



Senior Moments

Happenings



Meteorologist Art Horn, formerly of NBC Channel 30, will present "**Weather Myths & Mysteries**" **on April 8th at 12:30pm**. He will explore the folklore & myths of predicting the weather. Expressions such as red sky at night, sailor's delight will be examined and demystified in this entertaining program. A light lunch including dessert will be served. Cost is \$6 per person.

Cheryl Winter from **We Adopt Greyhounds** will present a program about greyhounds on **April 15th at 1:00pm**. She will discuss their life at the track & their retirement. WAG is active placing racing dogs in good homes when their racing days are over. Come, meet & learn about these pets. Donations of super nylabones, large treats, food bowls are needed.

The Honorable Jonathan J. Kaplan will be at the center on **April 27th at 10:00am**, discussing life as a judge. He will speak about his experiences on the court, what motivated him to become a judge, his biggest challenges and the most interesting cases. He is assigned to Rockville's Superior Court. **Please contact the Center to register for these programs.**

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IMPORTANT CHANGE

Effective April 1, 2011, the Center has found it necessary to change our policy for instructional class registration. Now, payment is due at the time of registration. You may mail a check

but you will not be considered registered until the check is received at the Center. Refunds will be given only for medical reasons substantiated by medical documentation.

This change is being implemented to better determine interest and class size. This will help with space scheduling and help with utilizing the building more efficiently.

With your assistance, this change will run smoothly. Thank you for your cooperation.

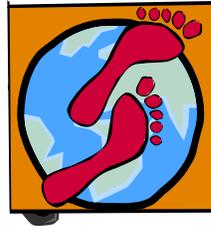


Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, April 13th . The hours are from 9:00 am – 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on April 7th & 14th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680 .

Appointments are available between 9:00 am and 1:30 pm.



Hearing Screening will be held on Thursday April 28th. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides and will be available to answer any questions that you may have.

Healthy Activities

Drum Circle

Mary Ertle will host a drum circle on Tuesday, April 12th at 1:PM. Drumming has many health benefits and the circle is open to seniors of all skill levels. Please call the Center to reserve your drum. A \$5.00 donation is requested.

Zumba Gold

Marlene Navarro is instructing a Zumba for Seniors class at the Center on Friday afternoons from 2:45-3:30PM. The class incorporates low to medium cardio impact with meringue and salsa moves to create an exciting and dynamic workout.

The cost for the class is \$20.00 per student. Call now to sign up for this fun and energizing activity.



Transportation

The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 and older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday–Friday, between 9:00 am and 2:00 pm.

Every Thursday our Senior bus travels to Stop & Shop, Kmart and Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Rose Commons, Florence Mill, Pitkat Center, Windermere Court, Welles Village & the Senior Center.

Our bus also goes to The Buckland Mall and Wal-Mart every other month.

If you need a ride to the Senior Center to attend a program or activities, contact Dial A Ride Hockanum Valley Community Council at 860-870-7940.

Other Interests

May is Older Americans Month and the North Central Agency on Aging is sponsoring an **Essay Contest** seeking the best interpretation of the theme, Age Strong! Life Long! The essay due date is Wednesday, April 27th. For more information regarding the contest and rules, please contact the Senior Center.

2011 Connecticut Senior Games— The games will take place from May 20th—May 22th and is hosted by the City of New Britain. Some of the senior sport games are archery, badminton, bowling, gold, softball, tennis, volleyball and 3 on 3 basketball. For more information call 860-528-4588.

The **Men's Golf League** will hold their season opening meeting at the Senior Center on **Monday April 18th at 10:AM**. Any senior men who are interested in joining the league are invited to attend the meeting. For further information please contact Ted Yampanis (860)875-3922 or Dick Johns (860)432-1796.

Senior Center Library

Library books, VHS tapes 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 maybe of interest to you. An added



bonus is that you may return the items at your leisure.

All items have been donated and the Center has been very fortunate to have received so many. The donations are key to making our library possible and successful, so please continue to contribute.

Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

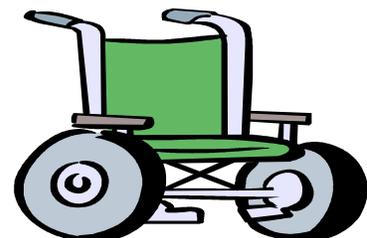
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **We need shower transfer seats, canes & commodes.**



FYI

Elderly Housing -Vernon has various subsidized housing sites. For information contact the following sites:

Vernon Housing Authority

860-871-0886

Florence Mill Apartments

860-872-0041

Rose Commons 860-870-9636

Welles Country Village

860-646-8782.

Meals On Wheels - Contact Community Renewal Team at 860-560-5825 to sign up or for more information..

Congregate Meals –Meals are offered at Court Towers, Franklin Park West and Florence Mill Apartment. For more information, contact Vernon Housing Authority or Florence Mill Apartments.

Diabetes Expo— The Diabetes Expo will take place at the Connecticut Expo Center from 10:00am to 4:00pm, Saturday April 16, 2011.

It is a tradeshow with one stop shopping for everything related to diabetes, healthy eating and active living.

CHOICES Counselor—Medicare

Vernon Social Services has trained CHOICES counselors who will assist you with questions you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the

training & keeps the counselors informed about any changes in



programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Social Services at 860-896-2375 ext. 0 for a confidential interview. Please note that the counselors do not sell insurance.

Upcoming Events

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.

April 18th— Welcoming Newcomers to meet, take a tour of the Center & learn about

programs and activities.

April 20th—Informal meeting for those seniors interested in participating in a Book Club.



May 11th—Volunteer Recognition Luncheon

May—Nordic walking—look for informational meeting date.

May—"Tell Your Story" writing about your life experiences to be shared with loved ones.

May—RockinRobics—exercise class to Rock & Roll music.

Saturday afternoon Party

It's time to get out of the house and enjoy a fun afternoon at the Senior Center! The Center will host a luncheon with musical entertainment on **Saturday April 30th at 12:noon**. Our day begins with a delicious luncheon prepared by our Chef Ray Larkin. Lunch includes Baked Stuffed Boneless Chicken Breast and Orange Glazed Pork

served with potato, vegetable, salad, rolls dessert and coffee. Following lunch you can enjoy dancing to the music of **The Big Band Sound of the 40's**. Try your luck in the raffle with a chance to win a gift certificate to a local restaurant or perhaps a beautiful handmade shawl. Tickets cost \$12.00 per person.

Call or come to the Center to Sign up for this fun Saturday afternoon!



More Fun Things To Do

The April **Out to Lunch Bunch** will be held at Beni's Restaurant in Vernon (formerly Theo's) on Wednesday April 6th at 1:PM. Please call the Center to reserve your seat.

The **Knitting Group** will meet on Wednesday April 27th at

10:AM. Anyone who enjoys knitting, crocheting or if you just want to socialize please come and join the group.

Popcorn & a Movie—The Center will begin showing movies monthly on Monday afternoons. Mark your calendar as our feature, Julie & Julia, will

be shown on April 25th at 1:00 pm.

A **Co-ed Pool Tournament** will begin on Monday April 4th. We have 7 teams participating in the tournament. An awards luncheon will be held at the end of the tournament for all the participants.

Ongoing Activities

The pool room is open Monday through Friday. The men typically play on Wednesday and Friday afternoon, while a co-ed group plays on Tuesday morning. Anyone who would like to shoot pool is welcome to play on any day. Come and join the group or just brush up on your skills. Co-ed and men's

tournaments are held each year.

The Chorus meets every Monday morning at 10:00AM. The group has a new accompanist, Mr. Anesti Nova, who is an accomplished accordion player. Any senior who is interested in joining the chorus is welcome.

A variety of ongoing daily activities are held at the Center. Come join the group if you are interested in participating in any of the following activities; Bingo, Dominos, Pinochle, Set Back, Cribbage, Scrabble, Wii Bowling, Mah Jongg, Drawing Class, Chess and Tai Chi.

Senior Center Trips

Goodspeed Opera House

Wednesday April 20th The Goodspeed Opera House for the show "My One & Only". The glamorous '20's come roaring back to life in this tap dance spectacular with an incomparable Gershwin score. Lunch will be at the Ivory Restaurant in Deep River CT with a choice of Pan Seared Salmon with a lobster hollandaise sauce, Grilled Sirloin Steak topped with baby portabellas, gorgonzola & a

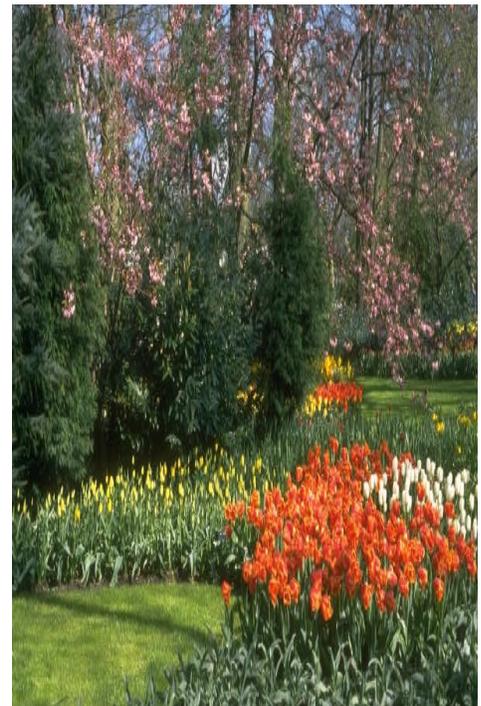


brandy glaze or Marinated Chicken Breast baked with a herb parmesan crust with house made Gnocchi tossed in a tomato basil sauce. Trip includes orchestra seats, luncheon, round trip transportation on a Post Road motor coach, all taxes & gratuities. Cost is \$106.00 per person. Seats are still available.

Springtime In Albany NY

A new trip has been scheduled for **Thursday May 19th** to Albany NY. Upon arrival we will meet a step on guide for a tour of New York's Capital Region that includes, downtown, the waterfront and historic Albany. We will have lunch at the Brown Derby Restaurant where the Chef will create a special buffet luncheon including soup, assorted salads, a selection of hot beef, chicken, seafood and pasta entrees along with pastries and cookies from Villa Italian Bakery. Following

lunch we'll visit the Ten Broeck Mansion & Gardens where we will explore the 211 year old mansion and meticulously cared for gardens during tulip time in Albany. Trip also includes a brief stop at Washington Park to see the Tulip Gardens. Trip includes round trip transportation on a Post Road motor coach, all taxes and gratuities. Cost is \$72.00 per person. Call now to reserve your seat for this lovely spring trip to upstate New York.



The wisest man I ever knew taught me something I never forgot, and; although I never forgot it, I never quite memorized it either. So what I'm left with is the memory of having learned something very wise that I can't quite remember.



Join us at the Senior Center for a fun day!



April Birthdays and Anniversaries!

Happy Birthday to:

Mary Oliver 4/7
Jean Paulin 4/7
Arline Collins 4/7
Ana Dinah Sierra 4/11
Carrie Gamer 4/12
Ed Talbot 4/15
Ed Slattery 4/17
Paul Satryb 4/20
Harriette Wetherell 4/23

Birthdays Continued:

Art Tipaldi 4/29

Happy Anniversary:

Bill and Jean Paulin 4/14

***Friends
Are Always
Welcome***



Happiness is **VERNON SENIOR CENTER**

26 Park Place

Phone:(860)870-3680

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**Email: pclaydon@vernon-ct.gov
eballos@vernon-ct.gov**

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Hours

**Monday—Friday
9:00am-3:00pm**

**Join us at the Senior
Center for a fun day!**

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Paula Claydon, Director

Ellen Ballos, Assistant Director

Sela Saunders, Secretary/Receptionist

Carol Collins, Building Assistant

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: