



Vernon Senior Center's

Issue 1
January 2016

Senior Moments

Happy New Year !



Message from the Senior Center:

We would like to wish you and yours a very happy and safe New Year! Enjoy!

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Martin Luther King, Jr. 1929-1968

He was an American Baptist minister, activist, [humanitarian](#), and leader in the [African-American Civil Rights Movement](#).

He is best known for his role in the advancement of [civil rights](#) using [nonviolent civil disobedience](#) based on his [Christian](#) beliefs.



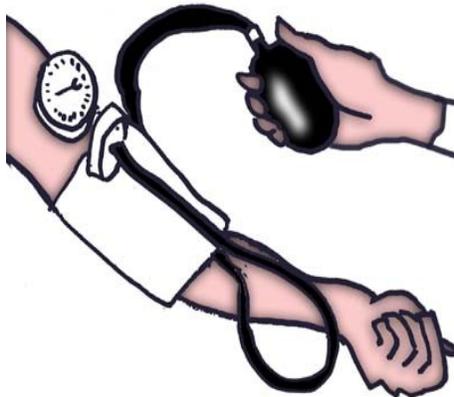
“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

-Martin Luther King, Jr.

Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, January 13th**. 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, January 6th at 1:00pm.**

The feature film is **Max**. This drama is based on real events. Military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

Rated: PG

Runs: 111 mins

On **Wednesday, January 20th at 1:00pm.**

The feature film is **The Best of Me**. In this wistful drama, sparks reignite between former high school flames when the return to their hometown decades later for a funeral. But painful memories of the past may prevent them from having a future together.

Rated: PG-13

Runs: 118 mins



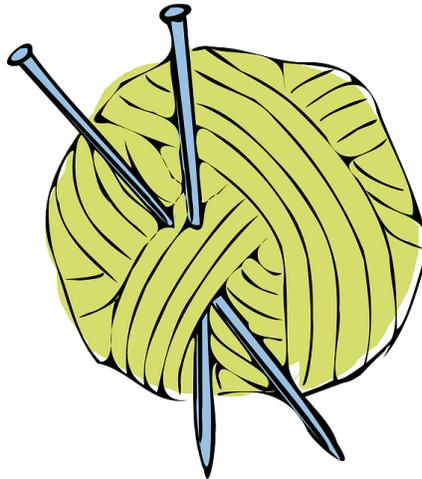
Max

The Best of Me

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

Creative Goings On

Santa would like to thank **Sylvia Johnson, Lori LaCombe and Barbara Buckley** for being such helpful elves for him this year.



Crochet & Knitting

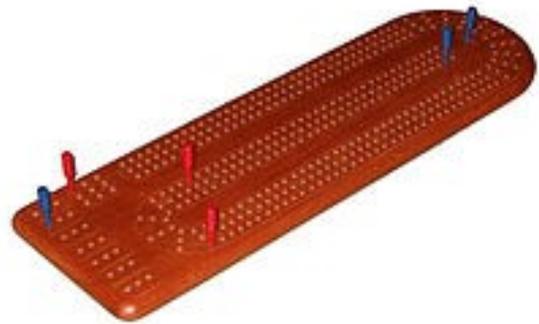
Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am.**

All are welcome. The group gets larger every month!

Looking for something new to play?

Cribbage - Wednesdays at 9:45am

Cribbage, or crib, is a card game traditionally for two players, but commonly played with three, four, or more, that involves playing and grouping cards in combinations which gain points.



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, Windemere Court, Franklin Park, Pitkat, Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, January 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.

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.

Which word, if pronounced right, is wrong, but if pronounced wrong is right?

B.

R
O
R O A D S
D
S

C.

Can you tell me what occurs twice in a week, and once in a year, but never in a day?

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.

February 1st - April 13th - AARP tax Preparation

February 24th - Bus Trip to Mohegan Sun Casino

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



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 **Jan.** is on **Friday, Jan. 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**” will meet on the first **Tuesday** of this month. Each month a restaurant is chosen. This month the “bunch” is going to **New England Pizza** on **Tuesday, January 5th** 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, January 26th** 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, January 21st at 10:00am.**

January's pick is "**The Dead Key**" By D.M. Pulley. It's 1998, and for years the old First Bank of Cleveland has sat abandoned, perfectly preserved, its secrets only speculated on by the outside world.

Twenty years before, amid strange staff disappearances and allegations of fraud, panicked investors sold Cleveland's largest bank in the middle of the night, locking out customers and employees, and thwarting a looming federal investigation. In the confusion that followed, the keys to the vault's safe-deposit boxes were lost.

2014 Winner — Amazon Break-through Novel Award — Grand Prize and Mystery & Thriller Fiction Winner



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

January 27th - Bus trip to Foxwoods Casino

February 24th - Bus trip to Mohegan Sun Casino

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



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.

Casino Trips

Foxwoods Casino

We are going to the casino! Come join us!

We will be going to **Foxwoods Casino** on **Wednesday, January 27th.**

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 \$10 food coupon and a \$10 Slot Play, 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.



Mohegan Sun Casino

Try Your Luck at Mohegan Sun Casino!

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

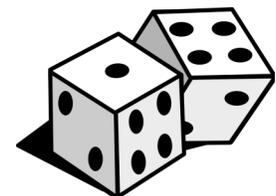
Cost: \$25 Per Person. **Payment due at sign-up**

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.



Plants 101 - Continued

Jean Inge will be holding another class on the Care of Plants, on **Friday, January 22nd at 1:30.**

She will cover such topics as how to care for the many different types of plants and the best environment for those plants.

She is available to answer any questions you may have on the plants you own.

This event is free. Please call to register.



Beat The Winter Blues

Lift your mood and lighten up your life - even on the grayest days.

1 - Hour Workshop

Presented by Jo Anne Harrison-Becker, MS

Winter means shorter and grayer days, longer nights, and in Connecticut, cold and snowy weather. According to a recent survey, up to 90 percent of people reported changes in their energy level, mood, appetite and sleep patterns during the winter months.

The topics covered in the workshop are the following:

What are the winter blues?

Why do we get the winter blues?

What are the risk factors?

How are the winter blues different from Seasonal Affective Disorder (SAD)?

How common are the winter blues and Seasonal Affective Disorder (SAD)?

20 tips/strategies to prevent or overcome the winter blues:

Including what foods to eat, the importance of exposure to light, exercises to lift your mood and energy, changing your thoughts, and much more.



The workshop will be held on Monday, January 25th at 10:30am.

This event is 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

Crazy Whist

The Senior Center is hosting a Crazy Whist Pizza and Card Party on **Wednesday , January 13th at 12:30**. We will start with pizza followed by card playing. Crazy Whist is a fun card game that everyone can play!

Cost: \$7.00 per person.

You **must register** for this program.

Everyone is welcome!



Canasta

Canasta - Wednesdays at 1:00pm

A card game resembling rummy, using two packs. It is usually played by two pairs of partners, and the aim is to collect sets (or melds) of cards.

Come join us. All seniors are welcome!

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.

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 3rd 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, January 21st 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



WINTER WORDS

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



- | | | |
|-----------|------------|------------|
| BOBSLED | HAT | SKIS |
| BOOTS | ICE | SNOW |
| COLD | ICE SKATES | SNOWMAN |
| COAT | MITTENS | SNOWMOBILE |
| EAR MUFFS | SCARF | SOX |
| GOGGLES | SHOVELS | SWEATER |

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Coloring Page for January

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



A. The word wrong

B. Cross Roads

C. The letter E

Just a Reminder...

Closed

Friday, January 1st - New Year's Day
Monday, January 18th - Martin Luther King Day

Join us at the Senior
Center for a fun day!

January's Birthdays !

Happy Birthday:

Jan. 2	Cathy Parent
Jan. 4	Lois Tonski
Jan. 11	Jane Gwozdz
Jan.12	Bonnie Correia Lynn Halligan
Jan. 15	Shirley Blinn
Jan. 18	Maureen Tyler
Jan. 20	Dot Sherman
Jan. 29	Richard Levitsky

Happy Anniversary:

Jan. 27	Sam and Lena Genovese Jon and Patricia Chamberlin
Jan. 31	Pat and Paul Margelony



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

Website: 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: