



Vernon Senior Center's

Issue 6
June 2016

Senior Moments

Soup to Nutz

A Program of Laughs and Comic Fun from ***Soup to Nutz***.

Nationally syndicated and award winning cartoonist of the ***Soup to Nutz*** cartoon strip, **Rick Stromoski**, would like to offer you a laugh filled, fun for all ages program that every comics fan can enjoy!

Rick will show samples of his humorous work, describe the process of humor writing and demonstrate his drawing technique.

When: Wednesday, June 15th
Time: 1:00pm
This event is free.
Please call to register.



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Summertime Fun Lunch

Come welcome Summer back with us!

We are having a luncheon to start Summer off with **FUN!**

We will be having the Red Cabin catering. They will be making an assortment of deli sandwiches and wraps, potato salad, homemade cole slaw, fruit salad, pickles, chips, and brownies.

We will have music and Karaoke for entertainment.

Thursday, June 16th at 12:30pm.

Cost: \$5 per person

Please call to register.



Health Programs

The next **Blood Pressure and Blood Sugar**

Screening at the Center will be held on **Wednesday, June 8th**. 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.



Hearing Screening: The next hearing screening will be held on **June 16th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Call to set up an appointment.

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.

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 exercises are geared to the individual physical abilities of each senior.

Senior Fitness will be starting up again in July.

The cost for Vernon residents will be \$35 and non-residents will be \$40.

Chair Yoga

Chair Yoga will help keep you relaxed and agile.

Chair Yoga is a type of seated yoga that focuses on breathing and stretches, to help maintain flexibility and relaxation.

Chair Yoga will start up again in July. The cost is \$35 for Vernon residents and \$40 for non-residents.

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.



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: The Center is offering movie matinees!

Wednesday, June 8th at 1:00pm.

The feature film is **5 Flights Up**.

Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together—most of it in their cherished Brooklyn walk-up. But now that they want to sell, the universe seems determined to thwart their plans.

On **Wednesday, June 29th at 1:00pm.**

The feature film is **In the Heart of the Sea.**

In 1820, crewmen aboard the New England vessel Essex face a harrowing battle for survival when a whale of mammoth size and strength attacks with force, crippling their ship and leaving them adrift in the ocean.



5 Flights Up

In the Heart of the Sea

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

Rated: PG-13 Runs: 92 mins Rated: PG-13 Runs: 122 mins

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.



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.



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!



Our Winners of the Men's Pool Tournament were:

Team 2:

John Konicki and Bill Tyler

and Second Place -

Team 4:

Gary Saunders and Carl Palmberg.

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, June 3rd

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



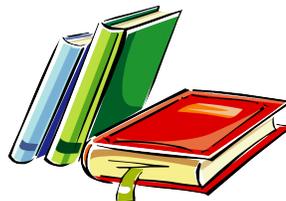
Senior Center Library

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!



National “Do Not Call” Registry

Are you tired of the constant sales calls on your home phone and cell phone? The Department of Consumer Protection has a National “Do Not Call “ Registry. To stop the unwanted calls , you can call toll-free 1-888-382-1222 using the phone you want registered. This service is free. If you want to learn more you can look up the Department of Consumer Protection.



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

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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.

July 13th - Crazy Whist and Pizza

July 18th - "Waitin' For The Train to Come In"

July 21st - AARP Safe Driving Class

July 27th - We Got Rhythm & Lunch

July 28th - Are You Smarter Than A Senior?



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, June 3rd**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

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 **Longhorn Steak House**, in Manchester, on **Tuesday, June 7th 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, Carole Slattery and Judy Hany.



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, June 28th at 9:30am**.

What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

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

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

You must be ambulatory.

You have to call the Senior Center to make the appointment for the senior car.



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 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.**



Senior Book Club

The **Book Club** will not be meeting again until the Fall.

We will post the new schedule in September.



The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love

Up Coming Trips

Long Island Sound - Lights and Sights Cruise

We will be taking a two hour narrated tour, on a Sea Jet Catamaran, to view, from your seat, 8 lighthouses, a fort, a castle, and much more. After dinner, spend some free-time in **Mystic Village**. This Trip requires some walking.

Date: Thursday, July 14th

Cost: \$95 per person.

The trip is full, but you can be put on the wait list.

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.



Tribute to the Grand Ole Opry - Aqua Turf Club

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. Please call to register.

Wednesday, August 31st

Cost: \$25 per person

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

Estimated return: 4:30pm



CT Shoreline Trolley

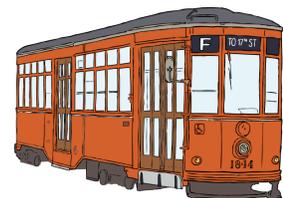
We will start our day visiting Lyman Orchards. Then, head to USS Chowder Pot for lunch. Our last trip for the day will be to the Shoreline Trolley Museum, which is the oldest, continuously running suburban trolley line in the USA. Please call to register.

Tuesday, September 20th

Cost: \$81 per person

Depart: 9:15am from the Vernon Green Circle Commuter Lot

Estimated return: 6:15pm



Upcoming Presentations

Hands Only CPR

Join our American Heart Association Instructors to learn and practice the life saving skill of “Hands Only CPR”.

We will also learn about the following:

- * How do I maintain a healthy heart?
- * What is Heart Disease?
- * What are the signs and symptoms of a heart attack or a stroke?
- * What are the warning signs?
- * Should I call 911?

This presentation is free. Please call to register.

Tuesday, June 7th at 1:30pm

We Got Rhythm

Put Your Dancing Shoes On!!

Join us on **Wednesday, July 27th at 12:30pm** for an afternoon of great American music, tap dancing and loads of fun with **We Got Rhythm**.....featuring guitar, steel drum and even a Boomba!!

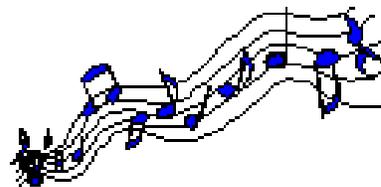
Come ready to do some toe tapping, sing along and take a whirl on the dance floor.

Lunch will be served.

This fantastic event is sponsored by **Care For Me At Home**.

This event is free.

Please call to register.



Are You Smarter Than A Senior

Panda Home Care is sponsoring “Are You Smarter Than A Senior”.

It’s all about seniors having a good time.

DJ. Sir James from WKND1480 am will be our special guest!

This activity consists of many questions from the 40’s to the mid 60’s.

This game last about 1hour.

Thursday, July 28th at 1:30pm

This event is free.

Please call to register.



Special Events & Services

Crazy Whist and Pizza Party

The Senior Center is hosting a Crazy Whist and Pizza Party on **Wednesday, July 13th at 12:30pm.**

We will start with the pizza followed by card playing. Crazy Whist is a fun card game that everyone can play!

Cost: \$7 per person.

You must register for this activity.

All Seniors are welcome!



Did You Know.....

*The 6th month of the year brings us Summer, Father's Day, Flag Day, and the Summer Solstice.

*June was named after the Roman Goddess Juno, who was the wife of Jupiter.

*On June 14, 1777, the flag of the United States was adopted by the Continental Congress.

*On June 15, 1775, George Washington was appointed Commander in Chief of the Continental Army.

Birthday Celebration



The Center will be celebrating April, May, and June Birthdays on **Monday, June 13th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of April, 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

Waitin' For The Train To Come In

David Garnes, a well known author and graduate from Brown University and Columbia University, will be coming to our Center to discuss his novel, "Waitin' For The Train To Come In". The novel is about World War II.

This novel takes place in his childhood hometown of Springfield, Mass.

He will have an interactive conversation with the seniors about their lives during WWII.

Come join us to hear an author tell his tale!

Monday, July 18th at 1:30pm.

This event is free.

Please call to register.



AARP Safe Driving Class

AARP will host a **Safe Driving Class on Thursday, July 21st from 11:30am-3:30pm.**

The cost is \$15 for AARP members and \$20 for non-members. Payment needs to be made on the day of the class. Checks only will be accepted for payment 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.



Newcomers

Join us for the next **Newcomers** on **Monday, July 11th 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.



June's Puzzle

WEATHER

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

WORD SEARCH

AIR	ENERGY	LIGHTNING	STRATOSPHERE
ATMOSPHERE	EVAPORATION	MASS	STRATUS
BAROMETER	FOGGY	METEOROLOGY	SUNNY
BLIZZARD	FORCE	OVERCAST	TEMPERATURE
CIRRUS	GAUGE	PRECIPITATION	THERMOMETER
CLIMATE	HAIL	PRESSURE	THUNDER
CLOUDY	HEAT	RAINBOW	TROPOSPHERE
CONDENSATION	HUMIDITY	SLEET	VAPOR
CUMULONIMBUS	HURRICANE	SMOG	WATER
CYCLE	HYGROMETER	STORM	WIND

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Brain Teaser Solutions:

A. I understand

B. Unlevel

C. Downtown



Just a Reminder...

The Senior Center will be
closed on Monday, July 4th
for Independence
Day

Join us at the Senior
Center for a fun day!

June's Birthdays and Anniversaries

Happy Birthday:

June 18 Jo Cassells
June 26 Barbara Sylvester

Anniversaries:

June 1 Shirley and Terry McElroy
June 26 Carl and Barbara Palmberg

**HAPPY
BIRTHDAY!**



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: