Pierogies & Polkas

Please join us on Friday, January 9th at 12:30pm for Pierogies & Polkas!

Adam’s Polish Foods is catering this event which will feature their homemade pierogies with various fillings.

Come and enjoy a light lunch while you will be entertained by John & his Trumpet.

He will be playing many of your favorite songs and polkas!

The cost is $8.

Please contact the Center to register for this enjoyable and entertaining afternoon.

Pierogies are comfort food and will warm your heart along with the music on a cold winter day.

Hope to see you on the 9th!

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, January 22nd 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 22nd.

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, January 14th**. 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** 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.

**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.

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

**Chair Yoga**: This program is held on **Mondays at 1:00pm** and runs in 10-week intervals. Cost is $25.00 for Vernon Residents, and $30.00 for non-residents. This is a gentle form of yoga that improves both physical and mental health. Space is limited, call the center for more information.

On-Going Healthy Activities

**Chair Yoga**: This program is held on **Mondays at 1:00pm** and runs in 10-week intervals. Cost is $25.00 for Vernon Residents, and $30.00 for non-residents. This is a gentle form of yoga that improves both physical and mental health. Space is limited, call the center for more information.
**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 at 10:00am
- **Pinochle**—Tuesday & Thursdays at 12:45pm
- **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!

**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](http://www.petsonwheelsct.org)

**Movie Matinee**

**Popcorn & A Movie:** The Center is offering movie matinees! **Wednesday, January 7th at 1:00pm.** The feature film is And So It Goes. When he is obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren is suddenly in need of major help. His neighbor Leah comes to the rescue — not only bailing out Oren but also capturing his heart. Starring Michael Douglas & Diane Keaton. Rated PG-13, 94 minutes.

**Wednesday, January 21st at 1:00pm.** The feature film is The Monuments Men. In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney. Rated PG –13, 118 minutes.

**NOW SHOWING**

**And So It Goes**

**The Monuments Men**

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.

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.

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.

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!
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—Date to be Announced. 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
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.

February: AARP Tax Preparation
February: Crazy Whist

February 11th: Informational Meeting Pacific Coast Cruise presented by Landmark Tours
February 20th: Chinese New Year Celebration
March 17th: St. Patrick Day luncheon with entertainment.
April 15th: Noon Institute
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 the Oki—Asian Bistro in Vernon on Tuesday, January 6th at 1:00pm.

Call now to sign up!

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, January 27th 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 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.

**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

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, January 15th at 10:00am. The book for this month is The Destiny of the Republic by Candice Millard. New members are always welcome!

James Abram Garfield was one of the most extraordinary men ever elected president. But 4 months after Garfield’s inauguration in 1881, he was shot in the back by a deranged office-seeker named Charles Guiteau. Garfield survived the attack, but become the object of bitter, behind-the-scenes struggles for power—over his administration, over the nation’s future, and, hauntingly, over his medical care. Meticulously researched, epic in scope, and pulsating with an intimate human focus and high-velocity narrative drive, The Destiny of the Republic brings alive a forgotten chapter of U.S.
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.

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.

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 porterage 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.
Special Events & Services

Trip to the Trash Museum

On **Wednesday, January 14th** we will be traveling to the **MIRA Trash Museum** in Hartford.

We will see the Single-stream recycling center, explore the Temple of Trash.

Discover how recycling saves energy and then visit the Fashion from Trashin’ exhibit!

After the museum we will stop at **Longhorn Steakhouse** in Manchester for lunch.

The cost of this trips is $2.00 + lunch on own.

Sign up today! Space is limited!

Memory Enhancement Workshop

Join us on **Tuesday, January 27th at 10:00am** for a Memory Enhancement Techniques Workshop by Jason Alster, MSC.

His workshop will include simple, easy for all to learn memory techniques for remembering names, numbers, information, organization of materials, and recipes. A variety of techniques like mnemonics, the Peg System, the Journey System, the Linked Method, memory by association and much more!

This workshop is interactive and handouts will be provided for safe keeping.

Call now to sign up for this informative event!

**This workshop is not only helpful but entertaining. Hope you can join us for this free event.**
We will be starting a new tai chi class starting **Friday, January 16th at 2:30pm.** The course will run for 5—weeks.

Reduce stress and eliminate stress-based illnesses.

Build healthy joints from a low-impact work-out:

Increase bone density from its weight-bearing qualities.

Improve endurance and stamina through full-body breathing.

Better overall physical condition, muscular strength, coordination and flexibility.

Gaining peace of mind and more restful sleep.

Ken teaches Taijiquan and Qigong at many locations throughout the Hartford area and his students range from athletes to senior citizens. He is certified to teach Tai Chi for Arthritis by the Arthritis Foundation of America and Tai Chi for Osteoporosis and Fall Prevention by Dr. Paul Lam of Australia. He has just recently been certified by Dr. Fuzhong Li and the Oregon Research Institute to teach their evidence-based Tai Chi: Moving for Better Balance program.

Cost: $20 for residents and $25 for non-residents.

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**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**
Fun & Games
Senior Fitness

Senior fitness with Karen will begin again on **Mondays at 9:30am** starting on **Monday, January 5th**. The class will run for 10—weeks.

Did you make a new years resolution? Start the 2015 new year with a bang by signing up for Karen’s exercise class!

She is dedicated her teaching to keep seniors fit and healthy!

The cost is **$20 for Vernon Residents & $30 for non-residents.**

**Note:** There will be no class on **Monday, January 19th for Martin Luther King Day** and **Monday, February 16th for Washington’s Birthday!**

Dean Martin Celebrity Roasts

On **Monday, January 12th at 10:30pm** we will be showing the **Dean Martin Celebrity Roasts** with Frank Sinatra as the Man of the Hour!

The Dean Martin Celebrity Roasts, produced and directed by Greg Garrison, always featured the “Man of the Hour” who sat through insults, put downs and jokes from a panel of legendary celebrities. Dean along with his pals, took shots at the honored guests and at each other in an endless stream of hysterical and outrageous putdowns.

Frank Sinatra created a style all his own and endured as the greatest pop vocalist of the 20th Century. Join Dean and the gang as they “roast” The Chairman of the Board, Frank Sinatra in 1978.

Call the center to sign up!
Just a Reminder...

The Senior Center will be closed on Thursday, January 1st & Monday, January 19th

January Birthdays!

Happy Birthday:
January 2nd: Cathy Parent
January 4th: Lois Tonski
January 12th: Lynn Halligan
January 15th: Shirley Blinn
January 18th: Maureen Tyler
January 20th: Dot Sherman
January 29th: Richard Levitsky

Happy Anniversary:

January 27th:
Sam & Lena Genovese
Jon & Patricia Chamberlin

January 31st:
Paul & Pat Margelony

Join us at the Senior Center for a fun day!

Friends Are Always Welcome Here
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: