



Vernon Senior Center's

Issue 6  
June 2015

# Senior Moments

## Motion Man & Ice Cream Social

Join us on **Friday, June 26th at 1:30pm** for a Ice Cream Social and entertainment by Jody Scalise, the Motion Man.

Jody has performed nationally and internationally and has won an American Cable Award for his PBS special "Music and Me". His show is physical comedy, mime, magic and circus.

His motto is "you won't strain your back, lifting people's spirits."

We will be offering various toppings for our ice cream.



Space is limited so please call to register for this **FREE** event.

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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, June 25th 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

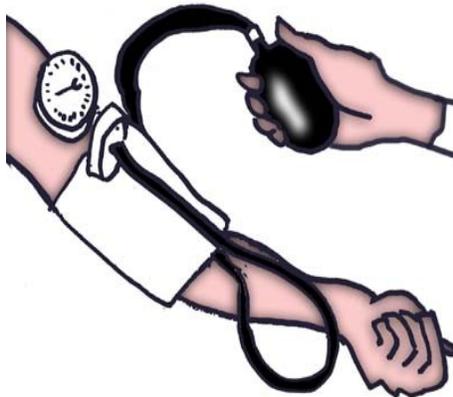
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 25th.

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, June 10th**. 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 in **June 18th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. Date to be announced.

## 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 know as the Vernon Alley Cats have been competing against other centers and retirement homes.

Stop by on Fridays & join the hooting and hollering. All are welcome.



**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, June 3rd at 1:00pm.**

The feature film is **Night at the Museum: Secret of the Tomb.** Security Guard Larry Daley (Ben Stiller) plunges into an adventure that transports him to a London museum where he is surrounded by a new set of artifacts, including the remains of an Egyptian pharaoh who's resurrected by a magic tablet.

Rated PG lasting 98 minutes

**Wednesday, June 24th at 1:00pm.** The feature film is **Places in the Heart.** Sally Field won her second Best Actress Oscar for her portrayal of Edna Spalding, a young widow living in Depression era Waxahachie, Texas, who's determined to eke out a hardscrabble existence farming cotton on her land. Danny Glover and John Malkovich give excellent performances as hired hands.

Rated PG lasting 112 minutes



**Night at the Museum: Secret of the Tomb**

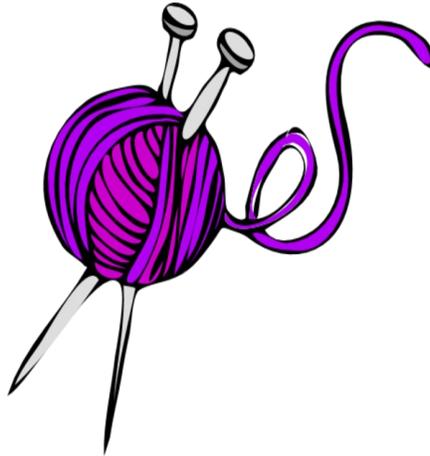
**Places in the Heart**

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!

# Tai Chi with Alcyone

The Center is hosting Tai Chi weekly on **Fridays at 10:00am**. Cost is **\$5.00 per class, paid directly to the instructor**.

Not sure if Tai Chi is right for you? Come in and try your first class for **FREE!**



Tai Chi builds muscle strength, increases flexibility and balance, plus a variety of other health benefits!

This mind-body practice helps treat/prevent numerous health problems.

Give it a try!

# 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, June 5th

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

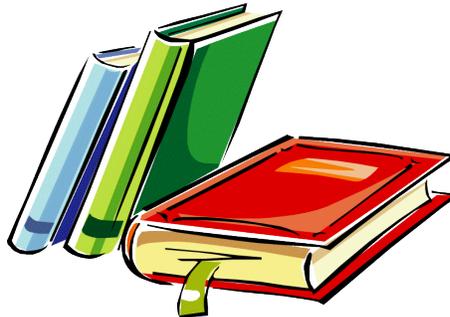
Contact Hockanum Valley Community Council 860-870-7940  
Dial A Ride Services



## 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.

## Vernon's Housing Rehabilitation Program

The Town of Vernon is currently accepting applications for the Small Cities Housing Rehabilitation Loan Program.

The Program provides financial assistance for repairs to residential properties located in Vernon. Properties must be owner occupied and households



must meet income guidelines. Owners are eligible for 0% interest, deferred loan payments. All properties are subject to applicable guidelines & equity requirements.

For more information, contact Vernon Social Services at 860-870-3661.

# 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.

July: Crazy Whist Card Party and Pizza

July 16th: AARP Safe Driving Class

July 24th: Barbeque Luncheon

August 17th: July and August Birthday Party

September 17th: AARP Safe Driving Class

October 24th: Seniorhood Fair

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



# 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 June is on **Friday, June 8th**. 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 on **Wednesday instead of Tuesday**. We are going to the Steaming Tender, Palmer MA on **Wednesday, June 3rd at 12:00 noon**.

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, June 23rd 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

## Renter's Rebate Program;

Vernon Social Services is now taking applications for the State's Rental Rebate Program. If you are low income and rent, you may be eligible for a one time payment. 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.

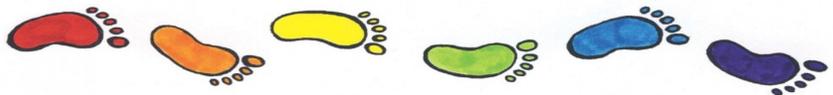
## Signing In At the Senior Center:

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!



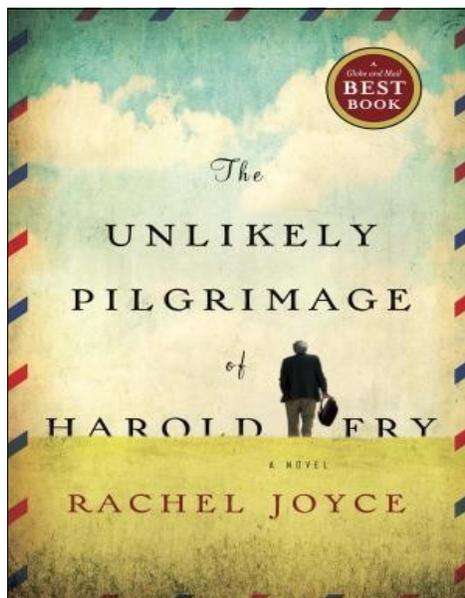
The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments 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, June 18th at 10:00am.**

The Book Club's choice this month is "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce.



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 18th.

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

## Up Coming Trips

June 27th– Kinky Boots

July 21st —Lobster Bash & Barbra

August 26th – Boston Tea Party Museum & Tea

September—Vine to Wine in Vermont

October—Providence Food Tour

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.

## “Joseph” Lancaster PA

The Center is offering a 3 day / 2 night trip to Lancaster Pennsylvania, October 12th—October 14th, to experience the play “Joseph” at the Millennium Theater.

**Costs: \$479 pp double**  
**\$459 pp triple**  
**\$559 pp single**

### **3 Day Trip Includes**

Deluxe Motor-coach Transportation

2 Nights at Crowne Plaza Hotel

2 Breakfasts at Hotel

Dinner & Show at the Crowne Plaza Hotel

Dinner at Shady Maple Smorgasbord

Wine & Cheese Reception at Hotel

Joseph at the Millennium Theater

Sands Casino \$20 Cash Bonus & Food Voucher

Chalk Talk Artistry Show

American Treasure Tour

Escort & Gratuities

**Only 5 Spaces Left**



## Lobster Bash

Join us for Landmark's Lobster Bash and My Name is Barbra Show on **Tuesday, July 21st at Amarante's Sea Cliff**. The restaurant is on the shore in East Haven with a panoramic view of Long Island Sound. The menu includes appetizers along with a Down East Clam Bake of 1 1/4 lb. lobster or almond encrusted pork tenderloin, clam chowder, corn on the cob, roasted potatoes, steamed mussels, barbecue chicken and strawberry short cake for dessert. Entertainer, Jodi Lambert will perform paying tribute to Barbra Streisand. Jodi has the Streisand look and sound.

**Cost is \$85 per person includes all taxes and gratuities. Payment is due at registration.**



## 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**

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.

# Special Events & Services

## Boston Trip

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



## Long Term Care Ombudsman

The State Department on Aging is mandated to protect the health, safety, welfare and rights of individuals living within the long term care continuum.

The agency has the Ombudsman Program that advocates for individuals



residing in long term care facilities who are experiencing issues. Join us on **Friday, June 12th at 1:30pm** to learn about the services offered. Also, learn about volunteering for this worthwhile program. Call to sign up.

## Birthday Celebration



The Center will be celebrating May’s and June’s Birthdays on **Monday, June 22nd at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of May and June. 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 Driving

The AARP will host a Drivers Safety Class on **Thursday, July 16h** from **11:45am** to **3:45pm**. Cost is \$15.00 for AARP Members, \$20.00 for non-members. 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.

### Exchange Club Picnic

The Exchange Club Picnic is scheduled for **Saturday, June 20th** at **Henry Park**.

The Vernon Senior Center offers transportation for the elderly residing in Senior Housing in the Town of Vernon.

**We do not take reservations for the picnic. If you reside in elderly housing and need transportation to the picnic, call the Center.**

This event is free and a special thanks to the Exchange Club volunteers for all their hard work.



### Join Our Events Committee!

We are currently seeking volunteers to join our **Events Committee!** Join several of your fellow seniors to help organize, set up and break down some of our great events here at the Senior Center!



We are always looking for fresh ideas to bring the best events and activities to the center.

If you are interested in joining, please contact any of the Senior Center Staff members! We look forward to working with you!

Just a Reminder...

June 21st

First Day of Summer

Join us at the Senior  
Center for a fun day!

## June's Birthdays !

### Happy Birthday:

June 18th Jo Cassells

June 25th Sophie Welply

June 26th Barbara Sylvester

### Happy Anniversary:

June 1st Shirley & Terry McElroy

June 26th Carl & Barbara Palmberg



**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: 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*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: