



Senior Moments



Happenings

“Snowbirds who didn't fly South”

Party The Center will host a luncheon with entertainment on Wednesday, January 18th at 11:00am. The party will celebrate the true “snowbirds”. T-Bone Stankus will entertain you with music & wit. The lunch catered by the Country Butcher will include barbeque chicken, kielbasa & kraut, baked beans, salad & rolls. Cost \$13. Snow date January 20th.



Around the Globe

from Home Come fly with us Monday, January 9th at 10:00am as we travel to the romantic country of Spain. On our trip, we will watch a DVD exploring the Country's historical sites, culture, land & places of interests. Sample a taste of traditional Spanish fare. Learn useful phrases. If you have traveled to Spain & would like to share any memorabilia or photographs, please feel free to bring them. Call the Center to register.

Inside this issue:

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

Newcomers Welcome

On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month, it will be held on Thursday, January 26th 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 26th. 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, January 11th. 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 2th & 9th. 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, January 26th. 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.



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 White Oaks Assisted Living .

Zumba Gold Marlene Navarro runs this energetic activity. Classes will resume Wednesday, January 11th at 3:00pm for 6 weeks. Cost is \$25 for the 6 weeks.



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

Knitting & Crocheting

Do you like to knit or crochet? We have a very active group & this activity now meets twice a month. Come and join our knitting & crocheting group on the 2nd & 4th Wednesday of the month at 10:00 am.

All knitters are welcome.



Men's Pool Tournament The tournament is in full swing and will continue through March. There are 6 teams participating. Leaders at the end of round 2 are Team 5 Bud Matchett and John Ryan with 5 wins and 1 loss. An awards luncheon will be held for all participants at the end of the tournament.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Tuesday, January 17th at 10:00am**. The feature is **My Sister Eileen**. It centers on two sisters from Ohio who move to a basement apartment in Greenwich Village in order to pursue their careers as a writer and a stage actress. A variety of oddball characters bring color &

humor to their lives. On **Monday, January 30th at 10:00am**, the feature film is **Dolphin Tale**. The film is about the friendship between a boy and a dolphin who lost his tail in a crab trap. 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 so we know how much popcorn to pop.



Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. The class will resume January 17th. They use color pencils, pastels, pen and ink and water-color. Drawing experience is not necessary. All that is needed is desire and interest.

Participants pay Mary directly & she charges \$5 for each class.



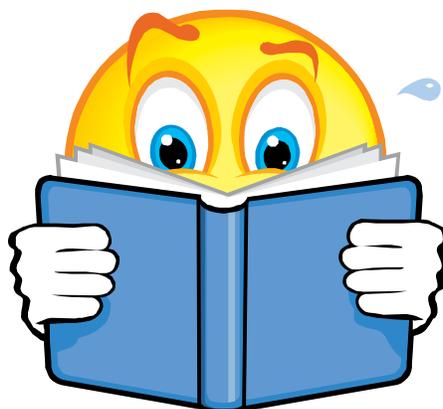
Drum Circle The Drum Circle will be meeting on Tuesday, January 10th at 1:00pm.

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

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. Toby, our instructor, has lots of enthusiasm and commitment. All are welcome so come and join this wonderful activity.



Book Club

The book club meets the 3rd Thursday of the month. This month, they will be meeting on Thursday, January 19th at 10:00 to discuss the "Book of the Month". The members have chosen "The Risk Worth Taking" by Robin Pilcher. New members 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 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. 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

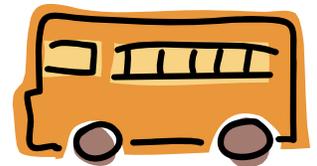
Champions of the shuffleboard tournament were Team 2: Shirley Blinn and Barry Obedzinski and the runners up were Team 6 Dot Sherman and Doug Porter. An awards luncheon was held on December 12th for all the participants at Mitchells Restaurant. We look forward to another tournament in 2012.

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.

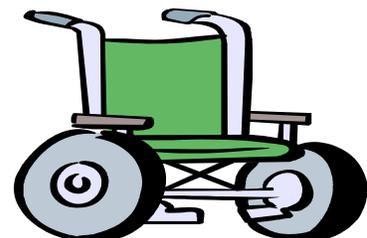
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Bottle Tab Donations

We are requesting your help. The Senior Center cannot accept your donation unless the tabs have been placed in the bottle designated for these items. Shriner Hospital is a worthwhile cause and we hope you continue to donate. We truly appreciate your cooperation in this matter.

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 near:

February 1st—Out To Lunch Bunch. Reservations taken starting January 9th.

February 9th—8 week Painting Class starts

February 9th—Valentines Trip

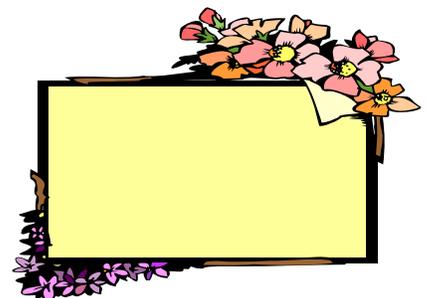
February Movies—It happened to Jane & Play the Game

March—Line Dance Classes Begin

April—Spring Concert with the Beethoven Chorus.

Spring—Senior Health Fair

Spring-Volunteer Luncheon



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

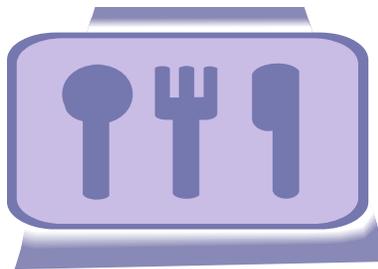
Birthday". A Birthday cake will be served, so please contact the Center to register so we know how many to expect. Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities. Come and share your special day with us.



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 Angellino's, Vernon. The Senior Bus provides the transportation. This program is very popular and fills quickly so don't forget to call.

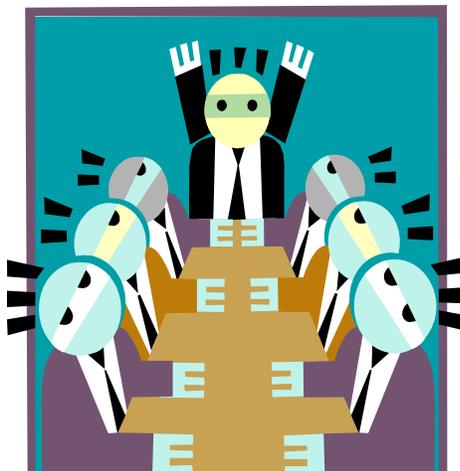
Accepting reservations for February "OTLB" is starting on Monday, Jan. 9th. Restaurant is Mitchell's, Vernon.



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 4th 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, January 24th 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

Center for Medicare Advocacy The Center is dedicated to ensuring that Medicare works for older & disabled Medicare recipients. They have attorneys who may represent you if you have been denied the coverage to which you are entitled. You may contact the Center at 1-800-262-4414.

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.

Crazy Whist Card Party

There will be a Crazy Whist Party on Monday, January 23rd at 12:00pm. This is a fun card game that doesn't require any special knowledge or skill. Everyone can learn to play. Pizza will be served at 12:00pm followed by the card playing. This activity will conclude at approximately 3:00pm.

Prizes will be awarded to the winners. The cost is \$7 per person. Come and spend the afternoon with us. This is an easy way to meet new people. Contact the Center to register for this entertaining and exciting time. A special thanks to Ed Zinky & Leslie Ames for making

this activity such a success.



Senior Center Survey

The Survey Is In the Mail ! The survey has been mailed and we need your input. So, please fill it out and mail it to us.

Your opinion is very important to us and will help us provide programs and activities that you, as members, would like.

Your ideas and suggestions

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.

We are looking forward to receiving your surveys.



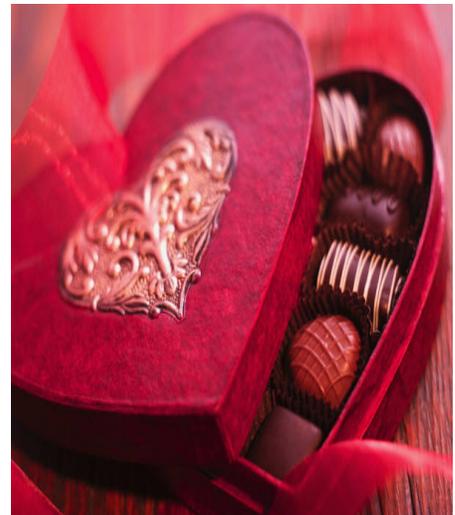
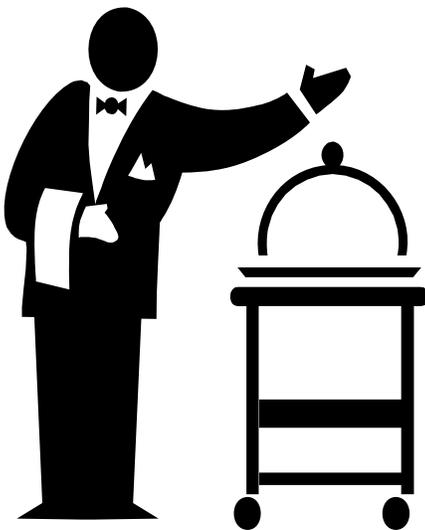
Senior Center Trips

Fine Dining, Candles & Chocolate

A new trip has been scheduled for **Thursday February 9th**. We begin our day with lunch at the elegant **Delaney House** in Holyoke MA. Lunch is a special menu with three chef's selected entrees which you will choose upon arrival. The meal is served with salad, potato, vegetable, dessert and coffee. Each guest will receive a complimentary glass of wine. Following lunch we

will travel to **Yankee Candle Village**. This is a special place where magic comes to life and you can experience an enchanting mix of shopping and entertainment. Our final stop of the day will be at **Richardson's Candy Kitchen**. Recently featured on the food network, Richardson's is always ready for any holiday. With specialty gift boxes and "thinking of you"

items that make it easy to find that perfect Valentine gift. Trip includes roundtrip transportation on a Post Road Motor Coach, lunch at Delaney House, free time at Yankee Candle & Richardson's Candy, all taxes & gratuities including the driver. Cost \$62.00 per person. Bus departs at 10:30AM, returns approximately 4:30PM.



Senior Center Overnight Trips

Mackinac Island

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

Tour Highlights

Roundtrip motorcoach transportation

*7 night hotel accommodations

*14 meals: 6 breakfasts

1 lunch, 7 dinners

*Niagara Falls & Skylon

Tower

*Admission to the Henry Ford Museum

*Tour of Frankenmuth

*Visit Bronner's Christmas Village

* Cruise aboard the Bavarian Belle Paddlewheel.

*Ferry transportation to Mackinac Island

*Lunch at the Grand Hotel

*Horse Drawn Carriage ride at Mackinac Island

* 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 & \$1145 triple.

Dates: June 22– June 29, 2012

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 21., returning October 3rd, 2012.

We'll travel to Cape Liberty, NJ for a 10 cruise visiting Portland Maine, Bar Harbor, St. John, New Brunswick, Halifax, Sidney, Charlottetown Prince Edward Island, Gaspé & Quebec.

After departing the ship, we'll enjoy a 2-night stay at the Best Western City Center. We'll tour

the Beupre Coast which includes the Shrine of Ste. Anne de Beupre & Montmorency Falls. After our Quebec experience, we depart for home by motorcoach.

Stateroom Descriptions:

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

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

Delux Oceanview with balcony, 2 lower beds/queen, sitting area: Price \$2529.

Prices are based on double

occupancy.

Prices includes round trip transfers, full time escort, 10 night cruise, 2 nights hotel, 2 dinners, 2 breakfasts & 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 person nature.

For questions or more information, contact the Senior Center.

Presentations

Reflection

There will be a Mind and Meditation Seminar on Wednesday, January 25th at 1:00pm. The Art of Living Foundation is offering this community service initiative in hopes that it will bring about awareness regarding their program.

The seminar will be about an hour and will include interactive discussion that looks at ways that our mind gets caught in stress and what

we can do to bring ourselves into the present. You will learn meditation and practical breathing techniques as tools to reduce stress, increase efficiency, increase focus and promote overall well-being. Come and join us for this very worthwhile, beneficial event. Please contact the Senior Center to register for the program. We hope to see you on the 25th.



Visiting Nurse & You

Homecare & You What to expect as a care recipient.

Kathy Plourde who is a registered nurse with Visiting Nurses & Health Services of CT, will be presenting an educational program about the role of the visiting nurse.

This informational meeting is on Wednesday, January 11th at 1:00pm.

Kathy will provide information about the nursing services offered to you through a homecare agency.



She will talk about when a visiting nurse would come to your home, how you would access nursing services, what to expect from these services and how homecare can allow you to remain in your home.

The program will last about an hour with a question and answer period to follow. As we age, it is important to know all of our options so when there is an emergency, we'll be prepared. Please contact the Center to register for this program.

WINTER STORMS

Now that winter is 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 Elizabeth Tarkany

The Senior Center is a wonderful place to be with people, learn new things, go on bus trips and enjoy all their other activities.

By Sibyl Krebs

I enjoy the Senior Center very much. I meet new people and make new friends. I enjoy all the activities that are offered and try to participate in some. I enjoy helping when I can.

By Arline Jacob

It is very nice to meet all the nice people that are at the Senior Center. I do enjoy the trips and some of the Out-To Lunch Bunch trips. Also, enjoy some of the movies. If activities appeal to me I try to attend.

By Lorraine Groark

I appreciate the various programs offered such as yoga classes, etc. and the library which offers a variety of books, puzzles and other goodies. I enjoy participating in the trips which are always fun and the delicious lunches offered at good restaurants and the companionship offered.

By Rita Harvell

It gives me a chance to get out and see other people, play dominos and enjoy the entertainment when they have it.

The Center will be close
Monday, January 16th
in honor of Martin
Luther King Jr.

Join us at the Senior
Center for a fun day!



January Birthdays !

Happy Birthday to:

| | |
|----------------|------|
| Sally Kowalski | 1/1 |
| Cathy Parent | 1/2 |
| Lois Tonski | 1/4 |
| Bill Crossley | 1/7 |
| Ann Bock | 1/10 |
| Ed Pellegrini | 1/12 |
| Shirley Blinn | 1/15 |
| Dot Hublard | 1/16 |
| Dot Sherman | 1/20 |
| Dot Regan | 1/22 |

Happy Anniversary to:

| | |
|----------------------|---------|
| Pat & Paul Margelony | 1/31 |
| Sam & Lena Genovese | January |

*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: