



# Senior Moments



## Happenings

Joelen Gates, Elder Law Attorney with Ct. Legal Services will be speaking about **Medicaid and Nursing Home Care on Wednesday, May 4th at 1:30pm.**

Medicaid is a State & Federal program that pays for nursing home care. Come and hear about the latest changes to the program & what you need to know. Call the Center to register. Light refreshments will be served.

Lt. William Meier III, of the Vernon Police will be speaking on **Tuesday, May 24th at 10:30am about safety and what seniors should know**

He will advise about common scams that target seniors, what is reverse 911 system, and will offer tips seniors may use to keep themselves safe. Contact the Center to register for this critical & worthwhile presentation .

Robert Rodriguez from Social Security Administration will be speaking on **Wednesday, June 1st at 3:00pm about Social Security retirement benefits, early retirement,**

and other important information that you need to know such as how employment affects your benefits. Contact the Center at to register. Light refreshments will be served.

### Inside this issue:

Presentations	1
Health Activities	2
Other Interests	3
FYI	6
Trips	8
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, May 26th at 10:00am.

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.

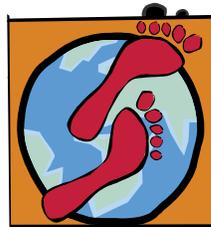


# Health Programs

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

### Rockin Robics

Rima Riedel is instructing a 6 week exercise class to Rock and Roll music. The cost for the class is \$20. If you are paying by check, please make the check payable to Rima Riedel. Come and work out to music of the fifties & sixties.

### Nordic Walking

Jack Fila, a certified Nordic Walking Instructor, will be offering seminar on May 2nd at 1:30pm describing the health benefits of this exercise. If you missed this seminar but are interested in this activity, please contact the Center.

### Pilates

**Coming soon**—Pilates was developed to benefit all individuals, no matter what their fitness level, making Pilates a wonderful exercise option for everyone. Variations & modifications will be available for all body types.

## On-Going Healthy Activities

**Line Dancing**—Line Dancing will be finishing up on Tuesday, May 3rd but will be resuming in June. At that time, the Center will be offering both a beginner's class and intermediate class. More information will be forthcoming.

**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. Alcyone Brennan is the instructor and the cost is \$5 per class.

**Zumba Gold**—This is an aerobic dance routine that anyone at any age and/or

ability level can do. The class is offered on Fridays at 2:45 pm. and the cost is \$20 for 6 week class.



# Cards & Games

**Bingo**—Mondays 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



## Exciting Opportunities

### Green Thumb Series

Horticulturalist, Elaine Mastalysz will host a series of programs on Thursday mornings. In this 4 part series, she will discuss culinary and medicinal aspects as well as the history, lore and legends associated with herbs and

plants. The first program “1940’s Popular American Culture” will be held on Thursday May 12th at 10:00am. This presentation includes vintage props for a hands on experience. Items such as ration books, enamelware, depression glass, and authentic

recipe booklets of the time & spam trivia will be used in this presentation. Programs to follow include “Saints in the Kitchen” “Saints in the Garden” and “In Shakespeare’s Garden”. She will include plants for a sniff & tell for each of these programs. Cost is \$20.00 for this 4 part series.

## Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on Wednesday, May 25th at 1:00pm.

The feature film is Seabiscuit. The film is based on the best-selling novel Seabiscuit: An American Legend. The film is about the life and racing career of Seabiscuit who was an

undersized race horse and overlooked by the racing experts. His success was unexpected and made him enormously popular throughout the country. The story takes place during the Great Depression when people needed a “feel good story”. It features an underdog taking on the racing establishment’s best

thoroughbreds. Movies will be offered monthly. Please call to register so we know how much popcorn to pop!



# Creative Goings On

## Writing Class

The Center is offering a writing class titled "Tell My Story". Rima Riedel will be instructing this 6 week writing class. The class will focus on writing about your life experiences and family history to be shared with your grandchildren, great-grand children and loved ones. The cost is \$20.

## Drawing Class

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

**Drum Circle** The Drum Circle will meet at 1:00pm on May 10th. The circle is open to seniors of all skill levels and meets on the 2nd Tuesday of every month. Drumming has many health benefits & helps release endorphins in the brain. African djembe drums and hand percussion instruments will be played. Cost is \$5 per class.

## A Hodgepodge

### Chorus

Calling all singers and those who like to sing but don't consider themselves singers. The chorus meets every Monday morning at 10:00 am. If this interests you, please drop by as new chorus members are always welcome.

### Book Club

The book club will be meeting on Thursday, May 19th at 10:00 am. We are in the beginning stages of formulating the club. Please come and bring your ideas. Contact the Center to register.

Come and join our knitting group on Wednesday, May 25th at 10:00 am. All knitters are welcome.

### Knitting & Crocheting

Do you like to knit or crochet?



## For the Sports Minded

### Co-Ed Pool Tournament—

The tournament has been taking place and will continue through May. Play off for the first leg will be on May 23rd. The second will start in June followed by an awards luncheon

playing pool is welcome.

**Drop in Pool**— Wednesday and Friday afternoons at 1:00pm—anyone interested in



### Golf League

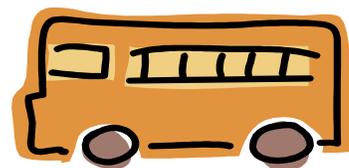
The men's golf season gets underway on Tuesday, May 3rd at Twin Hills Country Club. A few more golfers are needed. If you are interested in joining the league please contact Ted Yampanis (860)875-3922 or Dick Johns (860) 432-1796.

# 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**—Every Thursday, our senior 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 and 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 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.

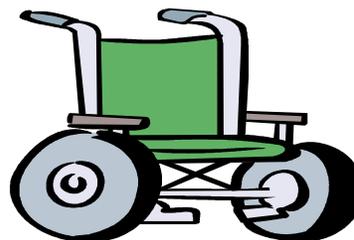
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

## Renter's Rebate

If you rent and are low income, you maybe eligible for the State's Renter's Rebate program. The income limit is \$32,300 yearly for an individual and \$39,500 yearly for a couple. You must be age 65 or disabled. The one time benefit is based on income and rent and utilities paid in 2010.

Vernon Social Services administers the program so contact them at 860-896-2375 for more information or to schedule an appointment.

## Foodshare

The foodshare program offers free food for low income seniors. The food is surplus food with items that are donated by area supermarkets and local farmers.

Contact Social Services at 860-896-2375 for more information.

## Age Requirement Change

The age requirement for trips has been changed to age 55. For all other activities at the Center, the age requirement remains at 60.

# CHOICES Counselor—Medicare

Vernon Social Services has trained CHOICES counselors who will assist you with questions you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the

training & keeps the counselors informed about any changes in



programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Social Services at 860-896-2375 ext. 0 for a confidential interview. 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.

June 1st—A informational meeting will be held for those interested in taking bridge

lessons.

June 3rd—Laughter is good for the soul. Join us for a rip roaring time with Comedian Michael Petit.

June—Computer Classes

June—Extreme Couponing Mastering shopping with Coupons.



June 18th—Exchange picnic

June—Presentations about the American Indian.

# Volunteer Luncheon

The Volunteer Luncheon is scheduled for Wednesday, May 11th at noon at Maneeley's Banquet Center in South Windsor. Invitations have been mailed and the response has been excellent.

The Center could not function without all the volunteers so staff decided to sponsor this special event to thank everyone.

This is our way to honor all of you who have given your time so generously. As

the new director, I have witnessed first hand the utmost importance of volunteers. Without you, the Senior Center could not offer all the programs and activities that it does. A great **BIG THANK YOU** from the bottom of my heart.

I am looking forward to working with all of you in the coming year.



## 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 Silo Restaurant in Farmington. Senior Bus provides the transportation. This program is very popular & fills up quickly

so call the Center as soon as it is announced.

### **Computer Class**

The computer lab is up and running thanks to a grant from the State of Ct. Watch for further announcements as we are presently arranging for classes. If there is a specific

class you would like, please let us know.

### **AARP Safe Driving Class**

The next class will be held on Wednesday May 25th from 9:00am-1:00pm. Cost is \$12.00 for AARP members, \$14.00 for non members. Call now to register for the class. Space fills quickly.

## Advisory Board Update

Here is a little bit of history about the board. The Senior Citizen Center Advisory Board was approved by the Town Council on March 2, 1982. It consists of 9 members appointed by the Mayor and approved by the Council. The Board advises the Center relative to facilities and

programs.

The Board meets the third Tuesday of the month at 9:30 am. Present board members are David Alter, Barbara Dahlman, Marie Harris, Jean Inge, Carol Nelson, Gerry Probulis, Carole Slattery & Ed Zinky.

The Board has been very supportive of the Senior Center

and have a long history of providing for the Center. Some of the things they do is help defray the costs of our special events. They also have purchased items that have benefited the Center and our participants. We are very fortunate to have these “friends”.

# Senior Center Trips

## Springtime In Albany NY

### Thursday May 19th

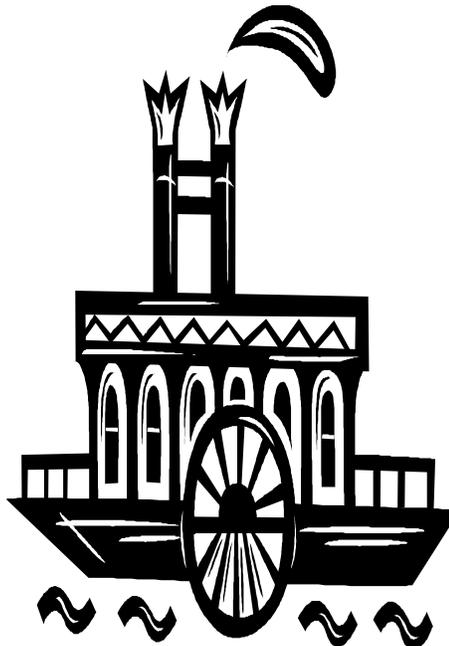
A change has been made to the trip to Albany NY. Upon arrival we will meet a step on guide for a tour of New York's Capital Region that includes, downtown, the waterfront and historic Albany. We will have lunch at the Brown Derby Restaurant where the Chef will create a special buffet lunch including soup, assorted salads, a selection of hot beef, chicken, seafood and pasta

entrees. Following lunch we will make a brief stop at Washington Park to see the Tulip Gardens. Then we are off to the Chocolate Gecko for a behind the scenes tour of this award winning candy shop. We will make our own chocolate covered strawberry and have time to shop for some treats to take home. Trip includes round trip transportation all taxes and gratuities. Cost is \$68.00 per person.



## Hudson Valley River Cruise

A new trip has been scheduled for **Wednesday, June 22nd** to Hudson Valley NY. Our day begins with lunch at the elegant Torches on the Hudson. This upscale restaurant is located right on the water with spectacular views of the lower Hudson River. Lunch choices are Slow Roasted Pork Loin, Pan Seared Chicken Breast with sun dried tomatoes in a marsala wine sauce or Penne Pasta tossed with fresh bruschetta tomatoes. Following lunch we will board the River Rose an

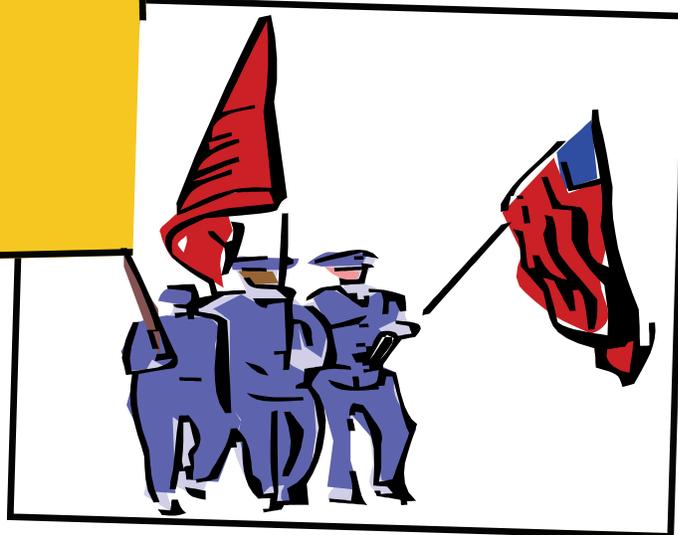


authentic Mississippi Paddle Wheeler for a 2 hour narrated cruise on the majestic Hudson River. We will see such sights as Bannerman's Island The Catskill Water Aqueduct, The Village of Cold Springs and West Point Military Academy. On our way home we will make a brief stop in the Village of Cold Springs for some free time to shop and browse the many quaint shops on Main Street. Trip includes round trip transportation all taxes and gratuities. Cost is \$87.00 per person.

Remember the Senior Center is closed on Monday, May 30, 2011 in honor of Memorial Day.



Join us at the Senior Center for a fun day!



## May Birthdays and Anniversaries!

### Happy Birthday to:

Raymond Powers 5/7  
Ruth Smith 5/18  
Ellie O'Meara 5/19  
Marion Domingue 5/20  
Carolyn Waltman 5/25  
Mary Morse 5/25  
Thelma Davidson 5/28  
Carole Slattery 5/30

### Happy Anniversary:

Ed & Carole Slattery 5/5  
Don & Eileen Sierakowski 5/8  
Lois & George Barton 5/10

***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**

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**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*

*Carol Collins, Building Assistant*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: