



# Vernon Senior Center's

Issue 10  
October 2016

# Senior Moments

## Veterans Community Access Point

Starting November 15<sup>th</sup> the **Hartford Veterans Center** will be opening a **Community Access Point at the Vernon Senior Center.**

This service will be available every Tuesday from 9:30 am to 3:00 pm.

The purpose of the Community Access Point is to offer **free counseling** for all veterans who proudly served our country in combat zones.

If you are or know of a veteran that might need these services please call the **Hartford Vet Center at (860) 563-8800.**



## Quick Note.....

**Please take note** – if you would like to use a room to work with or teach someone cards, games, etc., please contact Sela. We will set you up with a place and time that we have available. We have many games and programs going on and are not always able to accommodate walk-ins. Thank you.

## Trip to Savers

The Vernon Senior Center is going to take a trip to Savers. Savers is a thrift store in Manchester.

Every Tuesday is Senior Day, which means big savings!

Every Senior will receive 30% off their entire purchase.

There is a two bag maximum for those going on the bus.

Savers sells clothing and household goods.

The bus will run as a regular shopping bus trip. It will have the same pick- up times and places.

The trip is on **Tuesday, October 25th.**

The bus trip is free.

You must call to register.

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## Health Programs

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

**Screening** at the Center will be held on

**Wednesday, Oct. 12th.**

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 **Thursday, December 15th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aids & will be available to answer your questions.

**Call to set up an appointment.**

## 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**

Classes are on **Wednesdays, at 1:00pm.** Payment is made to the instructor at the beginning of each class. First class is **Free!** It is **\$5.00** per person or **\$40.00** for a ten-class punch card.



**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.

## Chair Yoga

Yoga Classes will **start up** again on **Monday, October 17th at 1:00pm.**

This class will run for 10 weeks.

### **Cost:**

Vernon Residents: \$35

Non- Residents: \$40

**Payment due at sign-up.**

## 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 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.



## Pinochle

**Tuesday & Thursdays - 12:45pm.**

A trick-taking card game typically for two to four players and played with a 48 card deck. Players score by trick-taking and by forming combinations of cards into melds. Stop by any Tuesday or Thursday and join our group.

# Movie Matinee

## Movie:

**Wednesday, October 5th 1:00pm.**

The feature film is **Remember**. As lifelong friends Zev and Max move into their last years, they make a solemn pact to hunt down and take revenge on the Nazi commander who was responsible for slaughtering their families during WWII.

**Rated: R Runs: 1hr 35mins**

## Movie:

**Wednesday, September 21st 1:00pm.**

The feature film is **My Big Fat Greek Wedding 2**.

In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan—and with it comes a new assortment of family crises and secrets.

**Rated: PG-13 Runs:1hr 34mins**



Please call the Center to register for this program.

# 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 that meets weekly. Come and join our knitting and crochet group **Wednesdays 10:00 am.**

All seniors are welcome.

## Bingo

Do you like to play Bingo?

Come join us on **Monday afternoons at 1:00pm.**

Admission is 50 cents.

Hard copy Package is 50 cents.

Package includes 4 strips of three cards each.

Soft sheets are 20 cents each. Package includes one strip of three cards. They are used for specials.

All Seniors are welcome.

Seniors must be 60 and older to participate.



## Book Club

We are looking to see if there is any interest in a Senior Book Club.

If you are interested please let us know.

If we have enough people the club will meet on **Thursday, January 19th at 10:00am.**

Please call soon.



## 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.

All Seniors welcome.



**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, Oct. 7th.

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!



# Advisory Committee

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

The following are the present members: Sally Geer, Roxann Lannon, Ron Kane, 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, October 25th at 9:30am.**

# 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.

## Fall Trivia

A.

What term refers to the full moon closest to the autumnal equinox?

B.

Who wrote the lyrics to the song "Autumn Leaves"?

C.

What is the first day of fall called?

## 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.

Nov. 2 - Out to Lunch Bunch -  
New England Pizza

Nov. 16 - Aging Gracefully -  
JoAnne Becker-Harrison

Nov. 17 - AARP Safe Driving Class

Nov. 30 - Newcomers



## WalMart Bus Trip

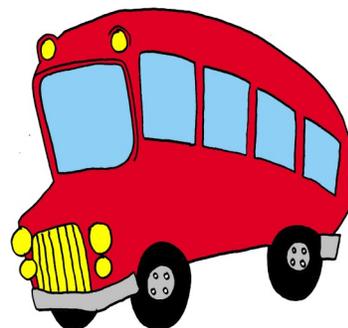
The Center is offering a monthly trip on the **Senior Center Bus to WalMart** in East Windsor. The trip is scheduled for the first Friday of the month.

The next trip is on **Friday, Oct. 7th**. 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!

**November's shopping trip is Friday, Nov. 4th.**



## November's Walmart/Buckland Mall Shopping

Starting in **November** we will be going to the Manchester Walmart and Buckland Mall.

The shopping bus will run the same pick-up route and have the same times.

**Please note that this bus is for Seniors only.**

The first trip to Manchester will be on **November 4th**.

**Happy Shopping!**

If you have any questions please call the Center.



## 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 **Sofia's Restaurant**, in East Windsor, CT., on **Tuesday, Oct. 4th at 1:00pm**.

Call now to sign up!

You will be able to order off the menu and will receive separate checks.



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.

## 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.

## All Seniors Arts & Crafts Exhibit

### Attention all Artists and Crafters!

The Vernon Senior Center will be having a special event in January 2017 just for you!

