



Vernon Senior Center's

Issue 20
February 2015

Senior Moments

Chinese New Year Celebration



Join us on **Friday, February 20th at 1:30pm** to celebrate the Chinese New Year!

The Chinese New Year, also called the Spring Festival, is the most important Chinese Holiday, which kicks off a 15 day festival.

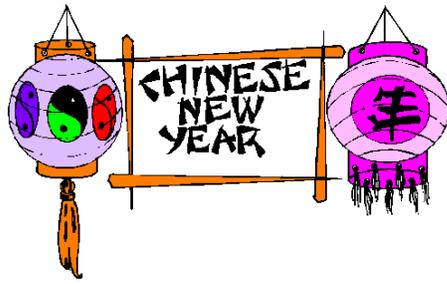
2015 is a year of the Goat according to the Chinese 12-year animal zodiac. The goat symbolizes peace and tranquility.

To celebrate, we will be serving food from the local restaurant, **China Taste**.

The menu will include: Sweet and sour chicken, Pork chow mein and Vegetable fried rice.

For fun we will be hosting a **White Elephant Gift Exchange**. Bring in one wrapped gift to exchange. Gifts should be wrapped, inexpensive, (can be humorous) and from your home.

The cost for this event is **\$10.00**. You must sign up & pay by Friday, February 13th



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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, February 26th 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 26th!

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, February 11th**. 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 March, 2015. Date to be announced.

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.



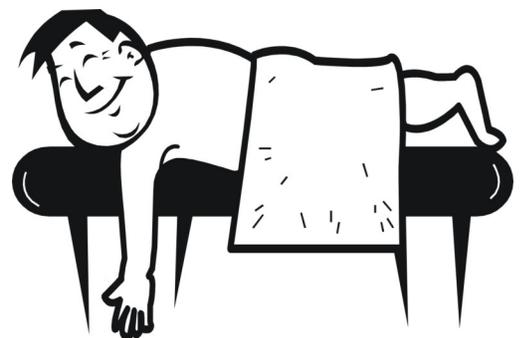
Strollers: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am**. This activity is for seniors who would like to walk but at a slower, less strenuous pace. Please contact the center for more information!

On-Going Healthy Activities

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



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.



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

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

AARP Safe Driver Course:

Thursday, March 19th from 11:45am—3:45pm. Cost 15.00 for AARP members, \$20.00 for non-members. Students who take the class may qualify for a discount on their auto insurance. More information in March Newsletter.



Pets on Wheels of Conn. has placed animals in homes with senior citizens on fixed incomes in need of the unconditional love a pet companion provides.

They eliminate barriers to owning a dog or cat by providing assistance to qualified individuals with adoption fees, veterinary care & transportation. The dogs and cats come from approved, reputable local animal shelters and rescue organizations. For more information please visit www.petsonwheelsct.org



Movie Matinee

Popcorn & A Movie: The Center is offering movie matinees! **Wednesday, February 11th at 1:00pm** the movie matinee is **Dolphin Tale 2**. This aquatic drama continues the heartwarming story of Winter the dolphin, who survived a tragic injury by being fitted with a prosthetic tail. In the sequel, Winter bonds with an orphaned baby dolphin after her beloved pool mate passes away. Starring Harry Connick Jr., & Morgan Freeman. Rated PG. 107 minutes

Wednesday, February 25th at 1:00pm. The feature film is **The Trip to Bountiful**. Unhappily living with her son and snobby daughter-in-law, elderly Carrie Watts longs to reconnect with her past by visiting the place she grew up. Undeterred by her son's opposition, Carrie boards a bus and sets off for her hometown. Starring Cicely Tyson & Vanessa Williams. Rated PG, 90 minutes



Dolphin Tale 2

The Trip to Bountiful

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 weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger 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!



The Center will be hosting a **Men's Pool Tournament** starting **Monday, February 23rd at 9:30 am** and will run for 10-weeks. Stop by the front desk to sign up before Friday, February 6th !

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, Feb. 13.

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

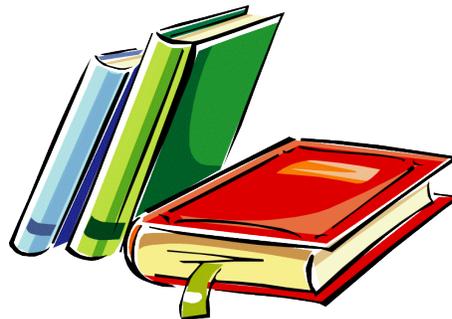
Contact Hockanum Valley Community Council 860-870-7940
Dial A Ride Services



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.

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.

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.

March 4th: Trip to Foxwoods

March 17th: St. Patty's Day Luncheon with entertainment

March 20th: High Tea & Duchess Kate

March 23rd: Allen's Angels Therapy Dogs

April: Ivoryton Theater

April 13th: Name that Tune

April 13th: Noon Institute

April 22nd: Volunteer Breakfast

April 29th: Crazy Whist



AARP Tax Preparation

AARP Taxes are done by **trained** volunteers. Appointments available Mondays & Wednesdays beginning February 2nd through April 15th.

You **must** have an appointment to get your taxes done.

Please call the Senior Center between 9:30am and 1:30pm to set up your appointment.



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 **Mitchell’s Restaurant** in Vernon on **Tuesday, February 3rd 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, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery.



The Advisory Board meeting will be held on Tuesday, February 24th 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

Energy Assistance: Vernon Social Services is presently taking applications for Energy Assistance. If you need help in paying for your heating bill, you may qualify for some assistance.

Please call Social Services at 860-870-3661 to see if you meet the criteria for help 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!

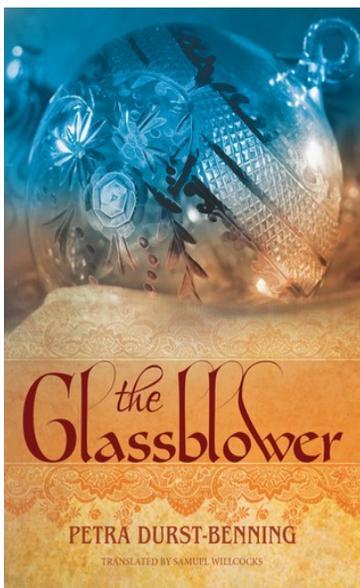


The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments 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, February 19th** at **10:00am**. The book for this month is **The Glassblower** by **Petra Durst-Benning**. New members are always welcome!



In the village of Lauscha in Germany, things have been done the same way for centuries. The men blow the glass, and the women decorate and pack it. But when Joost Steinmann passes away unexpectedly one night, his 3 daughters must learn to fend for themselves. While feisty Johanna takes a practical approach to looking for work, Ruth follows her heart, aiming to catch the eye of a handsome young villager. But it is dreamy, quiet Marie who has always been the most captivated by the magic—and sparkling possibilities—of the craft of glassblowing. As the spirited sisters work together to forge a brighter future for themselves on their own terms, they learn not only how to thrive in a man's world, but how to remain true to themselves—and their hearts—in the process.

Up Coming Trips

No Trips in January & February

March—Foxwoods

April—Ivoryton Theater

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 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.

Pacific Coastal Cruise

Aboard the Jewel of the Sea

We'll fly to **Vancouver, British Columbia** where we'll overnight and enjoy a city tour highlighted by spectacular gardens and native totem poles of **Stanley Park**. The 8-night cruise will take us along the Pacific Coast, stopping first in **Victoria, BC** where we can visit the spectacular Butchart Gardens, explore the vibrant harbor or enjoy High Tea at the famous Empress Hotel. In **Astoria, Oregon** enjoy breath taking scenery, ship wrecks, historic homes and a maritime museum. Next we spend two days in the iconic port of **San Francisco** where we can visit Sonoma wineries, Fisherman's Wharf or Chinatown, enjoy a trolley ride or view the amazing redwood trees at Muir Woods. Next, we'll visit the waterfront community of **Monterey**, home to the world-renowned Monterey Bay Aquarium. Next is Cannery Row, where John Steinbeck drew inspiration for his novel about life in Monterey during the heyday of the sardine canning industry.

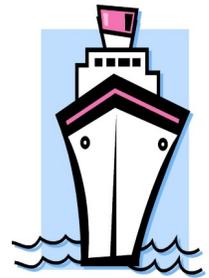
World renowned wineries are featured at the next port, **Santa Barbara**, along with its famous Catholic Mission and nearby Danish hamlet of Solvang. Our final stop is Los Angeles, where we will enjoy a brief tour of Hollywood and nearby Beverly Hills before our return flight home.

September 17—26, 2015

Interior Twin, two twins/queen—**\$1899**

Oceanview, two twins/queen—**\$1979**

Oceanview w/ balcony, two twins/queen, sitting area—**\$2279**



Prices include: Roundtrip airport transfers; round trip airfare; pre-stay in Vancouver with hotel, city tour and two meals; 8-night cruise with all meals, activities and entertainment aboard; Port and departure taxes; 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. Airfare is subject to change.



Informational Meeting Wednesday, February 11th at 10:00am



Special Events & Services

Benefits of a Good Night's Sleep

Join us on **Monday, February 2nd at 10:30am** for a presentation by Jo Anne Harrison on the benefits of a good night's sleep and how to sleep well as you age.

Many older adults often get less sleep than they require. Regardless of age, good restorative sleep is essential to physical health, memory and emotional well being.



Topics Include:

- * Sleep Assessment—Check your current sleep habits
- * Common causes & contributors of insomnia and sleep problems in older adults
- * Stages of Sleep
- * Sleep deprivation & memory loss
- * 20 tips for good sleep habits

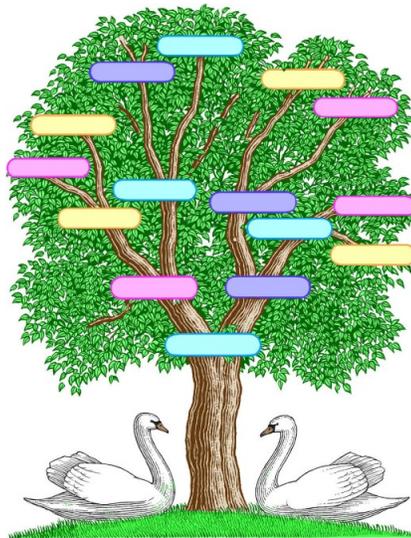
Snow date Monday, February 9th

Introduction to Genealogy

It's 2015... Do you know where your ancestors are?

Introduction to Genealogy is for beginning genealogists as well as for those who need to brush up on their research skills. Topics covered include:

- How to get started with family genealogy
- Best genealogical research practices
- Types of genealogical sources
- Electronic websites available to the genealogist
- Tips and tricks for getting over that "brick wall"
- Collecting and preserving your family history



On Monday, February 9th at 1:30pm join **Carol R. Whitmer**, professional genealogist and active researcher on a journey to discover the past and unveil the mysteries of your family history.

Carol has been doing family research for over 35 years, acts as a consulting genealogist for the Connecticut Historical Society, and is a member of both the Association of Professional Genealogists and the Connecticut Professional Genealogists Council. In addition, she sits on the Board of Governors of the Connecticut Society of Genealogists and is on the Board of Trustees for the CHS.

**This event is free,
Call the center to sign up!**

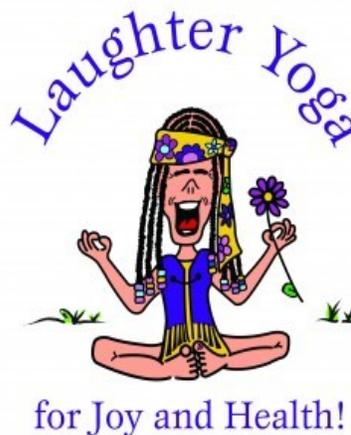
Special Events & Services Continued

Laughter Yoga with Robert Rivest

Learn, Laugh, and Let Go: Interactive Stress Relief Show with Robert Rivest!

Robert takes a humorous look at modern day stress and what we can do about it. Using mime, comedy, insight, and interaction Robert offers both “comic relief” and practical stress relieving techniques.

With Robert’s down-to-earth sense of humor and engaging style, audiences find stress reduction natural and easy!



His closing interactive series of movement and laughter helps everyone get back to their lives feeling calm and refreshed!

Monday, February 9th

10:00 am

This event is free, but please call the center to sign up!

Birthday Celebration

The Center will be celebrating January and February Birthdays and Anniversaries on **Monday, February 23rd at 2:00pm.**

If you have a birthday or anniversary, please stop by for the celebration! Even if you don't have a birthday, please stop by to wish your fellow Seniors a “Happy Birthday!”



A Birthday cake will be served, so please contact the Center to sign up so we know how many to expect.

Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special activities.

Come and share your special day with us!

Health Care Maintenance

On **Friday, March 6th at 1:30pm**, Dr. Lisa Talati of Vernon will be doing a presentation on the importance of **Health Care Maintenance.**



Topics Include:

- Why you should have a primary care physician
- Age appropriate vaccines and screenings
- Importance of follow—up visits

She will be available to answer your questions.

Fun & Games

Crazy Whist Card Party

The Senior Center is hosting a **Crazy Whist Card Party** on **Wednesday, February 18th** 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 mark your calendars for this fun filled afternoon.

Cost is **\$7.00**

Please contact the Center to register for this fun activity.

Travel Series—Antarctica

"Around the Globe from Home".

Baby, it's cold outside! Join us **Tuesday, February 17** at **1:30 PM**, as we take a chilly trip to the Antarctic with National Geographic: Antarctic Wildlife Adventure.

Accompanying a husband-and-wife team of naturalists aboard the 50-foot schooner *Damien II*, this National Geographic program journeys through the northern tip of Antarctica to peer into the heart of penguin country.



As viewers observe a fascinating and highly functional avian society, they'll also spy breathtaking natural formations and a variety of ocean creatures, including humpback whales, elephant seals and more.

Sit, relax and enjoy as we sample some "warming" treats!

This event is free!

Call now to register.

FEBRUARY IS National **HEART DISEASE** Awareness Month
COURAGE
HOPE **LOVE**
EDUCATE **FAITH**
STRENGTH

National Wear Red Day®
FRIDAY, FEBRUARY 6, 2015

Make a change at GoRedForWomen.org/WearRedDay.



You've got
Heart
Take care of it.

Just a
Reminder...

The Senior Center will
be closed on Monday,
February 16th for
Presidents' Day



Join us at the Senior
Center for a fun day!

February Birthdays !

Happy Birthday:

Feb. 5th: Bill Paulin & Paul Iacobucci
Feb. 8th: Ray Larkin
Feb. 11th: Barry Obedzinski
Feb 12th: Marie Harris
Feb. 17th: Bob DeCosta
Feb 18th: Diane Dreher
Feb. 19th: Lawrence Busque
Feb. 20th: Mary Viola
Feb. 23rd: Connie Unterstein & Grace Cameron
Feb. 26th: Barbara Palmberg
Feb. 27th: Margaret Ginolfi
Feb. 28th: Joe Grabinski & Pat Iamonaco



Happy Anniversary:

February 25th: Bob & Pat Flanders



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

Thank You.

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: