

Rose City Senior Center



VOICES



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

JANUARY 2010

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

Valentine's Day Cabaret at the Senior Center

Saturday, February 13, 2010

4 p.m. - 6 p.m.

*** Transportation Available ***

Music Provided by the *Thames River Big Band*
music from the 30's and 40's.

Hors d'oeuvres, Beverages, Good Company and
Great Entertainment.

\$5.00 per person

*Tickets will be available starting,
Monday, January 4th at the Reception Desk.*



Special Meal Planned for TVCCA Senior Nutrition Program

Thursday, Jan 14th

**Stuffed Pork Loin w/cranberry cornbread stuffing & applesauce,
Baked Potatoes, Seasonal Squash, Peach Cobbler**

\$4.50 (sign up in Dining Room)

Comed Beef and Cabbage Fundraiser Dinner

Wednesday, March 17th (Keep the Date open!)

This popular, annual fundraiser will again be held at the Senior Center.
It will be bigger and better than ever. Tickets (\$10 per person)
will go on sale starting **Monday, February 1st** at the Reception Desk.



AARP Income Tax Assistance



Please call the Senior Center if you wish to make an appointment to have your taxes done.
This is a free-of-charge service through AARP. Appointments will be made for **Thursdays**
from **9:00 a.m. until 12:00 p.m.**, beginning on **February 4th**. Call early, appointments go
quickly.

SUNSHINE CORNER

Thinking of You and Get Well Wishes go to Elsie Ayers, Maria Gustamachio, Rita Golembeski, Barbara Sullivan, Virginia Haight, Frank Chester, Frances Dunlap, and Phyllis Smith.



Our Sympathy to the families of Marcie Jarmon, Marie Bronson, Claire Plante, Dorothy Booty, Elizabeth Kachuk, David Leffingwell, Florence Fox, Edward Caughey Sr., Roman Borusowski, Mamie "Mae" Sabra, Chester Majcher, and Michael Luty.

Condolences to Richard Montminy for the loss of his wife, Yvette; Roberta Leffingwell for the loss of her husband, David; Alma Miclette for the loss of her sister, Mamie "Mae" Sabra; Jane Vargo for the loss of her brother, Michael Luty; and Ann Olson for the loss of her sister-in-law, Margaret Tashea.

BIRTHDAY CELEBRATION

The **November** Birthday Celebration honored **four** seniors. They were **Art Bolieau, Bill Baker, Helen Truncer,** and **Adele Elliott** who won the Gift Certificate to *Dunkin' Donuts*.



The **Birthday Celebration** for **January** will be on **Thursday, Jan. 21st at 11:45 a.m.** You must sign up for lunch that day to be eligible for the drawing.

Shred Those Unwanted Documents!

Shred a Lot . . . finally get rid of those old papers you've been saving,
Shred a Little . . . bring a bit each visit and it won't clutter up your home.

We have a shredder in the lobby for the use of seniors, any time the Center is open. You are responsible for shredding your own documents but staff is available should you need assistance setting up.

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)

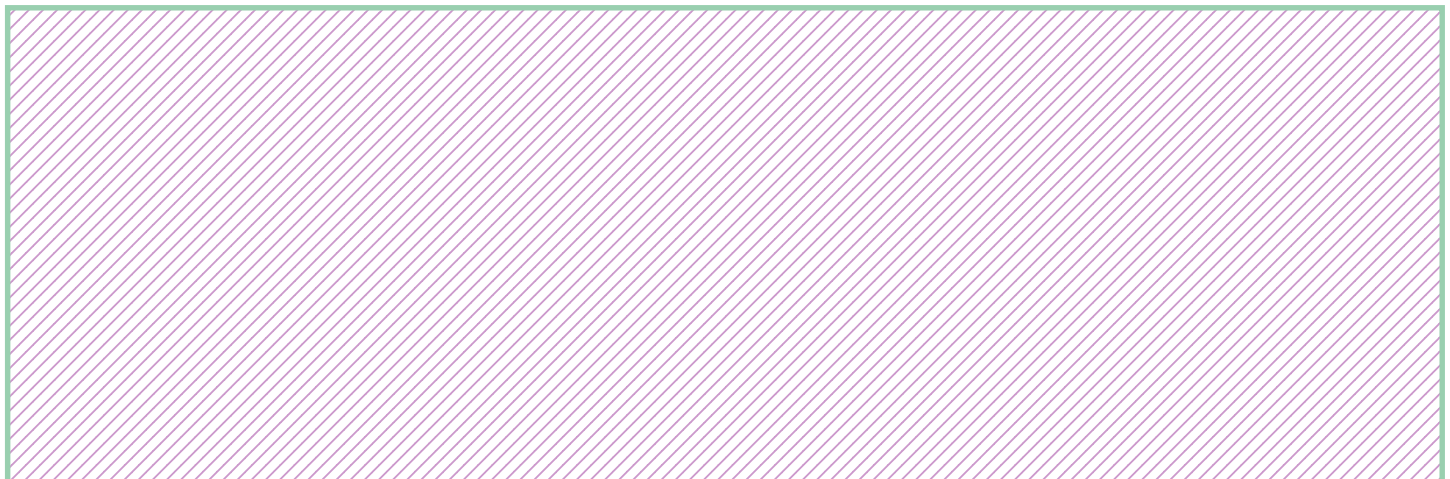
Trips—Please see pg 1&4 of *VOICES* for times/dates/cost.

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)



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Murder Mystery Dinner Theater

Bring your best detective skills...you collect clues to catch the killer!

Nothing could be more fun than to get together with all your old high school friends, heartthrobs and rivals after so many years, even if some of the characters seem to remember you a lot better than you remember them. It's strange and hilarious how some of those old stereotypical high school archetypes just never seem to grow up. Mixing and mingling, reminiscing about old times, maybe glimpsing a rekindled flicker of an old flame, it just doesn't get any better than that.....unless of course, there's a murder (Gasp!) and the whole class has to figure out who did the crime!

Join us for our Murder Mystery Dinner Theater

on Tuesday, April 13, 2010 from 11:30 to 2:30

at Port 'n' Starboard Restaurant, New London

This humorous, curious Murder Mystery, performed by the professional actors at Brickroad Productions, will be interspersed between courses of the meal. Your entrée choices are:

- o **Mystery Meat** (just kidding!)
- o **Baked Sole** with Scallop and Crab Stuffing
- o **Chicken Marsala** with Mushrooms and Peppers
- o **Baked Pork Loin** with Apple Sauce

Served with Fresh Garden Salad, Warm Dinner Rolls, Baked Potato with Sour Cream and Butter, Seasonal Vegetable, and Fudge Roll.

Cash bar

\$33 per person

Includes meal, show,
all taxes and gratuities

We have 36 seats available on the Senior Center busses (FIRST COME, FIRST SERVE). Because the seats are limited, please consider driving.

Reservations requested ASAP.

Payment and meal choices due by March 9th.

(Cancellations and refunds will not be accepted after March 16th)

To make reservations, please contact
Dana Thayer at Rose City Senior Center
(860)889-5960 or dthayer@cityofnorwich.org

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.

2010 TRIPS!

Preview

MARCH 24th - "Wally's Café" at Newport Playhouse and Cabaret - \$65 - Reg: Feb. 15, 16, 17

APRIL 13th - Murder Mystery Dinner Theater \$33; drive self or use Sr. Ctr. Bus - Reg. by March 9th

APRIL - Stonewall Kitchen and Kittery Outlets

MAY - Salem Cross Inn's Old Fashioned Summer

JUNE - Cape Codder Gourmet Luncheon Train

JULY - Rhode Island Lobster and Lighthouses

AUGUST - Agatha Christie's "The Spider Web" at Stageloft Repertory Theater and Cracker Barrel

SEPTEMBER - Plymouth Rocks with Wine

OCTOBER 20th - Oktoberfest - in Old Sturbridge Reg. Sept. 27, 28, 29

NOVEMBER - ???

DECEMBER - Hu-Ke-Lau and "Bright Nights at Forest Park"

2010 HOLIDAY SCHEDULE - SENIOR CENTER CLOSED

New Year's Day - Jan 1st

Dr. Martin Luther King, Jr. Birthday - Jan 18th

President's Day - Feb 15th

Good Friday - April 2nd

Memorial Day - May 31st

Independence Day - July 5th

Labor Day - Sept. 6th

Columbus Day - Oct 11th

Veterans Day - Nov 11th

Thanksgiving Day - Nov 25th

Day After Thanksgiving Day - Nov 26th

Christmas Day - Dec 24th

"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" requests:**

- ◆ Long-handled Grass Snippers
- ◆ Bureau
- ◆ Wheeled Grocery Basket
- ◆ Small, portable, battery-operated Radio

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!

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.

MEDICARE/INSURANCE COUNSELING—with *Phyllis Smith*. Available Mon-Fri (BY APPT ONLY).

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.

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

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

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.

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

Adele Elliott 887-0919

Rafael Ortiz 889-2322

Theresa Williams 887-1213

Norwich Public Utilities**- Payment Drop Box -**

HAS BEEN INSTALLED ON THE WALL INSIDE THE FRONT ENTRANCE OF THE SENIOR CENTER.
PAYMENTS LEFT IN OUR DROP BOX ARE PICKED UP EACH DAY (MONDAY-FRIDAY) AROUND 2:00 PM
AND PROCESSED BY 5:00 PM THE SAME DAY. (NO POSTAGE IS NECESSARY)

SPECIAL DATES IN JANUARY

- Friday 1st *** CENTER CLOSED *** NEW YEAR'S DAY
- Tues 5th 10:00 Visually Impaired Support Group
- Wed 6th 10:00 Blood Pressure Clinic
- Wed 6th 10:00 Medicare Assistance—*Senior Resources*
- Fri 8th 8:15 Podiatry Clinic—Dr. Walter (CALL MIKE/DANA FOR APPOINTMENT)
- Fri 8th 8:45-10:00 Hot Breakfast - *Belgian Waffles***
- Tues 12th 1:30 CSEA #403 Meeting
- Thurs 14th **TVCCA Special Meal \$4.50 (must pre-register in Dining Room, SEE PAGE 1)**
- Fri 15th 8:45-10:00 Hot Breakfast - *Breakfast Sandwiches***
- Friday 18th *** CENTER CLOSED *** MARTIN LUTHER KING, JR. BIRTHDAY
- Wed 20th 10:00 Blood Pressure Clinic
- Wed 20th 1:30 AARP #1004 Meeting
- Thurs 21st 9:00 **Free "Hearing" Clinic** (CALL DANA FOR APPOINTMENT)
- Thurs 21st 11:45 Senior Center Birthday Celebration
- Fri 22nd 8:45-10:00 Hot Breakfast - *Apple Upside-Down French Toast***
- Tues 26th 9:00 **Massage Therapy** (CALL DANA FOR APPOINTMENT)
- Tues 26th 9:00 Relative Caregivers Support Group
- Tues 26th 1:30 AARP #3636 Meeting
- Fri 29th 8:45-10:00 Hot Breakfast - *Breakfast Casserole***

Please Note: The Senior/Student Friendship Program will resume on February 23, 2010.

Upcoming Events:

- Thurs, Feb 4th Income Tax Assistance Begins (MUST PRE-REGISTER)
- Saturday, Feb 13th Valentine's Day Cabaret 4:00-6:00 p.m. (SEE PAGE 1)
- Wed., March 17th Corned Beef and Cabbage Fundraiser Dinner (SEE PAGE 1)

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.

Lost & Found

Our *Lost & Found* is filled with items looking for their owners: Jewelry, glasses, clothing, keys, etc. Please come to the Reception.

It's Flu Season - If you are feeling ill, please stay home until you are symptom free.

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. 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.

MONDAY

- 8:00 HEALTH ADVISORY COMMITTEE (QUARTERLY)
- 9:00 SENIOR AFFAIRS COMMITTEE (3RD MON, 9 MO)
- 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 (WILL RESUME FEB 23RD)
- 9:30 Backus Baby/Children's Hats
- 10:00 Drop-In Computer Assistance ?
- 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 -NOT JUN/JUL/AUG/DEC)
- 1:30 AARP #3636 (4TH TUE -NOT JUN/JUL/AUG/DEC)

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.

WEDNESDAY

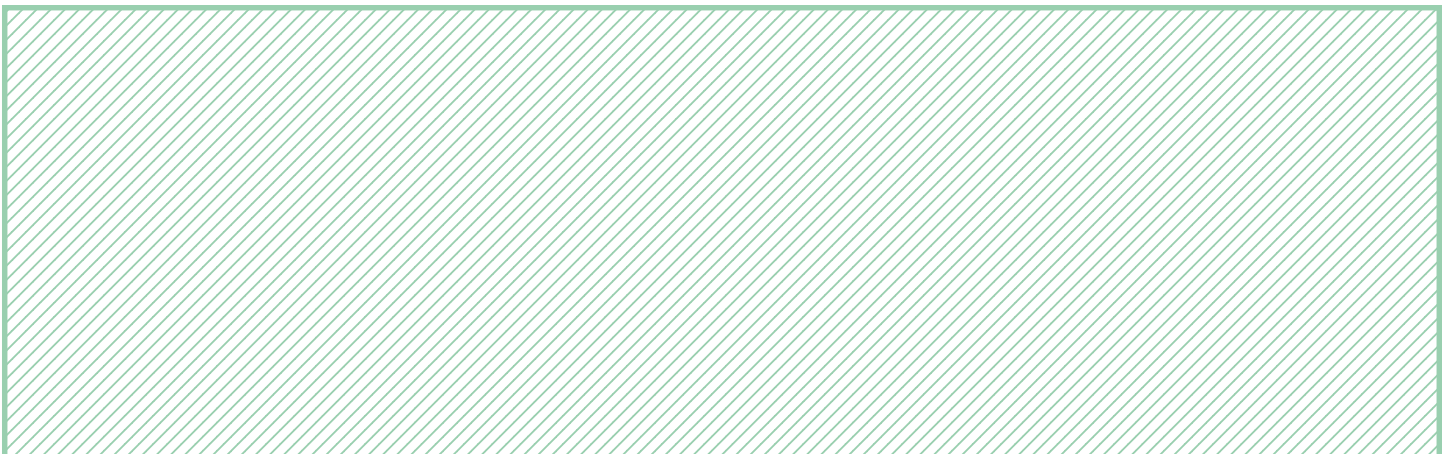
- 8:30 Heart Rate Safe Exercise Program
- 9:30 Scrabble
- 9:30 Ceramic Class
- 9:30 Volunteer Workshop
- 10:00 Walk-in Medicare Assistance—Senior Resources (1ST WED)
- 10:00 Nutrition Class & Chair Exercise
- 10:00 Blood Pressure Clinic (1ST & 3RD WED)
- 11:00 Yoga
- 12:45 Bridge
- 1:00 Beginners Pool
- 1:00 Quilting
- 1:00 Ping Pong
- 1:30 AARP #1004 (3RD Wed-NOT JUN/JUL/AUG/DEC)

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 ?
- 1:00 Cribbage



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.