



# Vernon Senior Center's

Issue 3  
March 2016

## Senior Moments

### Crazy Whist

The Senior Center is hosting a Crazy Whist pizza and card party on **Wednesday, March 9th** at **12:30pm**.

We will start with pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!

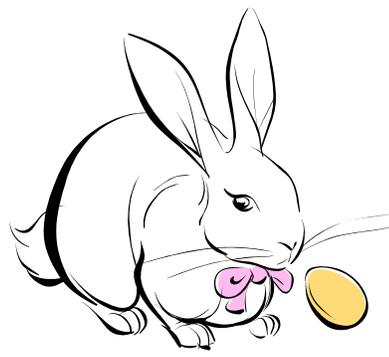
**Cost: \$7.00** per person.  
**You must register for this activity.**

Everyone is welcome!

### Happy Springtime!

We welcome Spring back on March 20th. With the return of new blooms and sunnier days comes daylight savings time on March 13th. Lastly, Easter is on March 27th.

Have a Happy Easter and a safe and healthy Spring!



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### AARP Driver's Safety Class

AARP will host a Driver's Safety Class on **Thursday, March 24th from 11:30am -3:30pm**. The cost is \$15.00 for AARP Members and \$20.00 for non-members. Payment needs to be made on the day of the class. Checks only will be accepted. 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.



## Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, March 9th**. 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 play canasta?**

Come to the Center on Wednesdays at 1:00pm to play canasta with our seniors.

All seniors are welcome!

# Movie Matinee

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

**Wednesday, March 2nd at 1:00pm.**

The feature film is **St. Vincent**.

With his parents preoccupied with their divorce, lonely 12-year old Oliver strikes up a friendship with his war-veteran neighbor Vincent, a hard-drinking gambler. Vincent finds his life changed by the boy's presence.

**Rated: PG-13**

**Runs: 102**

On **Wednesday, March 23rd at 1:00pm.**

The feature film is **A Walk in the Woods**.

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz—a tottering, wisecracking ex-alcoholic.

**Rated: R**

**Runs: 104**



**St. Vincent**

**A Walk in the Woods**

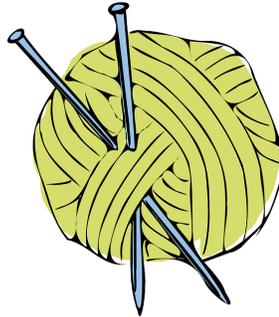
Please call the center to register for this program so we will know how much popcorn to pop!

## Creative Goings On

If I knit fast enough,  
does it count as  
aerobic activity?



PurpleKittyYarns.com



### 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 seniors are welcome. The group gets larger every month!

## Photo Fun with Rockville High School

**On Friday, March 11th at 9:30am**, students from Rockville High AP photo class will be setting up three small studio areas where they will take portrait photos for anyone at the center who would like to participate. They can take solo pictures as well as small groups.

Two studios will be set up for digital portraits and one studio will be set up as a St. Patrick's Day photo booth.

You can "come as you are" or dress to impress.

There is no cost unless you chose to have them printed.

All printing will be outsourced to Walgreens. Typical prices are .29 for a 4x6, \$2.50 for a 5x7 and \$4 for an 8x10.

Also, if you wish, you may bring your own cameras, SD cards and thumb drives.

**Please call to register.**



## 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!



### Men's Pool Tournament

Monday, March 21st

We need at least 8 seniors for the tournament.

If you are interested **please call to register.**

# 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, March 4th.

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!**



# 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.

WEAR  
-----  
LONG

B.

MAN  
-----  
BOARD

C.

STAND  
-----  
|

# 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.

April 4th - Smiling Seniors - Oral Health Education for Seniors

April 7th - Stateline Senior Services - Protecting Your Assets from Nursing Home and Home Care Expenses

April 11th - Attorney Marilyn Denny, from Greater Hartford Legal Aid, will present on Advanced Directives and Helping Seniors in the Community

April 21st - Presentation on Memory Loss



## 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, Mar. 4th**. 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 **Olive Garden** on **Tuesday, March 1st** 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, March 22nd** 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 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 Senior Book Club will be meeting on **Thursday, March 17th at 10:00am.**

**February's** pick is "Year of Wonders" by Geraldine Brooks.

When an infected bolt of cloth carries plague from London to an isolated village, a housemaid named

Anna Frith emerges as an unlikely heroine and healer. Through Anna's eyes we follow the story of the fateful year of 1666, as she and her fellow villagers confront the spread of disease and superstition. As death reaches into every household and villagers turn from prayers to murderous witch-hunting, Anna must find the strength to confront the disintegration of her community and the lure of illicit love. As she struggles to survive and grow, a year of catastrophe becomes instead annus mirabilis, a "year of wonders."



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

July 14th—Long Island Sound  
Lights and Sights Cruise—\$95

August 16th— Aqua Turf—A  
Tribute to the Grand Ole  
Opry—\$75

September 20th—CT Shoreline  
Trolley - \$89

October 4th—Berkshire  
Hidden Gems—\$99

November—Radio City

Christmas Spectacular— to be  
announced

December 13th—  
Christmas in Newport—  
\$131



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.

## 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.**



## Maine's Kittery Outlets

Outlet Shopping at it's best at Maine's Kittery Outlets, **Wednesday, May 11th**.

The Kittery Outlets have more than 120 famous name outlet stores and is one of the largest shopping destinations in New England.

Included in this package is a coupon book with over 75 participating stores with discounts, a map of the outlets, and round trip motor coach transportation.

Depart: **8:00am** - Green Circle Commuter Lot

Return: Approximately 6:30pm

**Cost: \$60 per person** **Please call to register**



## Discover Woodstock

We will be going to Woodstock, VT. on **Thursday, June 9th**. We will go to the Billings Farm, the Rockefeller Mansion and Bentley's Restaurant.

Woodstock has been described by the *Ladies Home Journal Magazine* as "The prettiest small town in America." You will see firsthand what Vermont life was like a century ago, at the Billings Farm.

For lunch we will go to Bentley's Restaurant, where you can select from the Elm Street Wrap, the Woodstocker or the Rice Bowl.

To finish our trip we will enjoy a tour at the Marsh-Billings Rockefeller Mansion.

**Cost: \$117.**

We will depart from the **Vernon Green Circle Commuter Lot at 6:45am** and return approximately 7:15pm.

**Please call to register.**

## Upcoming Presentations

### *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.**



### *Elder Fraud Presentation*

Anyone can be the victim of financial exploitation. Elder financial exploitation crosses all social, educational, and economic boundaries.

This presentation will be given by **Webster Bank**.

The presentation will cover how to keep seniors safe from fraud, including financial abuse, theft of income, theft of assets, Power of Attorney fraud and internet sales or online auction fraud.

This presentation will be on **Wednesday, March 30th at 10:00am**.

This event is **free**.

**Please call to register.**

# Special Events & Services

## Plants 101 - Continued

Jean Inge will be holding another class on the Care of Plants, on **Friday, March 4th at 1:30pm.**

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.**

## 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

## National Chip Day

### National Chip Day with Johnny Carson.

Celebrate National Chip Day with us on **Monday, March 14th at 1:30!** We are going to serve different flavored chips and dips, and watch a Johnny Carson Show.

This event is free.

**Please call to register.**



## Looking For Recipes

### 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 casseroles to put in the April newsletter.

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

## AARP Tax Preparation

The AARP volunteers are now 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

Join us on **Thursday, March 17th at 1:30pm**, when the Senior Center hosts a tour of the Center for the 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.

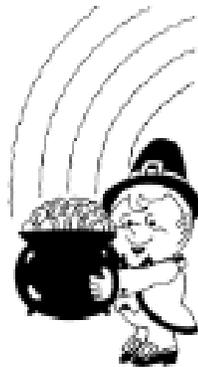


# St. Patrick's Day Puzzle

## St. Patrick's Day Word Search

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

SHAMROCK  
LEPRECHAUN  
SAINT  
GREEN  
SNAKES  
IRELAND



IRISH  
POT OF GOLD  
POTATO  
RAINBOW  
PATRICK  
JIG

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# March Appetizer Recipe

## Spinach-Parmesan Quiche Bites

Serves 8; 2 quiche bites per serving.

Serve these savory bites for a nutritious snack or pair them with a fresh fruit cup for breakfast.

### **Ingredients:**

Cooking Spray

1 10-ounce package frozen chopped spinach, thawed and squeezed dry

1/4 cup chopped roasted red bell peppers

2 medium green onions, thinly sliced

1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

1 cup egg substitute

1/2 cup fat-free milk

1 teaspoon dry mustard

1/8 teaspoon salt

1/8 teaspoon pepper

### **Directions:**

Preheat the oven to 350 F. Lightly spray 16 cups of two 12-cup mini-muffin pans with cooking spray.

Put the spinach in a bowl. With a fork, separate it into small pieces. Stir in the roasted bell peppers and green onions. Spoon into the muffin cups. Sprinkle 1/2 teaspoon Parmesan over each.

In a medium bowl, whisk together the remaining ingredients. Pour into the muffin cups. Fill the remaining 4 muffin cups with water (to keep the pans from warping).

Bake for 18 to 20 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the muffin pans to a cooling rack and let the quiche bites cool rack for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm.

Refrigerate leftovers in an airtight container for up to five days. To reheat, put 4 to 6 quiche bites in a microwave, uncovered, on 100 percent power (high) for 45 seconds to 1 minute, or until warmed through.

### **Nutrition Analysis:** per serving

Calories :39      Total Fat: 0.5g      Cholesterol: 1mg      Sodium: 151mg      Carbs: 4g

Fiber: 1g      Sugars: 2g      Protein: 5g

### **Brain Teaser Solutions:**

A. Long underwear

B. Man overboard

C. I understand

Just a Reminder...

Senior Center is Closed  
on

**Friday, March 25th— Good Friday**

Join us at the Senior  
Center for a fun day!

## March's Birthdays !

### Happy Birthday:

March 6	John Konicki
March 17	Paul Margelony
March 25	George Caron
March 28	Ursula Cox



**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: