

Rose City Senior Center



VOICES

OCTOBER 2009



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

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

RADIO CITY CHRISTMAS SPECTACULAR AND OSCAR'S BUFFET LUNCH AT THE WALDORF Tuesday, November 24th

Prepare to be knocked off your feet! The 2009 Radio City Christmas Spectacular will be a once-in-a-lifetime experience that redefines "spectacular" from the moment you step inside Radio City Music Hall. The show stars the world-famous Radio City Rockettes in an unparalleled performance featuring the Rockettes' signature eye-high kicks, precision choreography, and exciting show-stopping numbers. This legendary Spectacular has dazzled over 65 million people for more than 75 years and continues to create memories that will last a lifetime. Everyone will delight in this multi-faceted spectacular where Santa surprises as he flies high above the crowd, childhood dreams come true in the Nutcracker, and all are touched as the true meaning of Christmas comes to life with the awe-inspiring "Living Nativity."



To highlight your New York day, prior to your 2:00 show, indulge yourself in a delicious lunch at Oscar's in the world-famous Waldorf, one of New York's landmark hotels. While items on the buffet change due to seasonality, the following sample menu give you an idea of the culinary creativity of the chef:

(CONTINUED ON PAGE 3)

*** Oktoberfest ***

**Thursday, October 29th
at Noon**

Pretzels, Bratwurst, Warm Potato Salad,
Sauerkraut, Black Forest Cake, and O'Douls.
Entertainment by Charlie Katania.

\$5 per person

Tickets available at the reception desk
Entertainment provided by HealthNet.



SUNSHINE CORNER

Thinking of You and Get Well Wishes go to Elizabeth Kachuk, Celestina Green, Ana Pedraza, Rose Curran, John Thomas, Flo Benson, Sophie Wicher, Blondie Bohara, John Buzenski, Mike Sforza, Mary Phillips, Genevieve Chojnacki.



Our Sympathy to the families of Bernard Beller, Phyllis Soloff, Viola Trudeau, Josephine Mayor, Alma Griffin, Thomas Brown, Elizabeth Hyde-Amato, Elsie Roberts, Goldie Connor, Thaddeus and Minnie Kolasa, Rose Jello, Celia Lentz, and Celestina Green.

Condolences to Lucienne Burelle for the loss of her daughter, Mary "Betty" Malavenda; Harold Soloff for the loss of his wife, Phyllis; Joan Drew for the loss of her mother; Thomas Griffin for the loss of his wife, Alma; Ruth Bailiff for the loss of her son, Gary Laskowski; Daniel Renaldi for the loss of his sister, Rose Jello; Wilfred and Sheila Duprey for the loss of their daughter, Robin; and Margaret Thompson for the loss of her husband, James.

BIRTHDAY CELEBRATION

The **AUGUST** Birthday Celebration honored three seniors. They were Rafael Ortiz, Ana Pedraza, and Edith Marsdale who won the Gift Certificate to *Subway*.



The **Birthday Celebration for October** will be on **Wednesday, Oct 28th at 11:45 a.m.** You must sign up for lunch that day to be eligible for the drawing.

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...

RADIO CITY CHRISTMAS SPECTACULAR...

MARINATED ARTICHOKE HEARTS WITH ROASTED PEPPERS
 FUSILLI PASTA SALAD WITH GARDEN VEGETABLES AND PESTO VINAIGRETTE
 OSCAR'S WALDORF SALAD
 SMOKED TURKEY, TOMATO, AND BACON WRAPS
 SLICED, MARINATED SIRLOIN OF BEEF WITH TOMATO BRUSCHETTA
 GILLED ATLANTIC SALMON WITH TOMATO AND PINEAPPLE BROTH
 PAN-SEARED FREE-RANGE CHICKEN BREAST WITH MUSHROOM RAGOUT
 GARLIC MASHED POTATOES, SAUTEED ASPARAGUS, BABY CARROTS, AND
 PEARL ONIONS
 AN ARRAY OF PIES, CAKES AND PASTRIES
 ROLLS AND BUTTER, COFFEE AND TEA

\$141 per person

Includes transportation,
 lunch, show tickets,
 and driver's gratuity

6:45 AM – Depart Senior Center
 7:00 AM – Depart Marcus Plaza
 Approx. Return – 7:00 PM

REGISTRATION by telephone:

Members, Norwich Resident - Beginning Wed., Oct. 7th at 5:00 p.m.

Members, Non-Resident - Beginning Thursday, Oct. 8th at 5:00 p.m.

Non-Members - Beginning Friday, Oct. 9th 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!)*



First, we will head to Holmberg Orchards to pick our own apples and pumpkins!

They also have a farm stand full of already-picked fruit, flowers, and baked goods.

Next, we will enjoy a delicious lunch at Ten Clams Restaurant in Olde Mystick Village, where everything costs less than ten clams!

Sign up with Dana beginning at 8 a.m. on Tuesday, October 6th.

*Cost: \$1 for the ride;
 purchase your own fruit and lunch*

Scissor and Knife Sharpening

by Razor's Edge Sharpening

Monday, October 26th

10-1 (in the Ceramics Room)

\$2 knives * \$5 scissors

Drop in on October 26th, or you can drop off your items with Dana ahead of time (be sure to label them with your name and include your payment)

Craft BazaarSaturday, October 10th

9 a.m. - 3 p.m.

36 Vendors!!!

(Volunteers needed- please contact Dana if you can help!)

2009 Trips Preview:**DECEMBER: "A SON REMEMBERS DINO" AT AQUATURF****SUBJECT TO CHANGE: CHECK VOICES EACH MONTH FOR PRICES, REGISTRATION INFORMATION, AND MORE DETAILS.**

"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:

- ◆ **Long Handled Grass Snippers**
- ◆ **Over the Bed Table/food tray (like in hospital)**

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!

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	Betty Lee	822-8595	Bo Crouch	887-1984	Theresa Williams	887-1213
Adele Elliott	887-0919	Rafael Ortiz	889-2322	Judy Irvin	886-5366		

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 OCTOBER

Fri 2 nd	8:15	Podiatry Clinic—Dr. Walter (CALL MIKE/DANA FOR APPOINTMENT)
Fri 2 nd		NO Hot Breakfast today
Fri 2 nd	11:30	Western Hoe-Down - SR. CTRS DIRECTOR'S EVENT @ <i>PORT N' STARBOARD</i>
Tues 6 th	8:00	Mini-Trip Registration begins: Celebrate Fall w/Holmberg Orchards+10 Clams
Tues 6 th	8:30	<i>Elder Care Review Team Meeting</i>
Tues 6 th	10:00	Visually Impaired Support Group
Wed 7 th	10:00	Blood Pressure Clinic
Wed 7 th	10:00	Medicare Assistance— <i>Senior Resources</i>
Wed 7 th	5:00 p.m.	Trip Registration begins: <i>Radio City Christmas Spectacular</i> (SEE PG 3)
Fri 9th	8:45-10:00	Hot Breakfast - FRENCH TOAST
Sat 10th	9:00-3:00	Craft Bazaar at the Senior Center - 36 VENDORS! (SEE PG 4)
Mon 12th	***	CENTER CLOSED *** COLUMBUS DAY HOLIDAY
Tues 13 th	1:30	CSEA #403 Meeting
Wed 14 th	TRIP:	"AUTUMN IN THE BLACKSTONE RIVER VALLEY"
	9:15	—leaves Marcus Plaza
	9:30	—leaves Senior Center
Fri 16th	8:45-10:00	Free Breakfast - Provided by Pendleton Rehab Center
Mon 19 th	9:00	<i>Senior Affairs Commission Meeting</i>
Tues 20 th	9:00	Senior/Student Friendship Program
Wed 21 st	10:00	Blood Pressure Clinic
Wed 21 ^s	1:30	AARP #1004 Meeting
Fri 23rd	8:45-10:00	Hot Breakfast -LOADED SCRAMBLED EGGS
Tues 27 th	1:30	AARP #3636 Meeting
Tues 27 th	9:00	Relative Caregivers Support Group
Tues 27 th	9:00	Massage Therapy (CALL DANA FOR APPOINTMENT)
Wed 28 th	11:45	Senior Center Birthday Celebration
Thurs 15 th 29 th	9:00	Free "Hearing" Clinic (CALL DANA FOR APPOINTMENT)
Thur 29 th	noon	Oktoberfest
Fri 30th	8:45-10:00	Hot Breakfast - MUFFINS/FRUIT

ROSELAND COMBO

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

Medicare/Insurance Counseling

with Phyllis Smith
Available Mon-Fri
(BY APPT ONLY)

Coming In Nov: 55 Alive - AARP Driver Safety Class - Mon. 11/2 & Wed. 11/4 (12-4:00 pm)
(\$12 for AARP members, \$14 for non-members - register with Dana)

NOTICE: We're looking for **Volunteers** to help at the **Craft Bazaar** on Saturday, October 10th. We need:

- * 2 to 4 volunteers from 9 to 12 to man the Senior Center craft tables
- * 2 to 4 volunteers from 12 to 3 to man the Senior Center craft tables
- * 4 or 5 volunteers from 2:30 to 4 to help break down tables and put the senior center back in order.

If you would be able to help, please talk to Dana!

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

Columbus Day - Oct 12th
Veterans Day - Nov 11th
Thanksgiving Day Nov 26th
+ Day After - Nov 27th
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)*
- 10:00 *Greenhouse/Garden Meeting Organizational (2ND 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*
- 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*

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.

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.