



Senior Moments

Happenings



Birds of Prey

Join us for an exciting live Birds of Prey Program on Monday March 14th at 1:PM. A Place Called Hope, a raptor rescue and education center, will be bringing five birds to the Center for you to meet. These once wild birds are glove trained and ready to share their stories of how they came to be in the care of the wildlife rehabilitators. Call the Center to register.

Medicare & You

Joy Hollister, Social Worker from Vernon Social Services, will be presenting on Wednesday, March 23rd at 10:00 am. The program will discuss Medicare A, B, D, prescription coverage and Medicare Advantage Plans along with current changes in Medicare. Please contact the Center to register. Light refreshments will be served at all programs.

Breast Healthcare

Kim Johnson, Outreach Coordinator from St. Francis Hospital, will be addressing the importance of mammograms and self breast exams. She will also distribute brochures and information about breast cancer for women and men. The program will be on Wed., March 30th at 10:00 am. Contact the Center to register.

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More Fun Things To Do!

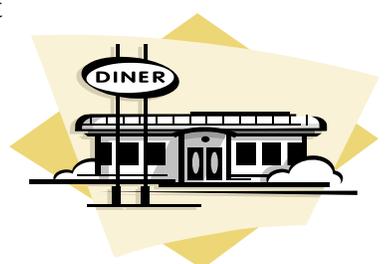
A 5 week **Mah Jongg Tournament** will be held at the Center beginning on Thursday March 3rd at 1:PM. Adele Allen and Shirley Blinn will run the tournament. An awards luncheon will

be held at the end of the tournament for all who participate. Call the center to sign up. All Mah Jongg players are welcome!

Out To Lunch Bunch: Luncheons

are held on the 1st Wednesday of every month at a variety of restaurants throughout the area. The lunch in March will be at Elmos Restaurant in Vernon on March 2nd at 1:PM. Sign up for the April

“Out to Lunch Bunch” will begin on Monday March 7th.

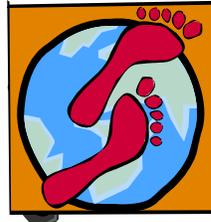


Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, March 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 March 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 March 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

Exercise Class

Pat Stauder will conduct a 5 - week Exercise Class starting on Thursday March 3rd at 9:30AM. The class is very social, fun and energizing and includes exercises that are appropriate for all fitness levels. Fees is \$20.00 per student.

Zumba Gold

Marlene Navaro 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. The class will run through the end of March.

Belly Dancing

Belly Dancing will continue during the month of March with Rima Riedel as the instructor. The class is on Thursdays at 10:30 am and there are still openings available. If you wish to join, please contact the senior center at 860-870-3680.

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

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!

This year, the special guest judge, Pamela Giannini, Director of the State Unit on Aging at the Department of Social Services will choose

winners from each of the five regions of the state with one "Grand Champion" chosen from the regional winners. The essay due date is Wednesday, April 27th. For more information regarding the contest and the rules for the essay, please contact the Senior Center at 860-870-3680.

The AARP will host a **Drivers Safety Class** at the Senior Center on Wednesday, March 23rd from 12-4PM. Fee is \$12.00 for AARP members and \$14.00 for non-members. You must call the Center (860) 870-3680 to register for the class. Space is limited so call early to assure your space in the class

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.

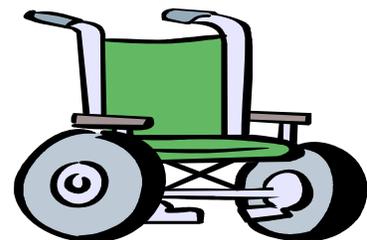
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Property Tax Relief for low income to moderate income seniors. Applications are taken at the Assessor's Office from February 1st to May 13th. The homeowner or their spouse has to be age 65 or older as of December 31, 2010. The income guidelines are \$32,300 for an individual and \$39,500 for a couple. You must provide

proof of income. For questions, contact the Assessor's office at 860-870-3625.

Energy Assistance If you are having trouble paying your oil bill, you maybe eligible for Energy Assistance. Contact Vernon Social Services at 860-896-2375 for more information.

Vernon Seniors Softball League If you are a senior but think you're 20 & love baseball, come and join the senior softball league. Games are played Monday through Thursday. For more information, call 860-647-2900 or check website at www.vernonsoftball.com

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.

April 8th—Presentation by weatherman, Art Horn, examining the myths about

weather.

April 12th—Drum Circle with Mary Ertle

April 18th- Men's Golf League start of season meeting.

April 30th— Big Band Sound of the 40's

April—Volunteer appreciation month.

April— "Tell Me Your Life Story"—a written history of your life to share with grandchildren & great grandchildren.

Beware of Scams

An 83 year old Manchester resident reported receiving 2 separate calls from a person identifying himself as her grandson and even had the right first name. Her grandson goes to school across the country. The "grandson" stated he went to a wedding in a rental car and "got into trouble". He told her the

driver was drunk and crashed the car and the grandson was being detained in Canada. He told her he could only make outgoing calls and to send \$2700 cash via Western Union to an attorney in Madrid, Spain. The attorney would write a check to get him out of trouble. The "grandson did not

want his parents notified. Luckily this woman was able to think fast and not give any information. Please be aware of such scams.



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 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 Chess group meets every Tuesday morning at 9:30AM. Any senior who is interested in playing chess is welcome to join the group. The Chess players will be celebrating their 7th year anniversary with a Pizza party on March 22nd.

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, Chorus and Tai Chi.

Senior Center Trips

St. Patrick's Day Party

A 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!

Seats are still available for this trip!



Goodspeed Opera House

A new trip has been scheduled for **Wednesday April 20th** to 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. A barnstorming aviator falls for a bathing beauty and together they navigate their way through a series of zany escapades to a happy ending. Lunch will be at the Ivory Restaurant in Deep River and includes salad, French rolls, dessert & coffee



with a choice of Pan Seared Salmon with a lobster hollandaise sauce, Grilled Sirloin Steak topped with baby portabellas, gorgonzola & brandy glaze or Chicken Breast marinated in balsamic & baked with a herb parmesan crust with house made Gnocchi tossed in a tomato basil sauce. Trip includes tickets for 2:PM matinee w/orchestra seats, luncheon, round trip transportation, all taxes & gratuities. Cost is \$106.00 per person.

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 be open at 9:00am as usual.

Join us at the Senior Center for a fun day!



March Birthdays and Anniversaries!

Happy Birthday to:

Shirley Brunelle-O'Hazo 3/5

Julia Siedlik 3/5

Gene Parisen 3/13

Paul Margelony 3/17

Betty Worden 3/19

Evelyn Flynn 3/22

Alice Miner 3/22

George Caron 3/25

Janet Morrill 3/27

Birthdays Continued:

Ursula Cox 3/28

Louise Setsky 3/29

Brad Wright 3/30

Charlie Brisson

*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;

**Mon- Thur. 9:00am -3:00 pm,
Fri 9:00am - 1:00pm**

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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: