



Vernon Senior Center's

Issue 5

May 2015

# Senior Moments

## Cinco de Mayo Celebration

Join us on **Friday, May 8th at 1:00pm** as we celebrate Cinco de Mayo.

We will be entertained by Connecticut's premier Mariachi Band, "Fiesta del Norte". They will be dressed in costume playing traditional Mexican folk music along with popular songs that you know.



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We will be serving snacks that represent Mexican fare and also be serving mock Margaritas.

Come and have some fun at this rip roaring time at the Center.

**This event is free so sign up today!**

## 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, May 28th 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

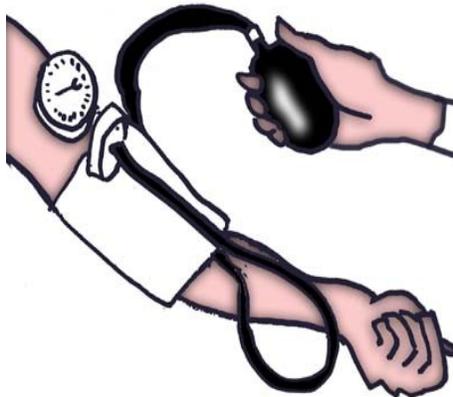
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 28th.

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, May 13th**. 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**. 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.



**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!

# 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

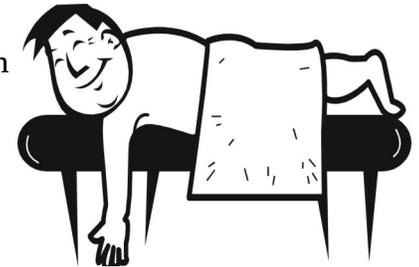


# Other Opportunities

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



**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.



# Movie Matinee

**Popcorn & A Movie:** The Center is offering movie matinees! **Wednesday, May 6th at 1:00pm.** The feature film is **Night at the Museum.**

When the exhibits at New York's Natural History Museum start behaving strangely, Larry Daley (Ben Stiller) a newly recruited night security guard must find out the cause.

Other stars include Carla Gugina and Ricky Gervis. This comedy is rated PG.

**Wednesday, May 20th at 1:00pm.** The feature film is **The Cincinnati Kid** starring Steve McQueen.

It about a up and coming poker player (Steve McQueen) tries to prove himself in a high stakes match against a long time master of the game.

Other stars include Ann-Margaret and Edward G. Robinson.



**Night at the Museum  
The Cincinnati Kid**

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!

## \*New\* Acrylic Art Class:

Shauna is back to teach a six-week Acrylic painting class on Mondays, starting on **May 4th 10:00am– noon**.

Cost is **\$20.00 for Vernon Residents, \$25.00 for non-residents**.



# Tai Chi with Alcyone

The Center will be hosting weekly Tai Chi starting on **Friday, April 10th 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, May 8th

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

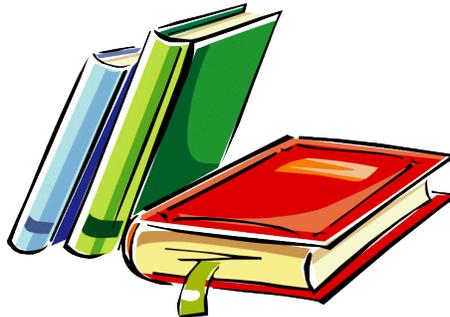
Contact Hockanum Valley Community Council 860-870-7940  
Dial A Ride Services



## 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.

Friday, June 12th: Jody Scalise, Motion Man, Classic Comic & Ice Cream Social

June 20th: Exchange Club Picnic at Henry Park

July 17th: Barbeque Luncheon

Tuesday, July 21st: Lobster Bash at Amarante's Sea Cliff with Joni Lambert as Barbra Streisand.

Wednesday, August 26th: Boston's Tea Party Museum & Faneuil Hall.

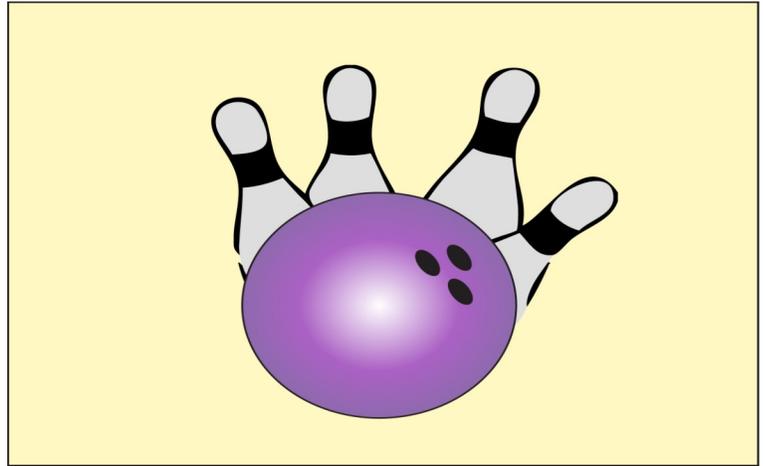


# Wii Bowling Team News

Our Wii Bowling Team, the Vernon Alley Cats, are participating in competition with White Oaks Retirement Home on **Friday, May 8th** and with East Windsor Senior Center on **Monday, May 18th**.

This is a friendly competition that everyone seems to enjoy so we wish all competitors the best of luck.

**Go Vernon Alley Cats**



## 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 J & G Restaurant in East Granby **Tuesday May 5th** at **12:30 pm**.

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, May 26th 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.**

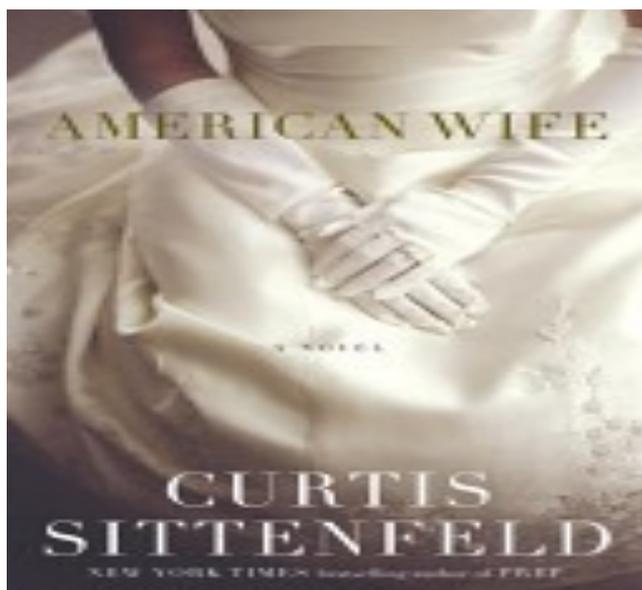


## Senior Book Club

The Senior Book Club will be meeting on **Thursday, May 21st at 10:00am.**

The Book Club's choice this month is *American Wife* by Curtis Sittenfeld.

The book is fictional story about the life of a First Lady.



It very loosely follows the life of Laura Bush and offers an opportunity for a lively discussion.

The book club meets on the third Thursday of every month. They are always looking for new members.

Come and meet your fellow readers on the 21st.

# Up Coming Trips

## No Trips in January & February

June 27th– Kinky Boots

July 21st –Lobster Bash & Barbra

August 26th – Boston Tea Party Museum & Lunch

September–Vine to Wine in Vermont

October—Providence Food Tour

November—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

**Informational Meeting May 12th at 10:30am**

**Call to sign up**

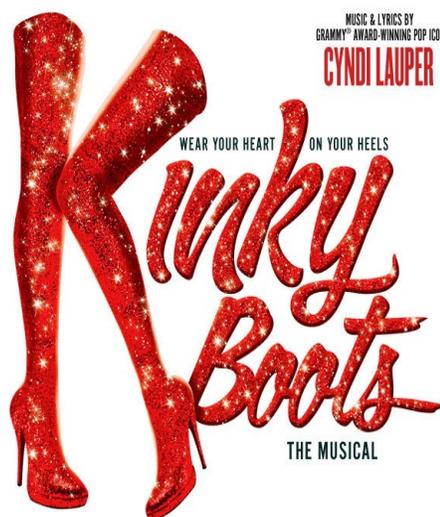


## Kinky Boots at the Bushnell

Kinky Boots, 2013 Tony Award Winner, Best Musical is coming to the Bushnell.

The Center is offering a trip to see this funny, entertaining show on **Saturday, June 27th**.

Charlie Price has inherited his father's shoe factory & tries to save his family business. Charlie finds inspiration



in the form of Lola. A fabulous entertainer in need of some sturdy stilettos, Lola turns out to be the one person who can help Charlie become the man he's meant to be.

**Date: Saturday, June 27th**

**Time: 2:00pm Matinee**

**Seats: Front Mezzanine**

**Cost: Residents \$43 Others \$48**

**Transportation: Senior Bus**

**Last Day for Sign Up is May 8th:  
Payment due at sign up.**

## 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.

# Special Events & Services

## Humor, Health & Happiness

Anne Harrison-Becker, MS in Gerontology, is presenting a workshop on **Monday, May 11th at 1:30pm** about the importance of laughter. Most of us love a good laugh and research shows that humor is beneficial to our mind, body & emotional well being. Join us for this fun & informative program. Call the Center to sign up.

There will be jokes guaranteed to make you laugh.



## Long Term Care Planning

Attorney Laurel Mangan, an Elder Law Attorney, will be at the Center on **Thursday, May 28th at 10:30am**.

She will discuss what you need to know about long term care planning. She will speak about nursing home care and



Medicaid / Title 19.

It is important that you educate yourself as to what are your options if you need nursing home care.

Contact the Center to register for this informative presentation.

## AARP Safe Driving Class

The AARP will host a Drivers Safety Class on **Thursday, May 21** 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.



# Special Events & Services

## (Continued)

### Public Works Community Day

Vernon's Public Works Department is having a Community Day on **Saturday, May 30th from 9:00am to 1:00pm.**

Activities include:

- Shred Event (Maximum 3 boxes)
- Alert Vernon-the Community Notification System
- Equipment Show & Demonstration
- Senior Center Information

Accepting donations for HVCC Food Pantry



### Exchange Club Picnic

The Exchange Club Picnic is schedule 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...

The Senior Center will be closed Monday, May 25th, Memorial Day

Join us at the Senior Center for a fun day!

## May's Birthdays !

### Happy Birthday:

May 8	Lynn Merrill
May 19	Ellie O'Meara
May 19	Marilyn Steele
May 25	Carolyn Waltman
May 28	Thelma Davidson
May 30	Carole Slattery

### Happy Anniversary:

Ed & Carol Slattery



**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*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: