



Senior Moments



Happenings

Thanksgiving Extravaganza! The Center will host a Thanksgiving Luncheon with Entertainment on Saturday, November 19th starting at 11:00AM. A full course Turkey Dinner will be served, catered by Maneeley's! Enjoy a musical-variety show by The Troubadours! We will have raffle prizes and will be collecting non-perishable food items for the local food pantry. Cost \$ 13

A Woman's Financial Lifeboat Paul Sheldon & Denise Bolte of Wells Fargo Advisors LLC will be at the Center on Wednesday, November 16th at 10:30am. They will focus on preserving assets while taking advantage of current income opportunities. There will be a generic discussion of mutual funds, investing risks, market fluctuations, and investment return. Contact the Center to register for this provocative presentation.

Remembering G. Fox & Company Elizabeth Abbe of the Connecticut Historical Society will be presenting this program at MCC on Friday, Nov 18th at 1:30pm. It will bring you back in time as you recall the 1950's Landmark Department Store. A promise to stir pleasant memories of the Connecticut Room, shopping and the wonderful Christmas season at G. Fox. Senior Bus leaves the Green Circle parking lot at 1:00pm. Call to register.

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Newcomers Welcome

Normally, on the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors but this month, it will be held on Thurs., December 1st 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 1st. 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, November 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 December 1st & 8th. 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, November 17th. 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 Only Yoga The majority of the students in yoga classes are women. The lop-sided nature of the classes can make it uncomfortable for many men. Jack Fila will host a Men's only Yoga Seminar on Tuesday November 1st at 9:00am. Classes will be held if there is

Yoga with Toby A new yoga class will begin on Monday, November 7th at 1:00pm. This is a chair yoga class and is suitable for all skill levels. The class will run for 6 weeks. The cost is \$20.00 per student. Come and join this wonderful activity.

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. At their last one, The Alley Cats won 2 of 3 games against South Windsor.

Zumba Gold This activity is held on Wednesday's at 3:00pm and will run through the month of November. The cost is \$20 per student. Call now to sign up!



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

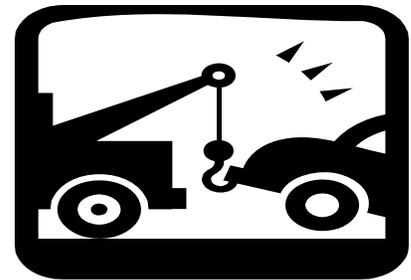


Exciting Opportunities

Beginner Line Dancing The beginner Line Dance Class is on Tuesday mornings at 9:30am. The class is now an hour long. The class has begun, but will continue through November. There are still openings so come and enjoy some music and fun. The cost is \$20.

AARP Driver's Safety Class The class will be held at the Senior Center on Wednesday November 9th from 9:30am-11:30am. As a special promotion for Veteran's this month, all Veteran's and their spouses can attend the class for free. You must bring a form of ID showing you are a Veteran.

All others, the cost is \$12.00 for AARP members, \$14.00 for non-members. Call the Center to register. Space fills quickly.



Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on Monday, November 28th at 1:00pm. The Center shows the movies on our wide screen television and serves free popcorn. At the time of the printing of this newsletter, the movie has yet to be chosen. The Center is in the process

of picking our feature and will have this information available later in the month. Please contact the Senior Center after November 22 to find out what is playing and to sign up. Feel free to come and join us and your fellow seniors for freshly popped popcorn and a movie. All are welcome.



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.



Drum Circle The Drum Circle will be meeting on Tuesday November 8th 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

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 meets the 3rd Thursday of the month. This month ,they will be meeting Thursday, November 17th at 10:00 to discuss the "Book of the Month". The members have chosen The Art of Racing in the Rain by Garth Stein. All are welcome.

Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on the 2nd & 4th Wednesday of the month at 10:00 am. All knitters are welcome.



For the Sports Minded

Pool Lessons—Will Maynard will offer **free** pool lessons starting on Thursday November 3rd at 1:00pm. Lessons will be held on the 1st & 3rd Thursday of the month. Lessons are open to both men and women.

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

playing pool is welcome.

Ladies Pool—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!



Wii Golf Anyone interested in playing Wii Golf is welcome to come to the Senior Center on Wednesday's at 1:00 pm. Remember winter is coming & this is a fun way to extend the golf season. Ron Kane will run the activity and is willing to teach anyone who is interested. It's a fun and easy way to get some indoor exercise!

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.

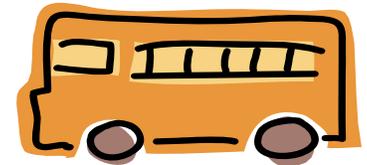
Senior Bus—Important Change Beginning November, our senior bus shopping trips will be on the 1st & 3rd Thursday of the month. The bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat 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

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. Come and see what a wonderful job Jean Bostrom and Tina Sulam did organizing our library. They will continue to work, keeping it easily categorized for your reading

Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

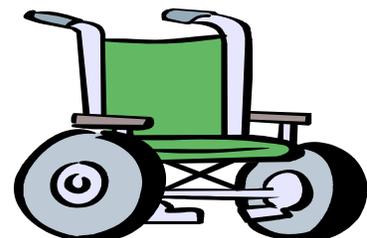
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Benefits of Coffee

According to a nutrition article in women's health, studies show that coffee can help ward off mental decline, certain cancers, Parkinson's disease, high blood pressure & even extra pounds. But remember, in terms of drinking the brew, moderation is best as coffee is a natural stimulant.

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

December 1st—Radio City Music Hall Trip featuring the Radio City Rockettes!

December 1st— Men's Pool Tournament starts.

December 6th—Line Dance Holiday Party.

December 14th—Out To Lunch Bunch. Reservations taken starting November 7th.

December 9th—Holiday Luncheon. (snow date December 16th)

December 30th—New Year's Eve Celebration

January —Foxwoods Trip with optional Princess Diana Exhibit in Great Cedar Exhibition Hall

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 The Cheesecake Factory in West Hartford.

Senior Bus provides the transportation. This program

is very popular and fills quickly. Accepting reservations for December "OTLB" starting on Monday Nov 7th. Restaurant to be determined.

Computer Lab Hours The Computer Lab is open for use on Tuesdays and Thursdays from 10:00am-3:00pm. Come and practice your skills.

Shuffleboard Tournament

We are now in Leg 2 of the Shuffleboard Tournament with a two way tie for 1st place between Team 2: Shirley Blinn & Barry Obedzinski and Team 4: Joe Grabinski & Bill Lovering. A luncheon will be held for all participants at the end of the tournament.

Advisory Board Update

The Senior Center Advisory Board meets the third 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. At the October meeting, the Board

discussed the needs & wish list of the Senior Center.



The parking situation was talked about with no solution at the present time. Also, the purchase of a new refrigerator was discussed and the Director was authorized to research it. The Board will be meeting this month on Tuesday, November 15th at 9:30am. This is a public meeting & all are welcome.

What You Should Know

Medicare Annual Enrollment Period The annual enrollment period to choose your Medicare Advantage Program or your prescription drug program also known as Medicare Part D has changed. Now, the enrollment period is from October 15th through December 7th of each year.

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.

New Computer Class

Christopher MacCoy of MacCoy Technology will be teaching Advance Computer classes starting Thursday, November 17th at 10:00am. The classes will cover internet explorer, email, facebook, word and excel and how to tidy up your computer so it runs more smoothly.

The classes will run for 5 weeks and will be for 2 hours each. The cost is \$25 per student.

Sign up will start on November 7th. Please contact the Senior Center at 860-870-3680 as soon as possible to register for these classes. as space is limited.



New Endeavors at the Center

Survey The Senior Center will be conducting a survey in order to help us provide programs and activities that you, as members, would like. Please keep a look out for this survey in the next couple of months. Your input and suggestions will assist us in bringing vibrant, interesting, and enjoyable activities at the Center.

Support Groups The Senior Center will be offering a variety of support groups for those who are facing challenges in their life. We are in the process of determining the need and will be putting forth information in the near future. Tell us your thoughts and requests. We are happy to hear from you.

Special Events The Center will be having a Health Fair next spring. We are in the planning stages at this time. It is important as we age that we have information so that we can continue to educate ourselves about our bodies and minds. We welcome your suggestions.

Senior Center Trips

Aqua Turf Party

Monday November 14th to the Aqua Turf Club in Plantsville CT for their **Salute to the Armed Forces Party**. The day is sure to touch your hearts as you are transported back in time to relive some of the most memorable melodies from one of the most passionate times in this Nation's history. Enjoy coffee and donuts upon arrival followed by an all you

can eat family style luncheon that includes: soup, salad, Penne Pasta, baked salmon, roast pork, potato, vegetable, dessert and coffee. Each guest will receive a complimentary glass of wine or beer. Enjoy dancing and free raffle drawings! Trip includes round trip transportation, all taxes and gratuities including the driver. Cost is \$70.00 per person.



Radio City Christmas Spectacular

A new trip has been scheduled for **Thursday December 1st** to Radio City Music Hall for the famous Radio City Christmas Spectacular featuring the Rockettes with fabulous seats in the orchestra section! Celebrate the Holiday's in style in NYC with the show that has dazzled audiences for more than 75 years! Trip includes a four course family style luncheon at the legendary Carmines Restaurant featuring garlic bread & salad followed by a



pasta course of Linguini with meat sauce & Rigatoni with broccoli. Our entrée features both Chicken Parmigiana & Sausage with peppers & onions. Finish off a delicious lunch with a sampler platter of Italian Pastries for dessert! We will then re-board the coach for drop off at Radio City Music Hall. Cost of \$140.00 per person includes Roundtrip transportation, lunch, Center Orchestra Seats, all taxes & gratuities including the driver. Call now to reserve your seat for this special Holiday Trip!!

Upcoming Senior Center Trips

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 21st, 2012 returning October 3rd, 2012. We will motorcoach to Cape Liberty, New Jersey for this is a 10 day cruise visiting the ports of Portland Maine, Bar Harbor, St. John, New Brunswick, Halifax, Sidney, Charlottetown Prince Edward Island, Gaspé, and arriving in Quebec City. The ship offers the ultimate "at sea" experience. The 9 story glass Centrum is a focal point of this ship which offers state of the art technology and of course, service that is second to none.

After departing the ship, we'll enjoy a 2-night stay at the Best Western City Center. The Quebec experience will include tours of the city and the beautiful Beapre Coast including the Shrine of Ste. Anne de Beapre and Montmorency Falls. After our Quebec experience, we depart for home by motorcoach, arriving in Vernon early evening.

Stateroom Description:

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

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

Deluxe Oceanview with balcony, 2 lower beds/queen, sitting area: Price \$2529. Price is based on double occupancy.

Price includes round trip transfers, full time escort, 10 night cruise, 2 nights hotel, 2 dinners, 2 breakfasts and 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 personal nature.

If you have any questions or want more information about this exciting trip, contact the Senior Center.



Upcoming Senior Center Trips

Mackinac Island

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

Discover the beauty and many cultures of the Great Lakes region, from the Victorian splendor of Mackinac Island to the town of Frankenmuth, Michigan's "Little Bavaria". Our first stop will be Niagara Falls with dinner atop the Skylon Tower featuring matched views of the of the Falls and full service

accommodations on the Canadian side. In Dearborn, we'll tour the Henry Ford Museum where you can see Abraham Lincoln's chair and the Rosa Parks bus among other amazing artifacts. We'll spend 2 nights in Frankenmuth where we'll enjoy a guided tour of the town and visit Bronner's Christmas Village, the world's largest Christmas store and enjoy a famous

Frankenmuth-style chicken dinner and a relaxing cruise aboard the Bavarian Belle Paddlewheel. We'll spend 2 nights at the Lake View Hotel in Mackinac Island (where no cars are allowed) with lunch at the Grand Hotel and take a horse drawn carriage ride of the Island before our getaway to Niagara Falls with accommodations at the Seneca Niagara Casino Hotel with bonus included.



Tour Highlights

- * Roundtrip motorcoach transportation
- * 7 night hotel accommodations
- * 14 meals: 6 breakfasts, 1 lunch, 7 dinners
- *View of Niagara Falls from Skylon Tower
- * Tour of Frankenmuth
- *Visit Bronner's Christmas Village

- *Ferry transportation to Mackinac Island
- *Carriage tour of Mackinac Island
- *Admission to the Henry Ford Museum
- *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 and \$1145 triple.

Date: Early June 2012

Card Party

Crazy Whist

The Center's last Crazy Whist Party has been so successful, the party goes requested another. So, the Party will be held Monday, November 7th at 12:30pm.

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

Pizza will be served at 12:30pm 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. Please contact the Center to register for this entertaining and exciting afternoon of goings-on.

A special thanks to Ed Zinky and Leslie Ames for all their hard work in making this fun activity such a success.



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 Shirley Blinn

Visiting the Senior Center has given me the opportunity to meet a lot of people who have become very good friends. It offers many programs of

interest and also recreational opportunities. Since my retirement, it has become my second home. I'm here every day of the week for some type of activity, informational or recreational. I'm very glad it's available to visit.

By Margaret Gill

As we start getting older, it is so important to be in contact with people as long as possible. Therefore, I enjoy being with the seniors for bingo and any other function that involves groups of people. The trips are

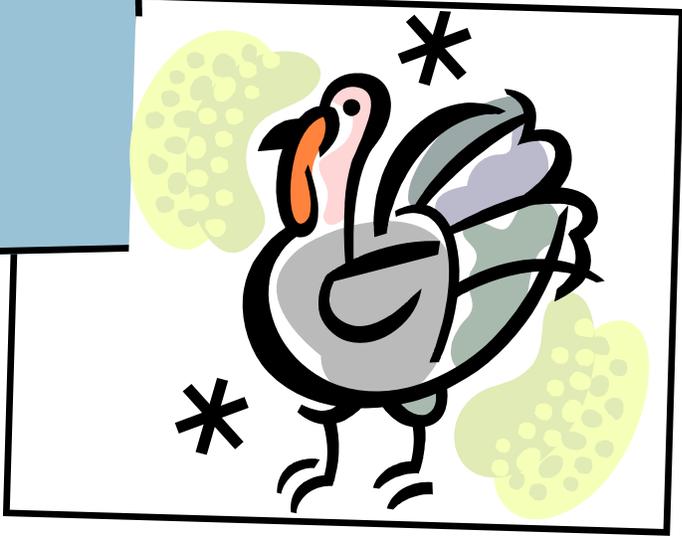
so interesting and I enjoy them. Being a senior means getting out and being social as long as possible.

By Lorraine Groark
I appreciated 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.

Oh, what a wonderful testimony to your fellow seniors.!

The Center will be closed November 11th, November 24th & 25th in honor of Veteran's Day & Thanksgiving.

Join us at the Senior Center for a fun day!



November Birthdays !

Happy Birthday to:

Marion Hoffman Nov 1
 Barbara Dahlman Nov 1
 Alice Galo Nov 6
 Charlie Campbell Nov 12
 Connie Marinelli Nov 14
 Peggy Meyers Nov 20
 Gordon Mead Nov 26

Happy Anniversary to:

Helen & Joe Nowinski Nov 7
 Rose & Art Tipaldi Nov 20

*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

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: