

July/August 2022



# Senior Connection

## Morris Senior Center

Volume 19, Issue 4

### Director's Digest

Hi there!

Please forgive the tardiness of this month's *Senior Connection*. Unfortunately, COVID found its way to me, To say I've been under the weather is a HUGE understatement! I appreciate your patience as I try and regain my health and strength and get back to 100%. Fingers crossed it happens soon!!

Until then, this is the perfect opportunity for me to express all of my gratitude for my Morris Senior Center Commission. This amazing group of women from Morris have completely stepped up to the plate in my absence to help run programming

and special events. It's never a good time to become ill, but at the height of Summer programming is most inconvenient!

These volunteers made certain that not a step was missed so that our Community could continue to experience all of the programming and special events you have come to know and love. If you see Harriet Ellis, Linda McMaster, Carol Anderson, Dot DeLuca, Bev Huntley or Cathy Wheeler around town—please give them a high five for me! So grateful for each and every one of them!

And YES—much grati-

tude to Ross, as well. Thank God for Ross x 100000!

The mini-bus situation with Northwest Transit has not yet been completely resolved so you will notice an absence of our beloved day trips in this newsletter. We are hopeful that sometime this Fall, you'll find us back on the bus exploring all that our great state has to offer!

But don't worry—we have plenty of fun, educational and enlightening programming to offer you right here at our beloved Senior Center or even at the Morris Town Beach pavilion.



Be sure to stay hydrated this Summer. It is just so very important. A squeeze of lemon or lime or even some berries in your water make for a nice treat and might encourage you to get your daily requirement of fluids during the heat.

Stay healthy!

~Kristen L. Davila  
Director of Community Activities

### Bend & Stretch

**YES! You read that correctly! *Bend & Stretch* has returned!**

Ruth Ellen Griffin is a certified dance / movement therapist. The exercises performed during class are done to music and are designed to help you improve your balance, control, agility, proper movement and bending and stretching for flexibility and

safety in and out of your home. Many of the exercises will be completed in a seated position and others, while standing close to your chair.

This six week series will be held on **Tuesday mornings from 11:00 am—12:00 pm** beginning on Tuesday, September 6, 2022.

Class dates are as follows: September 6, 13, 20, 27 and

October 4 and 11.

Class size is very limited. Space available on a first come, first served basis. If appropriate, payment must be made immediately to secure your reservation.

**Tuesdays, beginning September 6**  
**11:00 am—12:00 pm**  
**Morris residents, FREE**  
**Non residents \$10**

#### 250th Anniversary of Mill School House Celebration!

**Sunday, August 7**

12:00 pm—reception at Town Hall with refreshments

1:30 pm—Morris open house!

2:30 pm—Concert on the Green:

*Dim Lights Thick Smoke*

Raffle drawing and more!

**FREE!**

# Lunch & Learn Series

Our Lunch & Learn series is quite a popular part of our Senior Center programming. We are very much looking forward to bringing it back to you (with some post COVID-19 updates)!

Each Lunch & Learn event will feature an interesting speaker / event / topic and of course, lunch, once per month—on the third Tuesday of each month. Lunch may sometimes be a catered event, sometimes a pot luck or brown bag. Lunch & Learn will always be FREE! All are encouraged to attend—share with your friends and neighbors!

**Tuesday, July 19—12:00 pm:** During

our July Lunch & Learn, we will be welcoming the Morris Historical Society with their presentation entitled, “History of Morris Schools”. Would you believe there were at one time a total of SIX school houses in Morris? Ed Dorsett and David Hoffman will fill us all in!

This is a BROWN BAG LUNCH event—beverages and dessert will be provided by the Senior Center.

**Tuesday, August 16—12:00 pm:** The focus of our August Lunch & Learn will be alternative healing. We'll be welcoming Lissa from *HeartShine Healing*

for a presentation on alternative therapies to health, including reiki therapy and more!



This is a BROWN BAG LUNCH event—beverages and dessert will be provided by the Senior Center.

Join us at the Morris Town Beach for a fun Summer afternoon on the Beach! Beverages and dessert provided by the Senior Center.

While the program is free of charge, **advance registration is mandatory.** Please call (860-567-7437) us or email us to register for one or both!

# Bantam Lake Boat Cruise

Did you know that Bantam Lake is the largest, natural body of water in the State of Connecticut?!

How lucky we are to enjoy such an expansive lake and all that it brings to our Community.

We are thrilled to partner with Connecticut Water Sports and offer you a one-hour cruise in and around Bantam Lake!

We'll be seated comfortably aboard a luxury pontoon boat while relax-

ing and enjoying the sights and sounds from the water.

Our Captain is fully licensed and insured.

Seating is very limited but we do have two separate cruises to offer you.

Email us at [Activities@townofmorrisct.com](mailto:Activities@townofmorrisct.com) or call us at 860-567-7437 to reserve your seat. Details regarding departure will be shared once your reserva-



tion is confirmed. If payment is required, this must be made in full to confirm your reservation.

**Thursday, August 11**  
**FREE for Morris residents**  
**\$10 for non residents**

# Summer Concert Series

I am thrilled to share with you our 2022 Summer Concert Series! Consider yourself personally invited to attend each and every concert—most are FREE of charge and held at the Morris Town Beach (with food trucks!) or the Morris Town Green beginning at 6:00 pm. Bring your lawn chair and join us!

The musical line up for the remainder of the Summer is as follows:

**Friday, July 22:** *CT Grateful Dead All Stars*, a tribute band—

tickets required. (Town Beach)

**Friday, July 29:** *The Dilemma*, a classic rock band. (Town Beach)

**Friday, August 5:** *Nightshift*, singing your favorites from the '60s / '70s / '80s. (Town Green)

**Friday, August 19:** *Cover2Cover*, CT's most popular dance band (Town Beach)

All concerts are weather-permitting. Weather updates on our website / Facebook page.

**SUMMER CONCERT SERIES 2022**

**FRIDAY NIGHTS 6 PM**

**TOWN BEACH TOWN GREEN**

**TOWNOFMORRISCT.COM/ENTITIES/BEACH-RECREATION**

**MORRIS BEACH & REC**

**FEATURING:**

- THE TRADESMEN** June 10 ~ Green
- TOM PETTY PROJECT** June 24 ~ Beach  
*\*tickets required*
- CT GRATEFUL DEAD ALL STARS** July 22 ~ Beach  
*\*tickets required*
- THE DILEMMA** July 29 ~ Beach
- NIGHTSHIFT** August 5 ~ Green
- COVER 2 COVER** August 19 ~ Beach
- EIGHT TO THE BAR** September 2 ~ Beach

# Regular Programming

A sure sign of things brightening up, is the sound of my Seniors chatting and laughing in our Senior Center building! We are so happy to welcome back all of your smiling faces to our building!

A friendly reminder of our regular, ongoing programming here at the MSC:

Mondays: Pinochle / 10:30 am

Line Dancing (occasionally) 10 am

Wednesdays: Bingo / 1:00 pm

Thursdays: Mexican Train Dominoes / 12:30 pm

Mature Women's Fitness and Wellness / 1:30 pm / \$3 suggested donation, per class

Fridays: Movie Matinees every second / fourth Friday / 1:00 pm

We're enjoying our beloved Lunch & Learn Programs on the third Tuesday of every month.

And our Senior Café serves lunch every Monday, Wednesday and Fri-

day at 12 :00 pm. Please make your reservation with Deena Panasci, our Site Manager!



## Travel Adventures

While our mini-bus trips may temporarily be out of commission, our motor coach bus trips certainly are not! Won't you join us for one of our upcoming adventures?!

**Chicago at Jones Beach Theater**—Friday, July 15; \$135.00 pp. Experience this legendary band live, in concert at the most amazing outdoor amphitheater you've ever seen in your life! Departure from the Morris Town Hall.

**New York Yankees vs. Boston Red Sox**—Sunday, July 17;

**\$135.00 pp—\*waiting list\***. A rivalry almost as old as the game, itself!

We'll be traveling to the Bronx to **Yankee Stadium** to experience the game!

**Lake George Luncheon Cruise**—Saturday, August 20; \$125.00 pp. Enjoy a beautiful ride up to Lake George aboard a deluxe motor coach followed by a luncheon



cruise up Lake George aboard the *Lac du Saint Sacrement*, followed by free time to explore the Village of Lake George. Departure from the Morris Town Hall.

These excursions are a collaborative effort between Morris Beach and Recreation and Warren Parks and Recreation. Would you like more information? Or do you have a suggestion for an adventure? Email us at [Activities@townofmorrisct.com](mailto:Activities@townofmorrisct.com).

Movie Matinees are held on the second and fourth Friday afternoons of each month, at 1 pm.

Our Movie Matinees are always free of charge, but advance reservations are appreciated!

See you at the movies!

**Friday, July 22—The Gilded Age, Episodes 4 & 5**, TV-MA (period drama)

**Friday, August 12—A Call to Spy**, PG-13 (drama / historical film)

**Friday, August 26—Lucy & Desi**, PG (documentary)



## Morris Senior Center

109-21 East Street  
Morris, CT 06763

860-567-7437

Activities@townofmorrisct.com  
townofmorrisct.com/entities/senior-center

US Postage Paid

Torrington, CT  
06790

Permit #347

### Morris Senior Center Staff:

Kristen L. Davila,  
*Director of Community Activities /  
Municipal Agent*

**Ross Stencil, Assistant**

### Morris Senior Center Commission:

Harriet Ellis, Chairperson (860) 567-8607

Linda McMaster, Secretary (860) 567-0670

Carol Anderson (860) 283-5579

Dorothea DeLuca (203) 598-9425

Bev Huntley (860) 567-0670

Cathy Wheeler (860) 806-5432

# Happy Birthday to YOU!!

## July

6—Pat Mosimann

8—Joe Schupenis  
Joe Plourde

11—Mary Wescott  
Kathleen Bugnacki

13—Eileen Calkins  
Claire Cipriano / Nancy Skilton

23—Judy Vernovai  
Frank Angelicola

24—Linda McMaster  
Michael Vernovai, Jr.

**Ross Stencil**

26—Jo Ann Jayne

27—Fred Lohnau

30—Margaret Skinor

## August

1—Marilyn Hendricks

10—Diane Pappalardo

13—Maureen Sulkazi  
Sylvia Benson

18—Jeanie Seegers

20—Beth Peck  
Marilyn Birkett  
Mary Ann Landry

22—Dorothea DeLuca  
Joyce Davidson

26—Regina Horrigan

29—Shirley Seger

