

SAGE PAGE STAFFORD SENIOR CENTER

December 2017/Edition #249

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Address:

3 Buckley Highway

Stafford Springs, CT 06076

Hours:

Mon. – Wed. 8:00 -4:30

Thurs. 8:00-6:30

Fri. 10:00-1:00

NEWS

December is a month filled with celebration! This month the Senior Center Association will host its **annual Christmas party on December 10**. The doors will open at 12:30 that day to a catered luncheon, music, door prizes, raffles and more.

The menu features appetizers, fish Florentine, roast beef au jus, boneless herbed chicken, roasted potatoes, vegetables and more.

You must be a member of the Senior Association to attend. Tickets are just \$20 each and will be on sale Tuesday, Thursday and Friday from 10:00 am to 1:00 pm in the Senior Center and available in the Director's office during regular business hours.

And the celebration continues! **We will travel to Storowton Tavern on December 12 for the Jimmy Mazz holiday concert.** Jimmy Mazz is extremely popular and tickets are no longer available to the general-public. However, we have ten seats available on our reservation. The cost of the trip is \$30 and the last day to reserve your spot is Wednesday, December 6.

On December 20, we will travel to the Mark Twain house for an afternoon holiday tour. We will have lunch at Rein's Deli on the way into Hartford and then tour the museum gift shop before the trip home. The cost of this trip is just \$15 per person.

If you would like to make a reservation or get more information on any of our programs please call our office at 860-684-3906.

Goldentones Christmas 2017 Schedule: The Goldentones singers will present three holiday concerts: December 5 at 2:00 pm at Evergreen, December 11 at 2:00 pm at Foxhill in Vernon and December 12 at 2:00 pm at Woodlake in Tolland.



Celebrating 20 years as a gathering place for Stafford's Seniors.

Upcoming Events

Senior Center Schedule: The Center will close on Friday, December 22, Monday, December 25 and Monday, January 1 to celebrate the holidays,

Community Bus Trips: On Thursday, December 21, the Senior Bus will travel to the Walmart in Sturbridge, MA and stop for lunch at Cracker Barrel Restaurant. The bus will leave the Senior Center at 9:30 am. Please call 860-684-3906 to reserve your spot.

Winter Energy Assistance: Energy assistance is available to income eligible households. Information on eligibility is available on the Town website. Please call 860-684-7752 to schedule an appointment with Grace.

Reducing Your Risk of a Stroke- Erin Ballou, M.A.

Join us as we discuss the risk factors for stroke, and learn more about the changes you can make to improve your health and better manage your risk factors. Monday, January 29, 12:15-1 p.m.

Congregate Meal Program: Lunch is served daily at 12:00 pm in the Senior Center. The cost is \$2.50 if you are age 60 or over. Please call 860-214-1320 by noon the day before to reserve your spot. Those who are not age 60 will be charged \$7.50 for their meal.

Senior and Community Center Classes and Discussion Groups

Doulagivers Discussion on Death and Dying Monthly Seminar Series: With the recent publication of the book “Breath Becomes Air” and the NPR/PBS series on death and dying, individuals of all ages are beginning to consider and plan their own end of life experience. Today there are so many options available beyond traditional approaches. The second session of the Doulagivers Discussions on Death and Dying Seminar Series will take place on Monday, December 4 at 5:00 pm in the Community Center. Dawn Whelan, a Certified End of Life Doula, will present a series of open group discussions on a variety of topics including what is quality of life, how does hospice work, defining the elements of a good death, advanced directives, etc. This seminar series is free and open to all ages. Open to all.



Yoga with Pat Rabideau: Thursday mornings at 9:00 am in the Community Center. Classes are just \$5 each or class cards may be purchased from the instructor. This class is for all ages and all levels. Promotes strength, balance, flexibility and helps lower stress. Open to all.

Guided Meditation December 18 with Arlene Avery: Take a break, unplug and get centered! Arlene will be in the Community Center to guide students through an hour and a half long meditation. The session is free and will begin at 7:00 pm in the Community Center. Open to all.

Goldentones Singing Group- Emily Gauthier: Open to Seniors. Rehearsals will begin on Wednesday, November 8 at 10:00 am. Emily has also offered to add music lessons to those who are interested, if you are interested in staying after the rehearsal or if you 'd like to come in early for lunch and would like to join the music lesson please call Cheryl at 860-684-3906 to sign up. Classes are just \$5 each and will meet over six weeks.

Stained Glass with Tom Baltazar: The cost is just \$30 for six weeks and includes all tools and materials. Classes take place at 6:00 pm on Tuesday evenings and 10:00 am Wednesday mornings in the Arts and Crafts room located in the Community Center. Open to all.

The following classes will begin when the minimum number of students has been reached. Please call 860-684-3906 to reserve your spot.

Temari Balls with Robin French: Japanese Embroidery in the Round, Temari is an art form that has been practiced in Japan for several hundred years.



Hundreds if not thousands of designs exist and may be reproduced or patterns that are original to the sticher may be employed. Introductory class is \$50 and includes all the materials needed. We need a minimum of five people to host this class.



Pet Portraits and Wildlife Art in Pastel or Acrylic with Pat Morris:

Learn to paint your pet or a favorite wild animal in pastel or acrylic with Pat Morris, wildlife artist. She has been painting animals for over 30 years; you can see her work at <http://PatmorrisArtist.com> as well as eight of the murals on Main St. in Stafford. Work from your photos of your pet or photos of wildlife to create your own painting for yourself or a gift for someone special. This class will meet on Wednesdays from 7:00 – 8:30 pm after 3 students have signed up. The cost is \$10 per class. Bring your own supplies for either pastel or acrylic painting. Come join us and watch your paper or canvas come to life; you too can do it! Please call 860-684-3906 to sign up and obtain the supply list.



Laptops Available to Borrow!

We have two laptop computers that are available for you to use while you are in Senior Center. Grab a cup of coffee, surf the web or write the next great American novel! Laptops are stored in the Director's office – stop by and borrow one. WIFI is available in the Center.



"The reason I exercise is for the quality of life I enjoy." Kenneth H. Cooper

FITNESS

Zumba Gold: Monday and Friday mornings at 9:00 am. First class is always free!

Senior Swim: Friday morning swims at Quarry Hill School in Monson. Our bus leaves the Senior Center at 10:30 am. Swim 11:30 am – 12:30 pm followed by lunch out on the way home. Please call 860-684-3906 to reserve your seat.

Shuffleboard: Wednesday afternoons at 1:00 pm.

Stretch and Strength: Tuesday's at 10:30 am with Karen Michaud. Class cards may be purchasd from the instructor.

HEALTH AND WELLNESS

Footcare: Please call Cathy Brennan to schedule an appointment at 860-202-3021. Cathy has set aside December 14 as the next date she will be at our Center.

Blood Pressure Clinic: The blood pressure clinic will take place on Tuesday, December 5 at 10:30 am.

CENTER ACTIVITIES



Mexican Train Dominoes: Every Wednesday at 1:00 pm.

Movie Matinee: On Thursday, December 28 at 1:00 pm we will watch the movie Angels Sing. Willie Nelson, Lyle Lovett and Harry Connick, Jr. all star in this heartwarming family story that is filled with contemporary music and a touching holiday story.

Arts and Crafts: First and second Wednesday of each month at 10:00 am.

Bingo: Senior Association Bingo every Friday from 1:00 pm – 3:00 pm. Bingo will end with the last game on December 15.

Board Games: Every Thursday at 1:00 pm.

Quilting: Thursday mornings at 9:00 am.

Square Dancing: Caller Richard Sbardella will host a dance every Monday afternoon at 1:00 pm.



MORE NEWS AND RESOURCES

FOODSHARE: The mobile Foodshare truck is available in Stafford on alternate Thursdays (December 14 and 28) from 9:00 am – 9:30 am in the back parking lot of the Senior Center. Please bring your own bags.

CHOICES: With all of the change happening to the Medicare Savings Program, Grace is here to help you make the best choices to meet your medical needs. As a certified CHOICES Counselor who can help you navigate the numerous options available to you. Her assistance is free, confidential and objective. Please call her at 860-684-7752 to setup

your appointment to meet with her.

Roaring Brook Food Co-op: Did you know that there has been an organic food cooperative operating in the town of Stafford since 1998? The group orders from organic vendors 13 times each year, the groceries, fresh meats, eggs, cheese, and produce will be delivered to coop members in the Senior Center Parking lot. Membership is just \$10 with a \$15 deposit. Members must be present at delivery and able to help break down the order. Please see Cheryl for more information if you are interested.

Senior Center Computer Lab! Eagle Scout, R.J. Schuck installed four computers in the Community Center for seniors to use whenever they would like. Stop by to check it out. Please see Cheryl if you would like to learn about Email, Microsoft programs, Facebook and more. The staff is always on hand if you need help. A huge thank you to R.J. for all of his hard work.



SAVE THE DATE!:

Senior Center Christmas Party – December 10 at 12:30 pm

Senior Association Meeting: Tuesday, December 5 at 1:00 pm in the Senior Center. The Association will not have a meeting in January or February.

Senior Board Meeting: The Board of Directors will not meet in the month of December.

Travel Committee: Meets each Thursday from 9:00 am – 11:00 am in the Senior Center.

TRANSPORTATION

Medical Car Rides: Free medical car rides are available Monday through Friday to local residents who are age 60 and over or disabled. Medical car rides to hospitals and medical care providers located in the Hartford area are now available the last Wednesday of each month. Reservations can be made by calling 860-684-7752.

Bus Transportation: We offer a ride to the Senior Center for Congregate meals on Monday, Wednesday and Thursday. On Tuesdays we offer in town shopping. Our driver/attendant picks shoppers up at their homes, and they have the opportunity to do some of their in-town errands on the town bus. In the morning, the bus stops at the downtown post office, the banks, pharmacy, and the BIG Y Plaza. In the afternoon, the bus stops at the post office, banks, pharmacy, and the Big Y or Geissler's on alternating weeks. Our driver/attendant is able to assist with loading groceries on and off the bus as well. Riders must be age 60 or over or disabled.

COMMUNITY CENTER/SOCIAL SERVICES

Help with Electric Utility Bills: If you have found yourself behind on your electric bill and would like help please contact Grace at 860-684-7752.

Emergency Food Bank: Residents in need of food and meet certain criteria can gain access to emergency food whenever we are open. If you are in need of food or if you would like to donate to the Emergency Food Bank, you may do so by contacting Grace at 860-684-7752.

Medical Equipment Library at the Senior Center: Free medical equipment is available for local residents to borrow when needed. Please call 860-684-3906 for additional information.

Membership Drive Update

Thank you to all of our members who turned out to renew their annual Senior Center Association membership. If you were not able to make it, just stop by Cheryl's office anytime during business hours to pay the \$10 fee and pick-up your card. Please make checks out to the Stafford Senior Center Association, LLC.

If you are over the age 85 you will not need to pay the fee but you will need an updated membership card.

SENIOR TRAVEL

Tuesday, December 12, 2017



Merry ChrisMazz Variety Show

The Merry ChrisMazz Jimmy Mazz Variety show will be held at the Carriage House at Storowton in West Springfield beginning at 11:30 am. The cost of the show is just \$30 and will include a luncheon that will feature a complete Yankee pot roast meal. Doors open at 11:30, lunch will be served at noon followed by the show at 1:30 pm.

The Senior Bus will depart the parking lot at 10:15 am. Please see Cheryl to reserve your spot and make payment. All checks must be made out to Storowton Tavern. For more information please call 860-684-3906.

Tuesday, June 5 – 7, 2018

Lancaster, PA

The Stafford Springs Senior Travel Club presents Jesus, a Biblical play, at the Sight and Sound Theater in Lancaster, Pennsylvania. The trip includes a deluxe motor coach, 2 nights stay at the Eden Resort, 2 breakfast buffets, a smorgasbord dinner at Millers, a family style Amish dinner at Hometown Kitchen as well as reserved Orchestra Seats for the Biblical play and more!



The cost of the show is \$415 dollars double occupancy, single occupancy is \$545 dollars. A deposit of \$50 is due at sign-up with the balance due May 7. Call Ann Rosi at 860-684-3874 or Gussie Barsaleau at 860-749-7274 to reserve your spot.