



# SENIORS ON THE GREEN

March 2024

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**IF YOU'RE LUCKY ENOUGH TO BE IRISH, YOU'RE LUCKY ENOUGH!!**

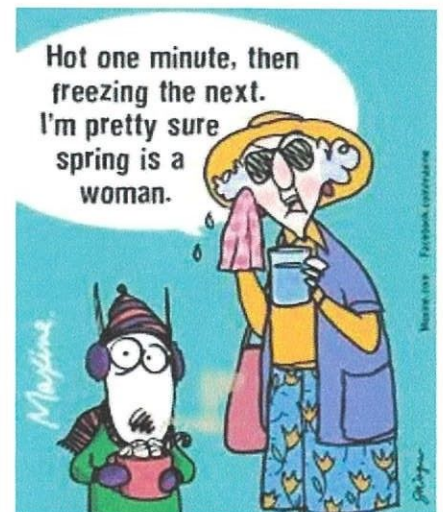
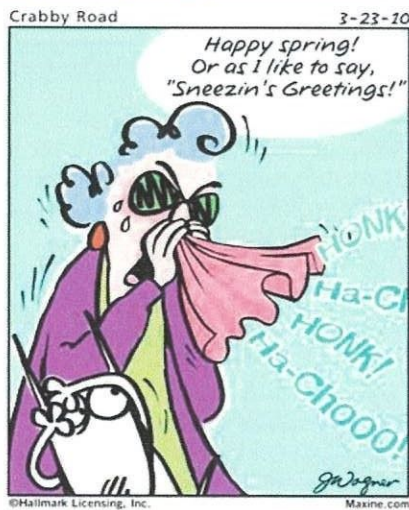
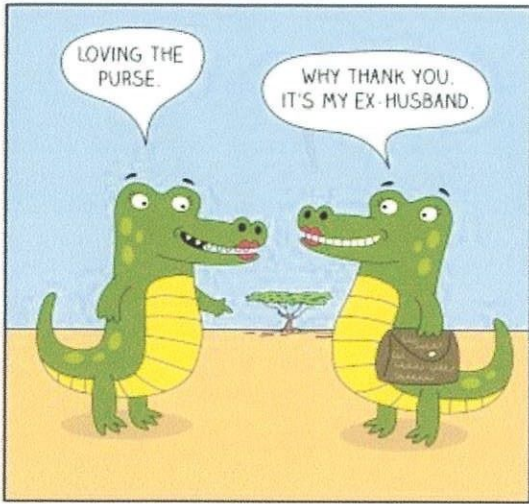


## Senior Center Hours:

Mon - Fri: 9 - 4pm  
Senior Ctr. 860-642-3040  
Ctr. Director: Darcy Battye  
860-642-2042  
Van Coord: 860-642-2024  
Eilleen Weinsteiger  
Trans. Clerk: Susan Talbot











### Wellness Trips:

3/8 Port. Fish Fry  
Stonington Ct

3/22 Logee's and  
Hanks Rest.



### Lunch Menu (\$7special)

3/5 Mexican Lasagna

3/12 Baked Chckenn

3/19 Corned Beef(\$7)

3/26 Taco Bar



## 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 Servies Back in business, Tues & Weds.

Tracy Kelley

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

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







ALZHEIMER'S ASSOCIATION

## NEW ENGLAND FAMILY CONFERENCE



### MARCH 1 - 2, 2024

A FREE Virtual Conference for Individuals Living with Dementia and Family Caregivers

*\*The entire conference will be translated LIVE into Spanish\**

#### MARCH 1

A One-Day Conference for Individuals Living with Dementia

##### FEATURING

- Panel of Individuals Living with Dementia
- Maximizing Independence: Tips and Strategies to Organize Your Space and Home
- Using Art and Mindfulness to Care for Yourself

#### MARCH 2

A One-Day Conference for Family Caregivers

##### FEATURING

- Keynote: A Time of Hope: Advances in Treatment and Modifiable Risk Factors
- A Panel of Caregivers Sharing Their Experiences
- Creating Meaningful Engagement with Memory Boxes

Join us at the Senior Center for a  
"Watch Party" time "tba" call 860 642-3040





**Preventing Medicare Fraud**

## **Senior Medicare Patrol (SMP) Presents: Medicare Fraud and You: How to Prevent, Spot and Report It!**

In this informative presentation, you will learn how to recognize, prevent and report Medicare fraud, errors, and abuse.

**Tuesday March 19th - 12:45pm  
Lebanon Senior Center**

**To register please contact...  
Darcy Battye at (860) 642-3040**

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

**Presented By:  
Jill Vasington  
SMP Program Coordinator**



19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org)  
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736

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## 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**



Starting Monday, March 25th from 10:30 to 12:00, there will be a new Art class beginning at the senior center, with a new Art teacher. Come and check it out.....just might be something that you would really enjoy.







**Something to Look Forward To!**

## **SPRING FLING CONCERT**

**Featuring the**

**Flamingo Big Band**

**Join us for a fundraiser for Team  
Sparklers- Help fight Alzheimer's.**

**Featuring a Chocolate Buffet**

**Tickets on Sale April 1**

Lebanon Senior Travelers presents:

# ELLIS ISLAND & STATUE OF LIBERTY MUSEUM

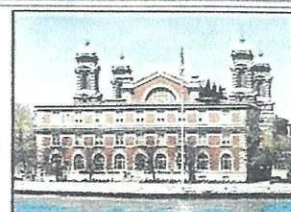
**Saturday, May 11, 2024**

**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](mailto: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

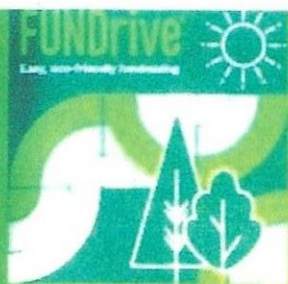
This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing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





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

This is our annual Savers FUNDdrive 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

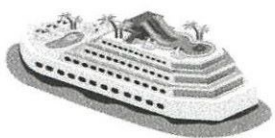
PLEASE GATHER CLOTHES AND HOUSEHOLD  
TEXTILES IN BAGS. ALL ITEMS MUST BE CLEAN AND  
IN SELLABLE CONDITION.

FOR ANY QUESTIONS, CONTACT THE FUNDRIVE COORDINATOR:

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

*or ask Darcy*





## 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.



# MARCH 2024

| Sun                                                   | Mon                                                   | Tue                                                                                                                                                              | Wed                                                                               | Thu                                                                                    | Fri                                                                 | Sat                                             |
|-------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------|
| Center Hours<br>Mon—Fri. 9-4<br>Questions<br>642-3040 |                                                       |                                                                                                                                                                  |                                                                                   |                                                                                        | 1 9:30 Exercise<br>TBA GAP and<br>Living w/ Dementia<br>Watch Party | 2                                               |
| RESERVA-<br>TIONS<br>FOR LUNCH<br>860-642-<br>3040    | 4<br>9:30 Exercise<br>12:15 Bingo                     | 5 9:00 Hair Salon<br>10:00 Brain Training<br>11:00 UNCAS HEALTH<br>12 Lunch-Mexican Las-<br>gna<br>1:00 Mahjongg<br>4pmTai Chi<br>6:30 Poker                     | 6<br>9:00 Hair Salon<br>9:30 Exercise<br>12:00 Massage Therapy<br>1-6 BLOOD DRIVE | 7<br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi  | 8<br>9:30 Exercise<br>Wellness— Holy Society<br>Fish Fry            | 9                                               |
| 10                                                    | 11<br>9:30 Exercise<br>12:15 Bingo                    | 12 9:00 Hair Salon<br>10:00 Brain Training<br>12 Lunch— Baked Chicken<br>1:00 Mahjongg<br>1:30 COA Meeting<br>4pmTai Chi<br>6:30 Poker                           | 13<br>9:00 Hair Salon<br>9:30 Exercise<br>12 Massage Therapy                      | 14<br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi | 15<br>9:30 Exercise<br>1:00 Bingo                                   | 16                                              |
| 17                                                    | 18<br>9:30 Exercise<br>12:15 Bingo                    | 19 9:00 Hair Salon<br>10:00 Brain Training<br>12 Lunch— Corned Beef \$7<br>12:15 Tues. Tunes<br>12:45 Medicare Scams<br>1pm Mahjongg<br>4pmTai Chi<br>6:30 Poker | 20<br>9:00 Hair Salon<br>9:30 Exercise<br>12 Massage Therapy                      | 21<br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi | 22<br>9:30 Exercise<br>Wellness Trip—Logee's<br>And Hanks Rest.     | 23                                              |
| 24/31                                                 | 25<br>9:30 Exercise<br>10:30 Art Class<br>12:15 Bingo | 26 9:00 Hair Salon<br>10:00 Brain Training<br>12 Lunch— Taco bar<br>1pm Friends Meeting<br>1pm Mahjongg<br>4pmTai Chi<br>6:30 Poker                              | 27<br>9:00 Hair Salon<br>9:30 Exercise<br>12 Massage Therapy                      | 28<br>9:00 Cardio Drumming<br>10:00 Brain Training<br>1:00 Setback<br><br>6:30 Tai Chi | 29<br><br><b>Center<br/>Closed</b>                                  | <b>Watch<br/>Channel 3<br/>For<br/>Closings</b> |