

JANUARY/
FEBRUARY 2023

Senior Connection

Morris Senior Center

SPECIAL POINTS OF INTEREST:

- **Energy Assistance is available through New Opportunities, Inc. Applications accepted at the Morris Senior Center office via telephone interview. Please call.**
- **We have a wide assortment of durable medical equipment available for loan, free of charge. Please call the Center at 567-7437 for more information.**
- **Our mini library is chock full of books patiently waiting to be read. No time limit! Perfect season to curl up with a good book and cup of tea!**

CT Flower & Garden Show!

Thursday, Feb. 23
10:00 am departure
\$ 20.00 per person

Limited seating—call / email to register. Payment required immediately upon sign up.

DIRECTOR'S DIGEST

I think I speak for most when I say I've never been happier to show an old year, the door, except for maybe last year! We certainly wish you and your loved ones a safe and healthy New Year! May 2023 be a year of hope and good health to you and your loved ones!

The New Year is the perfect time to start a new exercise program (with approval from your physician, of course). Join us for our weekly "Mature Women's Fitness & Wellness" classes held every Thursday from 1:30 pm—2:30 pm. The class offers balance and strength training and is open and welcoming to all of the Mature Women in our Community! Suggested donation of \$3 per class.

Old Man Winter is here to stay, so please be certain to take extra

care when walking on sidewalks and driveways, as well as when driving on the roadways. Snowy and icy conditions are with us! Taking a little bit of extra time, and stepping carefully can possibly spare you the pain that could be associated with slipping and falling on the ice and / or snow. Take it slow and be safe!

Kristen La Riviere Davila
Director of Community Activities



Santa Claus himself, the Commission and I had great fun bringing Holiday cheer to some of our Seniors in December

ALASKA!

Yes, you read that right—ALASKA! We are traveling to our 49th state—*The Last Frontier* in August of 2023!

It's a trip that is surely on almost everyone's *Bucket List*—it's on mine! Glaciers, rich history, vast openness and wildlife! Moose, eagles and bears, oh my!

There is so much information to share about this once in a lifetime trip, that we are hosting a presentation devoted to all of the details.

NO obligation to join us!
Come and learn about this amazing opportunity for adventure!

**Tuesday, January 10
6:00 pm
Morris Senior Center**

LUCK O' THE IRISH!



We are ALL a little Irish on March 17—for it's Saint Patrick's Day, of course!

Let's celebrate Ireland's patron Saint by eating some delicious corned beef and all the trimmings! If you love corned beef as much as I do (and I'm not even the tiniest bit Irish!), you need to come to our Saint Pat-

rick's Day celebration!

We'll enjoy a delicious catered complete corned beef dinner, an amazing dessert and fabulous company! Who can forget LIVE entertainment (Pierce Campbell!), treats and raffle prizes! Wooo hooooo!

We'll be enjoying the holiday celebration with our friends

from Warren at the Warren Congregational Church, Parish Hall—4 Sackett Hill Road.

Don't forget to wear green and watch for leprechauns!

**Friday, March 17
party starts at 12:30 pm
Tickets: \$18.00 per person
Warren Cong. Church**

MAJESTIC ALASKA!



At long last, the trip of a lifetime has arrived—ALASKA!

Join us as we travel to The Last Frontier in August of 2023. A visit to experience our 49th state seems to be on everyone's Bucket List. We're thrilled to offer you the opportunity to check it off of your List!

We've partnered with AAA Travel to bring you this once in a lifetime experience. You will enjoy 9 days / 8 nights in Majestic Alaska.

Some of the highlights of your experience include, but are not limited to: gold mining, Museum of the North, Trans-Alaska Pipeline, Dog Mushing, Denali National Park, Tundra Wilderness Tour, Musk Ox

Farm along with a Prince William Sound Glacier Cruise.

We'll be spending 3 days in Fairbanks, 2 days in Denali, one day in Talkeetna and finally, 2 days in Anchorage.

Your tour includes 13 meals: 8 breakfasts, 2 lunches and 3 dinners.

This land tour includes travel in a deluxe glass domed railcar to Denali National Park—all 6 million acres of it! Along with a glacier boat cruise through Prince William Sound. Can you say—whales?!

There will also be free time allotted for the opportunity to personalize your Alaska dream vacation.

This adventure includes your round trip air fare from New York along with ALL of your transfers including transportation to and from the airport from the Morris Town Hall, hotel accommodations, 13 meals along with activity / museum entry fees. Gratuities not included.

Looking for more information? Join us for our NO obligation travel presentation!

Tuesday, January, 10 / 6:00 pm
Morris Senior Center

Travel dates are **August 3—11, 2023**.
Cost per person, double occupancy—\$5,799. Single / triple rates are available upon request.

Question? Email us at Activities@townofmorrisct.com.

MOVIE MATINEE FRIDAYS

The second and fourth Fridays of each month are **Movie Matinee Days** at the Senior Center. Showtime is 1:00 pm.

Popcorn, soft drinks, movie, great company—all FREE!

January 12—*The Gilded Age*, episodes 8 & 9 (historical drama). Set in Old New York, in the 1880's. Old Money and New money collide when the Russell family move in to the neighborhood and immediately begin shaking things up. his way

January 27—*Glass Onion, A Knives Out*

Mystery, PG-13 (mystery). Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case.

February 10—*Where the Crawdads Sing*, PG-13 (mystery). Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community.

February 24—*Father Stu*, R (drama). When

an injury ends his amateur boxing career, Stuart Long moves to Los Angeles to find money and fame. While scraping by as a supermarket clerk, he meets Carmen, a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her.



LUNCH & LEARN

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, January 18—12 pm:

A health care professional from Visiting Nurse and Hospice of

Litchfield County sharing some vital health related information that just may improve your quality of life! AND they're bringing dessert! Join us!

*This is a **BROWN BAG lunch** event. Beverages and dessert provided courtesy of the *Morris Senior Center*. Reservations required!*

Tuesday, February 21—12 pm:

We will be welcoming Laurie Fillippini, from the CT Homecare Program for Elders to the Senior Center! Laurie

will educate us about this often unknown program and how it may benefit you or your loved ones in a time of need. Available benefits to those eligible persons include but are not limited to companion, assisted living, assistive technology and more.

*This is a **BROWN BAG LUNCH** event. Dessert provided by the *CT Homecare Program*.

*While the program is free of charge, advance registration is mandatory. Please call or email us to register for one or both. Look forward to seeing you!



SOUP FOR THE SOUL

Nothing quite warms the soul and your toes, like a piping hot bowl of soup. Perfect lunch for a cold Winter afternoon.

Here's a great recipe to try! Halve the recipe or freeze leftover soup in individual serving size containers for a quick, easy lunch in the future.

One Pot Spinach Beef Soup

INGREDIENTS:

- 1 pound ground beef
- 3 garlic cloves, minced
- 2 cartons (32 ounces, each) reduced-sodium beef broth
- 2 cans (14 1/2 ounces, each) diced tomatoes with green pepper, celery and onion, undrained

- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 3 cups uncooked bow tie pasta (or other small shape)
- 4 cups fresh spinach, coarsely chopped
- Grated parmesan cheese

DIRECTIONS:

1. In a 6-qt. stockpot, cook beef and garlic over medium heat until beef is no longer pink, 6—8 minutes; crumble beef; drain.
2. Stir in broth, tomatoes and seasonings; bring to a boil.
3. Stir in pasta; return to a boil. Cook,

uncovered, until pasta is tender, 7—9 minutes.

4. Stir in spinach until wilted. Sprinkle servings with parmesan cheese.

Bon Appetit!

Have a recipe you'd like to share? Email it to us!



PROSPECTOR THEATER

It has been WAY too long since we've visited our favorite little theater with the incredible mission in Ridgfield!

Although our beloved *Little Pub* in Ridgfield has closed, we're in hot pursuit of our new favorite lunch spot. We won't give up! Hoping to try something new this time around—stay tuned!

Following our brunch / lunch, we will travel to the amazing *Prospector Theater*. It is a beautiful place to watch first-run movies! The architecture and attention to detail is like nothing else. Comfortable

seating, surround sound and state of the art movie screens. Four separate movie theaters of varying sizes, all showing first run movies. Even the bathrooms are beautiful—right JoAnn Ash?!

The most amazing thing of all about this NON-PROFIT movie theater is its mission: *to provide meaningful employment to people with disabilities through the operation of a premium, first-run movie theater.*

During this visit, we're uncertain what Hollywood will have in store for us, but regardless, we'll enjoy a GREAT newly released

movie or an old favorite!

Don't forget their freshly popped popcorn and gourmet popcorn flavors! You can also enjoy a glass of beer or wine while watching your movie!

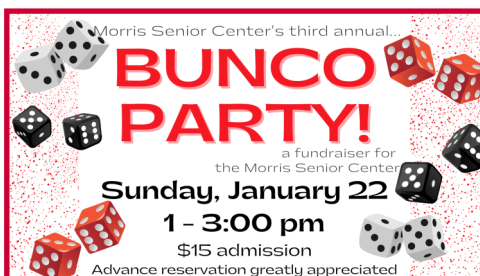
A bonus stop after the movie for a special treat!

Thurs., January 19
9:30 am departure
\$5.00 per person
{lunch, movie cost on your own}



BUNCO!

The Morris Senior Center presents our third annual **Bunco Party**—a fundraiser for the Morris Senior Center Commission!



Join us for what is certain to be a FUN Sunday afternoon! Come solo or bring all

of your friends—we guarantee a great time!

Never heard of BUNCO? No

idea how to play? Well, if you can roll a pair of dice, you can play BUNCO! Trust us! We'll be giving a "101" lesson prior to beginning.

Prizes will be awarded in several categories at the end of the afternoon.

We'll have an amazing raffle table on display, as well. Beverages, nibbles and dessert will be offered.

ALL Bunco supplies will be provided—just bring your smile and willingness to have

a great time with us!

We are currently accepting names for our Wait List for this event. Give us a call at 860-567-7437 and we'd be happy to add your name to it.

Looking forward to having you join us!

Sunday, January 22
1:00—3:00 pm
Doors open at 12:30 pm
\$15.00 entrance fee

LOVE, TEA, TREATS + THE CROWLEYS!

You must agree, there isn't anything much more delightful than a Tea Party! How about a British / Valentine's Day themed Tea Party! Oh my!

This is a yet another themed party that we do love to throw! We'll have fine china, piping hot tea, delicious treats, great company along with a bit of British and much love sprinkled throughout.

Join us for tea and treats along with a showing of the latest Downton Abbey full length movie—*Downton Abbey: A New Era*. Can't wait to learn what our favorite British family—The Crawleys—have been up to!

Downton Abbey: A New Era, rated PG. The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

Dressing up in your favorite tea outfit, complete with hat is, of course, welcomed but not mandatory!

Seating is limited for this delightful afternoon so please do make your reservations promptly! There's nothing the Dowager likes less than being tardy! Your prompt payment is required and appreciated.



This is a fundraiser for the Morris Senior Center Commission—thank you for your generous support!

Tuesday, February 14
1:00 pm
\$10 per person

CT FLOWER & GARDEN SHOW

Are you already yearning for your roses and azaleas to come back into bloom? Then we have just the excursion for you! We're heading to the CT Convention Center for the **41st Annual Connecticut Flower and Garden Show!**

Gorgeous landscape exhibits constructed by some of the most talented landscape designers in Connecticut occupying over three acres within the Convention Center Exhibit Hall.

The Federated Garden Clubs of Connecticut, Inc., incorporate their Standard

Flower Show on the exhibition floor. The Federations' design & horticulture competition "Gateway to Spring" features stunning design arrangements in unique themed settings.

Seminars are FREE with admission to the show! Some of the seminars available on Thursday are *When Good Worms Go Bad* with Dawn Pettinelli, *Gardening with Chickens* with Amanda Morris, and *How to Kill a House Plant* with Jeff Eleveld, just to name a few. Visit www.ctflowershow.com for more information. Over 300 booths filled with plants, flowers, fertilizers, garden tools, tractors,

patio/
lawn furniture and more!



We'll travel via our favorite mini-bus departing from the Morris Senior Center. Food vendors are available at the Convention Center for lunch, or you are welcome to pack your own lunch to bring along.

Thursday, February 23
9:00 am departure
\$25 per person

LEARN SOMETHING NEW!



It's never too late to learn something new! We have learned of an exciting opportunity for you!

Northwestern Connecticut Community College is offering FREE classes to anyone over the age of 62! Classes can be taken just for fun or for college credits.

They are also offered in person or online—either way is FREE!

A complete listing of courses for the Spring 2023 can be found on their website: nwcc.edu. We're happy to print out the course selections for you here in our office, as well, along with the registration form to enroll.

Some of the classes offered include, American Sign Language, Drawing / Sculpture

/ Painting, Public Speaking, Introduction to Guitar, Beginning Writer's Workshop and so much more!

Northwestern CT Community College (NCCC) is located on North Main Street in Winsted and is part of the CT State Community College collaborative.

NCCC is devoted to enriching lives by meeting individual and community needs in a supportive environment, while facilitating access to lifelong learning opportunities.

BEACH & RECREATION EVENTS!

As many of you already know, not only am I the Director of the Morris Senior Center but I am also the Director of Morris Beach and Recreation. That's great news for you because you are now personally invited to all of the events and activities that we offer through the Beach and Recreation side of things!

Two really fun things just happen to be coming up. Trying our best to beat your Winter Blues!

On Saturday, February 4, we'll be presenting "Magic and Mentalism" at South Farms, here in Morris. You'll enjoy a eye opening magic and mentalism performance by George Saterial that will leave you scratching your head, wondering, "HOW did

he do that?!" This 90 minute performance is a fund raiser for the Morris Beach and Recreation Commission. Tickets are \$25 per person and can be purchased through Eventbrite.com. Doors open at 7:00 pm with the performance beginning at 8:00 pm. Beer / wine / snacks will be available for purchase.

As you know, the MSC is offering a BUNCO Party (Sunday, January 22) here at the Senior Center. We've had SO much fun at our Bunco parties in the past, that Beach and Recreation has decided to host one this year, too! Again, this special event will be taking place at South Farms, 21 Higbie Road in Morris. This is another fundraiser for Morris Beach and Recreation Commission. We'll have a professional organization running the show for us. No idea how to play BUN-

CO? No worries! We'll teach you! More fun that you should have with a pair of die! Entry fee is \$25 per person with tickets available for purchase at our Recreation Office at the MSC. There will be raffles galore along with beer / wine / snacks available for purchase.

Please consider joining us and thank you for supporting our fund raising efforts through Morris Beach and Recreation!



MORRIS
beach & recreation

ELDERLY TAX CREDIT

Did you know that as a homeowner, age 65 or older, you may be entitled to a homeowner's tax credit?

The State of Connecticut program is called Elderly / Disabled (Circuit Breaker) Tax Relief Program. The homeowner info line is 860-418-6290.

State law provides a property tax credit program for Connecticut owners in residence of real property, who are elderly (65 and over) or totally disabled, and whose annual incomes do not exceed certain limits. The credit amount

is calculated by the local assessor and applied by the tax collector to the applicant's real property tax bill. The amount of the credit that may be granted is up to \$1,250 for married couples and \$1,000 for single persons. Credit amounts are based on a graduated income scale. Application may be made with the Assessor's Office between February 1 and May 15th.

Our local tax assessor here in Morris is Betsy Quist. Betsy can be reached in her office at the Morris Town Hall on Thursdays between 1:00 pm—4:00 pm. Her contact info is as follows: 860-567-6096



via email at assessor@townofmorrisct.com

Applications for the program can be obtained from the Assessor's Office or from us here at the MSC.

Please let us know if you have any questions!

OH, MY ACHING FEET!

With every step, your feet take a pounding equivalent to up to 2.5 times your body weight. After decades of wear and tear, it's no wonder foot woes start to crop up. Age plus weight plus inappropriate footwear plus genetics equals foot trouble!



Here are five common foot problems and the best ways to treat them.

1. Collapsing arches. Get firm arch support—either built into shoes or added as an orthotic.
2. Bunions. Wear shoes with a wide, deep toe box that makes plenty of room for the widest part of your foot.
3. Achilles tendon aches. Ice the tendon for 20

minutes at a time. After it heals, calf stretches can help.

4. Plantar fasciitis. Ice, stretch and wear lace-ups with a low heel or over-the-counter heel insert, to take the stress off the fascia.
5. Shrinking fat pads. Wear cushy insoles and heel inserts, plus thick, moisture-wicking socks.

As reported at www.aarp.org.

Morris Senior Center

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Activities@townofmorrisct.com

US Postage Paid

Torrington, CT
06790

Permit #347

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BRRRR... HAPPY WINTER BIRTHDAY!

January

1—Lillian Romano
4—Gail Fairclough
5—Diane Whitehouse / Virginia Bennett /
Valerie Barkus
8—Janet Arel
10—Rosemary Petronis
14—Allen Wrisley
17—John Townsend
19—Lewis Tanner
22—Phil Sheldon
23—Travis McNeil
24—Maria Hoffman
25—Ruth Monroe Schnell
26—Lisa Lohnau
27—Michael Shuhi / Marie Heerz
29—Bob Kirchner / Lee Lyons / Charmaine Mauro
30—Marilyn Bernier / Kathy Murray
31—Ed MacLeod



February

1—Christine Terlecky
2—Timothy Wakeman
4—Bonnie Lawrence
6—Joanne White
8—Tony Knox / Mary Fretts
9—Sandy Marchetti
12—Nancy Delaney
13—Tom Horrigan
14—Linda Kelly
15—Herb Weik / MaryAnn Ryan
16—Jeannette Shafer
17—Dottie Lynch
20—Eugene Savickas / John Dudonis
21—Gail Gordon
23—Helen Wasti
26—Marge Neri / Steve Tichy
28—Eugene Thompson / Bonnie Palmer
29—Ann McGurk