



Senior Moments



Happenings

Holiday Party !!!

The Center will host a Holiday Luncheon with Entertainment on Friday, December 9th starting at 11:00am. We will have a magical time with a special show by Magician Rich Rodgenstein!! Following the entertainment, we will enjoy a delicious luncheon catered by Maneeley's. Snow date will be Friday, Dec 16th. Tickets cost \$13.00.



New Year's Eve Celebration

The Center will host New Year's Eve pot luck mocktail party on Friday, December 30th at 11:00am. Come and celebrate the New Year in style. We have some fun activities planned with prizes to be awarded. Sign up to bring an appetizer. For those who can't bring an appetizer, the cost is \$5. Space is limited. Ladies - Wear your fanciest party dress. Men -Black tie is optional.

Inside this issue:

Presentations	1
Health Activities	2
Exciting Opportunities	3
FYI	6
Trips	9
Hours and Location	11

Newcomers Welcome

Normally, on the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors but this month, it will be held on Thurs., December 1st at 1:30 pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's 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. We are extending a

warm welcome and hope to see you on the 1st. Please call to register as light refreshments will be served.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, December 14th. 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 January 5th & 12th. 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, December 22nd. 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.

New & Other Healthy Activities

Wii Golf Anyone interested in playing Wii Golf is welcome to come to the Senior Center on Wednesday's at 1:00pm. Remember winter is coming and this is a fun way to extend the golf season. Ron Kane will run this activity and will teach anyone who is interested.

Yoga with Toby Yoga class will continue on Monday's at 1:00pm. This is a chair yoga class and is suitable for all skill levels. This session will run through December. A new session will be scheduled for January. Come and join this wonderful activity.

Table Massage Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

On-Going Healthy Activities

Tai Chi— This activity is offered on Friday mornings at 10:00am. Tai Chi is Chinese “mediation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor and the cost is \$5 per

class.
Wii Bowling—This activity is offered on Fridays at 12:30pm. Come and join the hooting and hollering as teams compete. The Center's Team, **“Vernon Alley Cats”**, have been participating in competitions. Their next competition is against East Windsor Senior Center.

Zumba Gold Marlene Navarro runs this energetic activity. She will resume classes in January. Watch the next newsletter for the upcoming schedule.



Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos—Tuesdays at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Wednesdays & Thursdays at 1:00 pm

Pinochle—Tuesday & Thursdays at 1:00 pm

Scrabble—Tuesdays at 1:00pm

Setback—Fridays at 10:00am.

Wii Bowling—Fridays at 12:30pm

Wii Golf—Wednesdays at 1:00pm



Exciting Opportunities

Line Dance Holiday Party
Instructor Shirley McElroy will host a line dance party for all the participants in her beginners and advanced line dance classes. The party will be held on Tuesday December 6th at 9:30AM. Students of both classes are welcome to join the fun!



Mens Pool Tournament: The tournament will start on Monday December 5th at 9:15am. Any senior men who are interested in participating are welcome to join the tournament. We typically have 7 or 8 teams playing in this 2-leg tournament. An awards luncheon is held for all participants at a local restaurant.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on Monday, December 19th at 1:00pm.

The Center shows the movies on our wide screen television and serves free popcorn.

The feature is *Water for Elephants*. The movie is an American romantic drama based on the Sara Gruen's

novel. It stars Reese Witherspoon, Robert Pattinson and Christoph Walz.

The film takes place during the Great Depression. It is about a veterinary student who abandons his studies after his parents are killed and joins a traveling circus as their veterinarian.

Feel free to come and join us

and your fellow seniors for freshly popped popcorn and a movie. All are welcome. Please call to sign up.



Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Drum Circle The Drum Circle will be meeting on Tuesday December 13th at 1:00pm. Drumming has many health benefits and is a great way to relieve stress! African djembe drums and hand percussion Instruments will be played. The Class is \$5.00 per person. Come and join the fun!

A Hodgepodge

Chorus

Calling all singers and those who like to sing but don't consider themselves singers. The chorus meets every Monday morning at 10:00 am. If this interests you, please drop by as new chorus members are always welcome.

Book Club

The book club meets the 3rd Thursday of the month. This month, they will be meeting Thursday, December 15th at 10:00 to discuss the "Book of the Month". The members have chosen "House Rules" by Jodi Picoult. All are welcome.

Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on the 2nd & 4th Wednesday of the month at 10:00 am. All knitters are welcome.



For the Sports Minded

Drop In Pool -Men's drop in pool is on Wednesday and Friday afternoons at 1:00pm. It doesn't 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. This is a chance for the ladies to practice their shooting skills. Any senior lady who would like to join the group is welcome!



Shuffleboard Tournament

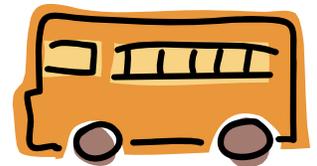
The leaders in 2nd leg of the shuffleboard tournament at the end of Round 4 are Team 2: Shirley Blinn and Barry Obedzinski with 8 wins. A play-off will be held between the winners of leg 1 and the winners of leg 2 to determine the champions. An awards luncheon will be held for all participants.

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 & 2:00 pm.

Senior Bus—Important Change Beginning November, our senior bus shopping trips will be on the 1st & 3rd Thursday of the month. The bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center,

Windermere Court & the Senior Center. Our bus also goes to the Buckland Mall & Wal-Mart every other month. Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services. The cost is \$2 roundtrip.



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 may be of interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Jean Bostrom and Tina Sulam continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

Medical Equipment

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

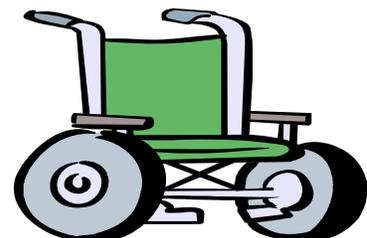
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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 seats, canes & transfer benches.**



FYI

Medicare Changes

The Medicare Part B premiums will be increasing from \$96.40 to \$99.90 effective in 2012. Also, people with Medicare will receive free Annual Wellness Visits or other free preventive services like cancer screenings. There is also a 50% discount on covered drugs when you enter the “donut hole”.

Notary Public Service is

available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.

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.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Sela at 860-870-3680 to schedule an appointment. 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

January 4th —Out To Lunch Bunch . Reservations taken starting December 19h.

January 10th— Foxwoods Trip with optional Princess Diana Exhibit in Great Cedar Exhibition Hall

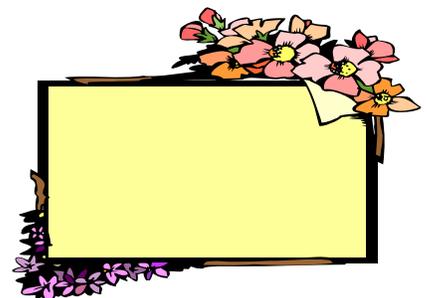
January 18th—“Snowbirds that Didn't Fly South” Party

January 23rd— Crazy Whist Pizza and Card Party.

April—Spring Concert with

the Beethoven Chorus

Spring—Senior Health Fair



Special Event

Birthdays & Anniversaries

The Center will be celebrating December and January Birthdays and Anniversaries on Monday, January 9th at 2:30pm. If you have a birthday or anniversary, please stop by for the celebration. Even if you don't have a birthday, please stop by to wish your fellow seniors a very "Happy

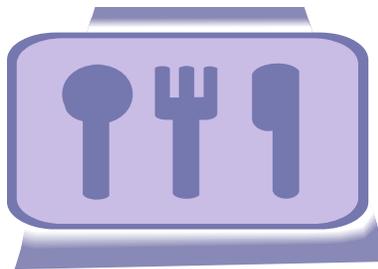
Birthday". A Birthday cake will be served, so please contact the Center to register so we know how many to expect. Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities. Come and share your special day with us.



Other Activities

The "Out to Lunch Bunch" is the first Wednesday of every month. Each month a restaurant is chosen and this month the "bunch" is going to Georginas in Bolton on December 14th at 1:PM. The Senior Bus provides the transportation. This program is very popular and fills

quickly. Accepting reservations for January "OTLB" is starting on Monday Dec 19th. Restaurant to be determined.

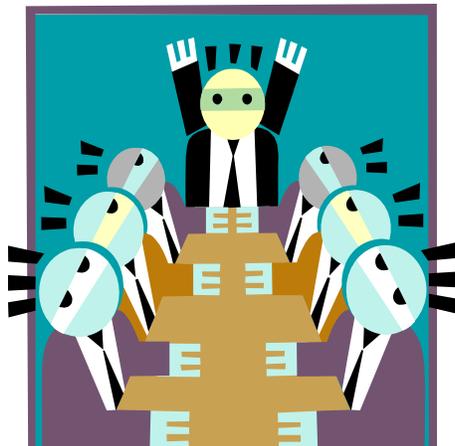


Computer Lab Hours The Center has a wonderful Computer Lab thanks to a State grant. It is open for use on Tuesdays and Thursdays from 10:00am-3:00pm for your use. Come and practice your skills. Remember the saying, practice makes perfect. Staff is available for questions and help.

Advisory Board Update

The Senior Center Advisory Board meets the third Tuesday of the month at 9:30 am.

The following are the present board members: David Alter, Barbara Dahlman, Jean Inge, Carol Nelson, Gerry Probulis, Ray Larkin, Ed Zinky, Ron Kane and Joe Grabinski.



The Board will be meeting on Tuesday, December 20th at 9:30am.

This is a public meeting and the Board welcomes any suggestions that you may have regarding the Senior Center. The goal of the Board is to recommend programs & activities beneficial to the senior population.

What You Should Know

Medicare Annual Enrollment Period The annual enrollment period to choose your Medicare Advantage Program or your prescription drug program also known as Medicare Part D has changed. Now, the enrollment period is from October 15th through December 7th of each year.

Energy Assistance Social Services is presently taking Energy Assistance applications. Eligible applicants can receive help with paying for a deliverable fuel such as oil or a utility heating source. There are income and asset guidelines. Please contact Social Services at 860-896-2375 for more information.

Signing In At the Senior Center. It is really important that you remember to sign in with both first & last names & 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.

Day Old Bread

A very special thanks to the Flanders for their years of service and commitment to the Senior Center.

Bob and Pat have been picking up day old bread and pastries, donated by Big Y and bringing it to the Center to share with our seniors. They have provided this service twice a week for a

number of years but can no longer continue. They have completed this undertaking without asking for any help. On behalf of the seniors, we want to express our deep appreciation.

In order to continue this program, we need volunteers. Please contact the Center if you want to help.



New Endeavors at the Center

Survey The Senior Center will be conducting a survey in order to help us provide programs and activities that you, as members, would like. We will mailing the survey out next month.

Please keep a look out for it as your input is very important to us.

Your ideas and suggestions will assist us in bringing vibrant,

interesting, and enjoyable activities at the Center.

For those who complete the survey, we will enter your name into a drawing for a \$50 gift card to Stop & Shop.

Please take the time to complete the survey so that we know how best to serve you in the future.

Special Events

Staff at the Senior Center is presently planning a party in January for those seniors who do not go to a warmer climate for the winter. On January 18th, we will be having a "Snowbirds who didn't fly South" party. Keep a look out for more information as we get closer to the date.

Senior Center Trips

Radio City Christmas Spectacular

Thursday December 1st to Radio City Music Hall for the famous Radio City Christmas Spectacular featuring the Rockettes with fabulous seats in the orchestra section! Celebrate the Holiday's in style in NYC with the show that has dazzled audiences for more than 75 years! Trip includes a four course family style luncheon at the legendary Carmines Restaurant . Featuring a

Salad and pasta course, followed by a main course of Chicken Parmigiana and Sausage with peppers and onions and Italian Pastries for dessert. We will then re-board the coach for drop off at Radio City Music Hall. Cost of \$140.00 includes Roundtrip transportation, lunch, Center Orchestra Seats, all taxes & gratuities including the driver. Seats still available for this special Holiday Trip!



Foxwoods Casino

A new trip has been scheduled for **Tuesday January 10th** to Foxwoods Casino. Trip includes roundtrip transportation, casino bonus with a \$10.00 food coupon and \$15.00 free bet. All taxes and gratuities including drivers gratuity. **Cost \$25.00 per person.** ***Add an option to your day by touring the Princess Diana Exhibit in the Great Cedar Hall. Direct from the Althorp Estate in England comes more than 150 personal objects of Princess Diana's



including her royal wedding gown. The exhibit is being held in the Great Cedar Exhibition Hall located on the ground floor of the Great Cedar Hotel. *** Cost of the trip with the Princess Diana Exhibit is \$45.00 per person. (this group price is based on a 20 person minimum) . Call now to sign up for this fun day and try your luck at Foxwoods Casino! Post Road Motor coach departs from the Green Circle Commuter Lot at 8:45am returns approximately 4:30pm.

Upcoming Senior Center Trips

Canada & New England Cruise

The Senior Center presents Canada & New England Cruise aboard Royal Caribbean's Brilliance of the Seas with 2 nights in Quebec City, departing September 21st, 2012 returning October 3rd, 2012. We will motorcoach to Cape Liberty, New Jersey for this is a 10 day cruise visiting the ports of Portland Maine, Bar Harbor, St. John, New Brunswick, Halifax, Sidney, Charlottetown Prince Edward Island, Gaspé, and arriving in Quebec City. The ship offers the ultimate "at sea" experience. The 9 story glass Centrum is a focal point of this ship which offers state of the art technology and of course, service that is second to none.

After departing the ship, we'll enjoy a 2-night stay at the Best Western City Center. The Quebec experience will include tours of the city and the beautiful Beapre Coast including the Shrine of Ste. Anne de Beapre and Montmorency Falls. After our Quebec experience, we depart for home by motorcoach, arriving in Vernon early evening.

Stateroom Description:

Standard Inside with 2 lower beds/queen, vanity area: Price \$1909

Large Oceanview with 2 lower beds/queen, window vanity area: Price \$2209.

Deluxe Oceanview with balcony, 2 lower beds/queen, sitting area: Price \$2529. Price is based on double occupancy.

Price includes round trip transfers, full time escort, 10 night cruise, 2 nights hotel, 2 dinners, 2 breakfasts and 2 tours in Quebec, port & departure taxes, all meals activities & entertainment aboard ship, trip cancellation insurance, & portorage of 1 bag per person.

Prices do not include shore excursions, bar drinks, gratuities aboard ship or items of a personal nature.

If you have any questions or want more information about this exciting trip, contact the Senior Center.



Upcoming Senior Center Trips

Mackinac Island

The Senior Center presents an 8 day trip to **Mackinac Island with Frankenmuth & Niagara Falls.**

Discover the beauty and many cultures of the Great Lakes region, from the Victorian splendor of Mackinac Island to the town of Frankenmuth, Michigan's "Little Bavaria". Our first stop will be Niagara Falls with dinner atop the Skylon Tower featuring matched views of the of the Falls and full service

accommodations on the Canadian side. In Dearborn, we'll tour the Henry Ford Museum where you can see Abraham Lincoln's chair and the Rosa Parks bus among other amazing artifacts. We'll spend 2 nights in Frankenmuth where we'll enjoy a guided tour of the town and visit Bronner's Christmas Village, the world's largest Christmas store and enjoy a famous

Frankenmuth-style chicken dinner and a relaxing cruise aboard the Bavarian Belle Paddlewheel. We'll spend 2 nights at the Lake View Hotel in Mackinac Island (where no cars are allowed) with lunch at the Grand Hotel and take a horse drawn carriage ride of the Island before our getaway to Niagara Falls with accommodations at the Seneca Niagara Casino Hotel with bonus included.



Tour Highlights

- * Roundtrip motorcoach transportation
- * 7 night hotel accommodations
- * 14 meals: 6 breakfasts, 1 lunch, 7 dinners
- *View of Niagara Falls from Skylon Tower
- * Tour of Frankenmuth
- *Visit Bronner's Christmas Village

- *Ferry transportation to Mackinac Island
- *Carriage tour of Mackinac Island
- *Admission to the Henry Ford Museum
- *Casino gaming in Niagara Falls New York
- * Landmark Tours escorts
- *All taxes & gratuities including driver, escort & step-on guides

- *Luggage handling of one bag per person
- * Trip cancellation & interruption insurance

Prices: \$1269 per person double occupancy; \$1664 single and \$1145 triple.

Date: Early June 2012

WINTER STORMS

Now that winter is almost here, please remember that the Senior Center is closed for activities and programs, if the Vernon schools are closed.

So, please listen to TV Channel 3 or WTIC

Radio 1080AM for the closing announcements. If there is a school delayed opening, the Center will be open at 9:00am as usual.

Thanks for your cooperation.



Senior Center Celebration

September was Senior Center Celebration month and the Vernon Senior Center honored it with a festivity on the 30th of the month.

The Seniors who attended were asked "What does the Senior Center Mean to Them".

Published below are what some of our seniors said.

By Janet Glenister

Opportunity to play cribbage, laughs with friends, interest in each other's well being; opportunity to play setback and bridge; opportunity for out to

lunch with transportation and opportunity for day trips.

By Carrie Gamer

The Center is a place to meet friends and enjoy playing Wii and other things. Everybody is friendly and makes me feel "Welcome". It's a fun place.

By Joanne Crabtree

It's helped me to meet new people. The trips are wonderful. I enjoy playing dominos and the talks and luncheons. When my husband passed, I didn't know very many people

and now I have met many wonderful new friends.

By Gail Neal

The Senior Center has a special meaning to me because it's a wonderful way to meet new friends, warm company and share special memories. It's a home away from home and a great outlet for getting away from everyday problems and having a hot cup of coffee with new people. Thank you for being here and showing how much you care.

The Center will be close
Monday, December 26th
and Monday, January
2nd.

Join us at the Senior
Center for a fun day!



December Birthdays !

Happy Birthday to:

Mary Dzat	Dec 7
Rita LeTellier	Dec 15
Carl Owens	Dec 24
Martha Pinavich	Dec 24
Esther Edwards	Dec 24
Wanda Satkiewicz	Dec 28
Ron Zim	Dec 31

Happy Anniversary to:

Anne & Charlie Campbell	Dec 1
-------------------------	-------

*Friends
Are Always
Welcome*



Happiness is **VERNON SENIOR CENTER**

26 Park Place

Phone: (860)870-3680

Fax: (860) 870-3588

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

• • • • •
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

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: