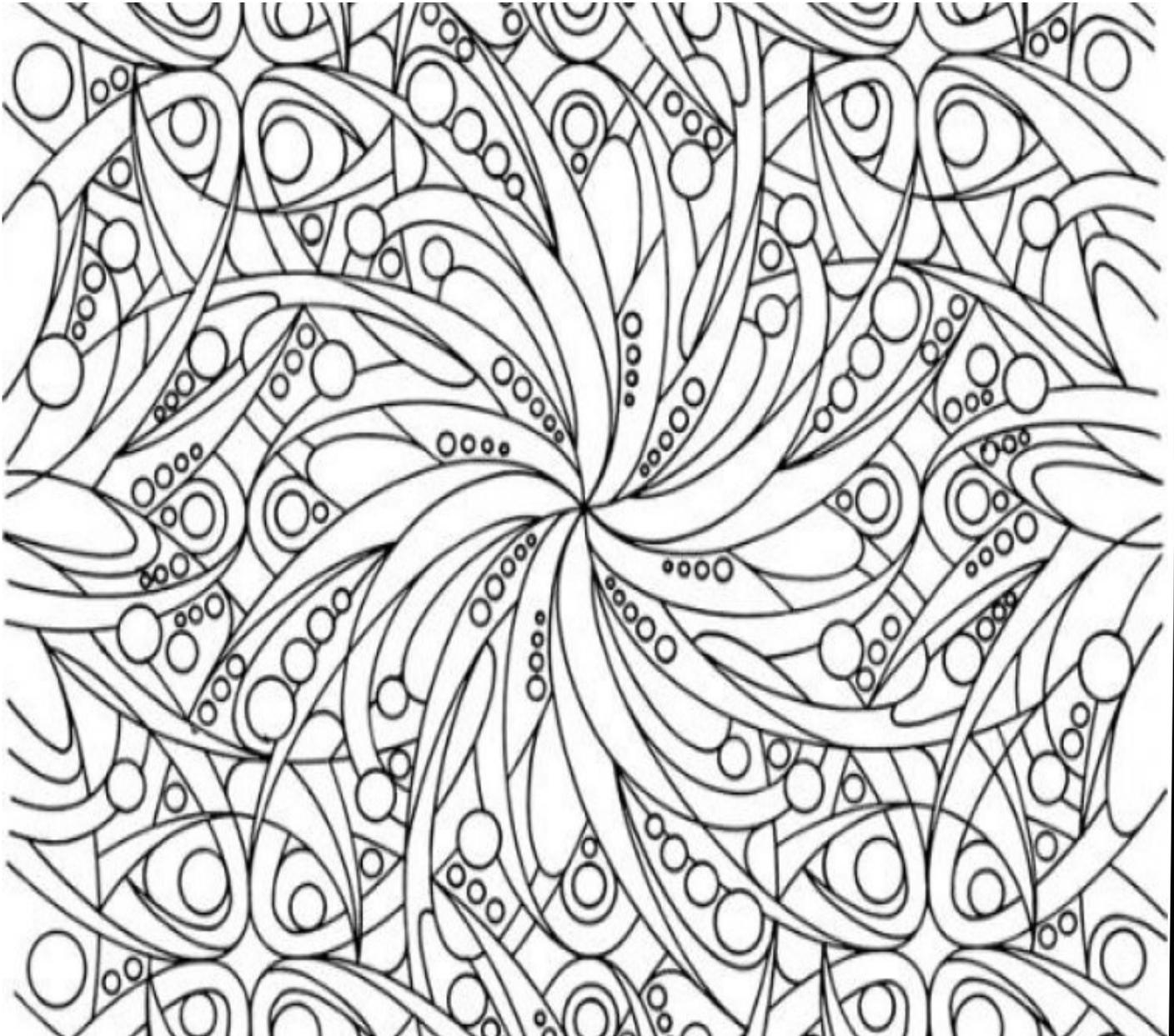
ICICLE

SKI

SNOWFLAKE

Coloring Page for December

Come have fun coloring the December Page. Coloring is a great way to unwind and relieve stress, while being creative. Feel free to share your completed page!



A. Map

B. Downtown

C. Vacuum

Just a Reminder...

Closed

Friday, December 25th - Christmas Day

Join us at the Senior
Center for a fun day!

December's Birthdays !

Happy Birthday:

Dec. 1	Madeline St. Germain
Dec. 7	Mary Dzat
Dec. 15	Jackie Lavoie
Dec. 15	Rita Lavoie
Dec. 24	Esther Edwards
Dec. 26	Marilyn Talbot
Dec. 28	Wanda Satkiewicz
Dec. 31	Ron Zim

Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.



VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours
Monday—Friday
9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Interim Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: