

Rose City Senior Center



8 Mahan Drive, Norwich, CT 06360
(860) 889-5960 Fax (860) 885-1160

NOVEMBER 2009

Monday-Friday
8:00 AM-4:00 PM



"A Son Remembers Dino" *Aqua Turf Club* at Christmas

Tuesday, December 8, 2009



Ricci Martin, the youngest and only living son of legendary crooner Dean Martin, shares his personal stories and tales of his dad, while the audience views childhood pictures and video of his family. He will take you on a walk down memory lane, performing his father's most famous songs. While there could be only one Dean Martin, Ricci celebrates his father's life, giving a performance that would have made Dino proud. This wonderful show has been in Reno and Las Vegas, and will be very touching at Christmas time.

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Thanksgiving at the Schools

Thursday, November 19th

Join local Students for their Annual Thanksgiving Holiday Dinner!

(APPROXIMATE TIME - CATCH BUS 10:30 A.M., RETURN ~12:45 P.M.)

PLEASE JOIN US AS WE HOP ABOARD SCHOOL BUSES AND VISIT VARIOUS SCHOOLS TO HAVE A THANKSGIVING MEAL WITH THE YOUNG STUDENTS. SOME SCHOOLS OFFER A BRIEF TOUR, OTHERS A HOLIDAY PRESENTATION. THE MEALS ARE DELICIOUS AND THE STUDENTS ARE ENTERTAINING, INFORMATIVE AND CHARMING.

Please Register with Reception (889-5960) by Nov. 12th

Seniors going to Bishop, Greeneville, Huntington, Uncas, and Wequonnoc Schools will catch the bus at the Senior Center.

Seniors going to Stanton and Mahan Schools will catch the bus at Chase Manor.



SUNSHINE CORNER



Thinking of You and Get Well Wishes go to Loretta McInerney, Mary Phillips, Hilda Levy, Edward Hnatiuk, Maryjanna Fournier, Roger Marien, George Branco, Anne Hertz, and Gladys McGrath.

Our Sympathy to the families of Doris "Jeanne" Berlepsch, James Gradilone, Julia Schaeffer, Salome Roberts, Lucy Tramontozzi, Phyllis Porter, Peter Gialluca, Russell Jeppesen, Mary Petrowsky, Leroy Seawell, Mary Belliveau, Aurore Bateson, Germaine Bolieau, Lillian Goodman, Alicia Misinski, Henry Petrowski, Ceil Davidson, Lois Airey, Ethel Gianacopolos, Patricia Lukoski, Jean Covino, James Sabe, Lebra Ceccolini, and Evelyn Levasseur.

Condolences to Frances Barry for the loss of her brother, Michael Paterno; Barbara Sullivan for the loss of her niece Kathy Musser; Irene Jacaruso for the loss of her sister, Salome Roberts; Andrea Gialluca for the loss of her husband, Peter; Betty Jeppesen and Alita Dupont for the loss of their husband/brother, Russell; Helen Babbitt for the loss of her sister, Mary Petrowsky; John Belliveau and Annette Armstrong for the loss of their wife/sister, Mary; John Belliveau for the loss of his brother, Clarence; John Falvey for the loss of his brother, Daniel; Francis Misinski for the loss of his wife, Alicia; Katherine Petrowski for the loss of her husband, Henry; Evon Mulcahy for the loss of her husband, James; Peter Gianacopolos for the loss of his wife, Ethel; Anna Gullak for the loss of her niece, Jeanne Clifford; and Theresa Sabe for the loss of her husband, James.

BIRTHDAY CELEBRATION



The **September** Birthday Celebration honored three seniors. They were Donald Menard, Charles Norton, and Walter DeVeau who won the Gift Certificate to *Dunkin' Donuts*.

The **Birthday Celebration** for **November** will be on **Wednesday, Nov 18th at 11:45 a.m.** You must sign up for lunch that day to be eligible for the drawing.

It's Flu Season – Let's Do Our Part!

We all need to do our Part to stay healthy and keep others healthy:

If you are feeling ill, please stay home until you are symptom free.

1. Since people are most contagious the first two or three days of a cold, you will help your peers by keeping it out of the Senior Center.
2. If you rest, you will probably get well faster. So by taking some time away from the center, you will probably improve your overall health.

Thank you for doing your part.

Trip: continued from Page 1... Aqua Turf Club at Christmas...

Aqua Turf, "Connecticut's Premier Banquet Facility," will be decorated to the hilt for the holiday season, and will provide a lovely backdrop for his family-style meal:

- * **Homemade Chicken Soup** * **Penne Pasta with Meat Sauce** *
- * **Rolls and Butter** * **Baked Salmon** * **Roast Pork Loin** *
- * **Boiled Potatoes** * **Vegetable** * **Dessert** * **Coffee and Tea** *

\$80 per person

Includes transportation, meal, show, all taxes and gratuities

9:30 AM – Depart Marcus Plaza

9:45 AM – Depart Senior Center

Approx. Return – 5:00 PM

REGISTRATION by telephone:

Members, Norwich Resident - Beginning Wed., Nov. 4th at 5:00 p.m.

Members, Non-Resident - Beginning Thursday, Nov. 5th at 5:00 p.m.

Non-Members - Beginning Friday, Nov. 6th at 5:00 p.m.

**Dial 889-5960, extension 104. Leave your information on the voicemail. (If you dial the extension and are not transferred to the trip registration mailbox, it means that the line is busy. Hang up and try again a few minutes later!)*

Library News

The library staff has been exceptionally busy this year. We are happy to report that, as of September 30, some 2,394 books were donated to the library. Of these, a total of 1,841 books were added to the collection. As we are limited by space, we have had to remove as many older books which are out of favor in order to make room for these new additions. We are grateful to all who donate books of recent publication which are "new" or "like new" as to their physical condition

New: We will be adding more shelving to broaden our ability to keep more books as we add new titles; and you will notice some changes in the library as the new shelving is installed and some bits and pieces are moved to new areas. Our "New Books" bookcase has become insufficient to our increased donations. We are therefore implementing a new system. Library users will notice a list of books pinned to the library *Bulletin Board*. These represent new books which have been added to the library each month. As we phase out the "New Books" bookcase, as part of the ongoing changes, we will begin to shelve all new books directly into the appropriate collection; i.e.: **Autobiography** / **Biography** / **Memoirs**, **Fiction**, **Large Print**, **Mystery**, and **Romance**. Due to lack of interest in non-fiction books, we are discontinuing that category.

During these next few months, the library will be in a state of flux, and we beg your patience during the changes. Our staff is dedicated and proactive, and the Senior Center is fortunate to have volunteers who continue to seek better ways to serve those members who love a good story.

Respectfully submitted, *Erna Luering*

"Help Your Neighbor"—Is a program where we take requests for needed household items for our seniors and advertise for them (with no names attached) in this newsletter.

This month's "Help Your Neighbor" request:

- ◆ **Bureau**
- ◆ **Recliner**
- ◆ **Wheeled Grocery Basket**
- ◆ **Piano Bench or Stool**

IF YOU HAVE A NEED, PLEASE TALK TO MIKE OR DANA, AND WE WILL CONFIDENTIALLY HANDLE YOUR REQUEST. ODDS ARE, SOMEONE WHO READS OUR NEWSLETTER WILL HAVE THAT FREEZER/HEDGE TRIMMER/YOGURT MAKER/ETC., THAT YOU NEED, AND THEY WILL RESPOND TO THE AD. WE WILL ARRANGE DELIVERY TO YOU. ALSO, KEEP AN EYE ON UPCOMING ISSUES OF THE VOICES, BECAUSE SOMEONE MAY BE IN NEED OF SOMETHING THAT YOU WANT TO GIVE AWAY!

Notes from the "Greenhouse"

Another "outside garden" year is nearing its end, but the Greenhouse Volunteers continue to meet informally on Mondays and Fridays about 10:00 a.m. We keep a garden log on the counter to the right as you enter the room and in it you can find out when and if the plants have been watered.

Our continuing goals are to bring smiles and memories to you all, to brighten your day, to keep up with seasonal displays (also for your enjoyment) and eventually to extend our sprucing up to other outside areas at the center.

We WILL grow more tomatoes, green beans, cucumbers, and basil for the 2010 garden. Seeds will be started in the winter.

The perennial garden is evolving. The grand plan is to have continuous color in attractive combinations from May through Autumn. By the way, weren't the Heritage Morning Glories particularly magnificent this year?

We welcome new volunteers to the Greenhouse. It's fun to trade plant information and expertise!

PLEASE NOTE: Things to **Pre-Register** for + **suggested donation**, if applicable:

Country Western Dancing—(\$4/class)

Massage Therapy—call DANA (\$25)

Pastel Class—call DANA TO REGISTER

Photo ID Cards—see Receptionist (Members \$1, Non-members \$5, in advance)

Podiatry Clinic—call the Clinic (\$15)

Tai Chi (10 weeks)—call DANA (\$45-Beginners, \$95-Ongoing)

Trips—Please see pg 1&4 of VOICES for times/dates/cost.

TVCCA Cafe Day Meals—Must order 3 days ahead, by 11:00 am in the Dining Room (\$2.50/Hot Meals, \$3.00/Salads)

Celebration Meals—As posted in the Dining Room

Senior Center Birthday Celebration Meals—(see TVCCA Cafe Day Meals above)

Yoga & Chair Yoga—(\$3/week if paid in advance, \$4/class, if paid weekly - call DANA for schedule)

ALSO AT THE SENIOR CENTER...

OUTREACH—Natalie Lindberg, our Outreach Administrator, is available for appointments on Monday, Tuesday, and Wednesday from 8:00 a.m.-3:00 p.m. This can take place at the Senior Center or for homebound seniors out in the community. She will assist you with questions about Conn-Pace, Medicare-D, Living Wills, Housing, Insurance, State Programs, Renter's Rebate and more. Please call 889-5960 if you would like to make an appointment with Natalie. You may, of course, call the Senior Center any time for emergencies.

NOTARY PUBLIC—The Senior Center has a Notary Public available to assist your needs. To make an appointment please call the Center.

MEDICARE Assistance—The 1st Wednesday of every month, from 10:00 a.m. until Noon, a representative from Senior Resources, Agency on Aging will be at the Senior Center to provide assistance with Medicare questions, supplemental insurance, or any other medicare related issues. This is a walk-in service.

GIFT SHOP—Open to the public, it is located in the Senior Center lobby. We offer a variety of gifts and cards for very reasonable prices. Local crafters have various items available as well as items that are made here at the Center.

HOBBY SHELF—If you or someone you know would like to display a hobby or collection at the center, please contact Mike.

COFFEE SHOP—The Senior Center Coffee Shop is open Monday through Friday from 8:30-10:30 a.m. It is hosted by friendly volunteers who serve a variety of muffins, toast, donuts or bagels, and coffee, tea, juice or milk at very reasonable prices. Start your day with breakfast and friends!

MEMBERSHIP FEES*—1-Year Membership (July-June) is **\$25** per person. Membership is required to participate in events sponsored by the Senior Center as well as for transportation services. Thank you for supporting the Rose City Senior Center. *Financial Assistance Available.

HAIRDRESSER—Tuesdays/Fridays (9:00 a.m.-2:00 p.m.) Appointments may be made by calling Michelle at 889-4995.

A **Senior Center Participant Committee** was formed to address the need to have more input from the Seniors on how the Senior Center is run and what can be done to improve it. Also, it gives the members another forum to address concerns and tell about good things that are happening. The following is a list of the members of the committee and their phone numbers. They will be glad to hear from you and bring your comments to our monthly meetings. Of course, if you have immediate concerns or comments you may always contact the Director of Senior Services.

Olive Lyman 887-7108
Adele Elliott 887-0919

Betty Lee 822-8595
Rafael Ortiz 889-2322

Bo Crouch 887-1984
Theresa Williams 887-1213

DID YOU KNOW....

The Rose City Senior Center has a **Benefits Counselor** available on Thursdays from 8 a.m. to 3 p.m. to assist the needs of frail elderly and home-bound seniors in the Norwich area. This counselor is available to assist with Medicare, housing issues, ConnPace and other entitlement programs. Please Call 889-5960 for more information.

The Senior Center offers a **Podiatry Clinic** on the 1st Friday of each month. Dr. Thomas Walter is available for your foot care needs. Please call to make an appointment. The suggested donation is \$15.00.

***These programs are funded by Senior Resources and the City of Norwich, Department of Human Services.

SPECIAL DATES IN NOVEMBER

- Mon 2nd 12:00-4:00 **55 Alive, Pt. 1** - AARP Driver Safety Class (register with Dana)
- Tues 3rd 8:30 *Elder Care Review Team Meeting*
- Tues 3rd 10:00 Visually Impaired Support Group
- Wed 4th 10:00 Blood Pressure Clinic
- Wed 4th 10:00 Medicare Assistance—*Senior Resources*
- Wed 4th 12:00-4:00 **55 Alive, Pt. 2** - AARP Driver Safety Class
- Wed 4th 5:00 p.m. **Trip Registration** begins: *AquaTurf* (SEE PG 3)
- Fri 6th 8:15 Podiatry Clinic—Dr. Walter (CALL MIKE/DANA FOR APPOINTMENT)
- Fri 6th 8:45-10:00 Hot Breakfast - Breakfast Sandwiches**
- Tues 10th 1:30 CSEA #403 Meeting
- Wed 11th *** CENTER CLOSED *** VETERAN'S DAY HOLIDAY**
- Fri 13th 8:45-10:00 Hot Breakfast - Pancakes**
- Mon 16th 9:00 *Senior Affairs Commission Meeting*
- Tues 17th 9:00 Senior/Student Friendship Program
- Wed 18th 10:00 Blood Pressure Clinic
- Wed 18th 11:45 Senior Center Birthday Celebration
- Wed 18th 1:30 AARP #1004 Meeting - **Special Veterans Program - ALL WELCOME!**
- Thurs 19th 9:00 **Free "Hearing" Clinic** (CALL DANA FOR APPOINTMENT)
- Thurs 19th 10:30-12:45 **Thanksgiving at the Schools** (PLEASE REGISTER AT RECEPTION) (SEE PG 1)
- Fri 20th 8:45-10:00 Hot Breakfast -Quiche**
- Tues 24th **TRIP: "RADIO CITY CHRISTMAS SPECTACULAR+LUNCH AT WALDORF"**
 6:45 —leaves Senior Center
 7:00 —leaves Marcus Plaza
- Tues 24th 9:00 Relative Caregivers Support Group
- Tues 24th 9:00 **Massage Therapy** (CALL DANA FOR APPOINTMENT)
- Tues 24th 1:30 AARP #3636 Meeting
- Thurs 26th *** CENTER CLOSED *** THANKSGIVING DAY HOLIDAY**
- Friday 27th *** CENTER CLOSED *** DAY AFTER THANKSGIVING HOLIDAY**

**Medicare/Insurance
Counseling**
with Phyllis Smith
Available Mon-Fri
(BY APPT ONLY)

**ROSELAND
COMBO**
is looking for a
Bass Guitarist.
Please call Olive at
887-7108.

Golden Nuggets HOLIDAY SCHEDULE

Dec. 8th
Dec. 15th
Dec. 22nd

Concert Locations will be listed
in the December VOICES.

STAFF LUNCH:

The Senior Center staff would like to take their lunch break between Noon and 1:00 p.m. If you would like to speak to a staff member, please try to do it before or after their lunch hour. It would be appreciated.

UPCOMING

HOLIDAYS 2009

Christmas Eve - Ctr Closes at 2:00
Christmas Day - Dec 25th

MONDAY

- 8:00 *HEALTH ADVISORY COMMITTEE (QUARTERLY)*
 9:00 *SENIOR AFFAIRS COMMITTEE (3RD MON, 9 MO)*
 9:00-noon Drop-In Computer Assistance
 9:30 Art Class
 9:30 Exercise Class-Aerobics
 10:45 Line Dancing
 12:45 Pinochle
 1:00 Pitch

TUESDAY

- 8:30 *Elder Care Review Team (1ST TUE, 9 MO)*
 9:00-2:00 Hairdresser (BY APPT. ONLY)
 9:00 Nurse
 9:00 Oriental Rug Making
 9:00 Massage Therapy (LAST TUE)
 9:00 *Relative Caregivers Support Group (LAST TUE)*
 9:00 Senior/Student Friendship Program
 9:30 Backus Baby/Children's Hats
 10:00 Visually Impaired Support Group (1ST TUE)
 10:30 *Roseland Combo - Rehearsal*
 12:45 Bridge
 1:00 *Golden Nuggets*
 1:30 *CSEA #403 Retirees (2ND TUE)*
 1:30 *AARP #3636 (4TH TUE)*

WEDNESDAY

- 8:30 Heart Rate Safe Exercise Program

Medical Equipment Shed

The Senior Center has all sorts of used medical equipment that we lend out to seniors in order to save them a buck or two. We have walkers, commodes, bedrails, canes, shower benches and chairs, and a hodge-podge of other equipment. Please, before you buy this expensive equipment, stop in and see us and maybe we can help you.

- 9:30 Scrabble
 9:30 Ceramic Class
 9:30 Volunteer Workshop
 10:00 Walk-in Medicare Assistance—
Senior Resources (1ST WED)
 10:00 Nutrition Class & Chair Exercise
 10:00 Blood Pressure Clinic (1ST & 3RD WED)
 11:00 Yoga
 12:45 Bridge
 1:00 Beginners Pool
 1:00 Quilting
 1:00 Ping Pong
 1:30 *AARP #1004 (3RD WED)*

THURSDAY

- 9:00 Nurse
 9:00 *"Hearing" Clinic (3RD THU, BY APPT.)*
 9:30 Ceramic Class
 10:00 Pastel Class
 12:45 Pinochle
 1:00 Country Western Dancing
 1:00 Optional pool
 1:00 Quilting
 2:45 Chair Yoga (NO TRANSPORTATION AFTER)

FRIDAY

- 8:45-11:45 Podiatry Clinic—Dr. Walter
 (1ST FRI, BY APPT. ONLY)
 9:00 Massage Therapy
 9:30 Po-Ke-No
 9:30 Knitting Circle
 9:30 Exercise Class-Aerobics
 9:30 Keyboard Lessons-Beginner
 9:00-2:00 Hairdresser (BY APPT. ONLY)
 10:45 Yoga
 12:00 Tai Chi
 12:45 Bridge
 1:00 Bingo

MISSION STATEMENT: It is the mission of the staff and policies of the Rose City Senior Center to offer recreational, educational, social, health, and human service programs, which are designed to foster independence and community involvement, for persons age 55 and older.

Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360



TRANSPORTATION AVAILABLE AT SENIOR CENTER

SENIOR CENTER—Transportation to the Center is available beginning at 8:30 a.m., with return trips at 1 p.m. and 3:00 p.m. Please call the Center before Noon the day before, to schedule a ride for the next day.

MEDICAL APPOINTMENTS—Transportation to medical appointments is available from 8:45 a.m. until 2:15 p.m. Early reservation is recommended as these appointments fill up quickly, sometimes months ahead.

WHEELCHAIR VAN—Transportation for medical appointments and shopping is available for seniors needing wheelchair-accessible transportation. Space is limited. Advance reservation required.

MED RIDE II—Transportation is now available for Seniors or Disabled Residents of Norwich/Montville to out-of-town medical appointments. Please call Anne at 889-5960 to check for availability.

SENIOR CENTER BUS - SHOPPING SCHEDULE

MONDAY — STOP & SHOP

9:30-11:15 YANTIC/TAFTVILLE

10:30-1:15 WESTSIDE

TUESDAY — *No Shopping*

WEDNESDAY — SHOP RITE & BIG Y

9:30-11:15 WESTSIDE

10:30-1:15 EASTSIDE

THURSDAY — STOP & SHOP

9:30-11:15 EASTSIDE

10:30-1:15 CITY

FRIDAY — SHOP RITE & BIG Y

9:30-11:15 CITY

10:30-1:15 YANTIC/TAFTVILLE

YANTIC/TAFTVILLE - includes St. Jude Commons, Wequonnoc Village

WESTSIDE - includes Chase Manor, Westwood Park (Dorsey Bldg.), Eastwood Park.

EASTSIDE - includes Hamilton Park, Rosewood Manor, AHEPA, Schwartz Manor, Laurel Hill

CITY - includes downtown, lower Boswell Ave., Blackstone Apts., Mohegan Park Apts., Mohegan Village, Sandy Lane Apts.

Inclement Weather Notice:

If the area experiences bad weather this coming winter, the Senior Center may be closed. Please listen to WICH-1310 AM or WCTY-97.7 FM, or watch WFSB, TV Channel 3.