



Vernon Senior Center's

Issue 8  
August 2016

# Senior Moments

## Tribute to the Grand Ole Opry - Aqua Turf

Come with us to the Aqua Turf Club for a tribute to the Grand Ole Opry, **Tuesday, August 16th**. Join Dave Colucci, Judy Brinn, Sarah the Fiddler and Ritchie's Country Wranglers Band sing the country songs you love. You will enjoy an all you can eat family style luncheon.

**Cost: \$75 per person.**

**Depart: 10:00am from the Vernon Green Circle Commuter Lot**

**Estimated return: 5:00pm**

**Please call to register.**



## Foxwoods Casino

We will be taking a bus trip to Foxwoods Casino. This trip includes the round trip transportation, a \$10 food coupon, and a \$10 slot play.

**Wednesday, August 31st**

**Cost: \$25 per person**

**Depart: 8:45 am from the Vernon Green Circle Commuter Lot**

**Estimated return: 4:30pm**

**Please call to register.**



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It's not the  
years in your  
life that count.  
It's the life  
in your years!

(Abe Lincoln)

## Health Programs

### The next **Blood Pressure and Blood Sugar**

**Screening** at the Center will be held on **Wednesday, August 10th.**

The hours are from **9:00 am – 10:00 am.**

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.



## Foot Care

The Senior Center offers **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.**

## Zumba and Other Healthy Activities

### **Zumba**

Zumba classes are **cancelled** for August.

Classes will resume in September.



**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.

### **Thursday Walking Group** is for all levels.

Call Carol Benoit for more information, at 860-454-7449.



## Senior Fitness

**Senior Fitness** is a great way to socialize and stay fit.

The class is on Mondays at 9:30am.

This class will be ongoing, therefore you **don't** need to sign up.

Karen Michaud will collect payment directly. The cost will be \$5 for drop ins or \$40 for a 10 visit punch card.



## Memberships

**Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.**

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

# 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 is known as the Vernon Alley Cats .

If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays.



## Wii Tennis Anyone?

Is anyone interested in Wii Tennis?

If you are interested in Wii Tennis or any other Wii Games please let us know.

# Movie Matinee

## Popcorn and a Movie:

**Wednesday, August 3rd at 1:00pm.**

The feature film is **My Old Lady.**

New Yorker Mathias Gold is delighted to learn that he's inherited a Paris apartment from his deceased father. But delight turns to dismay when Mathias travels to France to sell the property and finds his dad's former lover occupying the place.

**Rated: PG-13 Runs: 1hr 48mins**

## Frozen Yogurt and a Movie:

**On Wednesday, August 10th at 1:00pm.**

The feature film is **Brooklyn.** After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations and two men.

Sponsored by Home Instead and Sweet Frog in Tolland.

**Rated: PG-13 Runs: 1hr 51mins**



**My Old Lady**

**Brooklyn**

Please call the center to register for this program so we will know how much popcorn to pop!

## Creative Goings On

### What interests you?

Would you like to try a new craft?

Is there something you would like to learn how to do?

Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.

### Learn to Knit & Crochet With Linda

We will be starting a Knit and Crochet Class on

**Monday, September 12th at 10:00am.**

Linda Benoit will be the instructor. She will collect the \$5 per class from each student. The first class is free.

### Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity meets weekly.

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

All seniors are welcome.

## Computer Classes

Chris MacCoy will be teaching a new series of computer classes.

**Basic Computer Class:** This beginners class will be on Thursday mornings and runs for 5 weeks. The class will cover basic computer skills such as using the mouse, going on line, opening folders and navigating windows.

The class will start on **Thursday, Sept. 8th from 9:30am-11:30am.**

The cost is \$35.00 for Vernon Residents and \$45.00 for non-residents.

Call to register for the classes, space is limited.



## 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.

If you are interested please stop by.



**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 & 1:30 pm. **There are no rides on Wednesdays.**

**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, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

**Wal-Mart East Windsor**— Friday, August 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.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!

In summer,  
the song sings itself.

-William Carlos Williams



I woke up this morning,  
smiled at the rising sun.

-Bob Marley

# 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.

**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** is 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.

# Brain Teasers

A.

TEMP  
ERA  
TURE

B.

COLLAR  
HOT

C.

D  
THE A SAND  
E  
H

# Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

Sept. 15th - Hearing Screening

Sept.14th - See You in September  
- Sock Hop

Sept. 20th - CT Shoreline Trolley  
and Lyman Orchard Trip

Sept.22nd - AARP Safe Driving Class

Sept. 26th - July, August, and Sept.  
Birthday Party



## 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 the month.

The next trip is on **Friday, Aug. 5th**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Please note this bus trip is for Seniors only.

Happy Shopping!



## Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the first **Tuesday** of this month.

Each month a new restaurant is chosen.

This month the “bunch” is going to **Basil’s Restaurant**, in Stafford on **Tuesday, August 2nd at 1:00pm**.

Call now to sign up!

You can choose **one** of the following: Scrod Casino, Chicken Marsala, Veal Parmesan or Stuffed Manicotti.

**Cost \$16** per person.

Please pay at sign-up.

Call to register.

There are pickups available at the Senior Housing complexes - Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call or come to the Center to sign up for this fun day out with your friends.



## Line Dancing Class

### Line Dance Class:

A new 10 - week Line Dance Class will start on **Tuesday, September 13th**. Class will be held from **9:30am –11:00am**.

Shirley McElroy will instruct the class.

**Cost: \$20 per person.**

Please call to register.

Space fills quickly.

You must pay for the class when you register.



## What You Should Know

### Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** medical or dental appointments.

This service is free and available to Vernon residents only, 60 years and older.

You must be ambulatory.

You can call the Senior Center to make an appointment for the senior car, up to four months in advance.



### Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **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.

## Caught Doing Something Good

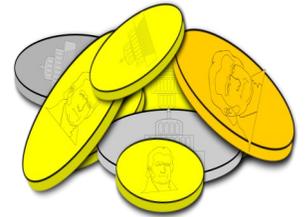
Have you been “Caught Doing Something Good”?

**We’re talking about those who go out of their way to do something nice for someone.**

Perhaps you volunteered to drive a group of seniors to the Center to help on our parking, or maybe you helped someone learn a game -whatever it is we’re watching and those that **we** have “**Caught Doing Something Good**” will receive a special coin.

**Keep that coin and collect them.**

The person with the most coins at the end of 2016 wins a personalized prize.



## Frozen Yogurt Sundae and a Movie

We are showing a movie and making frozen yogurt sundaes on **Wednesday, August 10th** at **1:00pm**.

This event is free.

Please call to register.



The feature film is **Brooklyn**.

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations and two men.

**Sponsored by Home Instead and Sweet Frog, Tolland.**

**Rated: PG-13 Runs:1hr 51mins**

# Up Coming Trips

## Trip Cancellation Policy and Sign ups

### Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given 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.



### Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. When you call to sign up we will let you know when payment is due.

## CT Shoreline Trolley

We will start our day visiting Lyman Orchards. Then, head to USS Chowder Pot for lunch. Our last stop for the day will be at the Shoreline Trolley Museum, which is the oldest, continuously running suburban trolley line in the USA. Please call to register.

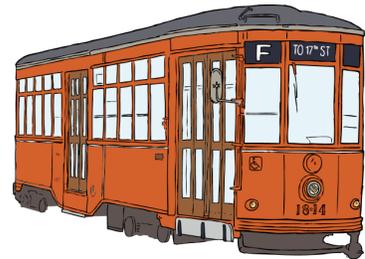
**Tuesday, September 20th**

**Cost: \$81 per person**

**Depart: 9:15am from the**

**Vernon Green Circle Commuter Lot**

**Estimated return: 6:15pm**



## Berkshire's Hidden Gems

Spend the day in the Berkshires of Massachusetts. The day will allow you to explore some of the "forgotten" gems of the area. We start the day touring the **Berkshire Botanical Garden**. It is 15 acres of public display gardens, both ornamental and functional. You will enjoy lunch at Michael's Restaurant. You can choose one of the following meals: oven roasted roast beef, baked stuffed chicken, or baked Boston scrod. We end the day at the country house of Daniel Chester French. We will explore his house, studio, and his gardens.

**Tuesday, October 4th**

**Cost: \$99 per person**

**Depart: 8:00am from the Vernon Green Circle Commuter Lot**

**Estimated return: 6:45pm**

## Upcoming Presentations

### Aging Gracefully

**Jo Anne Harrison-Becker** is back with a presentation about Aging Gracefully. The following topics will be discussed in the hour presentation:

- \*Protect Your Eyes
- \*How to Increase Positive Moods
- \*Friendship and Health
- \*20 Tips to Simplify Your Life
- \*The Golden Years
- \*Forgive and Be Forgiven

**When: Monday, August 1st at 10:00am**

**This presentation is free. Please call to register.**



## Listen, Learn and Leave Educational Workshop

Kate McCloskey of **Stateline Senior Services** will be presenting information on the different Medicare programs and how they work, different levels of prescription drug coverage including the “donut hole” as well as the Medicare Savings Program, which can help seniors save money on medical costs.

**Thursday, August 18th at 10:00am**

**This is a free workshop**

**Please call to register**



## Did You Know.....

August was the sixth month in the early Roman calendar, named after Julius Caesar Augustus.

On August 16, 1977 Elvis Presley died.

On August 20, 1630, lemonade was first served in Paris, France.

On August 21, 1911, the Mona Lisa was stolen from the Louvre Gallery and not recovered for two years.

## Special Events & Services

### Laugh Out Loud Wellness

**Carolyn Finch**, our Laugh Out Loud instructor, uses Laughter Yoga, Kinesiology, and Reflexology to teach us how to reduce stress, improve breathing and release toxins.

The program teaches us the practical tips on aging prevention and is good for the heart.

**Monday, August 15th at 10:00am.**

**This presentation is free.**

**Please call to register.**



### August Picnic

We are having a picnic and all seniors are invited. The meal will be catered by Maneeley's. The menu will be BBQ glazed chicken, BBQ pulled pork, baked macaroni & cheese, maple glazed baked beans, grilled summer veggies and corn bread.

**Fox Hill Nursing Center** will be donating watermelon for our dessert.

Our entertainment will be Bill Walach, a well-known mandolin player.

**Wednesday, August 17th at 12:30pm**

**Cost: \$13 per person**

**Please call to register.**



### “See You in September” Sock Hop

Join us for our “See You in September” Sock Hop!

Bring back those memories of dancing in the gym!!

We will be serving ice cream sodas and snacks.

**Wednesday, September 14th at 1:00pm.**

**This event is free.**

**Please call to register.**



# Special Events & Services

## Newcomers

Join us for the next **Newcomers** on **Monday, September 12th** at **1:00pm**, when the Senior Center hosts a tour of the Center for new seniors.

Come in and learn about the programs and activities that are available. Our 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.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



## AARP Safe Driving Class

AARP will host a **Safe Driving Class** on **Thursday, Sept. 22nd** from **11:30am-3:30pm**.

The cost is \$15 for AARP members and \$20 for non-members. Payment needs to be made by check only on that day. 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.



## Birthday Celebration

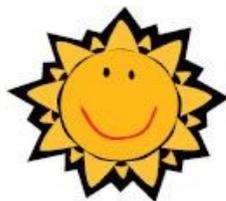
The Center will be celebrating July, August and September birthdays on **Monday, September 26th** at **2:00pm**.

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of July, August, and September. 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.**

# August's Puzzle



## WELCOME SUMMER

C X A G N B H R C I Y J D L M K R A P E M E H T  
 A A T E P A R T I E S V F R U G A D H B T I J N  
 M L R H J W K K E Y S E I L F E R I F B L E U K  
 P B M N T K E O Y F P O U Q I W X R I H F S M O  
 I L D V I C E C R E A M R X S D W Y R G L Y P Z  
 N A P B O V C G P D S H E R H F S S E G I V R H  
 G R P H U L A H O O P S I J I J J A W K P H O L  
 M O D N A O F L O P G Q J R N S K N O T F U P V  
 W L F X P Y J Z L A A W E S G B L D R C L P E D  
 E L H F J G O H X I Q J W E K R L A K G O M H N  
 O E B S P C A U G U S T Q I C R X L S U P Z T M  
 V R G U H T D E R T H J K V L O H S B T S D R G  
 D C H N R V J T N C H A R O M H R L E E D E A F  
 P O P S I C L E S T T Y U M O Y L K K C I N H G  
 E A X C C W E T Y K C S G N A E M I E F A H A Q  
 S S T R N O N N E G H W O E V X B P A R A D E S  
 H T U E A D J U L Y R I B J R K E Y M M G H E V  
 A E S E T D F F Q W T M E R E T A Y U I H S O P  
 A R S N A D F G H A J M K L L Z C X C V S B N S  
 M Q W E L R T U C T I I O P K A H S D A A F G C  
 H J K L I Z X A C V B N N M N Q R W L E L N U I  
 R T Y E E U V I O P A G S D I F G G H J P A J N  
 Z X N C V B N F D H J T R H R J N K L E S G W C  
 I U E R K S E N O C W O N S P U P C I H G E W I  
 J W H C O O K O U T S W E E S D L K I J F M D P

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AUGUST  
 BEACH  
 BIKES  
 CAMPING  
 CARNIVAL  
 COOKOUTS  
 FIREFLIES  
 FIREWORKS  
 FISHING  
 FLIPFLOPS

FUN  
 HULA HOOPS  
 ICE CREAM  
 JULY  
 JUMPROPE  
 JUNE  
 MOVIES  
 PARADES  
 PARTIES  
 PICNICS  
 POOL

POPSICLES  
 ROLLERCOASTER  
 SANDALS  
 SPLASH  
 SPRINKLER  
 SNOWCONES  
 SUNGLASSES  
 SUNSCREEN  
 SWIMMING  
 THEME PARK  
 VACATION

A. Drop in temperature

B. Hot under the collar

C. Head in the sand



Just a Reminder...

The Senior Center will be  
closed on Monday, Sept. 5th  
for Labor Day

Join us at the Senior  
Center for a fun day!

## August's Birthdays

### Happy Birthday:

August 4th	Grover Cleveland
August 10th	Sandy St. James
	Audrey Heisler
August 11th	Jane Czarnecki
August 14th	Rose Tipaldi
August 17th	Grace Hutchins
August 21st	Larry Webster
	Alcyone Brennan
August 23rd	Pat Chamberlin
August 25th	Betty Brow
August 27th	Leslie Ames
August 28th	Shirley McElroy

### Happy Anniversary

August 3rd
Bill and Maureen Tyler
August 29th
Linda and John McCarthy



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: [ssaunders@vernon-ct.gov](mailto:ssaunders@vernon-ct.gov)

Website: [www.vernon-ct.gov](http://www.vernon-ct.gov)

### **Hours**

**Monday—Friday**

**9:00am—3:00pm**

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: