

Volume 19, Issue 5  
September  
October 2022



## Morris Senior Center

# Senior Connection

## Director's Digest

While I agree with many that this Summer went by way too fast, my favorite season will soon be upon us! How I love the crisp autumn air and the beautiful display of colors that Mother Nature puts on for us. It's what comes after my favorite season that I'm not too fond of! Brrrrr!!

A friendly reminder of some of our regular programming that we offer our Community:

**LINE DANCING –**  
Mondays at 10 am.  
Have two left feet?  
Don't worry! We have a couple of right ones we can share! No experience necessary, although space is limited.

**MEXICAN TRAIN –**  
Thursdays at 1:30 pm. What the heck is Mexican Train, you ask? Why, it's a Dominos game! No idea how to play? No worries! We have a great group of Seniors who would love to teach you! Stop in!

**MATURE WOMEN'S FITNESS & WELLNESS –** Thursdays at 1:30 pm. Join this women-focused exercise group to strengthen your muscles and improve your balance. Drop in with a \$3 suggested donation per class.



### CAR SHOW ON THE BEACH!

Join us for a great Sunday afternoon at Morris Beach & Recreation's / Morris Fire Company's CAR SHOW!

Food ~ Raffles ~ CARS!

Spectators are free!

**Sunday, October 16  
10:00 am – 2:00 pm  
Morris Town Beach**

## Flu Shot Clinic



The Morris Senior Center is happy to collaborate once again this year, with the Torrington Area Health District and offer our Community a Flu Shot Clinic here at the Center.

The Clinic is set to be held on **Tuesday, October 4 from 10:00 am – 2:00 pm.**

Appointments are not re-

quired! Cloth face coverings are welcomed.

Please wear a short sleeved shirt to make it easier for the nurses to administer your dose.

There is no charge if you have *Medicare Part B*. They are also accepting *Aetna, Anthem BC & BS* and *Connecticare* insurance plans; please bring your insurance card. The fee for self-pay patients is \$30 for the regular dose / \$70, high.

The usual flu season extends from December through March. If you contract the flu, your symp-

### **New England Patriots vs. New York Jets**

Join us on a bus trip to *MetLife Stadium* for this fabulous football game line up complete with field level seats and a tailgating experience!

**Sunday, October 30  
1:00 pm game time  
\$180 pp, all inclusive**

toms may include fever, cough, soreness and aching in your back, arms and legs.

The flu vaccine cannot give you the flu!

### Morris Senior Center hours:

*Monday: 10:00 am – 4:00 pm  
Tuesday: 10:00 am – 4:00 pm  
Wednesday: 10:00 am – 4:00 pm  
Thursday: 10:00 am – 4:00 pm  
Friday: 10:00 am – 4:00 pm*

# 5 Foods to Help Relieve Stress

What you eat has a great deal to do with how you feel. When you're under stress, you may crave a glazed donut dipped in sprinkles—but tempting as it is, it won't help your spirits and will probably leave you feeling grumpy and fatigued. You need calming foods that relieve stress and improve your mood. Here are 5 of them:

**Sweet potatoes**—These orange gems are rich in complex carbohydrates that stimulate the brain to produce serotonin, a type of chemical that can serve as a mood stabi-

lizer.

**Spinach**—This leafy green is a good source of magnesium, a mineral associated with reduced levels of stress and anxiety.

**Avocados**—The pale green flesh found beneath a tough shell is a good source of a family of B vitamins that play a role in producing brain chemicals to reduce stress and boost mood.

**Winter squash**—All types of squash, including fall favorites such as pumpkin, butternut and acorn are rich in omega-3 fatty

acids which are important for brain health as well as heart health.



**Yellow Bell Peppers**—Although oranges are considered the go-to food for vitamin C, yellow bell peppers contain almost twice as much of this vital nutrient and less than half the sugar. Vitamin C supports the immune system and regulates cortisol.

As reported with [aarp.org](http://aarp.org).

## Smart Driver Class

The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads. AARP has offered its classroom course since 1979. In this class you will have the opportunity to tune up your driving skills and update your knowledge of the rules of the road. Also to learn defensive driving techniques and dis-

cover ways to handle left turns, right-of-way, highway traffic and blind spots. The cost is \$20.00 for AARP members, \$25.00 for non-members.

Checks made payable to "AARP" are required upon registration for the class.

Did you know that upon completion of the course, you may qualify for an automobile insurance discount given

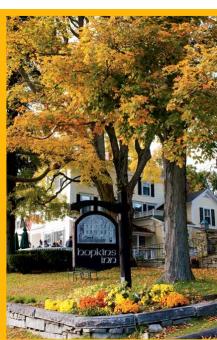


by your insurance company? Contact your insurance agent for further details.

**Tuesday, September 27  
9:00 am—1:00 pm**

## Hopkins Inn

The Hopkins Inn in nearby New Preston is an enchanting 19th century country inn overlooking breathtaking Lake Waramaug in our beautiful Litchfield Hills. The Inn has been welcoming travelers since 1847. The restau-



rant is renowned for its contemporary Austrian cuisine, reflecting owner Franz Schober's heritage.

The picture windows in the Victorian dining room offer a panoramic view of tranquil Lake Waramaug. Hoping that in October, she'll be in all of her Fall splendor!

During our visit, we'll savor a delightful three course luncheon prepared just for us and our Warren friends. We'll begin with a choice of soup du

jour or house salad, continued with your choice of five different entries followed by an amazing dessert!

Seating is limited. Payment is required immediately upon registration.

Reservations are mandatory and can be made by calling (860-567-7437) / emailing the Senior Center.

**Thursday, September 29  
Seating begins at 12 Noon  
\$35 per person**

# LUNCH & LEARN

Our *Lunch & Learn* series has become quite a popular regular part of our Senior Center programming. We hope you'll join us for our next one!

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 or brown bag. *Lunch & Learn* will always be FREE! All are encouraged to attend – share with your friends and neighbors. It's time to bring our beloved *Lunch & Learn* programs back to the Center in their tradi-

tional fashion!

## Tuesday, September 20 – 12 pm:

Our September program will find us celebrating National Senior Center Month and the MSC's belated 30th Anniversary! Did you know that the Morris Senior Center was built in 1990? So much to celebrate and share with you! Join us and help us show gratitude to our favorite little Senior Center!



This *Lunch & Learn* is a CATERED event. A light lunch will be provided courtesy of the Morris Senior Center! Reservations are absolutely required in advance and can be made by calling / emailing us at 860-567-7437 / Activities@townofmorrisct.com.

## Tuesday, October 18 – 12 pm:

In the spirit of October and its spooky self – this month's *Lunch & Learn* will be a **MYSTERY!** Sign up and join us, if you dare!

This *Lunch & Learn* event is BROWN BAG event. Enjoy your lunch at the MSC prior to the start of the program.

It's **FREE** but reservations are **REQUIRED** by calling (860-567-7437) / emailing us. Hope you'll join us!

## Trick or Treat!

*"Trick or treat, smell my feet,  
give me something good to eat!!"*

No tricks here!! Just loads of treats and even more FUN! Join us for Morris Senior Center's fabulous Halloween Party! Goblins, ghosts and ghouls come one, come all!!

Dig out your best Halloween costume and JOIN US! Prizes galore for Most Creative Costume, Scariest Costume, and What Were You Thinking Costume!

We'll enjoy a delicious catered lunch, some crazy fun



entertainment and then our Costume Contest!

We will also have our usual "Guess How Many?" jar – can you imagine what we'll have you counting?!

Tickets are available NOW and may be purchased at the Morris Senior Center. BOO!

## Tuesday, October 25

### Lunch served promptly at 12:00 Noon

Party held at the Morris Senior Center

Tickets: \$10.00 per person / advance sales, only



## Energy Assistance

Our chilly weather is just around the corner...your oil tanks, propane tanks and electric meters will be getting hungry very soon! Just in time for New Opportunities, Inc. (NO, Inc.) and their energy assistance program to begin.

The Morris Senior Center will be accepting energy assistance applications on behalf of NO, Inc. beginning **October 12, 2022** by

**appointment only.** All submitted applications will be sent to NO, Inc. for their review and determination. If you would like to place an application with our office for consideration of assistance with your energy bills, kindly call the Morris Senior Center at 860-567-7437 to schedule your personal and confidential appointment.

For more specific information about the

Energy Assistance Program, please contact Ms. Esther Rivera of New Opportunities, Inc., at 203-575-4311.

Stay warm!

# Flea Market

Time to do your Fall cleaning!

What better way to motivate you to do so than by offering you the opportunity to make some revenue from your unwanted items!

Dig around in your closets ~ Investigate the back of your garage ~ Explore your attic ~ Clear our your kitchen cabinets!

We'll be hosting a Flea Market style event here at the Morris Senior Center. You will have the opportunity to purchase the use of a banquet sized table to sell your wares. Set your prices and make your own

change. Be sure to bring extra bags for your purchasers!

Have so much to unload that you'll need two tables? No problem! We can accommodate that request.

We will also have *The Gold and Silver Guy* on site offering you cash for your unwanted and broken gold jewelry, watches and coins dated 1964 or earlier; along with silver flatware, tea sets and silver coins. Dig it all out and then fill your pockets with cash!

Coffee and donuts will be available



for purchase to enjoy while you browse!

**Saturday, September 24**

**9:00 am – 1:00 pm**

NO early birds, please!

Rain or shine!

\$20.00 per table

Set up time available Friday, September 23 from 4 pm – 6 pm

## Movie Matinee Fridays!

Movie Matinee Fridays continues at the MSC!

Second and fourth Fridays of each month are Movie Matinee Fridays! Showtime is 1:00 pm—cost is FREE!

We'd love an advance reservation from you but it is not required.

We might even have freshly

popped popcorn and a beverage for you! ;)

**September 9—The Gilded Age**, episodes 6 & 7  
(historical drama)

**September 23—Purple Hearts**, TV-14 (drama / romance)

**October 14—The Princess**, R  
(action / fantasy)



**October 28—Our Planet**, episodes 1 & 2, NR (nature / documentary)

**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**

## Bend & Stretch

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



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**

# Statue of Liberty / Ellis Island

We will immerse ourselves in the heritage of our ancestors at Ellis Island Immigration Museum, then board a ferry with Statue Cruises and head on over to Liberty Island to visit with Lady Liberty, of course.

Our day begins with a ferry ride with amazing views to Ellis Island. While on Ellis Island, you may opt to partake in the audio tour that is offered, or simply experience the Museum at your own pace. You will also have the opportunity to actually search the Museums' database for your own ancestor's passage records and documentation (nominal fee required). Back onto the ferry with views of New York City to then arrive at Liberty Island.

Visiting Liberty Island and seeing Lady Liberty is one of the most rewarding experiences on any trip to New York City.

We'll enjoy access to the inside of her pedestal, the museum and the Fort Wood level, along with free time to just soak it all in! It's a beautiful National Park. Of course, there are gift shops on both islands to satisfy your shopping and souvenir needs.

Bus departs from the Morris Town Hall (3 East Street); departure time TBD. Our coach bus trips are open to all members of the Community thanks to a great collaborative effort between Warren Parks & Recreation and Morris Beach & Recreation.



**Sunday, September 11**

\$85 per person includes entry to both Ellis Island / Statue of Liberty, ferry rides, deluxe motor coach transportation, driver gratuity, snacks on the bus and more!

Register at [Warrenrec.org](http://Warrenrec.org).

Questions? Email us at

[Activities@townofmorrisct.com](mailto:Activities@townofmorrisct.com)

## Sew It Up!

It's been a while since we offered a crafting class here at the MSC, but the wait is officially over!

Join us to create your very own Holiday table runner!

All supplies will be provided for you. You will have you choice of Holiday along with a variety of patterned fabric to choose from. Holidays offered are Thanksgiving (Fall), Christmas (Winter) and Hanukkah (Winter).

Create a table runner for yourself or give as a gift—the choice is yours!



This project is for a novice or seasoned sewer—all levels welcomed—truly!

Sewing machines will be available for you use along with volunteers to help guide you though, step by step.

Class size is limited. Advance registration and immediate payment upon registration are required.

Special thanks to volunteers and Morris residents Denise Weik and Sharen Clark. (Have a talent you're willing to share with us? Please let us know!)

**Saturday, November 5**

**11:00 am ~ \$10 per person**

**class held at the Morris Senior Center**

## Eight to the Bar!



### EIGHT TO THE BAR

Morris Town Beach | Friday, September 2 | 6 pm

Presented by Morris Beach and Recreation

Raise your hand if you remember Beverly's on the Lake!

Stand up and start dancing if you remember seeing *Eight to the Bar* perform at Beverly's on the Lake!

We're thrilled to partner with The Reading Room and Museum Committee of the James Morris Library, Inc. to welcome **EIGHT TO THE**

**BAR** back to Morris to wrap up our 2022 Summer Concert Series!

Join us at the Morris Town Beach! We'll have food trucks on site, so dinner plans are set! All are welcome!

**Labor Day Weekend**

**Friday, September 2**

**Concert begins at 6 pm**

**Bring your lawn chairs / blanket!**

# Morris Senior Center

109-21 East Street

Morris , CT 06763

860-567-7437

Activities@townofmorrisct.com

Townofmorrisct.com/entities/  
senior-center

## **Morris Senior Center Staff:**

Kristen L. Davila, Director of Community Activities / Municipal Agent  
Ross Stencil, Assistant to the Director

## **Morris Senior Center Commission:**

Harriet Ellis (860) 567-8607, Chairperson  
Linda McMaster (860) 567-0670, Secretary  
Carol Anderson (860) 283-5579  
Dorothea DeLuca (203) 598-9425  
Bev Huntley (860) 567-0670  
Cathy Wheeler (860) 806-5432

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# Happy Autumn Birthday to youuuuu!

## September

- 3—Mary Young
- 7—Joann Bovat
- 9—Eileen Mitchell
- 10—Charlotte Fleet  
Barbara Westner
- 12—Carol Anderson
- 13—Darold Bovat
- 16—Sue Elliot
- 18—Dolores Mills  
Beverly Rogers
- 19—Ruth Torrizzo
- 24—Cindy Marshall
- 26—Cynthia Cipriano
- 27—Tammy Terrell



## October

- 8—Marie Boyens
- 12—Antoinette Hellwig
- 18—Nancy Hatfield  
Judith Frances
- 20—Joan Desautelle
- 25—George Gros
- 26—Valeria Goodwin
- 28—Kristen Davila, Director
- 29—Antoinette Jalbert