

# SENIORS ON THE GREEN

## Octoberfest Cabaret

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**Senior Center Hours:**

Mon - Fri: 9 - 4pm

Senior Ctr. 860-642-3040

Ctr. Director: Darcy Battye  
860-642-2042

Van Coord: Jeryl Bates  
860-642-2024

Trans. Clerk: Walter Riley  
860-642-2024

**Calling all seniors - Help us make this Christmas Bazaar a success**

If you would like to put together a themed basket yourself, we would very much appreciate your help. However, if you can't do that, please help us out by donating things that we can create a basket with. These are some of the themes we could use donations for: aromatherapy, Avon, baby, baking, bath & body, candles, cards & games, cheese, children, cookie lovers, crafts, fondue, gardening, golf, gourmet food, hair care, holiday theme, home movie night, ice cream, Italian dinner, lottery tree, Mexican food,, music, pasta, patriotic, picnic, Red Sox, UCONN, relaxation, soup, spice of life, sports, sugar free and wine lovers.

**We also need people to bake pies, cupcakes, cookies and breads.**



**Wellness Trips:**

**11/4** Zanger Outlet Polish Pottery, followed by lunch at Polish Home

**11/25** Center Closed for Thanksgiving Week-end



**Weekly Menu:**

- 11/1** Latailles Soups
- 11/8** Goodbye to Jeryl luncheon
- 11/15** Thanksgiving \$5
- 11/22** Chicken & rice
- 11/29** Pizza lunch



**SENIOR CENTER SERVICES**

Massage w/ Sue McCaffery - Please contact the senior center to schedule your appts. By calling 860-642-3040. The price is \$15 for 25 mins. nd \$30 for 50 mins

Did you know we have as-sorted assisted living de-vices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. We offer hearing screening, podiatry appts. And VNA visits. Please call the senior center at 860-642-3040 for more information.

Senior Ctr. Salon Services  
w/ Jeanna Prink, Tracy Kelley & Jillian Labonne  
Hair cuts \$8  
Wash & set \$10  
Perm. \$45 w/set \$55  
Color \$45 w/set \$55  
Facials \$8 Waxing \$5

Manicures/Pedicures \$10

Appointments are required & gift certificates are al-ways available. Check the newsletter for Jeanna's "spa days".

If you are aware of some-one who is ill or has been ill, please let us know. There is a sign-u[ sheet at the main desk of the senior center where you can add someone's name.

Darlene Hathaway has taken charge of sending out get-well cards to those people who are under the weather for whatever reason.



**HONORARY DONATIONS**

A gift to the Senior Center in honor of or in memory of a loved one will assist the center in serving other seniors today and through-out the coming years. Such gifts will be very much appreciated and should be made out and sent to:

Friends of Leb. Sen. Ctr.  
37R West Town St.  
Lebanon Ct. 06249  
"I am enclosing \$\_\_\_ in honor or memory of:  
Name \_\_\_\_\_  
Donor's name \_\_\_\_\_  
Address \_\_\_\_\_  
City, St. Zip \_\_\_\_\_

A special acknowledge-ment will be sent as you direct:

- \_\_\_\_ Birthday
- \_\_\_\_ Anniversary
- \_\_\_\_ Memorial
- \_\_\_\_ In Honor of
- \_\_\_\_ Other



**ATTENTION - ALL LEBANON VETERANS**

The Lebanon Senior Center is hosting a luncheon in honor of all our veterans on Friday, November 11th, 2016 (Veteran's Day). Please plan on attending, bring along a spouse (or guest) if you wish, and enjoy a great free homecooked dinner of meatloaf, potatoes and a vegetable provided by our senior staff.

This is our way of thanking you all for your service and sacrifices both in the past as well as the present.



## Thanksgiving Alphabet

T ... Turkeys, table-spreads, being together,  
 H ... Happiness and homes to protect us from all weather,  
 A ... Aunts and uncles, a reunion in Fall,  
 N ... Nieces and nephews, family members all.  
 K ... Kind-hearted kin coming over for dinner,  
 S ... Surely you'll have fun, but you won't get thinner,

G ... Gourds and pumpkins, mouths open wide,  
 I ... Indians and Pilgrims we remember with pride,  
 V ... Very special times-there could even be snow,  
 I ... Imagine what it was like at Plymouth long ago,  
 N ... Never forget how the settlers led the way,  
 G ... Giving thanks and blessing this special day.



## The Silver Lining to the Burning Question You Burnt the Bird?

### A Dozen Reasons to Be Thankful!

*Salmonella won't be a concern*

*No one will overeat.*

*Everyone will think it's Cajun Blackened.*

*Uninvited guests will think twice next year.*

*Your cheese broccoli lima bean casserole will gain newly found appreciation.*

*Pets won't pester you for scraps.*

*The smoke alarm was due for a test.*

*Carving the bird will provide a good cardiovascular workout.*

*After dinner, the guys can take the bird to the yard and play football.*

*The less turkey Uncle George eats, the less likely he will be to walk around with his pants unbuttoned.*

*You'll get to the desserts quicker.*

*You won't have to face three weeks of turkey sandwiches.*



Instead of John, I call my bathroom Jim. it sounds better when I say I went to the Jim first thing in the morning.

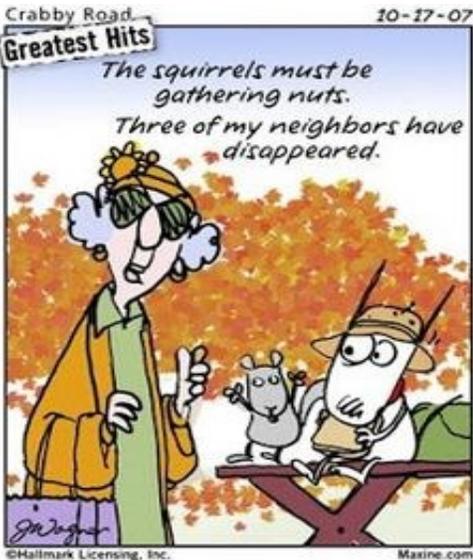


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SHELDON HAS A POOR CHOICE OF COSTUME AT THE SENIOR CENTER HALLOWEEN PARTY.

Search ID: Jcen522



Crabby Road. Greatest Hits

10-17-07

The squirrels must be gathering nuts. Three of my neighbors have disappeared.

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Maxine.com

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me, one for you, one for me," said one boy. Several dropped and rolled down toward the fence. Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me, one for you, one for me ...." He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along. Come here quick," said the boy, "you won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!"

The man said, "Beat it kid, can't you see it's hard for me to walk." When the boy insisted though, the man hobbled slowly to the cemetery. Standing by the fence they heard, "One for you, one for me. One for you, one for me."

The old man whispered, "Boy, you've been tellin' me the truth. Let's see if we can see the Lord...?" Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord.

At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done...."

They say the old man had the lead for a good half-mile before the kid on the bike passed him.



## Declining honeybee health

By Alex "Bud" Gavitt



Honeybees contribute an estimated \$15 billion dollars annually to U.S. agricultural production by pollinating crops such as apples and peaches. However, articles in newspapers and farm publications report declining honeybee health, a problem of great concern to U.S. beekeepers.

The U.S. Department of Agriculture reported that beekeepers lost 44% of their colonies from April 2015 to April 2016. That's 22% higher than acceptable standards for this smallest agricultural worker.

What are the causes for the honeybee losses?  
What can beekeepers do to improve honeybee health?

One of the main threats to honeybees is Varroa mites which inflict cuts on bees that cause infection as well as transmit viruses. They are able to destroy a hive in 18 to 24 months. Controlling this mite would increase honeybee health by 70 to 80%.

An option for controlling these mites is to breed for a hygienic hive. Selectively breeding for hygienic bees will recognize sick bees and remove them from the hive. This cleaning helps break the mites' reproductive cycle and reduces the spread of disease in the hive.

Pesticides are another contributing factor to honeybee losses. One family of pesticides, the Neonicotinoids can be highly toxic and are under review by the U.S. Environmental Protection Agency.

If any pesticides must be used, they should not be applied when honeybees are foraging during the day to the treated area. Honeybees are generally active about an hour before sunrise until an hour before sunset. Beekeepers are advised to avoid spraying a pesticide to blooming crops in the spring. They should notify other beekeepers when making a pesticide application, and leave a buffer between the application area and the hive.

For honeybee protection against pesticide exposure, the EPA has mandated each state to develop its own pollinator production plans.

Another way to improve honeybee health is to have more diversity in the habitat. This would enable honeybees to have a food source from early spring to late fall. Without diversity, beekeepers are forced to supplement the diet of bees by feeding them corn syrup to keep a colony of bees alive in the winter.

In the meantime, scientists in the agricultural industry continue to research for safe ways to improve the health of honeybee colonies





# ***Holiday Bazaar***

**Lebanon Senior Center**

**37 R West Town Street, Lebanon**

**Saturday December 3, 2016**

**9:00 - 3:00**

**Basket Drawing**

**Holiday Gifts ~ Ornaments ~ Jewelry**

**Old Buttons ~ Bake Sale**

**Treasures from Grandma's Attic ~ Vendors**

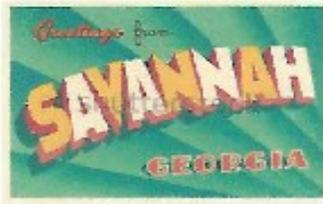
*Coffee, Tea, Hot Chocolate, and Donuts*

*Join us for homemade soup for lunch*

**All proceeds benefit programs for seniors.**

**Call 642-3040 for more information**

*Donations of new hand-made  
items welcome*



# SAVANNAH/CHARLESTON TRIP

## **PRESENTATION & SIGNUP!**

**When:** Wednesday, November 16<sup>th</sup>, 2016

**Where:** Lebanon Senior Center

**Time:** 5:30 pm

Come One! Come All! To this meeting for our Travel Plans to  
**Savannah/Charleston** in the **Early Spring of 2017!**

Will have EXACT DATES that evening!

Light Refreshments to be served!

For More Information, please email Marion @ [mrusso03@snet.net](mailto:mrusso03@snet.net) or

Call 860-423-7659



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## Seniors On The GO!



### Junior Seniors Travel News

November, 2016

By Anne Maffiolini

**November 14, 2016— St. Paul's Boys Choir, Sacred Heart Church, Springfield, Ma..** Depart at 10:15, and return at approx. 5:30pm. \$85 pp and includes roundtrip motor coach transportation. Full course luncheon at the Log Cabin Banquet and Meeting House. Afternoon Boys Choir at Sacred Heart Church featuring the only Catholic Boys Choir School in the U>S> Donation to Sacred Heart and driver gratuity. Full payment due by Oct. 14th. See the flyer in Lebanon Life for full details.

**November 16, 2016 - Wednesday - 5:30pm Senior Center** - Informational and signup for Charleston/Savannah Trip - Spring 2017 - see flyer in this issue as well as the latest issue of Lebanon Life.

**Ireland/ Scotland/ England/ Texas/ Charleston & Savannah, Winter Cruise again! - All possibilities**

Stay tuned for more in 2016 or 2017

**For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.**





# SENIOR WELLNESS TRIPS

November, 2016

Friday, November 4th, 2016.....Zanger Outlet, Suffield, lunch at the Polish Home



Friday, November 11th, 2016.....Veteran's Day luncheon for all Lebanon Veterans



# NOVEMBER 2016

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Center Hours Mon-Fri, 9-4						
	Questions 6:42-9:40						
6		9:30 Exercise Class 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	1 9:30-2:30 Pedi/Hair 11:30 BP Clinic 12-Friends Meeting 12-Lunch - Soup Day 12:30 Medicare, A,B,C's 2:00 Pool/Mahjongg 6:00 Poker	2 9-1 Haircuts 9:30 Exercise 11 Massage 12 Card Making	8 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	4 9:30 Exercise 1:30 Silver Sneakers Wellness- Zanger Outlet, Polish Home lunch	5
7		9:30 Exercise Class 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	8 9:30-2:30 Pedi/Hair 12-Good Bye to Jerry! Luncheon 1pm MWTC 5:00 Pool/Mahjongg 6:00 Poker	9 9-1 Haircuts 9:30 Exercise 1-6 Blood Drive	10 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	11 CENTER CLOSED- 12:30 Veteran's Day Luncheon for Lebanon Vets	12
13		9:30 Exercise 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures Paul's Choir	15 9:30 Hearing Clinic 9:30-2:30 Pedi/Hair 12-Thruksolving 83 12:45 Actua Ins 1:00 Pool/Mahjongg 6:00 Poker	16 9-1 Haircuts 9:30 Exercise 11 Massages 12-Card Making 5:00-7:00 Trivia el Nee Day	17 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	18 9:30 Exercise 1:30 Silver Sneakers Making Raffle Baskets 6:30 Bingo	19
20		9:30 Exercise Class 11- BP Clinic 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	22 9:30-2:30 Pedi/Hair 12-Chicken & Rice 1:00 Friends Meeting 1:00 Pool/ Mahjongg 6:00 Poker	23 9-1 Haircuts 9:30 Exercise Closed at 12pm	24  9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	25 CENTER CLOSED	26 Poker 6:30pm
27		9:30 Exercise Class 12:15 Bingo 3:00 Line Dancing 5:30-7:30 Pedicures	29 9:30-2:30 Pedi/Hair 12-Lunch - Pizza 1:00 Pool/ Mahjongg 1:00 Set up Bazaar 6:00 Poker	30 9-11 Haircuts 11:00 Massage Set-up for Holiday Bazaar	12/1 Set-up for Holiday Bazaar	12/2 Set-up for Holiday Bazaar	12/3 Holiday Bazaar 9-3