



Senior Moments

Happenings



Medications & Questions to ask your Doctor The Center will host a presentation on Wednesday, Jan 12th at 10:00 am. Students from the UCONN School of Pharmacy will speak about this important subject. It is essential that patients understand the medications they are taking & how they interact.

Health Directives & What You Should

Know An Elder Law Attorney from Ct. Legal Services will be making a presentation on Wednesday, Jan. 19th at 10:00 am.

Property Tax Relief

The Assessor will be making a presentation on Wednesday, Jan. 26th at 10:00 am about programs available to help seniors with property taxes.

Call the Center to sign up for these programs.

Reminder Now that winter is approaching, it is important to listen to WTIC radio or watch Channel 3 for closing information. If there is a snowstorm & schools are closed, the Center is Closed. If there is a school delay, the Center will open at 9:00 am as usual.



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More Fun Things To Do!

Wii Bowling: There has been interest in starting a Wii Bowling League. Wii bowling will be held on Fridays at 12:30 pm starting on January 7th. Please contact the Center if you are interested in

participating. The Connecticut Society of Genealogists is sponsoring a **“Tell Me Your Family History”** essay contest. Essays must have some relevance to

New England. Entries must be submitted by Feb. 15th . For entry form or more information, contact the Senior Center.

Come to the Center on Monday, January 10th

at 10:00 am to **“Meet & Greet”** our new Director, Paula Claydon. Please come to say hello and learn about programs for the coming year. Coffee & light refreshments will be served.

Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, January 12th . 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 6th & 13th. 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 20th. 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.

Other Interests

A **CHOICES** trained counselor will be at the Senior Center on Mondays to assist you with any questions you may have regarding your Medicare, Medicare Prescription Coverage or Supplement Insurance (Medigap). Please call the Center at 860-870-3680 to schedule an appointment.



Reminder—The center will be CLOSED on Monday, January 17th, for Martin Luther King Day.

Out To Lunch Bunch: Wednesday, January 5th at New England Pizza in Vernon CT at 1:00 pm. Call the Center to sign up.

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 on Friday mornings.

Senior Center Trips

NOTICE

The Senior Center had a very successful year in 2010. We offered 15 day trips and 1 overnight trip. The tours were well received and attendance was at the maximum. We are now in our planning stages for excursions in 2011. Please let us know if there are any trips you would like to take. We are always open to your suggestions as we want to continue with our winning ways.

Due to our last trip in 2010 being held so late in the month of December, we will not be holding a trip in January. New trips for 2011 will begin in February and we look forward to adding new and exciting adventures. As we finalize our schedule, we will be putting out more information. Please watch for our newsletter and weekly news releases.

We are looking forward to a very exciting year.



Special Thanks

The Senior Center received a special thank -you note from Hockanum Valley Community Council Inc. for the generous donation of 131 food items to the Tri-Town food pantry. Thank you to all who generously donated non-perishable items at our Thanksgiving Luncheon. It is truly in the spirit of the holidays when we can remember those who are less fortunate.

In celebration of the holidays, Post Road Stages has made a donation in the name of the



Vernon Senior Center to “The Hole in the Wall Gang Camp”. Thank -you to all of our loyal travelers!

Furthermore, thank- you to the members of the Senior Center Advisory Board for all their hard work this past year. Also, thank- you to all our volunteers and a very special thanks to all the Seniors who have participated in the activities and programs at the center in 2010.

The staff at the Center wish you all a happy & healthy new year.

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**

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**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*

January Birthdays and Anniversaries!

Happy Birthday to:

**Sally Kowalski Jan 1
Cathy Parent Jan 2
Lois Tonski Jan 4
Bill Crossely Jan 7
Ann Bock Jan 10
Ed Pellegrini Jan 12
Shirley Blinn Jan 15
Dot Hublard Jan 16
Dot Sherman Jan 20**

Happy Anniversary to:

**Sam & Lena Genovese
Pat & Paul Margelony Jan 31**

***Friends
Are Always
Welcome***