We welcome all seniors to sign up to exhibit up to 2 items at our "All Seniors Arts & Crafts Exhibit".

If you paint, draw, knit, crochet, photograph or any other craft that you would like to show your fellow seniors please call to sign up for this fun event!

Once we have enough sign-ups for this we will invite all seniors to come in that day and see your work, enjoy refreshments and see our Center!

Call to sign up and let us know what you will be exhibiting.

### Sign up Times

We have to advertise our programs and activities well in advance, so our sign up times will not coincide with the publication of the newsletter.

Please watch the **Journal Inquirer** and the **Current Community**.

Once the program is in the Journal Inquirer, on Saturday, the sign up begins the following Monday.



### Age Requirement

You must be at least 60 years old and a Vernon resident to join the Vernon Senior Center.

Non-residents 60 and over are welcome to participate.

Anyone playing games or participating in activities must be at least 60 years old.

People who would like to sign up for trips must be at least 55 years old.

If you have any questions please call the Center.

**860-870-3680**



## Up Coming Trips Trip 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.



## 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**

**Please call as soon as possible to sign up.**



## Upcoming Presentations

### Aging Gracefully - Part 2

**Jo Anne Harrison-Becker** will be presenting another part of her Aging Gracefully seminar. The following topics will be discussed in the hour presentation:

- \* An Apple a Day Keeps the Doctor Away
- \* Step into this Moment
- \* Questions to Ask Your Pharmacist
- \* 10 Ways Being Nice is Good for You
- \* Let a Smile Be Your Umbrella
- \* Fun with Words Memory Exercise

**When: Monday, October 3rd 10:00am.**

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



## Body Language

### **Oops! Your Body Language is Showing**

Come learn about Body Language Inside and Out!

Our Laugh Out Loud Wellness presenter, **Carolyn Finch**, is back to teach us about what our body language is saying about us.

This presentation is on **Tuesday, October 11th 1:30pm.**

**This event is free.**

**Please call to register.**



## Advance Directives

**Attorney Marilyn Denny**, from Greater Hartford Legal Aid, will be giving a presentation on Advance Directives.

She will talk about Living Wills, Health Care Representatives and Power of Attorneys. She will explain what they are, the importance of each of them and how to go about getting them.

**Wednesday, October 26th 1:00pm.**

**This presentation is free.**

**Please call to register.**



# Special Events & Services

## Newcomers

Join us for the next **Newcomers** gathering on **Wednesday, November 30th at 10:00am**, 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.



## Aging Gracefully - Part 3

Jo Anne Harrison-Becker will be presenting another part of her Aging Gracefully seminar.

The following topics will be discussed in the hour presentation:

- \* Symptoms, Causes and Treatment of Seasonal Affective Disorder
- \* 10 Ways to Improve Short Term Memory
- \* Sleep Tight!
- \* Boost Your Health with a Dose of Thankfulness
- \* The Strength of Kindness
- \* Live Your Blessings

**When: Wednesday, November 16th at 1:00pm.**

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



## AARP Safe Driving Class

AARP will host a Driver's Safety Class on **Thursday, November 17th 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. Only checks 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.



## Special Events & Services

### Birthday Celebration

The Center will be celebrating October, November and December birthdays on **Monday, December 5th 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.**

### Mah Jongg Lessons

Mah Jongg lessons will begin on Monday mornings from 9:30 - 11:00am, starting **November 14th**. Classes will run for 6 weeks.

The lessons cost \$10 for Vernon residents and \$20 for non-residents.

Please call to register as soon as possible. Class size is limited.



### Did You Know.....

Here are a few interesting things that happened during the month of October:

- Free rural delivery of mail began in the United States, October 1, 1896.
- The first "Model T" Ford was put on the market, October 1, 1908.
- The Soviet Union launched its first artificial satellite, Sputnik, October 4, 1957.
- The first double-decked steamboat, the Washington, arrived at New Orleans, October 7, 1816.
- The great fire of Chicago began, and burned for about 30 hours, October 8, 1871.
- The U.S. Naval Academy opened at Annapolis, Md., October 10, 1845.
- Columbus landed in America, October 12, 1492.
- The United States flag was formally raised over Alaska, October 18, 1867.
- The U.S.S. Constitution, better known as Old Ironsides, launched, October 21, 1797.

# October's Puzzle



## Autumn Word Search



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

ACORN  
BEAUTIFUL  
CORNUCOPIA  
FOOTBALL  
LEAVES  
OCTOBER  
RAKE  
SCENIC  
SQUIRREL  
YELLOW

APPLE  
BONFIRE  
CRISP  
HARVEST  
MIGRATION  
ORANGE  
RIPE  
SEASON  
SUNFLOWER

AUTUMN  
BROWN  
FOLIAGE  
HAYRIDE  
NOVEMBER  
PUMPKIN  
SCARECROW  
SEPTEMBER  
SUNSHINE

A. Harvest Moon

B. Johnny Mercer

C. Autumnal Equinox



Just a Reminder...  
The Senior Center will be  
closed on  
Monday, Oct. 10th  
for  
Columbus Day.

Join us at the Senior  
Center for a fun day!

## October's Birthdays

### Happy Birthday:

Oct. 1 Patricia Cleveland  
Oct. 17 Joe Harris  
Oct. 27 Jeannette Hubbard  
Oct. 28 Pat Margelony



### Happy Anniversary

Oct. 22  
Marie and Joe Harris



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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, Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: