



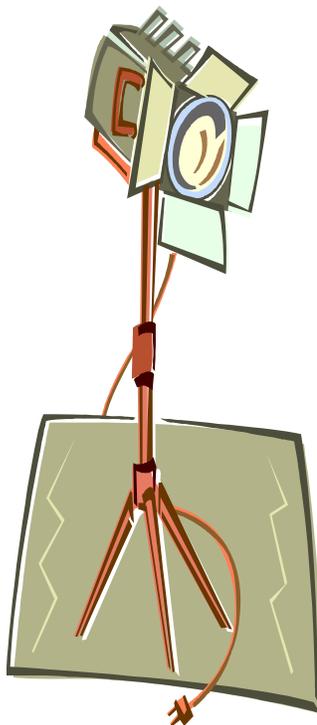
Senior Moments



Live Performance

Ellington and Vernon Senior Centers presents a live theater production **"They Called Me Lizzy" on Friday, March 30th at 2:00pm, starring Stephanie Jackson.**

It is a one woman play written and directed by Kandie Carle and produced by the East Haddan Stage Company. It is the story of Elizabeth Keckly's life from slavery to the White House. This is a moving tale of one woman's life during the 19th Century, spanning



more than the entirety of the Victorian Era.

Lizzy was there, in the room with President Abraham Lincoln during some of his most private and difficult moments. While she is best known for her talents as Mary Todd Lincoln's dressmaker and stylist, the story before and beyond her connection to the White House is equally compelling.

Tickets are now on sale for \$8.

Don't miss this exciting play.

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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, March 22nd 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 22nd. 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, March 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 April 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, March 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

Men's Golf League. The season opening meeting for the Men's Golf League will be held at the Senior Center on Wednesday April 4th at 10:00am. Ted Yampanis runs the league and any senior men who are interested in participating are welcome to attend.



Line Dancing Line Dancing will begin Tuesday, March 6th. The Beginners Class will start at 9:30am and the Advanced Class will start at 10:45am. The cost is \$20 per student. The Advanced Class fills up quickly and space is limited so contact the Center as soon as possible.

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. They played the East Windsor “Recycled Teenagers” on February 10th.

East Windsor won the 1st challenge by 157 pins and Vernon won the 2nd challenge by 203 pins. A tie breaker game will be played in March at the Vernon Senior Center.



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.



Chorus Director The Center is looking for a Chorus Director. Our singing group would get together on Monday mornings for the joy of singing. They need a new Director to give more direction and organization to the group. We do have a piano available for use. Please contact the Center if you are interested.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on **Wednesday March 14th at 1:00pm**. The feature is Money Ball starring Brad Pitt.

The movie is about Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a small budget.

He employs computer-generated analysis to draft his players which was never done before.

On **Wednesday March 28th at 1:00pm**, the feature film is Mrs. Doubtfire starring Robin Williams and Sally Fields. The movie is about a Dad who disguises himself as a female housekeeper to spend secret

time with his children. All are welcome. Please call to sign up so we know how much popcorn to pop.



Creative Goings On

Drawing Class

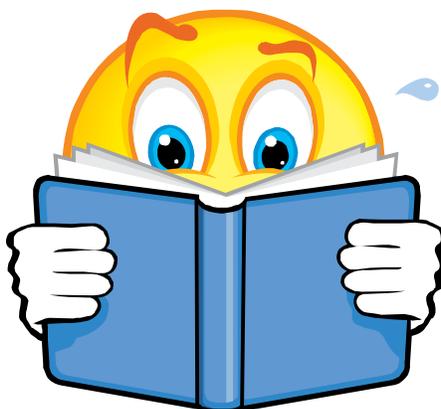
Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Painting Class. Linda Lasko instructs an Acrylic Painting Class on Thursdays at 11:00am. The current class will continue thru the month of March. The group has come a long way and the artists paint some beautiful pictures. Watch the newsletter for future classes. The class is appropriate for all skill levels. Classes run for 8 weeks.

A Hodgepodge

Wii Golf will now be played on Wednesdays at 11:00am. Ron Kane and Dave Alter run this activity and are willing to teach anyone who is interested. This is a good way to get in some practice before the Golf Season gets underway. Come join the fun!



Book Club

The book club now meets the 3rd Tuesday of the month. This month, they will be meeting on Tuesday, March 20th at 10:00 to discuss the “Book of the Month” which is “Mayflower” by Nathaniel Philbrick. New members are always 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!



Men’s Pool Tournament . Leg 2 of the tournament is now underway. There is a tie for 1st place at the end of Round 2 between Team 4 Bud Matchett & John Ryan and Team 5 Will Maynard and Ken Nunn. Each team has 5 wins and 1 loss. A playoff will be held with the winners of Leg 1 to determine the championship.

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.

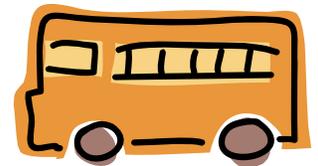
Senior Bus—Important Change Our senior bus shopping trips are held on the 1st & 3rd Thursday of the month. The bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center,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

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 \$4 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.

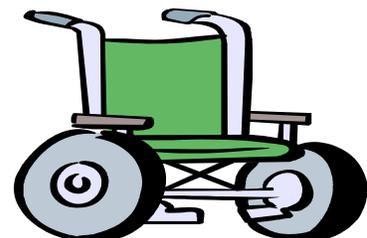
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Winner David Duttweiler has won the drawing for completing the Senior Center questionnaire.

A special thank you to all those who completed the survey. We are now in the process of compiling all the information. The survey will help us plan future programs and activities at the Center.

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:

April 4th —Out To Lunch Bunch. Reservations taken starting March 12th

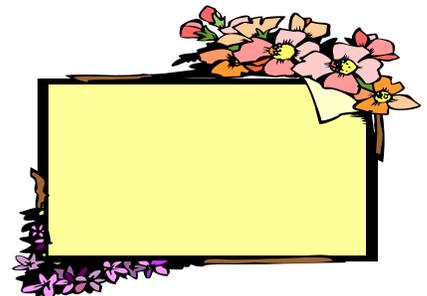
April 4th—Men's Golf League Meeting

April 11th—Volunteer Luncheon

April Movies— April 18th and April 25th

April 27th —Spring Concert with the Beethoven Chorus.

May 18th — Senior Health Fair



Special Event

Birthdays & Anniversaries

The Center will be celebrating February and March Birthdays and Anniversaries on Monday, March 19th 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

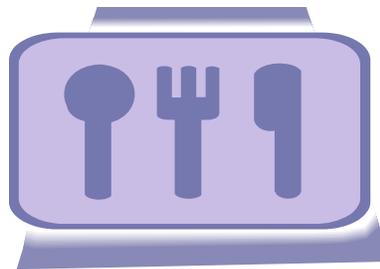
Birthday". A Birthday cake will be served, so please contact the Center to register so we know how many to expect. Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities. Come and share your special day with us.



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

Accepting reservations for April "OTLB" starting on Monday, March 12th. Restaurant is The R-House Restaurant in Vernon.

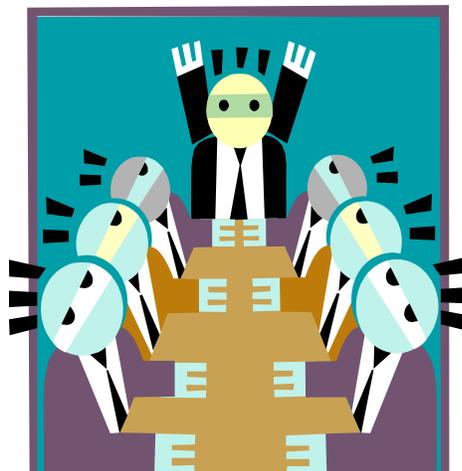


Computer Lab Hours The Center has a wonderful Computer Lab thanks to a State grant. It is open for use on Tuesdays and Thursdays from 10:00am-3:00pm for your use. Come and practice your skills. Remember the saying, practice makes perfect. Staff is available for questions and help.

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, March 26th at 9:30am.

This is a public meeting and the Board welcomes any suggestions that you may have regarding the Senior Center. A special thank you to the Advisory Board for purchasing a new refrigerator for the Center.

What You Should Know

Events Committee The Events Committee is meeting on Friday, March 9th at noon. The committee plans special fun events for the Center. If you are interested in volunteering for this committee, please join us on the 9th. If you have any questions, feel free to contact the Senior Center.

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.

Special Event

Come and join us for our special travel series, Around the Globe. This month we will be traveling to Italy.

This program is on Monday, March 19th at 10:00am.

We will be traveling through Italy, seeing the many famous



sites, experiencing the culture and tasting some Italian food. If you have been to Italy and would like to share your photos, you are more than welcome to do so.

Please contact the Center to register for this fun and educational event.

Other Stuff

Cell phone/Ipad/Tablet Workshop: Janette, a Verizon Representative will be at the Center on **Monday March 26th** at 10:30AM. She will host a user friendly workshop on how to use your cell phone, Ipad or tablet. This will be a hands on workshop, Verizon will provide the devices or you may bring your own device if you

have one. Please call the Center to register for this informative program.



Scrabble: The Center has scrabble games that are available for use at any time. If you can't make the game on Tuesdays, you and a friend are welcome to play on another day. Contact the Center if interested and we will try to accommodate you. We have a group that plays on Tuesday at 1:00pm. Come join the game.

Senior Center Trips

Maple Sugaring Tour NH

A trip is scheduled for **Wednesday March 21st.** Year after year, when the warm days and cold nights of March combine to make the sap run, New Hampshire sugar makers head through the snow, trees are tapped and buckets are hung. The Sugar House at Parker's Maple Barn still produces maple sugar following the old family traditions. Our visit today will include a Maple

Sugaring tour, lunch and time for shopping at the Corn Crib Gift Shop. The gift shop features a variety of maple products and unique gift items. Lunch at Parker's includes a choice of Baked Haddock, Roast Turkey Dinner (with all the fixings), Maple Baked Beans & Ham or Maple Glazed Baby Back Ribs. The meal is served with potatoes, vegetables, rolls, dessert and coffee.

As we depart for home we will stop at Kringle Candle Company in Bernardston MA. This relaxed, quaint shop gives a sense of old New England and features a variety of affordable candles. Cost is \$63.00 per person. Trip includes round trip transportation, all taxes and gratuities including the driver. Call now to sign up for this trip. Seats still available.

Better Connecticut Show

A new trip has been scheduled for **Tuesday April 17th.** We will visit WFSB Channel 3 for a live taping of the **Better Connecticut Show** with Scott Haney & Kara Sundlun. Following the show we'll take a short drive to the Chowder Pot Restaurant on Brainard Road in East Hartford for a delicious lunch with a choice of Broiled Salmon with orange dill sauce, Baked Stuffed Scrod with seafood stuffing or Boneless Breast of Chicken Florentine.

Lunch includes tossed salad, vegetable, potato, rolls with butter, dessert and coffee. After lunch, we will travel to Stew Leonard's Dairy Store. Stew Leonard's began in 1969 and wanted to make the best dairy store ever. Come see for yourself how they have succeeded. Trip includes roundtrip transportation on a Post Road Motor Coach, all taxes & gratuities including the driver. Cost is \$57.00 per person. Call now to sign up for a fun day in Connecticut.



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 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.

Card Party

Crazy Whist

The next Crazy Whist Party will be held, Monday, March 12th at noon. This has been so successful that the members want to have the party every other month.

This is a fun card game that doesn't require any special knowledge or skill. Everyone can play.

Pizza will be served at 12:00 noon 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 great way to meet new people and make new friends.

Please contact the Center to register for this entertaining and exciting time.

Thank you Leslie Ames and Ed Zinky for making this such a success.

Hope to see you on the 12th.

Walk to End Alzheimer's

Vernon Senior Center is joining the walk to end Alzheimer's Disease on **Sunday, September 29th, 2012 at Asnuntuck Community College, Enfield.**

Join us as we walk to end Alzheimer's, the nation's sixth-leading cause of death and a disease that devastates millions of families across the country. With you help, we can raise the funds and awareness to enhance Alzheimer care and support and advance critical research.



Look for more information as we get closer to the date.

Please mark your calendars and contact the Senior Center to register to participate. Bring your children, grandchildren and the whole family.

Transportation will be provided if there is enough of interest.

This is a very worthwhile endeavor and we hope that you will be able to join us. Let's make a difference.

Trips Continued

A new policy will be put in place for trips that involve tickets. Tickets that we purchase for shows and sporting events are non-refundable if we don't sell the tickets we cannot return them. We will now require a non-refundable deposit for any trips that involve tickets. We will take a pre-registration for trips that involve tickets to see if there is enough interest to run the trip. Currently we are looking into purchasing tickets

for a UConn Baseball game at Dodd Stadium in Norwich vs. Rhode Island on **Tuesday May 15th** at 11:00am. The cost includes a ticket to the game, reservations in an air conditioned luxury suite and light refreshments. The trip would include transportation on a Post Road Motorcoach. We would need a minimum of 30 people to run this trip. Cost is \$35.00 per person. Call the Center if interested.



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 Helen Scarpello

It is my home away from home. It is a place to play games and mingle with people. To volunteer and go to functions.

By Lil Slavik

Keeping me busy and enjoying the different events that are offered. I have met some wonderful ladies on different occasions and look forward got out to lunch and trying some of the different restaurants.

By Shirley Yu-Plotkin

The Senior Center means the world to me. Every morning I stop in for coffee and see what's going on that day in the senior center. Always, always, there is

something interesting going on. The Senior Center makes my day.

By Shirley McElroy

Meeting new friends, keeping active which helps me with my emphysema. Enjoy being with so many interesting people.

By MaryAnn Hopowiec

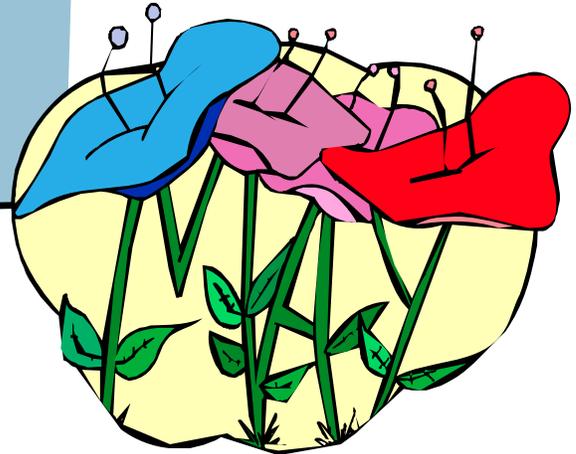
I especially enjoy the luncheons and trips offered. Also, the many new activities that are now offered.

First Day of Spring

March 20th



Join us at the Senior Center for a fun day!



March Birthdays !

Happy Birthday to:

Shirley Brunelle-O'Hazo 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

Ursula Cox 3/28

Louise Setsky 3/29

Birthdays Continued:

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

**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: