



Seniors on the Green

37 R West Town St. Lebanon Ct. 06249

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January 2016

Senior Van Wellness Trips

- 1/8 Knights of Columbus Museum, New Haven Ct.
- 1/17 Coast Guard Concert New London Ct.
- 1/29 Toyo Restaurant, Colchester, Ct.



Winter Wonderland

Senior Center Hours:

Mon - Thurs: 9-4pm

Friday: 9-3pm

Helpful Numbers: Lebanon Senior Ctr. 860-642-3040

Senior Center Coordinator: Darcy Battye 860-642-

2042 Dispatch Coordinator: Jeryl Bates 860-642-

-2024 Van Dispatcher: Walter Riley (Friday)

Lunch Menu:

1/5 Lataille's soup & tuna melts

1/12 Spaghetti & meatballs

1/19 DaLonne's lunch

1/26 Beef soup / stew

Military Whist

We are looking for teams of four players to sign up to join us for Military Whist on Friday, January 29 at 6:30 p.m. at the Senior Canter. Military Whist is an easy-to-learn card game, teams earn points as they “capture the flag” and every team gets to play a round with, and socialize with, every other team. We need at least 5 teams of 4 to be able to play and a team sign-up sheet is available.

Put your team name, as well as a phone number. We are asking that you contact friends to form your own team so that hopefully will have at least 5 teams, and yes, we can certainly play with more teams. Cost to play is \$3.00 per person, and all the money goes back to the winners. And typical of senior center gatherings, there’s a break for refreshments, so bring something to share if you choose to, and bring your team and join us for our first session of 2016. Monthly sessions are held the last Friday of each month. Call Jane Cady, (860) 642-7779 with questions.



Our most sincere condolences go out to the Ryan Family for the loss of one of our long time volunteers and good friend, Sylvia Ryan. Her continuous gift of her time and talents have been a part of the senior community well before our present senior center building was established. She was instrumental in inspiring so many of us to join the ranks of the volunteerswe all have our own little memories of working with her in the past.



Massage with Sue McCaffery

Please contact the senior center to schedule your appointments by calling: 860-642-3040.

The price is \$15.00 for 25 minutes and \$30.00 for 50 minutes.

Did you know we have assorted assisted living devices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. We offer hearing screening, podiatry appointments and VNA visits.

Please call the senior center at 860-642-3040 for more information.

Senior Center Salon Services w/ Jeanna Prink (Tracy Kelley & Jillian Labonne)

Hair cuts \$8.00 Wash & Set \$10.00

Perm \$45.00 Perm w/Set \$55.00

Color \$45.00 Color w/Set \$55.00

Facials \$8.00 Waxing \$5.00

Manicures & Pedicures \$ 10.00

Appointments are required & gift certificates are always available.

Check the newsletter for Jeanna’s “Spa Days”

Seniors Survey

This is a survey for the Friends of the Lebanon Senior Center. It is intended to give all our friends a chance to express their opinion on the newsletter and the Senior Center in general and to offer suggestions for future issues and programs. Not all things may be possible to accomplish, but we value your input.....so feel free to offer your ideas.

Ratings:

Please give your assessment of the Newsletter and Center on the following matters by circling one of the numbers from one to five where one is for awful and five for being great.

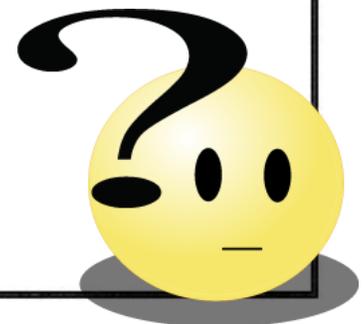
Overall experience at the Senior Center	1	2	3	4	5
Are your needs met at the Senior Center	1	2	3	4	5
Overall experience with van transportation	1	2	3	4	5
Overall satisfaction with the newsletter	1	2	3	4	5
Is there too much repetition of anything?	1	2	3	4	5
Are the topics diverse enough?	1	2	3	4	5
Are you satisfied with size of printing?	1	2	3	4	5
Is anything offensive to you?	1	2	3	4	5
Is anything offensive to you?	1	2	3	4	5

General Suggestions:

What would you like to see added to the newsletter?

What topics would you suggest to be covered in future issues?

What are your suggestions for senior center activities and speakers for the future?



Lebanon Seniors enjoyed a variety of activities in 2015

By Alex "Bud" Gavitt

With the beginning of a new year, let's pause to highlight some of the popular programs, services, and activities conducted by the Lebanon Senior Center in 2015. All of them would not be possible without the dedicated paid staff and many selfless volunteers led by Senior Center coordinator Darcy Battye.

January

The year began with a New Year's celebration at the Willimantic Elks Club.

February

According to Darcy Battye, the most well attended event is the Tuesday luncheon. Upwards of 80 to 100 people enjoy a meal and discuss news of the day. About once a month attendees hear speakers discuss various topics such as programs offered by the American Association of Retired People (AARP) and Chief Ranger Bill Reed from The Last Green Valley.

Kitchen workers are Dick and Rita Lataille, Dalonne Fischer, Geri McCaw, Donna Lennox, Tim Rival, Sue Bender, Jamie Elliot, Sue MacWay, Mary Rodriguez, Jim Forrest Frank Rossi, Stephen Feeley, Oliver Manning, and Sylvia Ryan.

Another well attended activity is the Cabarets. Joe Tomanelli, sax player, and his combo and All That Jazz entertained us at the February 20 Mardi Gras cabaret. Refreshments are provided and participants can BYOB and snacks. "It's wonderful to see everyone dancing and having such a good time," says Darcy.

March

A special March 10 activity was a surprise baby shower for Jillian LaBonne.

Guests met and welcomed Caleb James LaBonne. Punch and cookies were served at this memorable occasion.

Jeanna Prink (Jillian and Tracy Kelley) provide us salon services at the Center.

At the March 18 afternoon tea the Sparkettes Tap

dance group from the Mansfield Senior Center performed, much to the delight of attendees. States Darcy: "It's nice to see members from another Senior Center entertain us."

Lyman Memorial High School's French Club students put on a French Cabaret each year at the teas. We love their enthusiasm, even though we didn't know what they said in their performance," chuckles Darcy.

April

Marion Russo took first place with 28 points at the Senior Center Setback Tournament which ended on April 16.

May

A painting class started in March, continued into April and May where participants learned how to express themselves through painting. "Painting requires terrific hand-eye coordination," says Darcy. "As we become older we lose our ability to do what we once did. However, the more we paint the more we can do these activities," observes Darcy.

June

In June, dispatch coordinator Melissa Hoffmann announced she had accepted a new job in social work in Norwich. Melissa was well liked and highly professional in overseeing the Center's van service. Jeryl Bates was hired to succeed her in addition to dispatcher Walter Riley. They both cover the morning and afternoon. Van drivers are John Kochiss, Charles Jones, Burel Haley, and Noel Sorensen.

Wellness trips are usually held on Fridays throughout the year. On June 12 seniors toured the Hartford Blooms Garden, went to Captain Scott's Lobster Dock on June 19, toured Beardsley Zoo in Bridgeport on June 26, and enjoyed the US Coast Guard Academy Dixieland Jazz Band concert and dinner in New London on June 28.

July

During July volunteers spruced up the Horseshoe Pits at the Center's side yard. "I hope to see renewed interest in this activity in 2016," says Darcy.





Delicious, great tasting soups for the seasons made by Dick and Rita Lataille for the first Tuesday luncheon every month, was the subject of this writer's July newsletter article. The couple has been making their own soup such as Onion Soup and Kielbasa Soup ever since the Center opened in March 2009.

August

Shelly Ashcom, director of Town of Lebanon social services issued a reminder for residents to donate back to school supplies. She noted that backpacks and lunch bags were in desperate need. All donations will be accepted from July 6 - August 13.

For the second year, over 100 seniors went to Newport, Rhode Island's Playhouse to see a comedy play followed by a lobster dinner and a cabaret. Already two busloads of seniors have signed up to attend this very popular event set for Monday, August 8, 2016.

Planning and making arrangements for this, and other out-of-state and country trips, is Marion Russo. Marion acts as our tour guide and entertains us during the bus rides with card games, bingo, and keeps us roaring with laughter over jokes only seniors would understand.

September

September was set aside as National Senior Center Month. Conversations on Positive Aging with experts were held at the Center on September 23 and 30th.

Lebanon Eagle Scout candidate Sergey Bibeau gained approval to plant a small memorial garden to attract butterflies. A bench was installed where people can sit and remember their loved ones who have passed. Located at the Center's side yard by the retaining pond, monies donated to the center in memory of George Rioux, an ardent nature enthusiast, by family and friends were used to fund the project. George and his wife Isabel liked to play bingo at the center. Sergey is the grandson of Leo Bibeau who is a regular setback player.

October

The American Red Cross conducts a blood drive at the Center every other month. The VNA had a walk-in flu shot clinic and seniors could get shingles and or pneumonia vaccines as well.

On Friday, October 16 the center held its Fall

Fest Cabaret featuring music and German food. Entertainment was provided by Vagabond International.

Approximately two weeks later a workshop explained how seniors could optimize their Social Security benefits. This presentation continued October 28 and 31st at the Center.

November

The big news in November was the appropriation by the town to start Phase 1 of building eight 2-bedroom apartments for seniors starting in spring 2016.

Over 100 seniors enjoyed a special Thanksgiving turkey dinner on Tuesday, November 24 with all the fixings at the Center.

Once again the center collected "thoughtful comforts" to be given to military servicemen and women all over the world.

December

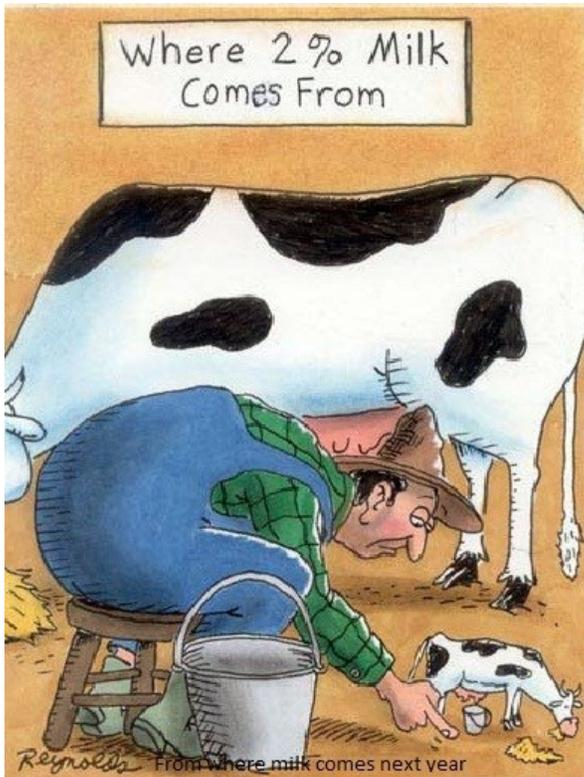
Friends of the Lebanon Senior Center continue to increase its membership, now at 160. A one-time donation of \$15 for a single and \$25 for a couple is suggested. The organization raised \$2,901 from its December 2014 Holiday Bazaar and over \$3,500 (most ever) in December 2015. Proceeds have gone to buy kitchen equipment, funding an annual volunteer breakfast, flowers and get well cards, and a brand-new piano which cost \$2,000. The officers are Ed Hathaway, president; Sue Bender, vice president; Donna Lennox, secretary; and Joan Merritt, treasurer.

The year ended with a December 30 and 31, 2015 and January 1, 2016 celebration of New Year's in Pennsylvania Amish country. Featured were the Amazing Miracle of Christmas show and a New Year's Eve party at the Crowne Plaza Hotel.

Our center is fortunate to have such wonderful volunteers as well as paid staff," says Darcy. "All in all the Center provides a welcoming environment to everyone. That is the key to our success."

A special thank you to Donna Lennox for producing our Seniors on the Green newsletter each month!





When an "all-nighter" means not getting up to pee...
 When all the names in my black book have M.D. after them...
 When "getting lucky" means finding my car in the parking lot...
 When the candles cost more than the cake...
 I promise you... we'll still be best friends!



Tape the list on your refrigerator or inside your pantry – a quick glance could benefit both your wallet and your health.



Food Expiration Dates – What do they mean?

Confusion about food expiration dates can inadvertently cause unnecessary food waste or food safety issues, so we've compiled the definitions of some of the most common food expiration labels.

(Source: USDA)

"Sell By" date

tells the store how long to display the product for sale. You should purchase the product before the date expires.

"Expiration" date

"Expiration Date" means exactly what it says. If you haven't used the product by this date, toss it out.

"Best if Used By (or Before)" date

is recommended for best flavor or quality. It is not a purchase or safety date.

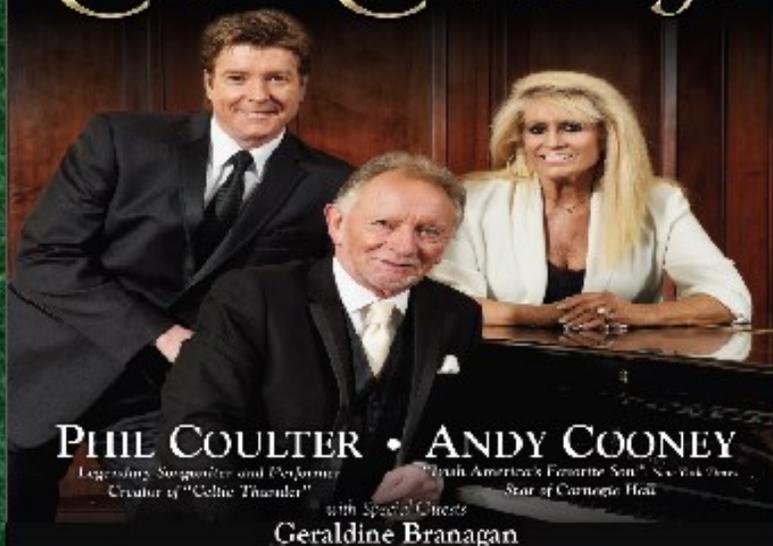
"Use By" date

is the last date recommended for the use of the product while at its peak, or best, quality as determined by the product manufacturer. Even after the expiration of the "Use By" date, a food should remain safe and wholesome with proper storage and handling.

Still have additional questions? Ask the experts at BestFoodFacts.org!

Lebanon Junior Seniors Presents:

Celtic Crossings



PHIL COULTER • **ANDY COONEY**

Legendary Songwriter and Performer
Creator of "Celtic Thunder"

"Youth America's Favorite Son" Six-time Grammy
Star of Carnegie Hall

with Special Guests
Geraldine Branagan

FOX THEATER FOXWOODS RESORT CASINO

Tuesday, March 15, 2016

ANDY COONEY, with his outstanding tenor voice and dynamic stage presence, has captured the hearts of Irish music lovers from coast to coast.

PHIL COULTER, is known as Ireland's Musical Ambassador, his lyrics and melodies well known throughout the world. Phil was the musical mastermind of Celtic Thunder.

GERALDINE BRANAGAN, with hit records in Ireland, will delight us with her beautiful voice...

These three outstanding performers, along with the Irish Pops Ensemble, will create a memorable afternoon of Irish entertainment.



Foxwoods Resort Casino Bonus Package
\$10 Slot Play & Free Lunch Buffet or \$10 Food

COST: \$82pp based on 40-52 (Includes Driver's Gratuity)

For Reservations: Marion (Trip Coordinator) 860-423-7659

Email: mrusso03@snet.net

Estimated Departure: 9:00a Lebanon Senior Center 37R West Town Street

Estimated Return: 4:45p Lebanon

Checks payable to Lebanon JR/SRS Payment Due: February 8, 2016

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.



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Celebrating 20 years

Traveling Together



"Sharing Good Times With Good Friends"

POTLUCK DINNER

LEBANON SENIOR CENTER 37R West Town Street, Lebanon, CT.

Friday, January 15, 2016 - 6 pm!

COME ONE COME ALL!

Whether you traveled with us 20 Years Ago or Last Year or Wished you had traveled with us 20 Years Ago!

All Welcome!

Bring Along your Old Photos, Shirts, Paraphernalia or Stuff!

Come & Have some Fun Reminiscing the Night Away!

Coffee, Tea, Water & Wine will be Served!

Just Bring Along a Dish to Share with All!

For More Information, please call MARION at 860-423-7659 or email
mrusso03@snet.net



POTLUCK DINNER

Seniors On The GO!



Junior Senior Travel News

January, 2016

By Anne Maffiolini

Potluck Dinner at the Senior Center - Friday, January 15, 2016 at 6:00 p.m. Celebrating 20 years of traveling together. Bring along a dish to share and any photos, shirts, or whatever souvenirs you purchased on one of our trips. We'll have lots of fun reminiscing the night away and renewing friendships with our group of traveling buddies.

Resorts Casino - Atlantic City - February 24/26, 2016- Bus departs 7:00 AM What a deal for \$189 double, \$289 single and \$184 triple. Here's the package: Round trip deluxe motor coach, 2 nights at the Resorts Hotel Casino, \$60 in slot bonus, \$60 in meal vouchers (ONE \$20 breakfast and TWO \$20 dinner vouchers) 2 shows, taxes, hotel baggage handling and driver gratuity. Deposit of \$50 should have already been made and full payment is due on January 15th. Good luck to all!

Andy Cooney & Phil Coulter - Celtic Crossings-Irish Celebration - Foxwoods Casino Tuesday, March 15, 2016. \$82 per person with payment due by February 8th. Departure is 9:00 AM. Estimated return 4:30 PM - Your bonus package will include \$10 slot play and free lunch buffet or \$10 food voucher. We'll be entertained by the beautiful tenor voice of Andy Cooney who captured the hearts of Irish music lovers from coast to coast. Phil Coulter is known as Ireland's Musical Ambassador, his lyrics and melodies are well known throughout the world. Celebrate St. Patrick's Day in a special way this year and enjoy the beautiful melodies sung and played by these talented musicians. See the flyer in this issue of Lebanon Life for full details.

Memphis/Nashville Trip - April 22-27, 2016 - 5 nights - 6 days.

Newport Playhouse and Dinner Theater - Monday, August 8, 2016

Big E - Springfield, MA - September, 2016 By popular request, we will make our way back to the Big E this year after a brief hiatus. Always a fun day.

Ireland/Scotland/England - a possibility for 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 06

JANUARY 2016 ~ WELLNESS TRIPS

Friday, Jan. 8th, 2016 Knight's of Columbus Museum, New Haven Ct.



Sunday, January 17th, 2016 Coast Guard Concert, New London Ct.



Friday, January 29th, 2016 Toyo Restaurant, Colchester Ct.



January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions 860-642-3040 Center Hours Mon–Fri. 9-4 Watch Ch 3 for closings at cen- ter</p>					1 Center Closed	2 SPA DAY No Yoga
3	4 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	5 9:30-2:30 Pedi/Hair 12:00 – Soup Day 1:00 Pool/Mahjongg 7:00 Poker	6 9-1 Haircuts 9:30 Exercise 11– 3 Massage 12 Card Making	7 9-3 Mani/Pedi 9:00 Yoga 9am Set up Ba- zaar	8 9:30-3:30 Hair 9:30 Exercise Wellness – Knight’s of Columbus Muse- um 6:30 Bingo	9 YOGA 9:30
10	11 9:30 Exercise Class 10:30 Knitting 11 VNA BP 12:15 Bingo 3:00 Line Dancing 6:30 COA Meeting	12 9:30-2:30 Pedi/Hair 12:00 – Lunch – Spa- ghetti and Meatballs 1:00 Pool/Mahjongg 7:00 Poker	13 9-1 Haircuts 9:30 Exercise	14 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	15 9:30 Exercise 9:30-3:30 Hair 1:30 Zumba Gold 6:00 Jr/Sr Travel- er’s Potluck	16 No YOGA 9:30
17 Wellness Trip Coast Guard Concert	18 Center Closed	19 9:30-2:30 Pedi/Hair 9:30 Hearing Clinic 12 pm Lunch Dalonne & Friends 1:00 Pool/ Mahjongg 7:00 Poker	20 9-1 Haircuts 9:30 Exercise 11-3 Massage	21 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	22 9:30 Exercise 9:30 –3:30 Hair 1:30 Zumba Gold	23 YOGA 9:30
24/31	25 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	26 9:30-2:30 Pedi/ Hair 12:00 Lunch– Vegeta- ble Beef Soup 12:30 Isagenix 1:00 Pool/Mahjongg 7:00 Poker	27 9-1 Haircuts 9:30 Exercise 11-3 Massage	28 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	29 9:30 Exercise 9:30 –3:30 Hair 1:30 Zumba Gold Wellness– Toyo Restaurant 6:30 Military Whist	30 YOGA 9:30