

Rose City Senior Center



VOICES



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

FEBRUARY 2010

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

Newport Playhouse and Cabaret Restaurant Wednesday, March 24, 2010

We begin our day at Newport Playhouse in the dining room with a scrumptious buffet. Then we will head into the theater for the show, **"Wally's Café."** In this "wonderful wacky comedy," a couple opens a diner near Las Vegas. It seems their only customer is a footsore Illinois girl hitchhiking to Hollywood! Years later she returns to bail out her old friends.

After the show, we will return to our seats in the dining room, and the cast will entertain us with a hilarious cabaret show.



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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 available at the Reception (LAST DAY TO PURCHASE IS FEB 8TH)

Corned 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.



SUNSHINE CORNER

Thinking of You and Get Well Wishes go to Norma Trakas, John Steadwell, Hersh Goldstein, Alva McGhee, Mary Phillips, Gladys LaFlesh, Frank Estelle, Steve Ingraham, and Poul Sterregaard.



Our Sympathy to the families of Josephine Chimenti, Viola Glaude, Pauline Stephanou, Stephen Stavrou, Sherwood Peppers, Madeline Bazinet, Doris Ninteau, Rene Dugas, Sr., John Serafin, Margaret Pradel, David Copp, Sr., and Marie Mercier.

Condolences to Thomas Chimenti for the loss of his wife, Josephine; Hortense Lamothe and Irene Michon for the loss of their sister, Viola Glaude; Margaret Post for the loss of her brother, Stephen Stavrou; Rita Levantos for the loss of her son, Charlie; Celia Peppers for the loss of her husband, Sherwood; Mary Rollins for the loss of her son, Fred, Jr.; Mary Grace Varneke for the loss of her son, Joseph; and Georgette Copp for the loss of her husband, David.

BIRTHDAY CELEBRATION

The **December** Birthday Celebration honored **nine** seniors. They were Barbara Sullivan, Ann Sullivan, Ann Bania, Lillian Clark, Roland Denomme, Pat Perkins, John Buzenski, Louise Lemire, and Elizabeth Hunt who won the Gift Certificate to *Stop & Shop*.



The **Birthday Celebration** for **February** will be on **Friday, Feb. 26st at 11:45 a.m.** You must sign up for lunch that day to be eligible for the drawing.

CapTel Presentation

By *Disabilities Network of Eastern CT*
Friday, February 26th at 10:45

Learn about the CT Captioned Telephone Service and how it could help you!

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.

"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 requests:**

- ◆ Long-handled Grass Snippers
- ◆ Battery-operated Alarm Clock with LOUD alarm
- ◆ 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 ITEM 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!

*Trip: continued
from Page 1...*

Newport Playhouse and Cabaret Restaurant

BUFFET INCLUDES:

Fresh Fruit Salad, Three-Bean Salad, Vegetable Medley, Salad, Potato Salad, Lettuce Bowl, Homemade Pasta in Sauce, Homemade Meatballs, Roasted Chicken, BBQ Chicken, Sausage (Italian) and Peppers, Homemade Potatoes, Sweet Potatoes, Fresh Turkey, Homemade Stuffing, Sliced Beef, Vegetable Medley, Glazed Baby Carrots, Green Beans in a Light Tomato Sauce, Roasted Pork in Gravy, Corn and Peas, Peel and Eat Shrimp, Fresh Baked Rolls and Butter, Assorted Desserts, Free Hot Coffee and Hot Tea All Afternoon!

\$70 per person*

Includes transportation,
show, meal, cabaret,
all taxes and gratuities

**PLEASE NOTE PRICE CHANGE*

9:15 AM – Depart Marcus Plaza
9:30 AM – Depart Senior Center
Approx. Return – 5:00 PM

REGISTRATION by telephone:

Members, Norwich Resident - Beginning Monday, Feb. 15th at 5:00 p.m.

Members, Non-Resident - Beginning Tuesday, Feb. 16th at 5:00 p.m.

Non-Members - Beginning Wednesday, Feb. 17th at 5:00 p.m.

**Dial 860-889-5960. When you hear the recorded message, dial 104 and follow the prompts.*

Murder Mystery Dinner Theater



Join us 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 Baked Pork Loin with Apple Sauce
- o Baked Sole with Scallop and Crab Stuffing
- o Chicken Marsala with Mushrooms and Peppers

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, taxes and gratuities). Payment and meal choices due by March 9th. (Cancellations and refunds will not be accepted after March 16th.)

Drive yourself or ride the Senior Center bus (limited seats – call now!



Christmas Day 2009

Photos by Hilary Sandberg

The Christmas Party on the 25th at the Senior Center was a success this year. I thank my immediate family, Bruce, Stephanie, Evan and Brooke Bordeau, Betsy and Mike Kaminski.

Thanks Mike and Dana for your help in setting up and also for peeling



turnips. Also thanks to everyone who donated turkeys, turnips, money and time for this special day. Without this help there would be no party at the Senior Center. Special thanks to Mary Lemire and Paul Erickson for driving the seniors to the party and Mary for taking them home afterward. Special thanks to Ed/Geri Meadows and Frank Kohanski for their help over the years.

Nancy Davis Pratviel, R.N. (Nurse Nancy) excelled this year on the hors d'oeuvres. They tasted as good as they looked, and I thank her for the many hours she worked on them. Thanks also to Betsy Kaminski, Geri Meadows and Hilary Sandberg for their valuable help on the hor d'oeuvres.

A special thanks to Kerri & Dan Redner, daughters Shalie, Victoria, Taylor; John and Michelle Grice, sons Austin, Brian and Raymond. For the past six years these wonderful families come on Christmas Day armed with large trays of cookies and fudge. They roll up their sleeves and start working. From the youngsters calling Bingo and helping serve, to the job of putting cream and honey on the pies these families excel.

Ed and Geri's daughter did not get enough with helping last year so she returned this year also. Tom and Mallory Schenking were unable to help, but mom Kelly and Granddaughter Lindsay came and we appreciate it.

The celebrity of the day, Ben Lathrop, jack-of-all-trades in the kitchen, I thank you. Without his help I'd be stuck washing pans or serving food instead of "just being the hostess."

A great big thank you to our "BEGINNER OF THE YEAR," Hilary Sandberg. We hope Hilary will continue for the coming years. She was by my side from Wednesday the 23rd through closing on the 25th. Without help like this I couldn't do it.

A Happy and Healthy New Year to all. I look forward to seeing you again next year.

Betty Bordeau, Retired Person and Lady of Leisure

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.

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.

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.

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.

Library News

This past year the volunteers have added a total of 2,368 books to the library, from a total of 3,020 books donated. Of the total books donated, 652 were rejected due to the following causes: duplication of title, physical condition of the item (torn, mildewed, damp, filthy, etc.), publication date and genres not supporting the library's collections. Due to limited shelving space, we discourage giving non-fiction books, with the exception of the ABM collection. ***(We strongly urge you to NOT bring any mildewed, damp, etc. books into the building.)*** Any books in good condition that were not added to the library were put in the lobby bookcase for sale at ten cents each, or donated to Otis Library for their Friends' semi-annual book sales. If you have donated books in good condition we thank you for your generosity. Your gifts help keep our collections fresh and interesting. For the past three years, the volunteers have processed over 9,400 individual books, all of which had been donated to the Senior Center library. Their diligence has made the library a popular and valuable asset for the center's readers. Please remember to thank them for their work when you visit the library.

We also want to express our gratitude to Mary Lemire for her willingness to use her breaks to take on the maintenance of the magazine collection. This is a much-appreciated service for an ever-changing part of the library, which could easily become a colossal mess without her contribution. Thank you, Mary.

From Patty Clairwood's desk: Our **Featured Author** for February-March is W.E.B. Griffin. I chose him because our Library recently received a large donation of his hardcover books, and I knew nothing about him! His real name is William Edmund Butterworth. Although he has written mostly as W.E.B Griffin, he has 9 other pseudonyms! He has a military background, having been part of counter intelligence on active duty from 1946 to the end of the Korean Conflict. His writing consists mostly of a series of Military novels: The Brotherhood of War series (U.S. Army), The Corps Series (U.S. Marine Corps), Men at War series (OSS), Badge of Honor series (Philadelphia PD), Honor Bound series (OSS), and The Presidential Agent series (contemporary counterterrorism) To date, he has some 130 fiction and non-fiction works to his credit! Look for additional information on this author, including the rest of his pseudonyms, at the Featured Author bookcase. Check out this prolific author in our Library.

Happy reading, *Patty*

SPECIAL DATES IN FEBRUARY

Mon 1 st	8:00	Tickets available for Corned Beef/Cabbage Dinner (3/17)	Wed 17 th	1:30	AARP #1004 Meeting
Tues 2 nd	8:30	Elder Care Review Team	Thurs 18 th	9:00-Noon	Tax Assistance (PLEASE CALL FOR APPOINTMENT)
Tues 2 nd	10:00	Visually Impaired Support Group	Thurs 18 th	9:00	Free "Hearing" Clinic (CALL DANA FOR APPOINTMENT)
Wed 3 rd	10:00	Blood Pressure Clinic	Fri 19th	8:45-10:00	Hot Breakfast - French Toast
Wed 3 rd	10:00	Medicare Assistance— <i>Senior Resources</i>	Tues 23 rd	9:00	Massage Therapy (CALL DANA FOR APPOINTMENT)
Thurs 4 th	9:00-Noon	Tax Assistance (PLEASE CALL FOR APPOINTMENT)	Tues 23 rd	9:00	Relative Caregivers Support Group
Fri 5 th	8:15	Podiatry Clinic—Dr. Walter (CALL MIKE/DANA FOR APPOINTMENT)	Tues 23 rd	9:00	Senior/Student Friendship Program
Fri 5th	8:45-10:00	Hot Breakfast - Blueberry Pancakes	Tues 23 rd	1:30	AARP #3636 Meeting
Tues 9 th	1:30	CSEA #403 Meeting	Wed 24 th	9:30	Participant Committee Meeting
Tues 9 th	10:00-2:30	MiniTRIP: Lisbon Landing	Thurs 25 th	9:00-Noon	Tax Assistance (PLEASE CALL FOR APPOINTMENT)
Thurs 11 th	9:00-Noon	Tax Assistance (PLEASE CALL FOR APPOINTMENT)	Fri 26th	8:45-10:00	Hot Breakfast - Loaded Scrambled Eggs
Fri 12th	8:45-10:00	Hot Breakfast - Sausage Quiche	Fri 26 th	10:45	CapTel Presentation - DNEC
Saturday 13th	4:00-6:00	VALENTINE'S DAY CABARET (SEE PAGE 1)	Fri 26 th	11:45	Senior Center Birthday Celebration
Monday 15th	***	CENTER CLOSED ***	Upcoming Events:		
Tues 16 th	9:30	Greeting Cards for the Troops	Wed., March 17 th Corned Beef and Cabbage Fundraiser Dinner (SEE PAGE 1)		
Wed 17 th	10:00	Blood Pressure Clinic	Wed., March 24 th Parkinson's Disease Presentation		
			Wed/Thurs, Apr 28 th /29 th AARP Driver Safety Class (9 a.m. to 1 p.m.) Call Dana to register		

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

Mini-Trip!

Tuesday, February 9th
Lisbon Landing+Target Lunch at Chili's
 Depart Senior Center 10:00 a.m.; return 2:30 p.m.
 \$1 for the ride; lunch on your own - Sign up with Dana beginning Feb. 1st

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)

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
- 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
- 9:00-2:00 *Hairdresser* (BY APPT. ONLY)
- 10:45 Yoga
- 12:00 Tai Chi
- 12:45 Bridge
- ~~1:00~~ **Bingo CANCELLED UNTIL FURTHER NOTICE**
- 1:00 Cribbage



Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360

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.

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.