



Vernon Senior Center's

Issue 19
January 2015

Senior Moments

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.



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!



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

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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, 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

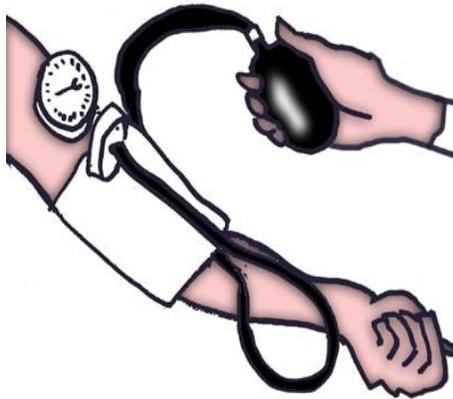
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 22nd

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: 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.



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

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.



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

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



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.



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.



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.

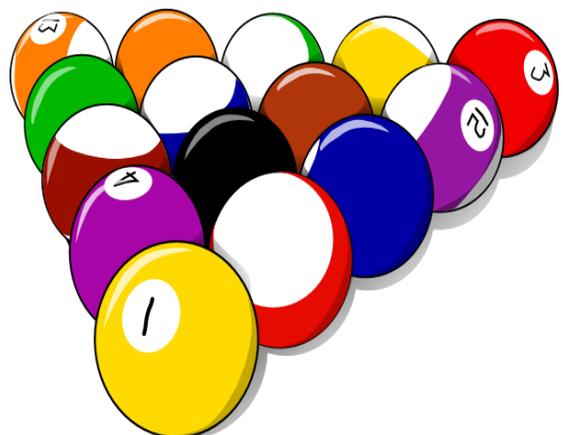
Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly.

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!



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

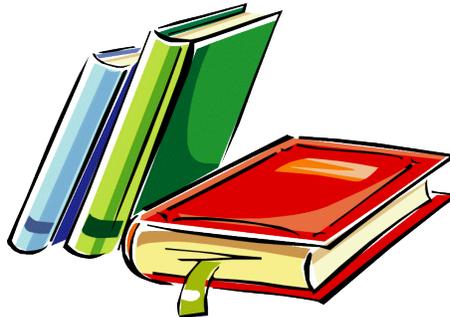
Dial A Ride Services



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

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.

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 !



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, 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

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.

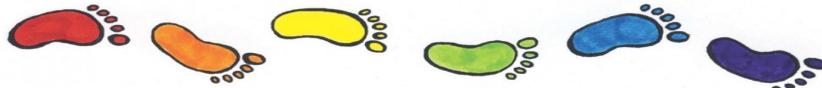
Signing In At the Senior

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

Foot Care Appointments Available!

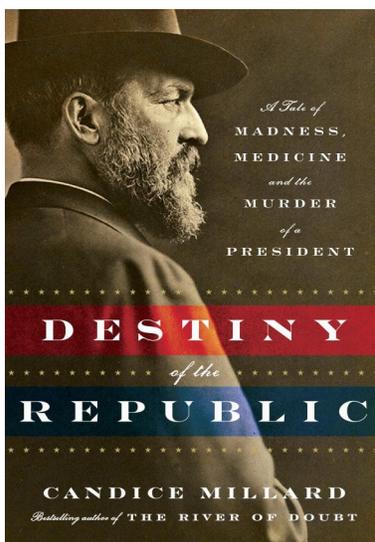


The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments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

Up Coming Trips

No Trips in January & February

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 March, April & 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.

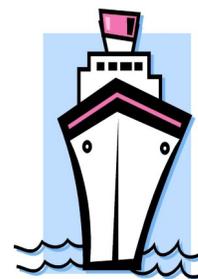
World renowned wineries are featured at the next port, **Santa Barbara**, along with its famous Catholic Mission and nearby Danish hamlet of Solvang. Our final stop is Los Angeles, where we will enjoy a brief tour of Hollywood and nearby Beverly Hills before our return flight home.

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

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 **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.

Special Events & Services Continued

Tai Chi with Ken

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.

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!



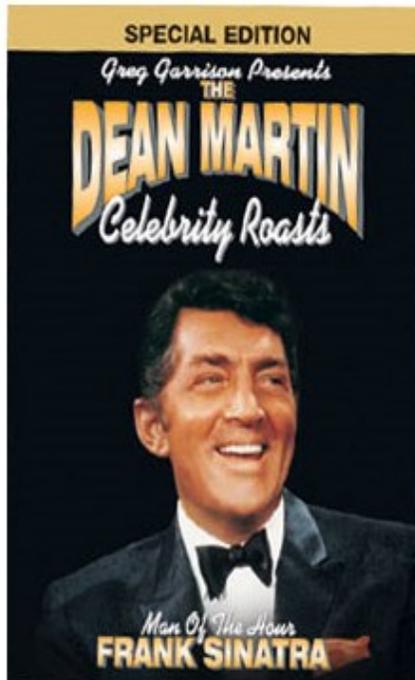
The cost is \$20 for **Vernon Residents & \$30 for non-residents.**

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



Join us at the Senior
Center for a fun day!

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
Birthday

Happy Anniversary:

January 27th:

Sam & Lena Genovese

Jon & Patricia Chamberlin

January 31st:

Paul & Pat Margelony



*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: