



Senior Moments



Happenings

Arthritis & What You Should Know

Nancy Tomaselli, physical therapist with Visiting Nurse & Health Services of Ct. will be presenting a Program about Arthritis on Thursday, October 20th at 1:00pm. Come & learn about the disease, medications and treatment used in controlling symptoms. Learn how movement & exercise helps strength, flexibility & function. Call the Center to register.

Halloween

Happenings The Center will host our annual Halloween Card Party and Luncheon on Saturday October 29th . Lunch will be served at 12:noon. Following lunch a variety of card games will be played such as pinochle, set back, cribbage, dominos, Mah Jongg , golf, scrabble and chess. Costumes are optional and door prizes will be given. Tickets are \$7.00 per person. Please call the Center to register for this fun afternoon.

Webb-Deane-Stevens

Museum The Senior Center is going to this historic museum in Wethersfield for a tour of these three homes on Friday, October 28th. The Webb House served as Washington's headquarters in 1781. The Deane house was built for diplomat, Silas Deane. The Stevens house depicts life in 1820's. The tour is 1 hour & costs \$8 per person. The Senior bus will leave Green Circle parking lot at 9:30am.

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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, October 27th 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 27th. 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, October 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 November 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, October 27th. 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

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

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.

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 and came in 3rd & 4th against 40 teams at the Aetna Medicare Tournament.

Zumba Gold This activity will be starting again on Wednesday, October 26th at 3:00pm. This class will run for 6 weeks and the cost is \$20 per student.



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

Calling all Crafters A class is offered on Tuesday, October 11th & Wednesday, October 19th at 1:00pm, taught by Krist of Chestnut Hill Nursery. You will be doing a mum and pumpkin tabletop decoration and a pumpkin centerpiece. The cost of each class is \$12. Call the Center to register.

Mah Jongg Lessons Gail Sokolov will instruct this 8 week class. Lessons begin on Monday October 17th from 9:30-11:00Am. This is a very popular activity at the Center with groups playing on Monday, Wednesday and Thursday. Cost is \$20.00 per student. Learn the game and join in the fun!

Brain Games Pat Stauder will be presenting a program entitled “Brain Games” on Monday, October 3rd at 2:00pm. This activity will explore mind games to help with memory. Also, these games will help stimulate the mind and body. Please contact the Center to register.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on Wednesday, October 26th at 1:00pm. The feature film is *Monster-In-Law*, starring Jennifer Lopez as Charlotte. She finally meets the perfect man, Dr. Kevin Fields, after a series of disastrous blind dates. Unfortunately, his merciless

mother, played by Jane Fonda, will do anything to destroy their relationship. This feature is a comedy with some hilarious scenes. Come and laugh as Viola Fields (Jane Fonda) schemes and plots to break up her son’s relationship as she fears she will lose him if he marries. Call the Center to register.



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 October 18th at 1:00pm for this month. Drumming has many health benefits and helps release endorphins in the brain. African djembe drums and hand percussion instruments will be played. The Class is **free** this month, so come and join the fun at no cost to you!

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, October 20th at 10:00 to discuss the "Book of the Month". The members have chosen "The Guernsey Literary & Potato Peel Pie Society" by Maryann Shaffer & Ann Barrows

Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on Wednesday, October 26th at 10:00 am. All knitters are welcome.



For the Sports Minded

Pool Lessons—Will Maynard will offer **free** pool lessons starting on Thursday October 20th at 1:pm. 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!

Men's Golf League The men's season has ended. A playoff was held between Phil DuBois & Len Lucia and

Ted Yampanis & Charles Argiros. Congratulations to the Champions Ted & Charles!

Wii Golf Anyone interested in forming a Wii Golf League, come to an informational meeting on Wednesday, October 19th at 1:00 pm. Remember winter is coming & this is a fun way to extend the golf season. Call the Center to register.

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.

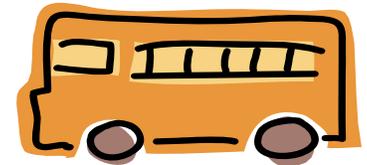
Senior Bus—Important Change Beginning November, our senior bus shopping trips will be on the 1st & 3rd Thursday of the month. The bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat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

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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.

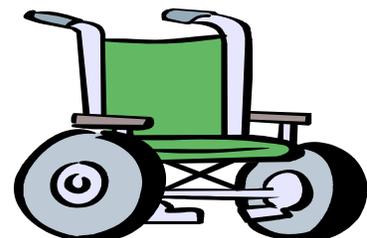
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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

Need Help after Irene? You may be eligible for disaster assistance through FEMA. Assistance may include grants for temporary housing, home repairs, low-interest loans to cover uninsured property losses & other programs to help recover from the effects of the disaster. Call 800-621-3362 to register.

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

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.

November 1st– Men's Yoga seminar.

November 2nd– Out To Lunch Bunch. Reservations taken starting October 11th.

November 8th 4-week Men Only Yoga Class

November 17th—Aqua Turf Trip

November 19th—Thanksgiving Luncheon and Entertainment

December 1st—Radio City Music Hall. Reservations taken starting October 11th.

December 6th—Line Dance Holiday Party.

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

Special Event

Birthdays & Anniversaries

The Center will be celebrating October and November Birthdays and Anniversaries on Monday, October 17th at 2:00pm. 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 Harry's Restaurant in Colchester.

Senior Bus provides the transportation. This program

is very popular and fills quickly. Accepting reservations for November "OTLB" starting on Tuesday Oct 11th. Restaurant to be determined.

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

Shuffleboard Tournament

Leaders in the Shuffleboard Tournament at the end of round 7 are Team 2: Shirley Blinn and Barry Obezinski. We have 7 teams participating. An awards 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 September meeting the new

members were welcomed.



The Board will be meeting this month on Tuesday, October 18th at 9:30am. At the September meeting, the board members received a refresher course regarding the formation and role of the Advisory Board. This is a public meeting and all are welcome to attend.

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.

Bone Study UConn Health Center & Yale is doing a study on alternative treatment for bone health. To be eligible for the study you must be 60 years of age or older, not on medication for osteoporosis, & can consume a low to normal protein diet. If you are interested in participating, please call 866-846-2849

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.

Horticulturist

Calling all gardeners or plant enthusiasts.

Horticulturist, Elaine Mastalish, will be teaching a garden class on arranging a foliage planter. The class will be on Monday, October 24th at 1:00pm. You will be working with an

assortment of foliage plants, soil, gravel and moss.

Elaine will provide these items but you will need to bring an 8 inch container.

Come and join this enjoyable project. The cost is \$12.75 for a 3 plant planter. Additional plants cost \$3. Please contact the Center to register.



Remember When

Pat Stauder will be doing a program on Tuesday, October 25th at 1:30pm. regarding the importance of remembering our youth. The program is a discussion of your life experiences and recalling your early years.

The program brings you back in time with laughter and amusement.



It is important that as we age, that we continue to laugh, smile and have fun.

Come and join us for this wonderful event.

Please contact the Senior Center to register for this program.

Don't miss out on this entertaining time. Audience participation is required.

Senior Center Trips

Fall Foliage in Litchfield CT

Wednesday October 12th

The day begins as we travel north on historic Rt. 7 to Kent CT. This area has been named the best town in New England for fall foliage. Here we will meet a local historian who will give us a guided tour of this beautiful area. Lunch will be at LaCupola Ristorante & Inn located in historic Litchfield. Lunch includes Ceasar Salad, a pasta course and a choice of

Chicken Marsala, Pork Loin with a creamy brandy sauce or Baked Scrod, dessert and coffee. Following lunch we will take a drive up to Canaan and enjoy wine tasting. We will stop and learn about the historic Beckley Furnace. Our day ends with a visit to Freund's Market for a little shopping. Cost is \$68.00 and includes round trip transportation all taxes and gratuities. **Some seats still available.**



Aqua Turf Party

A new trip has been scheduled for **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. Everyone will receive a complimentary glass of wine or beer. Enjoy dancing and free raffle drawings! Trip includes round trip transportation, all taxes and gratuities. Cost is \$70.00 .



Upcoming Trips:

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. Trip also includes lunch at the Legendary Carmines Restaurant. Cost \$140. 00 per person. Sign up starting on Tuesday October 11th.

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.

Informational Meeting presented by Landmark Tours Wednesday, October 19th at 10:00am Call to register



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
- * Paddlewheel Cruise

- *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

Laughs & Helpful Hints

...A Little Mixed Up

Just a line to say I'm living that I'm NOT among the dead, though I'm getting more forgetful, and more "mixed-up" in the head.

For sometimes I can't remember. When I stand at foot of stair if I must go up for something or I've just come down from there!

And as for my fridge, so often, my poor mind is filled with doubt. Have I just put food

away, or have I come to take some out!

And there's times when it is dark out with my nightcap on my head, I don't know if I'm retiring, or just getting out of bed.

So if it's my turn to write you, there's no need in getting sore, I may think that I have written, and don't want to be a bore.

So, remember—I do love

you, and wish that you were here! But, now, it's nearly mail time, so, I must say, "Goodbye dear"

There I stood beside the mailbox, with a face so very red instead of mailing you my letter—I had opened it instead!



CT. State Museum of Natural History

Celebrate the Season by Exploring December's Night Sky Start with a visit to UConn's Planetarium during this exploration of December's night sky. Learn how to identify the stars, planets and other celestial objects throughout this season.

While in the planetarium, participants can also examine an orrey, a mechanical device illustrating the relative position and motions of the planets in the solar system. Weather permitting, the session

will conclude with a trip to the UConn Observatory on the roof of the physics building. Using binoculars and if the conditions permit, the telescope, observers may see the Pleiades and Hyades star clusters, the Andromeda Galaxy, the H Chi double star cluster, Jupiter, the first quarter moon, the Orion Nebula and Comet Garradd. This program is offered Friday, December 2 at 7:00pm at UConn, Storrs Campus. Advanced registration required. Cost \$20 per person

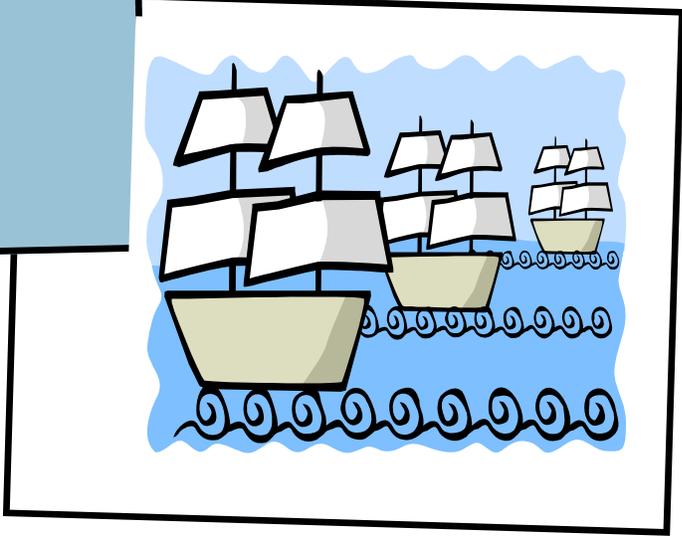
To register or for more information, call the Connecticut State Museum of Natural History an Archaeology Center at 860- 486-4460. Keep in mind that workshops fill up quickly.



The Center will be closed, Monday, October 10th in honor of Columbus Day.



Join us at the Senior Center for a fun day!



October Birthdays !

- Happy Birthday to:**
- Anne Campbell Oct 6th
 - Bob Roth Oct 8th
 - Bernice Burke Oct 11th
 - Joe Harris Oct 17th
 - Joe Sokol Oct 29th
 - Murray Tarr Oct 31st
 - Hazel Yaconiello Oct 31st

Happy Anniversary to:
Marie & Joe Harris October 22nd

*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

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: