



# Vernon Senior Center's

Issue 2  
February 2016

## Senior Moments

### Single's Mingle

If you are a single senior, come join us in celebrating Valentine's Day.

We will be serving appetizers and beverages.



There will be music and a dance floor made available for all our dancers.

We will be celebrating on **Tuesday, February 9th at 1:00pm.**

The cost is **\$2.00** per person.

#### Message from the Senior Center:

We have only a month and a half left of Winter. We are almost there! Keep safe and warm!

On Friday, January 15th the **Vernon Alley Cats Wii bowling** team played South Windsor "The Residence" Wii bowling team. Vernon won by 850 pins.



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### Couple's Valentine's Day

It's a Valentine's Day celebration for all our senior couples.

Come be part of our celebration. We will be serving cupcakes and punch.

Get your dancing shoes ready we will have music and dancing for all of our "sweethearts."



**Date: Thursday, February 18th**

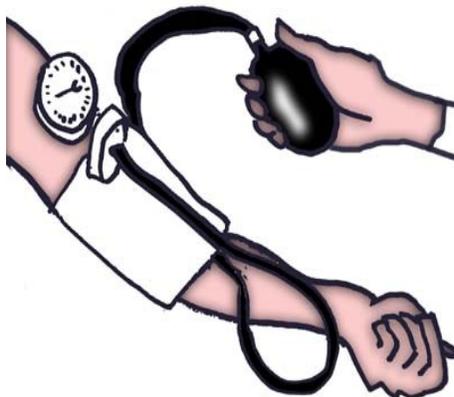
**Time: 1:00pm**

**Cost: \$3.00 per couple**

## Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, February 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.



The Hearing Screening : The next hearing screening will be held on **March 10th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

## 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

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves! **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.



## 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 & be part of the hooting and hollering. Go Cats.



**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 and a Movie:** The Center is offering movie matinees!

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

The feature film is **The Second Best Exotic Marigold Hotel**. In the sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle.

**Rated: PG**

**Runs: 123**

On **Wednesday, February 17th at 1:00pm.**

The feature film is **50 First Dates**. In this offbeat romantic comedy, marine veterinarian Henry Roth changes his womanizing ways after he falls for a pretty art teacher Lucy Whitmore. The trouble is, she has no short-term memory, so Henry has to win her over again everyday.

**Rated PG-13**

**Runs: 99**



**The Second Best Exotic Marigold Hotel**

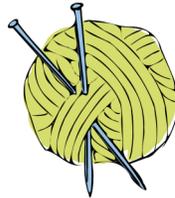
**50 First Dates**

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

# Creative Goings On

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EHabit



## 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!

*"I don't know about you, George, but I'm gonna be just fine."*

## Looking for something new to play?

### Domino Facts:

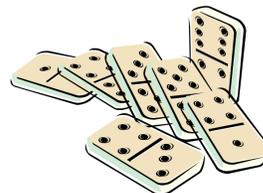
The earliest mention of dominos is from the Song Dynasty China.

Dominos first appeared in Italy during the 18th century.

The name "domino" is from the resemblance to a kind of hood worn during the Venice carnival.

Come on in to play dominos.

Dominos are played on **Tuesdays at 1:00pm** and **Thursdays at 10:00am.**



## 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 & 1:30 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, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

**Wal-Mart East Windsor**— Friday, February 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 welcome the new library volunteers. Thank you for all your hard work keeping our library neat and orderly.



# 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.

**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.

## Brain Teasers

A.

R/E/A/D/I/N/G

B.

CYCLE

CYCLE

CYCLE

C.

head

LO ——— VE

heels

## 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.

March 9th - Crazy Whist - Pizza and Card Party

March 16th - Bus trip to the Aqua Turf to celebrate St. Patrick's Day

March 17th - AARP Life Reimagined Session

March 24th - AARP Safe Driving Course

April 13th - Trip to the Hartford Stage to see "Having Our Say"



## 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 next trip is on **Friday, Feb. 5th**. 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**” will meet on the first **Tuesday** of this month. Each month a restaurant is chosen. This month the “bunch” is going to **Vernon Diner** on **Tuesday, February 2nd** at **1:00 pm**. Call now to sign up!

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

## Advisory Committee

The Senior Center Advisory Committee meets the 4th Tuesday of the month at 9:30 am.

The following are the present members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery.

Their 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.

The next meeting is **Tuesday, February 23rd** at **9:30am**.

# What You Should Know

## Energy Assistance

Vernon Social Services will be taking applications for the State's Energy Assistance Program. If you are low income, you may be eligible for heating assistance. Contact Vernon Social Services at 860-870-3661 for more information 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** 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.

## 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, February 18th at 10:00am.**

February's pick is **"Fatal Decision"** by John Greenwood.

After his twelve year old son is kidnapped, Sheldon Smith receives a mysterious call that to get him back he must murder an innocent man. Unable to inform the police or even his wife, Sheldon must fight this battle alone and find the kidnapper before it's too late. Will he be able to find his son's taker in time or will he have to make the ultimate decision of taking one life to save another.



The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

**You** are responsible for picking up your own copy.

You do not need to register for this activity.

## Up Coming Trips

February 24th - Mohegan Sun  
Casino bus trip

March 16th - Aqua Turf - a St.  
Patrick's Day Celebration trip

April 13th - Bus trip to the  
Hartford Stage  
"Having Our Say"



Suggestions are always  
welcome.

### 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.



## Mohegan Sun Casino

### Try Your Luck at Mohegan Sun Casino!

We will be going to **Mohegan Sun Casino** on **Wednesday, February 24th.**

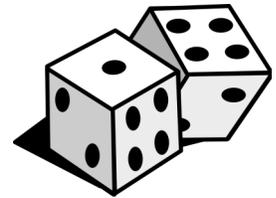
**Cost: \$25 Per Person. Payment due at sign-up**

The price includes the round trip transportation and a Casino Bonus. The Casino Bonus is a \$15 food coupon and a \$15 free bet, this is subject to change without notification.

We will **depart** at **8:45am** from the Green Circle Commuter Lot.

The approximate **return** time will be **4:30pm.**

**Please call to register.**



## St. Patrick's Day at The Aqua Turf

**The Aqua Turf** will be celebrating **St. Patrick's Day.** There will be Irish music played by the McLean Avenue Band and Irish Step Dancers.

You'll enjoy coffee and donuts when you arrive and an all you can eat family style luncheon that includes: salad, penne with meat sauce, corned beef & cabbage, baked scrod, boiled potatoes and carrots, dessert & coffee and a complimentary glass of wine or beer.

**Cost: \$75 per person** (taxes and gratuities are included)

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

**Return: 5:00pm**

**Please call to register.**



## Hartford Stage

We will be taking a bus trip to the **Hartford Stage** to watch “**Having Our Say.**”

The play is about 103 year old Sadie Delany and her 101 year old sister Bessie Delany. They were daughters of a former slave and grew up in the south. The sisters tell the story of the last century, as they lived it. This play is both provocative and entertaining.



**Date: Wednesday, April 13th** (2:00pm performance)

**Depart: 1:00pm from the Green Circle Commuter Lot**

**Return: 4:30pm**

**Cost: \$84 per person** All taxes and gratuities are included.

## *Upcoming Presentations*

### Living the Heart Healthy Lifestyle Presentation

Maryla Underwood, RN, of Visiting Nurse & Health Services of CT, will give a presentation on Living the Heart Healthy Lifestyle.

Topics will include:

- \* How heart healthy eating is not hard
- \* The new My Plate Guidelines
- \* What foods to avoid

There will be many fun and interactive displays.

The presentation will be on **Tuesday, February 23rd at 10:00am.**

**This program is free. Please call 860-870-3680 to register.**



### *AARP Life Reimagined*

An AARP volunteer will guide participants through a program to help them reflect, evaluate priorities and take action in areas such as work, learning, relationships and well-being.

Join us for a chance to chart your path to what's next.

**Date: March 17th**

**Time: 10:00am**

**Cost: Free**

**Please call to register.**

# Special Events & Services



## Help Needed

Volunteers are needed at the Pitkat Congregate for lunch service. The volunteers will help with the distribution of lunches to the residents of the Pitkat Congregate. Volunteers are needed daily, around 11:00am-1:00pm. Please call Judy or Mary at 860-875-9244, if interested.

## Winter Weather Policy

**A Reminder:** 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**, due to weather, 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.



## Birthday Celebration



The Center will be celebrating January, February, and March Birthdays on **Monday, March 21st at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of January, February, and March. 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

## Board Game Afternoon      Looking For Recipes

Come join us for a fun filled afternoon playing board games.

We will have Trivial Pursuit, Scrabble, and Rack-o.

If you have a favorite board game bring it in!

**Date: Friday, February 26th at 1:30.**

**Please call to register.**

### Calling all cooks!

We are looking for your **favorite recipes**. We will choose one to two recipes submitted to put in the monthly newsletter.

If we receive enough recipes throughout this year we might make our own cookbook.

We are looking for recipes for appetizers to put in the March newsletter.

Please give the recipes to Sue or Sela and remember to put your name on it.

## AARP Tax Preparation

Beginning February 1st the AARP volunteers will be at the Center to prepare income tax returns. Appointments can be made on Mondays and Wednesdays only.

They are here to help low to moderate income taxpayers, especially those 60 and older.

**You must have an appointment.** There will be **no walk-ins**.

Please call 860-870-3680, between 10:00am and 1:00pm to set up your appointment.



## Newcomers

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for the new seniors. This month, it will be held on **Thursday, February 25th at 1:30pm**.

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** to join the Center.



# Winter Puzzle

## Valentine's Day Word Find

Solution: 14 Letters

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

Affection  
 Bouquet  
 Bows  
 Boy  
 Cake  
 Card  
 Charm  
 Cost  
 Cupid  
 Dance  
 Dear  
 Diamond  
 --

Fond  
 Fun  
 Girl  
 Greeting  
 Guest  
 Fiance  
 February  
 Fourteenth  
 Flowers  
 Friends  
 Happy  
 Hearts  
 --

Husband  
 Intimate  
 Joy  
 Kiss  
 Laughter  
 Love  
 Nice  
 Relationship  
 Ring  
 Romance  
 Roses  
 Sentimental  
 -

Wife  
 Wink  
 Wrapping  
 Yes

# Coloring Page for February

Come have fun coloring the February Page. Coloring is a great way to unwind and relieve stress, while being creative. Feel free to share your completed page!



- A. reading between the lines      B. tricycle      C. head over heels in love

Just a Reminder...

Closed

Monday, February 15th - President's Day

Join us at the Senior  
Center for a fun day!

## January's Birthdays !

### Happy Birthday:

Feb. 5	Bill Paulin
	Paul Iacobucci
Feb. 8	Ray Larkin
Feb. 11	Barry Obedzinski
Feb. 12	Marie Harris
Feb. 17	Bob DeCosta
Feb. 23	Connie Unterstein

### Happy Anniversary:

Feb. 25	Bob and Pat Flanders
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**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, Interim Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: