



# Senior Moments



## Happenings

**Care for the Caregiver & What You Should Know-** Faith Sullivan from Home and Community Care will be making a presentation on Wednesday, Feb. 9th at 10:00 am. addressing this important topic. Come to this program as it will provide insight and also, give you vital information if you are a caregiver, know a caregiver or maybe a caregiver in the future.

**Brain Health** Patty O'Brien from the Ct. Chapter of the Alzheimer's Association will speak about ways to keep your brain active and healthy as well as improving your physical health. The presentation will be on Wednesday, Feb. 16th at 10:00 am. Please contact the Center to register for these informative programs.

**Zumba Gold for Seniors** Zumba Gold incorporates low to medium cardio impact with meringue and salsa moves. It fuses latin rhythms and international music to create a dynamic workout system. Marlene Navarro will instruct a 6 week Zumba Class at the Center starting on Friday, Feb. 18th. The class will be held from 2:45-3:30PM. Cost is \$20.00 per student.

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## More Fun Things To Do!

**Wii Bowling:** The center has started a Wii Bowling League. It is held on Fridays at 12:30 pm. Come and join the hooting and hollering as teams compete. Please contact the Center if

you are interested in participating.

### Out To Lunch Bunch

The next Out to Lunch Bunch is on Wednesday, Feb. 2 at

Mitchell's Restaurant. Please contact the Center to sign up.



**Chorus:** The Senior Chorus will resume singing in February. The Chorus meets at 10:00 am on Mondays and is always looking for new members. If you enjoy singing, come join the fun!

# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, February 9th . 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 February 3rd & 10th. 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 February 24th. 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

## Tai Chi with Alcyonne Brennan:

Tai Chi is held every Friday morning at 10:AM. The class consists of gentle movements that increase balance and flexibility. Cost is \$5.00 per class.

## Yoga with Laura Holtman:

Yoga classes are being held on Monday afternoon at 1:PM. This is a chair yoga class that focuses on gentle stretches and breathing exercises. Fee is \$20.00 for the 6 week class.



# 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,

Florence Mills, Pitkat Congregate Center, Windermere Court, Welles Village and the Senior Center.

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

## Other Interests

A trip has been planned to see a **Hartford Hawks Women's Basketball game** on Saturday, February 26th. The Hawks will take on New Hampshire. The game starts at 2:PM. Tickets are \$5.00 per person for reserved seats in the North Coaches Section. Transportation will be on the

Vernon Senior Bus. Call the Center (860)870-3680 to reserve your seat. Seats fill quickly. Don't miss out on this fun day.



The Senior Bus will be available for a trip to the **Buckland Mall and Wal-Mart** on Tuesday, February 8th. The bus also stops at the Christmas Tree Shop. Bus pick up begins at 9:00AM. You must call the Center (860)870-3680 to register for the bus.

## 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.

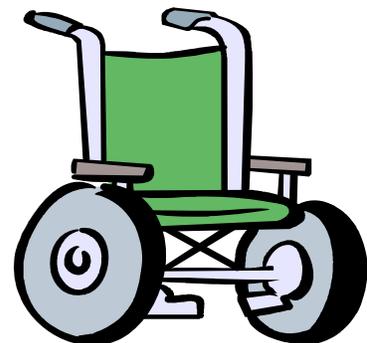
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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.



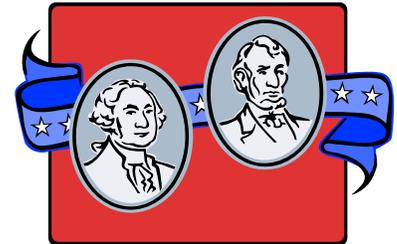
## FYI

The UCONN Pharmacy presentation scheduled Wednesday, January 12th had to be rescheduled due to the snow storm. The program has been rescheduled to February 23rd, at 10:00am . We will notify those who registered for the presentation of the new date.

**Reminder:** Now that winter is here, it is important to listen to WTIC radio or watch Channel 3 news for closing information. If there is a snowstorm and **schools are closed** the Center is **CLOSED**. If there is a school delay , the Center will open at 9:00AM as usual.

### Reminder:

The Center will be CLOSED on Monday February 21st for Presidents Day.



## CHOICES Counselor—Medicare

A CHOICES trained counselor is at the Center on Mondays to assist you with questions you may have regarding your Medicare, Medicare Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and keeps

counselors informed about any changes in the Medicare



Programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact the Center for an appointment.

Please note that the counselor does 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.

March—Learn about Birds of Prey; Meet 5 birds and hear their stories of survival.

March—Line Dancing to begin.

March—Exercise Class to begin.

March- Mah Jongg tournament to begin.

March -AARP 55 Alive classes to begin.

April— April is Volunteer Recognition Month and

the Center will be honoring all those volunteers who have helped make the Center a success. Without their help, we could not offer the programs, events and activities that we do throughout the year.

The Events Committee is now planning fun events for the coming year. Your suggestions are always welcome.

# Beware of Scams

The Office of Inspector General is alerting seniors to the latest scam to defraud the public.

This scheme involves contact by someone pretending to be from a government agency such as U.S. Department of Health & Human Services . The caller provides his or her name and a fake employee ID and then tells

you that you will receive a “government grant money” as an incentive for paying taxes on time. The caller will then ask for personal or financial information such as social security number or bank account number. The caller may also ask you to send a check to cover a “processing



fee.” If you receive such a call, hang up immediately. Be smart. Never give out personal information. Call 1-800-HHS-TIPS to report the call.

# Tax Time

The Senior Center will host AARP Tax-Aide preparation services on Monday and Tuesday by appointment only. Appointments will be scheduled beginning on Monday, January 31st. Please call (860)870-3680 to schedule an appointment. This is a free service for low to



moderate income tax payers with priority given to seniors age 60 and older. If you have any questions, please inquire as to what information you need to bring with you to ensure the accuracy of your tax return.

The Center is thankful to AARP & it’s volunteers for this service.

# Ongoing Activities

The shuffleboard players have started Leg 2 of their tournament . Leaders at the end of Round 2 are Team 4: Joe Grabinski & Dot Regan. The tournament will continue through March and an awards luncheon will be held at a local restaurant for all the participants. The tournament is

always a lot of fun.

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.

A drum circle is held each month. The next circle is scheduled for Tuesday February 15th at 1:PM. Mary Ertle facilitates the group. A \$5.00 donation is requested.

## Senior Center Trips

### *“Moonlight in Mystic”*

A new trip has been scheduled for **Monday, February 14th**. We will enjoy Valentine's Day at the Cornerstone Playhouse in Mystic CT for the musical comedy “Moonlight in Mystic” This is a special limited engagement with Peaches and Karl together again! You may remember this dynamic duo from years ago when they performed in the Green Mountains of Vermont. We will

begin our day at Mohegan Sun Casino. You will have time to shop, have lunch and try your luck at the casino. Then we will head to Mystic to the Cornerstone Playhouse for the 4:PM performance. Each guest will receive a special boxed lunch for the ride home. Trip includes: Casino bonus with free bet & meal coupons, show ticket, transportation all taxes & gra-

gratuities. Cost is \$63.00. Call now to sign up for this fun Valentine's Day Trip!



### St. Patrick's Day Party

A new trip has been scheduled for **Tuesday, March 8th** to the Aqua Turf in Plantsville CT for a **St. Patrick's Day celebration**. Lively Irish music and playful jigs will have Irish Eyes a Smiling! You will enjoy coffee and donuts upon arrival followed by a family style luncheon that includes soup, penne pasta with meat sauce, tossed salad, Corned Beef & Cabbage, Baked Scrod, boiled potatoes and carrots, dessert and coffee. Each guest will receive a complimentary glass



of wine or beer. Guests will also receive a raffle ticket for a chance to win some wonderful door prizes. Trip includes luncheon, Irish musical entertainment, roundtrip transportation, all taxes and gratuities including the driver. Cost is \$68.00 per person. Don't miss out on this fun filled event!

Transportation for these trips is on board a Post Road Motor Coach. The trips depart from the Green Circle Commuter Lot in Vernon.

**Happiness is**

**Vernon Senior Center  
26 Park Place, Vernon**

**Phone: (860) 870-3680**

**Fax: (860) 870-3588**

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



**Hours;**

**Mon- Thurs 9:00 -3:00,**

**Fri 9:00 - 1:00**

**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*

## **February Birthdays and Anniversaries!**

### **Happy Birthday to:**

**George Tonski Feb 3**

**Bill Paulin Feb 5**

**Paul Iacobucci Feb 5**

**Ray Larkin Feb 8**

**Barry Obedzinski Feb 11**

**Marie Harris Feb 12**

**Jean Mead Feb 12**

**Bob DeCosta Feb 17**

**Mary Viola Feb 20**

### **Birthdays Continued:**

**Grace Cameron Feb 23**

**Barbara Palmberg Feb 26**

**Margaret Ginolfi Feb 27**

**Joe Grabinski Feb 28**

### **Happy Anniversary to:**

**Bob & Pat Flanders Feb 25**

***Friends  
Are Always  
Welcome***

