



Senior Moments



Happenings

Remembering Bob Steele The Center will host a lunch program "Bob Steele's Century 1911-2010 " on Friday September 23rd at 12:00pm. The event will be hosted by Phil Steele, Bob's son & will include a slide presentation & other memorabilia from his career. A delicious catered Italian lunch of lasagna, sausage & peppers, salad, bread & dessert will be served. Cost \$12.00 p/p. Call to reserve your space.

Medicare 101 Joy Hollister, social worker with Vernon Social Services, will be presenting a program on Medicare on Wednesday, September 28th at 1:00pm. She will speak about the different Medicare options available to seniors, open enrollment for Medicare Part C (Advantage Plans) and Medicare Part D (prescription plans). Please contact the Center to register for this informative program.

September is Senior Center Month The Center will be celebrating Senior Center Month on Friday, September 30th at 12:00 noon. This year's national theme is "It Happens at my Senior Center, My Life, My Time, My Way". An indoor picnic of hot dogs, side dishes and dessert will be served. Come & join the fun. Share what the Center means to you. Space is limited. Registration begins September 12th.

Inside this issue:	
Presentations	1
Health Activities	2
Exciting Opportunities	3
FYI	6
Trips	9
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, September 22th 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 22th. 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, September 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 October 6th 1st & 13th. 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, September 22th. 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

Beginner Line Dancing and Intermediate Line Dancing Classes will begin on September 20th for another 10-week session. The beginner Line Dance Class will now be an hour long class, starting at 9:30am. Intermediate Line Dancing starts at 10:45am.

Zumba Gold Returns The zumba class will begin on Wednesdays, starting September 7th at 3:00pm. Marlene Navarro will be teaching the class. The class will be for 45 minutes and run for 6 weeks. The cost is \$20 per person. Call to register.

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 has selected “**Vernon Alley Cats**” as their name. The team has participated in tournament at the Enfield Senior Center.

Yoga Classes This activity will start on Monday, September 19th at 1:00pm . This is a chair yoga class that focuses on gentle stretches and breathing exercises. Cost is \$20 per student. Laura Holtman instructs the classes. Contact the Center to sign up. Space is limited.

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

Nordic Walking A seminar will be held on Wednesday, September 14th at 10:00am. Jack Fila will discuss the many health benefits associated with this sport. A four week class will follow if there is enough interest. Call to register for this free seminar.

Computer Lessons This five week class will start on Tuesday September 13th at 10:00am. The class “ Basic Computer Lessons” is for those with little or no computer experience. Call to register as space is limited to 8 students. Cost is \$25.00. Chris MacCoy will teach the class.

Painting Class The painting class will begin again on Thursday, September 15th from 10:00am until 12:00 noon. Linda Lasko will instruct this 8 week class. The cost is \$20 per student. All skill levels are welcome. Please contact the center to register for this popular class.

Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on Monday, September 26th at 1:00pm. The feature film is “The Queen”. The film depicts a fictional account of the immediate events following the death of Diana, Princess of Wales, on August 31, 1997. The story focuses on the differing view in how to deal

with the death of Diana. The Royal Family, while at their summer residence at Balmoral Castle, sees her death as a private affair, not to be treated as an official Royal death. In contrast, newly appointed Prime Minister Tony Blair and Diana’s ex husband, Prince Charles attempt to reflect the public wish for an official

expression of grief. Helen Mirren stars in the title role as Queen Elizabeth II. Movie is subject to change based on availability.



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 meet the second Tuesday of the month. The class will meet on September 13th at 1:00pm. 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 meets the 3rd Thursday of the month. This month they will be meeting Thursday, September 15th at 10:00 am to discuss the "Book of the Month". The members have chosen "A Team of Rivals" by Doris Kearns Goodwin. All are welcome to join.

Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on Wednesday, September 28th at 10:00 am. All knitters are welcome.



For the Sports Minded

Co-Ed Pool Tournament— Congratulations to **Team 3:** Tom Shea & Shirley Laws winners of the Co-Ed pool tournament and to **Team 6:** Steve Schubert & Maureen Tyler runners up!

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 play every Tuesday & Thursday at Twin Hills Country Club. They are mid way through the

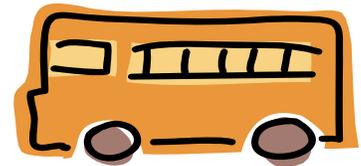
the 2nd half of the season. Current leaders are Hank Giard and Stan Pienkowski with runners up Don Nielson and Andy Shinoski. The league will continue play into the month of September. They made it through some bad weather and are hoping for sunny days ahead. We would like to thank Ted Yampanis who runs the league.

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. **We are not accepting anymore donations at this time as our library is being reorganized.** Please excuse our appearance while our library is undergoing “construction”. Thank you for your patience. A special thanks to Jean Bostrom & Tina Sulam 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.

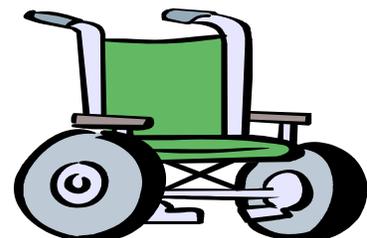
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

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 transfer seats, canes & commodes.**



FYI

Hebron Harvest Fair

Senior Day at the fair is Friday, September 9th from noon to 4:00pm. There is FREE ADMISSION and FREE PARKING. The Sunshine Singers will be performing at the Lions Stage at 12:30pm and again at 2:30pm. Feel free to sing along or enjoy delicious Fair food.

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.

October 5th– Out to Lunch Bunch . (Reservations taken starting on September 12th.)

October 12th– Fall Foliage Trip through the Litchfield Hills

October– Trip to New England Air Museum

October 17th– Mah Jongg Lessons

October 29th–Halloween Happenings card party & lunch

November 1st– Men's Yoga seminar.

November 17th–Aqua Turf Trip

November 19th–Thanksgiving Luncheon and Entertainment

December 9th–Christmas Luncheon.

Special Events

September Birthdays & Anniversaries The Center will be celebrating September Birthdays/Anniversaries on Monday, September 12th at 1:00pm. If you have a birthday or anniversary, please stop by for the celebration. A special cake will be served. Contact the Center to register so we know how many to expect.



Flu Clinic Visiting Nurse & Health Services of Ct. will be doing a flu clinic at the Center on Friday, September 16th from 1:30pm until 3:00pm. Medicare Part B, Aetna, Anthem Blue Cross, and Connecticare are all accepted. Otherwise, the cost is \$35 cash. Contact the Center if you have any questions.

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 East Side German Restaurant in New Britain. Senior Bus provides the transportation. This program

is very popular and fills quickly. Accepting reservations for Octobers “OTLB” starting on Monday Sept 12th. Restaurant to be determined.

Computer Lab Hours The Computer Lab is open for use on Mondays, Tuesdays, Thursdays & Fridays from 10:am-3:00pm.

Shuffleboard Tournament Leaders in the Shuffleboard Tournament at the end of round 2 are Team 3: Doris Lovering and Dot Regan. We have 7 teams participating. An awards luncheon will be held for all participants at the end of the tournament.

Advisory Board Update

The Advisory Board meets the third Tuesday of the month at 9:30 am.

Present board members are David Alter, Barbara Dahlman Jean Inge, Carol Nelson, Gerry Probulis, Ray Larkin & Ed Zinky.

The new members who have been appointed by the Mayor &

approved by Council are Ronald Kane and Joe Grabinski.



The officers are Mr. Zinky, Chair, Mr. Larkin, Assistant Chair, Ms. Inge, Secretary, Ms. Nelson, Assistant Secretary, Mr. Probulis, treasurer, and Mr. Alter, Assistant Treasurer. The Board will be meeting on Tuesday, September 20th at 9:30am. 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.

Social Security Offices

Michael J. Astrue, Commissioner of Social Security has announce that the Social Security field offices will close to the public 30 minutes early each day. The offices that are open to the public Monday through Friday from 9:00am to 4:00pm will now close at 3:30pm.

Scam Alert This scheme involves contact by phone from

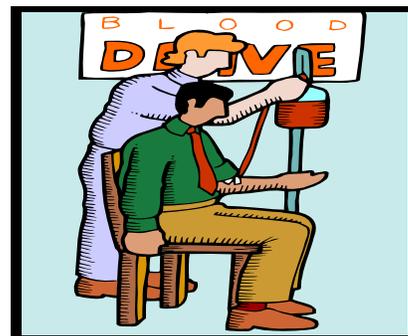
someone pretending to be from a collection agency. The caller tells you that you have an outstanding debt & requires you to pay it immediately using a prepaid visa card. The caller instructs you to call him with your prepaid card number & to fax a copy of your driver's license. Do not respond to this & other scams that ask for personal information.

Blood Drive

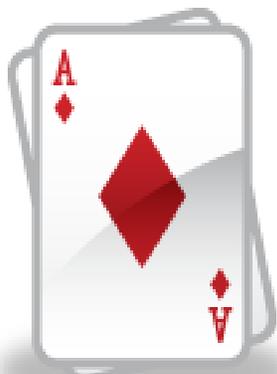
The Senior Center is sponsoring an American Red Cross Blood Drive in memory of Seymour Ballos on Wednesday, September 14th from 1:00pm until 5:45pm. Please know the need for blood is constant. Your contribution is very important to maintain a

healthy and plentiful blood supply. When you donate, you help save lives by giving of yourself in just about an hour. If you come in to give blood, you will receive a coupon for a \$12.99 oil change and free tire rotation redeemable at any Monroe Muffler/Brake location.

To schedule an appointment log onto redcrossblood.org or call 1-800-733-2767.



Crazy Whist Party



The Center's last Crazy Whist Party was so successful, the party goers requested another. So, the Party will be held Monday, September 19th 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 12:30am

followed by the card playing. Prizes will be awarded to the winners.

The program's cost is \$7 per person.

Come and join the fun as this is an easy way to meet people. Please contact the Center to register for this entertaining and exciting afternoon goings-on.

Senior Center Trips

Newport Dinner Train

Thursday September 29th

We will travel to Newport Rhode Island for a lovely luncheon aboard the Newport Dinner Train. Enjoy a relaxing excursion along the scenic Narragansett Bay. Lunch choices include Chicken Forester, Stuffed Filet of Sole or the Newport Dinner Trains award winning Baby Back Ribs. All meals include salad, fresh bread, vegetable, potato and dessert.



This unique dining environment and excellent cuisine is sure to make for “an affair to remember”. We will also visit the International Tennis Hall of Fame & Museum. This National Historic Landmark honors the greatest players of the game . Trip includes round trip transportation all taxes & gratuities. Cost is \$85.00 per person.

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 a 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 per person and includes round trip transportation all taxes and gratuities including the driver.



Wednesday September 21st Big E for Connecticut Day!

Enjoy at day the Eastern States Exhibition. Trip includes admission to the Big E and transportation on the Vernon Senior Bus. Cost is \$12.00 per person. **Trip is full with a wait list being taken.**



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.



**Come to an
Informational
Meeting
presented by
Landmark Tours
Tuesday,
September 13th
at 10:00am.
Call the Center to
register.**



A

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

Interesting Story

Three old ladies are sitting in a diner, chatting about various things.

One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs and I couldn't remember whether I had just come up or was about to go down."

The second lady says, "You think that's bad? The other day, I was sitting on the edge

of my bed and I couldn't remember whether I was going to bed or had just woken up!"

The third lady smiles smugly. "Well, my memory's just as good as it's always been, knock wood."

She raps the table. With a startled look on her face, she asks "Who's there?"



Connecticut Fairs

The following is a list of Connecticut Fairs:

Berlin Fair-September 30, October 1 & 2

Durham Fair-September 22, 23, 24, & 25

Four Town Fair-September 15, 16, 17 & 18

Goshen Fair-September 2, 3, 4 & 5

Guilford Agricultural Fair September 16, 17 & 18

Haddam Neck Fair-September

2, 3, 4 & 5

Harwington Fair-October 1 & 2

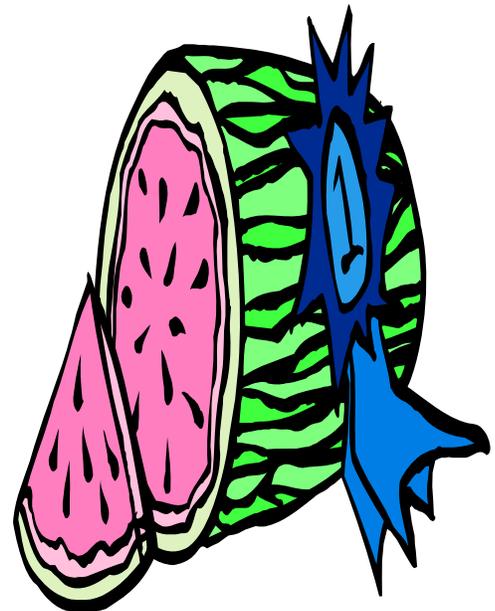
Hebron Harvest Fair-September 8, 9, 10 & 11

North Haven Fair-September 8, 9, 10 & 11

Orange Country Fair-September 17 & 18

Portland Fair-October 7, 8 & 9

Woodstock Fair-September 2, 3, 4 & 5



The Center will be closed, Monday, September 5th in honor of Labor Day



Join us at the Senior Center for a fun day!



September Birthdays !

Happy Birthday to:

Fred Nowisch	9/6
Lenny DeCarli	9/8
Lenore Hewitt	9/18
Lucille Dauphin	9/18
Lillian Percoski	9/18
Bernice Sierakowski	9/19
Bob Hoermann	9/23
Bea Leibenguth	9/25
Helen Scarpello	9/26

Happy Anniversary to:

Edward & Mary Chartier	9/10
Grace & Bob Cameron	9/12
Dick & Joyce Bennett	

*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

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: