



# Seniors on the Green

*37 R West Town St. Lebanon Ct. 06249*

March 2016

Senior Van Wellness Trips

3/4 Main St Café– Windham  
Textile Museum

3/18 Mohegan Sun casino

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**Senior Center Hours:**

Mon - Thurs: 9-4pm

Friday: 9-4pm

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

Senior Center Director: Darcy Battye 860-642-2042

Van Coordinator: Jeryl Bates 860-642-2024

Transportation Clerk: Walter Riley 860-642-2024

**Lunch Menu:**

3/1 Lataille's soups

3/8 Corned Beef dinner

3/15 Dalonne lunch

3/22 Easter Ham dinner

3/29 Lasagna



# Tag Sale



**Lebanon Senior Center  
37 R West Town Street  
Saturday May 7  
9:00-2:00**

*Stop in at the Senior Center for great deals on  
jewelry, household items and craft supplies.*

*Tons of rubber stamping supplies!!*

**All Proceeds Benefit programs for Seniors**

*Clean out your closets, garage and attic!!*

*Donations can be dropped off at the Senior Center*

*Wednesday 5/4 through Friday 5/6*

*From 9:30-3:00*

*No clothing please!!*



**Sponsored by Friends of the  
Lebanon Senior Center  
*Books for Sale to Benefit the  
Jonathan Trumbull Library***

# *Mardi Gras Cabaret*

*Lebanon Senior Center*

*March 11, 2016 ~ 6:00PM*

*Gumbo & Music*

*Joe Tomanelli ~ Sax Player  
and his combo*



*Please wear your beads & come  
dressed for the occasion!*

*No charge for admission*

*BYOB and snacks....*

## 2016 TAX YEAR INCOME TAX PREPARATION at the LEBANON SENIOR CENTER

Here's a list of items you may want to bring in order to have your tax return prepared:

Proof of ID; Social Security cards for you , your spouse & dependents; Birth dates for you, your spouse & your dependents; A copy of last year's federal and state returns with back up materials; Wage & earning statement(s) Form W-2, W-2G, 1099-R, from all employers; SSA-1099 form if you were paid Social Security benefits; Other 1099 forms (1099-INT, 1099-DIV, 1099-B,etc); All other income & expense statements; Documentation showing date & original purchase price of sold assets; Documentation if you are itemizing deductions; and bank routing numbers & account numbers for Direct Deposit.

AARP volunteers will be available at the Lebanon Senior Center to aid in tax preparation on the following dates:

March 4th, 11th, and 18th 9am—1pm

April 1st 9am—1pm

**You must call ahead for an appointment - 860-642-3040**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. Over 15 million participants have gone through AARP Driver Safety classroom and online courses, taught by more than 4,000 AARP Driver Safety volunteers.

The AARP Smart Driver Course is available nationwide in classroom and online settings, in both English and Spanish.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

AARP membership is not required to take the course and there are no tests to pass.

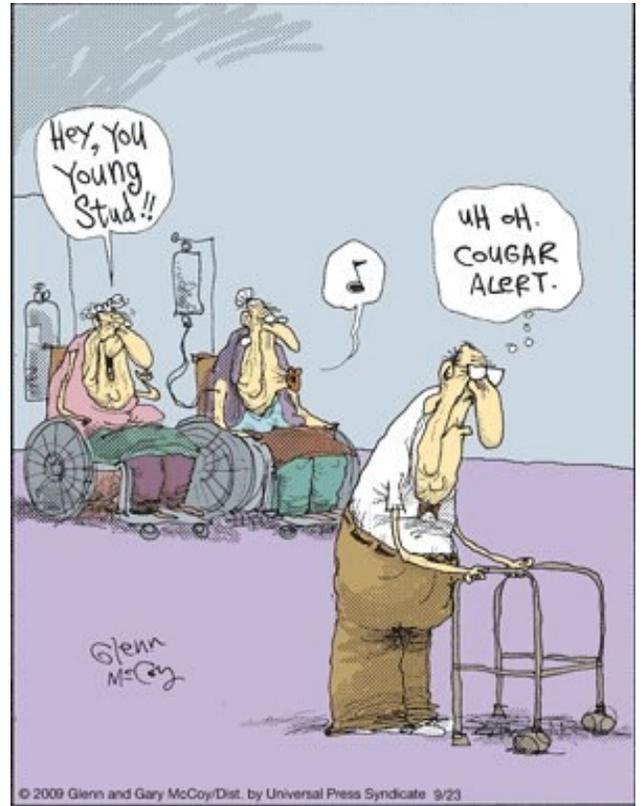
The classroom course costs only \$15 for AARP members and \$20 for nonmembers.

**This class is being offered at the Lebanon Senior Center on April 22nd - call to sign up. (860-642-3040)**



Gallagher is in Boston and he is waiting patiently, also, he is watching the traffic cop on a busy street crossing. The cop stops the flow of traffic and shouts, 'Okay pedestrians'. Then he allows the traffic to pass. He did this several times, and Gallagher is still standing on the sidewalk. After the cop has shouted 'Pedestrians' for the tenth time, Gallagher approaches him and says, 'Is it not about time ye let the Catholics across?'

# How fights start:



Dear Receiver

You have just received an Irish virus.

Since we are not so technologically advanced in Ireland,  
**This is MANUAL virus.**

Please delete all the files on your hard disk yourself  
and send this mail to everyone you know.

That'd be grand.

Tanx  
Paddy O'Hacker at [paddy@bejaisus.com](mailto:paddy@bejaisus.com)

9GAG.COM/GAG/4613274

A block containing a cartoon illustration of a leprechaun with a red beard and a green hat, holding a glass of beer. To the right of the illustration is a text message. The text message is addressed to "Dear Receiver" and says "You have just received an Irish virus. Since we are not so technologically advanced in Ireland, This is MANUAL virus. Please delete all the files on your hard disk yourself and send this mail to everyone you know. That'd be grand. Tanx Paddy O'Hacker at paddy@bejaisus.com". At the bottom of the block is the URL "9GAG.COM/GAG/4613274".



## People Around Us: Ruth Jones and Helen Bender

By Alex "Bud" Gavitt

A few months ago, Lebanon senior Marion Russo suggested that I sign up for the Center's exercise class. It is held on Monday, Wednesday, and Friday from 9:30 a.m. - 10:30 a.m.

A few days later, I decided to attend. At the first class, I quickly noticed 15 chairs arranged in a circle with a ball under each one. One of the seniors, Helen Bender, promptly greeted me and gave me a few items, including a long stretchy band used in some of the exercises.

The idea to hold the class for seniors came from the Windham Hospital staff. Lee Cummings was the first instructor and learned how the exercises should be done by watching a video made by the hospital. The class used to meet twice a week at the Lebanon Senior Housing Community room.

Helen Bender, a lifelong Lebanon resident succeeded Lee and served as the instructor for the next ten years. Upon retirement, Helen invited and trained Ruth Jones to become the next instructor in 2012. Says Ruth: "I am very grateful that Helen took the time to train me, even though I never had any formal physical therapy training."

Helen, 91, still comes to class on Monday and Wednesday to do the exercises and assist Ruth as needed. Helen livens up the class by telling jokes while participants are doing an exercise such as standing on one leg.

The exercises performed are repeated several times and remain the same to ensure consistency. Each one is designed to move and strengthen muscles and improve their tone for an all-over body workout.

Helen explains that participants are allowed to do each exercise the best they can and feel comfortable with. As a newcomer, this writer received much appreciated, quick assistance from another senior to do an exercise correctly.

What do four of the participants say about the class? Jean Tucker, who lives in the nearby town of Columbia notes: "When I come to the class, I feel welcome and the seniors have been very nice to me. Doing the exercises makes me feel great."

World War II Army Air Force veteran Jim Garrett, 94, has been coming to the class for six years. He states: "Doing the exercises keeps me limber and they're fun to do. The class is a good way to meet other people."

Another senior, Theresa LeClaire, is now in her 16th year of attending the exercise class. "I like getting out of the house and coming to the class where I can meet and socialize with other seniors," says Theresa.

Marion Russo has been a participant for the past five years. She says, "I try to come every time. This is the best I have ever done. It's the little things I do that really matter for my health."

Three years ago, some of the seniors lobbied successfully to add a third day, Friday, for the class. Presently, 15 women and three men attend on Monday and Wednesday, and eight on Friday.

Ruth observes, "The exercises are fun, enjoyable, and easy to do. What's more they're good for you."

The class is free and open to all. There's always room for more participants!



## Seniors On The GO!



### Junior Senior Travel News

March, 2016

By Anne Maffiolini

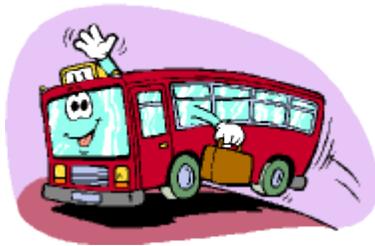
**Andy Cooney & Phil Coulter - Celtic Crossings-Irish Celebration - Foxwoods Casino Tuesday, March 15, 2016.** \$82 per person with payment due by February 8th. Departure is 9:00 AM. Estimated return 4:30 PM - Your bonus package will include \$10 slot play and free lunch buffet or \$10 food voucher. 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 Cabaret Dinner Theater Lobster Festival - Monday, August 8, 2016** - \$83.00 Per Person with payment due by July 1. Departure from the Lebanon Senior Center at 9:30 a.m. Price includes bus, tips, dinner, cabaret and a hilarious play offering a Texas theme and a taste of good old down South humor. Look for the flyer with all the details.

**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 06249.

# Senior Wellness Trips

March, 2016

Friday March 4th, 2016 - Thread City Diner and Windham Textile Museum



Friday, March 18th, 2016 - Mohegan Sun Casino



# MARCH 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions 642-3040 Center Hours Mon—Fri. 9-4 Watch Ch 3 for closings at Ctr</p>	<p>1 9:30-2:30 Pedi/Hair 10:30 Podiatrist 12:00 – Soup Day 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>2 9-1 Haircuts 9:30 Exercise 11–3 Massage 12:00 Card Making</p>	<p>3 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback</p>	<p>4 9:00 Tax Aide 9:30 Exercise 9:30-3:30 Hair Thread City Diner – Wind. Text. Museum 6:30 Setback</p>	<p>5 Yoga 9:30</p>	
<p>6 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing</p>	<p>7 9:30-2:30 Pedi/Hair 12:00 – Lunch – Corned Beef \$6 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>8 9-1 Haircuts 9:30 Exercise 1-6 Blood Drive</p>	<p>9 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback</p>	<p>10 9-1 Tax Aide 9:30-3:30 Hair 9:30 Exercise 6:00 Cabaret</p>	<p>11 9-1 Tax Aide 9:30-3:30 Hair 9:30 Exercise 6:00 Cabaret</p>	<p>12 YOGA 9:30</p>
<p>13 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing 6:30 COA Meeting</p>	<p>14 9:30-2:30 Pedi/Hair 9:30 Hearing Clinic 12:00 – Lunch – DaLonne 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>15 9-1 Haircuts 9:30 Exercise 11-3 Massage 12 Card Making</p>	<p>16 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>17 9-1 Tax Aide 9:30 Exercise 9:30-3:30 Hair Wellness – Mohegan Sun Casino 6:30 Bingo</p>	<p>18 9-1 Tax Aide 9:30 Exercise 9:30-3:30 Hair Wellness – Mohegan Sun Casino 6:30 Bingo</p>	<p>19 YOGA 9:30</p>
<p>20 9:30 Exercise 10:30 Knitting 11:00 VNA BP 12:15 Bingo 3:00 Line Dancing</p>	<p>21 9:30-2:30 Pedi/Hair 12 pm Lunch—Easter Ham Dinner \$6 1:00 Pool/ Mahjongg 7:00 Poker</p>	<p>22 9-1 Haircuts 9:30 Exercise</p>	<p>23 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>24 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>25 Closed Good Friday</p>	<p>26 YOGA 9:30</p>
<p>27 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing</p>	<p>28 9:30-2:30 Pedi/Hair 12:00 – Lunch – Las- gna 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>29 9-1 Haircuts 9:30 Exercise 1-3 Massage 2:30 Afternoon Tea– French ClubCabaret</p>	<p>30 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>31 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>		