



# SENIORS ON THE GREEN

February 2024

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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: 860-642-2024  
Eileen Weinstein  
Trans. Clerk: Walter Riley  
860-642-2024



"The older you get, the better you get.....unless you're a banana."  
Betty White







How to dress for cold weather:

1. Take your pants off.
2. Get back in bed.

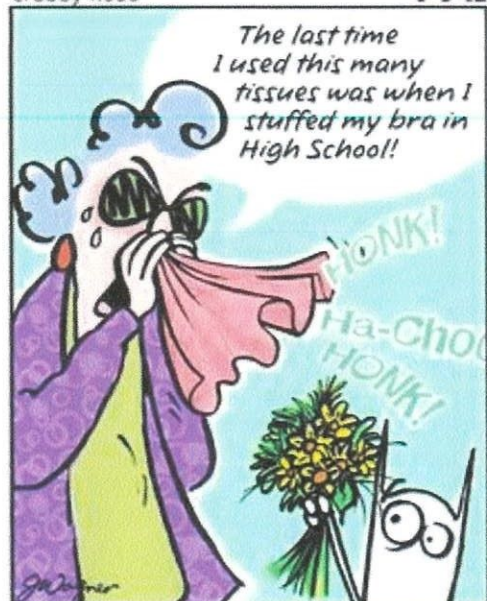


I  
meant  
to  
behave  
but  
there  
were  
too  
many  
other  
options

Dear Mother Nature,  
Having received my free  
sample of winter, I would like  
to cancel the remainder of  
my subscription. Thank you.

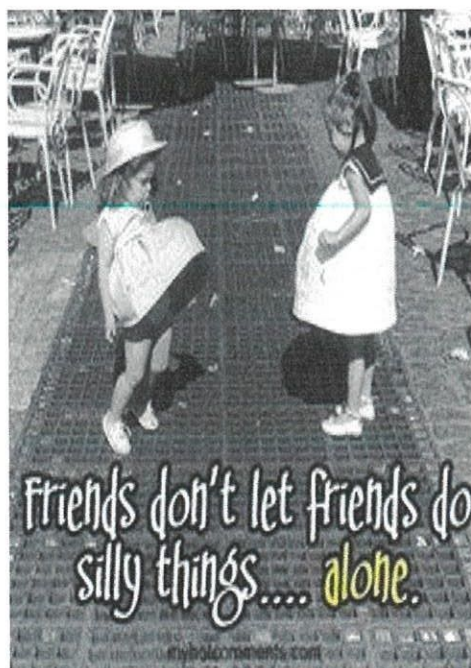
Crabby Road

5-3-12

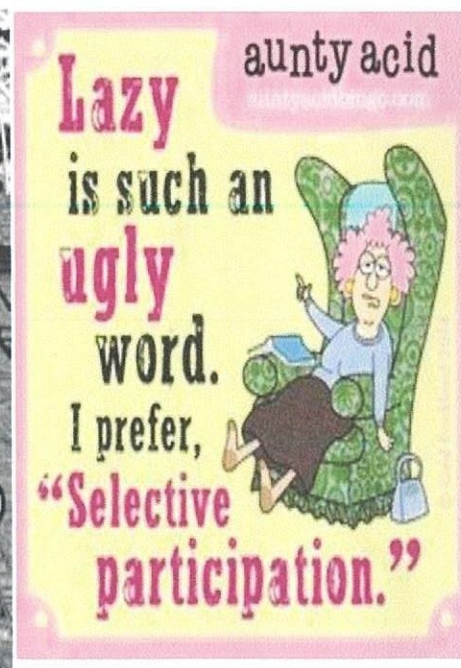


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Matine.com



Friends don't let friends do  
silly things.... alone.



aunty acid





### Wellness Trips:

2/9 Mohegan Sun  
Casino

2/23 Fish Fry  
Portuguese Club.  
Stonington



### Lunch Menu

2/6 B.day lunch

2/13 Soup Day

2/20 Mex. Lasagna

2/27 Baked Chicken



## SENIOR CENTER SERVICES

**Massage w/ Sue McCaffery** - Please contact the senior center to schedule your appts by calling 860-642-3040. The price is \$20 for 25 mins. and \$40 for 50 mins.

Did you know we have assorted assisted living devices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. Please call the senior center at 860-642-3040 for more information.

The senior center hours are 9-4 Monday-Friday.

Please sign up ahead of time for lunch so we will know how much food we should prepare.

Salon Services Back in business, Tues & Weds.

Tracy Kelley

Hair cuts ONLY  
(\$15) 9-12pm

Appts: 860-642-3041

If you are aware of someone who is ill or has been ill, please let us know. There is a signup 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 throughout the coming years. Such gifts will be very much appreciated and should be made out and sent to:

Friends of Leb. Sen. Ctr.

22 Imogene Lane

Lebanon Ct. 06249

"I am enclosing \$\_\_\_\_\_ in honor or memory of:

Name \_\_\_\_\_

Donor's name \_\_\_\_\_

Address \_\_\_\_\_

A special acknowledgement will be sent as you direct::

\_\_\_\_ Birthday

\_\_\_\_ Anniversary

\_\_\_\_ Memorial

\_\_\_\_ In Honor of

\_\_\_\_ Other



We are still collecting personal care items for the residents of Vanderman Rehab. as a Valentine gift. We would be very grateful for body wash, shampoo, conditioner, lotion, deodorant, or 3 in 1 body /hair wash.



## AARP TAX SERVICES

### COLCHESTER SENIOR CENTER

95 Norwich Ave, Colchester, CT, 06415-1230

**Fri, 08:45 am - 03:30 pm**

Language: English



### COLUMBIA BECKISH SENIOR CENTER (AD HOC)

188 Route 66, Columbia, CT, 06237-1435

**Thu, 09:00 am - 01:00 pm**

### WINDHAM SENIOR CENTER (AD HOC)

1 Jillson Square, Willimantic, CT, 06226

**Wed, 08:30 am - 12:30 pm**

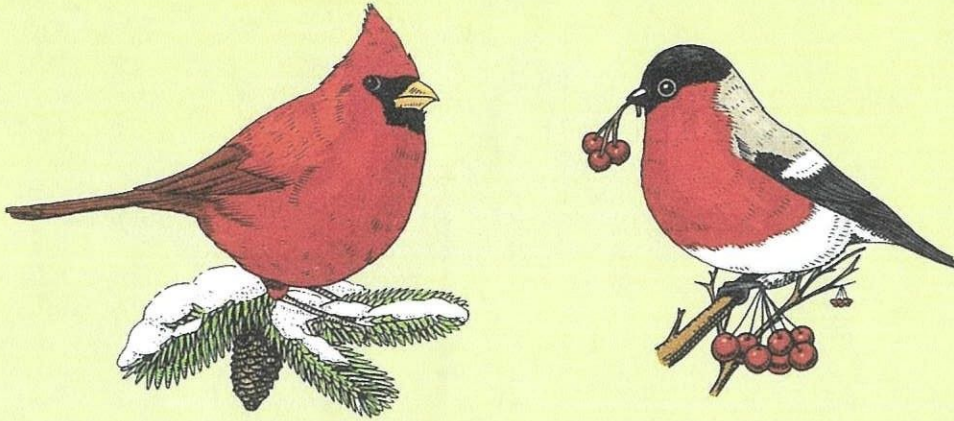
### HEBRON SENIOR CENTER

12 Stonecroft Dr, Hebron, CT, 06248-1428

**Tue, 09:00 am - 01:00 pm**







### MAKE YOUR OWN BIRD FOOD

*Our homemade bird food recipe can be made at any time of the year, but especially in the colder months when natural resources are scarce. Also, see how to make a simple DIY pine cone feeder!*



For many of us, it's a great joy to watch and study our feathered friends. In the winter, experts maintain that the best way to birdwatch is in a comfortable chair by the window (and we would agree). By keeping a feeder stocked with bird food, you can attract birds that will stay with you until spring.

### IS IT GOOD TO FEED THE BIRDS IN WINTER?

- Rest assured that it's fine to feed birds during the cold winter months. Supplemental food actually helps birds during especially tough winters—and this will not affect bird migration. A number of factors trigger the urge for birds to migrate, but the most significant one is day length. When the days get shorter, certain birds move on, regardless of whether there are still filled feeders available to them.
- During the rest of the year, it's best to take feeders inside, as there will be plenty of other natural resources for the birds to take advantage of. Plus, bird feeders can be very attractive to foraging mammals, such as skunks, rats, and bears, which are usually not welcome visitors!

### WHEN SHOULD I PUT OUT BIRD FEEDERS?

It varies by region, but typically, it's not recommended to put out bird feeders until at least December. This ensures that hungry hibernators such as bears are already bedded down for the winter, and that the birds will have something to snack on when foraging becomes difficult.

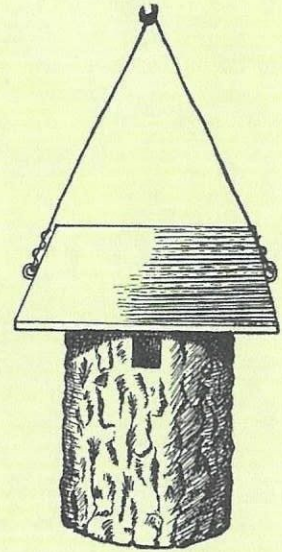
For homemade suet, which can go rancid if exposed to too-warm temperatures, it's best to wait until temperatures are consistently in the 40s (Fahrenheit) or below.



### SIMPLE DIY PINE CONE FEEDER

If you have kids, it can be fun to make a pine cone feeder! You will need four items: pine cones, string, peanut butter, and bird seed!

- Find some pinecones. (Ponderosa are nice because of their larger size, but most types will do.)
- Wrap the string in a tight loop around the top of the pine cone, leaving enough to tie it to a tree or pole.
- Coat the outside of the pinecone with peanut butter and then roll it in bird seed! Using smaller seeds will ensure that seeds stick well, but mixed seed or black-oil sunflower seed will work as long as you press the seed in well.
- Hang your feeder on a tree branch or pole and watch the birds enjoy their winter feast!



### HOMEMADE BIRD FOOD RECIPE

Most people put out a bird seed mix, which birds do appreciate. However, if you really want to impress your avian friends, here is one DIY bird food recipe we recommend:

#### Suet Cake Recipe

- 2 parts melted fat (beef fat or lard)
- 1 part natural peanut butter (also a fat)
- 2 parts yellow cornmeal

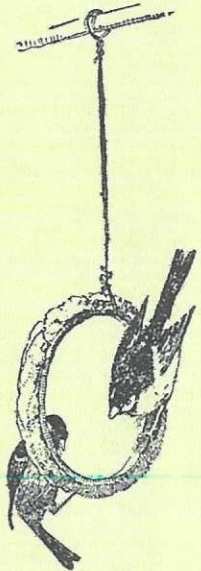
#### Instructions

Melt the fat and peanut butter in a saucepan until completely liquid. Remove from heat and let sit for several minutes.

Stir in the cornmeal and cook for a few minutes.

Pour into small containers (tuna fish cans are good), and refrigerate until they are hard enough to hold their shape. Release into a suet feeder or cut them into cakes, seal in plastic wrap, and store in freezer.

Mixture can also be stuffed into 1-inch holes drilled in small logs to hang from trees.



### BIRD-FEEDING ADVICE

What's most important is that you keep birds safe by keeping your bird feeders clean. Scrub out feeders with a 10 percent non-chlorinated bleach solution at least a few times a year, and certainly between seasons. Remove suet in hot weather because it will spoil quickly.



Lebanon Senior Travelers presents:

# ELLIS ISLAND & STATUE OF LIBERTY MUSEUM

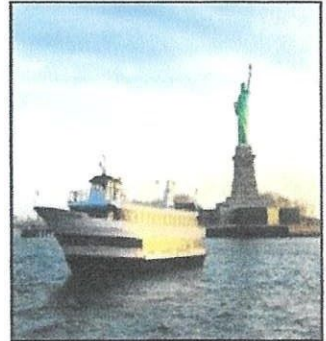
**Saturday, May 11, 2024**

**ELLIS ISLAND:** From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed, the four rooms where immigrants were detained.

**STATUE OF LIBERTY** is an icon, a national treasure, and one of the most recognizable figures around the globe. The **Statue of Liberty Museum** represents an exciting new chapter in Lady Liberty's story of freedom.

Reserved ferry ticket includes entry to the **Ellis Island Immigration Museum**, the **Statue of Liberty Museum** & audio guides for both **Islands**. \*Ferry departs from Liberty Park, NJ and stops at Ellis Island and Statue of Liberty Island. (Cafes available on both islands for lunch on own.)

**Friendship Tours Tour Director** included to help navigate this day.  
(Entry to the Crown & Pedestal not included)



*\* Passengers should expect to walk approximately 1/3 mile from the bus to the ferry (and back).*

**COST: \$127.**pp Senior

Includes: Deluxe Motorcoach, Friendship Tours Tour Director & all gratuities

Checks Payable to "Lebanon Senior Travelers" &

Mail to: Marion Russo, 280 Beaumont Highway, Lebanon, CT 06249

or drop at Lebanon Senior Center, 22 Imogene Ln, Lebanon, CT 06249

For information call: **Marion at 860-234-4208**, email: **mrusso11743@gmail.com**

Depart: 7:00 am Lebanon Senior Center, 22 Imogene Lane, Lebanon

Estimated Return: 800 pm Lebanon

**Final Payment Due: April 10, 2024**

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630



## LEBANON SENIOR TRAVELER SCHEDULE 2024

**February 27-29** “Atlantic City NJ Getaway” Resorts Casino with **Yakov Smirnoff**, Russian Comedian

**March 11** Aqua Turf, Plantsville, CT, **Celtic Dancers**

**May 11** Statue of Liberty & Ellis Island

**July 15** Newport Playhouse & Cabaret for  
**LobsterFest** & to see **“NUNSENSE”**

**August 2-15** **Northern European Cruise** with London, Belgium, Netherlands, Norway & Iceland, 14 Days/12 Nts-56

**September 18** Goodspeed Opera House **“MAGGIE”** & Gelston House for Luncheon before show!

**October 15-17** Pennsylvania Dutch Country & **Dutch Apple** Theater to see **“HAIRSPRAY”** & Sight & Sound Theater-  
**“DANIEL”** and Penn Dutch Tour and Buggy Rides too!

**November & December** **OPEN**

## PLANS FOR 2025

**Viking River Cruise** — Budapest/Regensburg

**Alaska**







## FEBRUARY AND MARCH WELLNESS TRIPS



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**February 9<sup>th</sup> - Mohegan Sun Trip**- An on your own trip to visit.  
Leave Center @ 10:30am/Pick up @ 2:30pm Cost: \$3 for Van

**February 23<sup>rd</sup> - Annual Visit to Portuguese Holy Society**  
for their Lenten Fish and Chips and More. Past trips have been extremely  
delicious. Leave Center at 10am. Cost: \$5 for Van.  
Another trip scheduled for March!!!

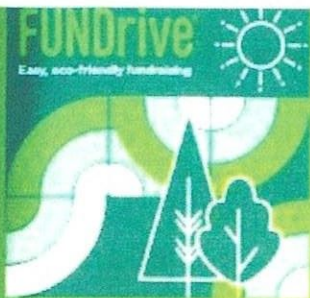


**March 8<sup>th</sup>**- A 2<sup>nd</sup> trip to for Seafood during Lent to **Portuguese Holy Society** in  
Stonington. Van leaves at 10am to get first sitting. Cost: \$5 for Van.

**March 22<sup>nd</sup>**- Feeling Spring Fever? Or perhaps Winter Blues? This trip will take you  
to warm greenhouses and dreaming of warmer temps.

**Logee's Plants for Home and Garden** in Killingly  
and then lunch at **Hanks Restaurant** in Brooklyn for a wonderful selection of great  
meals. Cost: \$5 for Van Leaves center at 9:30am.





# **CLEAN OUT YOUR CLOSETS FOR AMERICAN CANCER SOCIETY RELAY FOR LIFE THE BELIEVERS TEAM!**

This is our annual Savers FUNDrive for  
Relay for Life.

Our goal is \$600 - 131 large yard bags

All proceeds will go to the American Cancer Society

We will be collecting donations at  
187 Trumbull Highway, Lebanon

Saturday, March 2, 11 am-12 pm

Saturday, April 6, 11 am-12 pm

Saturday May 4, 11 am-12 pm

## **WE ARE COLLECTING:**

**CLOTHES:** MEN'S, WOMEN'S AND CHILDREN'S  
CLOTHES, COATS, SHOES, SCARVES, HANDBAGS,  
WALLETS, FASHION ACCESSORIES, TIES, BELTS,  
BACKPACKS, ETC

**HOUSEHOLD TEXTILES:** BEDDING, COMFORTERS,  
BLANKETS, SHEETS, TOWELS, LINEN, TABLECLOTHS,  
CURTAINS, PILLOWS, ETC

PLEASE GATHER CLOTHES AND HOUSEHOLD  
TEXTILES IN BAGS. ALL ITEMS MUST BE CLEAN AND  
IN SELLABLE CONDITION.

**FOR ANY QUESTIONS, CONTACT THE FUNDRIVE COORDINATOR:**

SUSAN NOSAL | 860-428-1322 | SNOSAL75@GMAIL.COM

*or ask Darcy*



# FEBRUARY 2024

| Sun                                                   | Mon                                       | Tue                                                                                                                                              | Wed                                                                   | Thu                                                                                           | Fri                                                                      | Sat                                             |
|-------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------|
| Center Hours<br>Mon—Fri. 9-4<br>Questions<br>642-3040 |                                           |                                                                                                                                                  |                                                                       | <b>1</b><br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback                      | <b>2</b><br>9:30 Exercise<br>11 GAP                                      | <b>3</b>                                        |
| RESERVA-<br>TIONS<br>FOR LUNCH<br>860-642-<br>3040    | <b>5</b><br>9:30 Exercise<br>12:15 Bingo  | <b>6</b> 9:00 Hair Salon<br>10:00 Brain Training<br>11:00 UNCAS HEALTH<br>12 Lunch-Bday Lunch<br>1:00 Mahjongg<br>4pm Tai Chi<br>6:30 Poker      | <b>7</b><br>9:00 Hair Salon<br>9:30 Exercise<br>12:00 Massage Therapy | <b>8</b><br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi  | <b>9</b><br>9:30 Exercise<br>Wellness Trip -<br>Mohegan Sun Casino       | <b>10</b>                                       |
| <b>11</b>                                             | <b>12</b><br>9:30 Exercise<br>12:15 Bingo | <b>13</b> 10:00 Brain Training<br>12 Lunch— Soup Day<br>1:00 Val. Bingo<br>1:00 Mahjongg<br>1:30 COA Meeting<br>4pm Tai Chi<br>6:30 Poker        | <b>14</b><br>9:30 Exercise<br>12 Massage Therapy                      | <b>15</b><br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi | <b>16</b><br>9:30 Exercise<br>1:00 Bingo                                 | <b>17</b>                                       |
| <b>18</b>                                             | <b>19</b><br><b>CENTER<br/>CLOSED</b>     | <b>20</b> 9:00 Hair Salon<br>10:00 Brain Training<br>12 Lunch— Mex. lasagna<br>1pm Mahjongg<br>4pm Tai Chi<br>6:30 Poker                         | <b>21</b><br>9:00 Hair Salon<br>9:30 Exercise<br>12 Massage Therapy   | <b>22</b><br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi | <b>23</b><br>9:30 Exercise<br>Wellness Trip—Fish<br>Fry— Port. Holy Soc. | <b>24</b>                                       |
| <b>25</b>                                             | <b>26</b><br>9:30 Exercise<br>12:15 Bingo | <b>27</b> 9:00 Hair Salon<br>10:00 Brain Training<br>12 Lunch— Baked Chicken<br>1pm Friends Meeting<br>1pm Mahjongg<br>4pm Tai Chi<br>6:30 Poker | <b>28</b><br>9:00 Hair Salon<br>9:30 Exercise<br>12 Massage Therapy   | <b>29</b><br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi |                                                                          | <b>Watch<br/>Channel 3<br/>For<br/>Closings</b> |