

# SAGE PAGE STAFFORD SENIOR CENTER

July 2018/Edition #256

Senior Center: 860.684.3907

Director: 860.684.3906

Social Services: 860.684.7752

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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

The **Senior Association's annual picnic will take place on August 26** here at the Center. The cost to attend the event, which is open to all members, is just \$5 or the donation of a family-sized dish. The festivities will begin with appetizers at noon, followed by the luncheon at 12:30 pm. P.S. Free Bingo!

### **The Famers' Checks have arrived!**

We have received the FMNP check booklets from the Connecticut Department of Agriculture and they are now available at the Senior Center to residents who are over the age of 60 or who are disabled. Additional eligibility requirements apply.

Double the value of your FMNP checks! The Stafford Community Farmers' Market, (at 31 Main Street each Saturday from 9:00 am – 1:00 pm), has been awarded grant funds through the Produce and Honey Extra Redemption Endorsement (SPHERE) Program that allows the Market to double the value of the FMNP checks. Just visit the Market Master's booth to obtain doubling vouchers.

### **Membership Drive**

If you did not have a chance to renew or join the Senior Center Association during the month of June, you can still obtain your 2018 membership card during regular office hours from Cheryl. Just drop by.

### **Trips!**

On Wednesday, July 25, the bus will travel to **Mohegan Sun Casino!** The bus will leave the Center at 9:30 am and leave the casino to head home at 2:00 pm.

On Thursday, August 16, the bus will take riders to visit the **Quabbin Reservoir.** Trip participants can elect to hike or take a ride on the bus to the visitor center and beyond. This trip is in the planning stages



*Celebrating 21 years as a gathering place for Stafford's Seniors.*

and more information will be available on stops for lunch and ice cream along the way.

Please call 860-684-3906 to make your reservation any of our trips. Ideas for other trips are welcome!

**BINGO!** Member Bingo is available in the Senior Center Great Room every Friday from 1:00 pm – 3:00 pm.

**Indoor Walking:** A video-guided class will take place each Wednesday at 10:30 am.

**Senior of the Year:** 2018 Tony Janiak! Congratulations Tony!

## Upcoming Events

**Community Bus Trips:** On Thursday, July 26, the Senior Bus will travel to the Walmart in Ware and have lunch at a restaurant selected by the driver! The bus will leave the Senior Center at 9:30 am. Please call 860-684-3906 to reserve your spot.

**Renter's Rebate:** The 2017 Renter's Rebate program will run through the end of September. If you are over age 65 or disabled and paid rent over 2017, you may qualify to receive a rebate! Please call Cheryl at 860-684-3906 to learn more about the program and make an appointment.

**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

**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.



## FITNESS

**Zumba Gold:** Monday and Friday mornings at 9:00 am. The first class is always free! Kathy is considering offering an evening class if there is enough interest. Please call Kathy at 860-684-2371 if you would like to participate.

**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.

## HEALTH AND WELLNESS

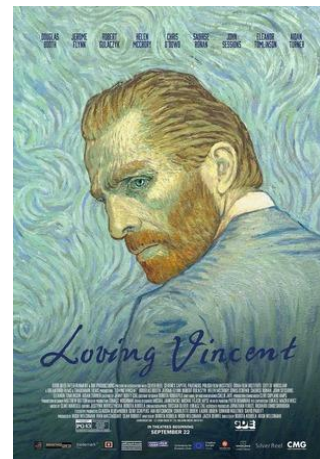
**Footcare:** Please call Cathy Brennan to schedule an appointment at 860-202-3021. Cathy has set aside July 24 as the next date she will be at our Center.

**Blood Pressure Clinic:** The blood pressure clinic will take place on Tuesday, July 3 at 10:30 am.

## CENTER ACTIVITIES

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

**Movie Matinee:** July 19 @ 1:00 pm we will show **Loving Vincent**. A year after Vincent Van Gogh's death, a young man named Armand is charged with the task of delivering the artist's final written message. The youth travels to Vincent's last location, the village of Auvers-sur-Oise, to meet with a rumored close acquaintance of the artist. Due to the man's business dealings out of town, Armand must wait in order to deliver the letter. Meeting the villagers who knew and sometimes modeled for Vincent, the youth investigates the artist's last days only to discover a troubled man whose paintings and tragic end would find appreciation by others in the years ahead.



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

**Board Games:** Every Thursday at 1:00 pm.

**Quilting:** Thursday mornings at 9:00 am.

**Bingo:** Every Friday from 1:00 pm – 3:00 pm.

### Mexican Train Domino Winners:

June 6 Cindy Wallach  
Bob Michaud

June 13 Neil Sedlak  
Bob Michaud

June 20 Janet Daries

June 27 Game 1 Wendy Bates  
Game 1 Virginia Neri  
Game 2 Bob Michaud

## **tHiS sPaCe is yOurS!**

### **INDEPENDENCE DAY**



Independence Day, a national holiday, means fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and other public and private events celebrating the history, government, and traditions of the United States, our independence day.

During the American Revolution the separation of the 13 colonies from Great Britain occurred in July 2, 1776. The 2nd Continental Congress voted to approve a resolution of independence declaring the United States independent from Great Britain rule. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining the decision that was prepared by a committee of 5, Thomas Jefferson as principal author. Congress edited the wording of the Declaration and approved it on July 4th. Americans continue to celebrate Independence Day each year on the 4th of July.

### **HAPPY 4TH OF JULY!**

### **THOUGHT OF THE MONTH**

"Life happens between an inhale and an exhale"  
Joyce Echevaria

If you are interested in submitting a story, please contact Cheryl at 860-684-3906.



### **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.

## Community Events

### Arts on Main

Friday, July 13 6:00 pm – 8:00 pm

Band will be Cobalt Express in Haymarket Common.

## Stafford Library Events and Activities

**Open Art Studio** - Wed. 7/11 @ 5:30 pm

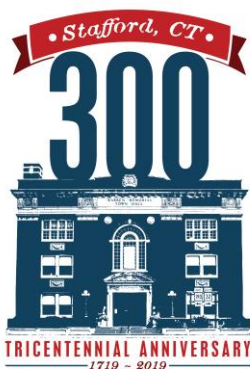
Christmas in July craft night. Make an ornament or paint a holiday-themed rock. All ages. Please pre-register

**Summer Reading Kickoff - Sat. 7/14** Adult summer reading program is available. You will receive a raffle ticket good for prize drawings at the end of the program. Please visit the library's web page to register.

**After Hours Movie - Fri. 7/20 @ 6:30 pm.** Join us for an after hours movie starring The Rock. Enjoy some pizza and a showing of "Jumanji: Welcome to the Jungle"(PG-13). Must pre-register, pizza is limited.

**Library Book Club - Wed. 7/25 @ 6:30 pm.** Join the Stafford Library book club, which meets once a month. This month we will discuss "The Nightingale" by Kristin Hannah.

**Outdoor Movie - Fri. 7/27 @ 8 pm.** Watch A Wrinkle in Time (PG) on the lawn! Bring a chair or blanket. The movie will be held inside if it rains. Call to register!



### The 300th Anniversary Committee eagerly welcomes all citizen volunteers

The 300 Year Anniversary Committee has been working diligently and making great progress in planning meaningful events and observances to celebrate Stafford's three-century milestone 2019. Assistance is needed to plan, coordinate and create activities for the enjoyment of all residents.

The list of activities is quickly growing and can only be achieved by the active involvement of our entire community - volunteers with every type of skill and are desired. Whether you write, sew, paint, educate, fundraise, build, organize or have a Stafford story to tell - every SINGLE person's contribution is valued and needed. We have a place for everyone!

Want to learn more and get involved in this momentous celebration? Contact committee chair, Amber Wakley, at (860)331-0243 or email [amberw@staffordct.org](mailto:amberw@staffordct.org)

## MORE NEWS AND RESOURCES

**FOODSHARE:** The mobile Foodshare truck is available in Stafford on alternate Thursdays (July 12 and 26) 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 and Cheryl are here to help you make the best choices to meet your medical needs. As certified CHOICES Counselors, we can help you navigate the numerous options available to you. Our assistance is free, confidential and objective. Please call us at 860-684-7752 or 860-684-3906 to setup your appointment to meet with one of us.

**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 are delivered to co-op 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.



**Meals on Wheels Volunteers needed!**

**Please call Cheryl at 860-684-3906 if you are interested.**

## SAVE THE DATE!

**Senior Association Meeting:** Tuesday, July 3 at 1:00 pm in the Sr. Ctr. Great Room.

**Senior Board Meeting:** Tuesday, July 31 at 9:30 am in the Sr. Ctr. Conference Room.

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

**Veteran's Day Observance:** November 8 at 1:30.

## 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. On Friday, the bus takes riders to swim indoors at Quarry Hill School in Monson.

## COMMUNITY CENTER/SOCIAL SERVICES

**Help with Electric Utility Bills:** If you have fallen behind on your electric bill and would like to learn what options may be available to you, please contact Grace at 860-684-7752.

**Emergency Food Bank:** Residents who are in need of food and who 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.

## **TRAVEL CLUB TRIPS**

### **America Thru Song Featuring Jimmy Mazz at the Summit View Pavilion in Holyoke, Tuesday, July 24**

This show is a musical tribute to many of the great states that Jimmy has visited and performed in over the years. This show is sure to bring back memories and create a new memory with an upbeat selection of songs from around our great country. This is a show you do not want to miss! The trip package includes a lobster bake which includes clam chowder, twin bobsters with drawn butter (prime rib is a substitute), baked potatoe, vegetable, ice cream and coffee. Roundtrip motorcoach transportation is provided. The cost of the trip is \$81. Please call Ann Rosi at 860-684-3874 or Gussie Barceleau at 860-745-8292 to reserve your spot.

### **Branson Contry Christmas & Veterans Show at the Log Cabin in Holyoke, Monday, November 19**

Direct from Branson , the Ozark Jubilee features an all star cast of Branson's top entertainers. This dynamic show salutes the music of the legends of country music. The second half of the show is a variety of Chirstmas music. The trip package includes rountrip motorcoach transportation, delicious luncheon and an afternoon of music and laughter. The cost of the trip \$87. Please call Ann Rosi at 860-684-3874 or Gussie Barceleau at 860-745-8292 to reserve your spot.