

JANUARY/  
FEBRUARY 2022

# 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. 24  
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 2022 be a year of hope and a gradual progression back to what we used to know—the "good old days"!

We remain open and ready to serve you but do ask that until further notice, if you are visiting the Senior Center building, you do so masked, due to the current health climate. We appreciate your cooperation and understanding during these challenging times.

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.

Please be advised that at any time, our regular programming, special events and / or day trips may be postponed or cancelled depending on the recommendations by our local Health District and the CDC. Updates, if needed, will be posted on our Facebook page and our website. If you're unsure if a particular activity will take place as planned, please do call us!

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!*

## 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, treats and raffle prizes! Wooo hooooo!

We'll be enjoying the holiday celebration with our friends from Warren at the Warren

Congregational Church. Transportation is available—please call to inquire. Seating is limited—please do not delay! Don't forget to wear green and watch for leprechauns!

**Wednesday, March 9**  
**party starts at 12:30 pm**  
**Tickets: \$18.00 per person**

# MUSIC CITY!

We're headed to **Music City** and you're welcomed to join us!

*Morris Beach & Recreation* and *Warren Parks & Recreation* are thrilled to announce our collaborative trip to Nashville, TN!

We'll be traveling via air to Tennessee from May 9—13, 2022. We'll enjoy accommodations at a 3-star hotel in close proximity to all of what Nashville has to offer!

We'll revel in tours of the *Country Music Hall of Fame*, the *Grand Ole Opry*, *Studio B* at *RCA*, just to name a few!

Music City has much more than just music to offer—the history of this southern city

also has much to explore. We'll experience guided tours of the *Parthenon*, *Andrew Jackson's Hermitage*, *Belle Meade Historic Site* and more!

The food in Nashville can't be beat—flavors for every palette. Cost of your trip includes four breakfasts, three dinners and two lunches. Delicious!

The highlight of our trip just might be watching Don MacLean LIVE in concert at the legendary *Ryman Auditorium*!

Of course, we'll sprinkle in some of our magic that only we can do!

Reservations and payments are now being accepted through *War-*

*ren Parks and Recreation* website: [www.warrenrec.org](http://www.warrenrec.org).

Seating is limited on this adventure—please don't delay!

Questions? Please call (860-567-7437) / or email us ([activities@townofmorrisct.com](mailto:activities@townofmorrisct.com))!



## STRIKE!

It can be confusing when “strike!” means a bad thing in one sport, but a great thing in another!

Join us to experience “STRIKE!” meaning a great thing—in bowling, of course!

We'll be traveling out to Plainville to enjoy two rounds of bowling at Lessard Lanes! Don't worry—bumper guards will be in place! If you haven't bowled in ages, it's time to have a go at it again!

Once we've hit too many strikes to count, we'll venture over to their INDOOR min-

iature golf course—a complete 18 hole course! No strikes here, but we WILL have holes—in—one! So much fun to be had on a cold Winter day—the perfect prescription!

Prior to our strikes and holes-in-one, we'll enjoy a delicious lunch at nearby J. Timothy's Tavern. J. Timothy's has been voted Top 5 Bar Food in the COUNTRY by The Food Network, for their chicken wings!

Wings not your thing? No worries! Plenty of salads, burgers, sandwiches and entrees on the menu, as well.



Call / email us to make your reservation today!

**Thursday, January 13**  
**10:30 am departure**  
**\$20 per person**

## 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:**

Join us as we welcome Jamie Fischer, Research Director for

*The White Memorial Conservation Center*. Jamie will share with us all of his knowledge and expertise regarding ice cutting on Bantam Lake. Did you know that Bantam Lake provided all of the ice required for households and for commercial use in the early 1900s?!

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

**Tuesday, February 15—12 pm:**

We will be welcoming Kim Larken, licensed chocolatier from *Klassic Kreations Workshops* to the Senior Center! Kim will educate us on all things chocolate! It does more than just taste good! We'll learn about the health benefits and what type of chocolate pairs best with what type of beverage and / or food. We'll be tasting, too!

\*This is a **BROWN BAG LUNCH** event. Chocolate for dessert!

\*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! Fully customizable—toppings abound! Halve the recipe or freeze leftover soup in individual serving size containers for a quick, easy lunch in the future.

## FULLY LOADED BAKED POTATO SOUP

### INGREDIENTS:

- 4 large baking potatoes (Idaho or russet)
- 12 slices thick—cut applewood smoked bacon
- 1/2 cup all-purpose flour
- 6 cups 2% low-fat milk, heated
- 5 oz. sharp cheddar cheese, grated
- Kosher salt and freshly black pepper

- 4 ounces sour cream
- 3 tablespoons finely chopped fresh chives

### DIRECTIONS:

1. Preheat the oven to 350 degrees
2. Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily.
3. Slice the bacon into lardons (thin strips) and cook in a large, heavy-bottomed pot over medium heat until crisp. Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot.
4. Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and



and fat has combined, about 1 minute. Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes.

5. Scoop the potato pulp from the skins and add to the milk mixture. Mash with the back of a wooden spoon leaving it a little bit chunky.

6. Add the cooked bacon (leaving a little out for garnishing the soup), 1 cup of the cheese and season well with salt and pepper. Stir until cheese has melted. Remove from the heat.

7. Ladle the soup into bowls, drizzle with sour cream, sprinkle with remaining bacon bits, grated cheese and chives. Bon Appetit!

# PROSPECTOR THEATER RETURNS!

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

COVID has changed a LOT of things, and The *Prospector Theater* is no exception.

Let's cross our fingers and toes, that we are able to hop on board our mini-bus and get back out to enjoy a great movie in a beautiful space!

Although our beloved *Little Pub* in Ridgefield 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 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 Holly-

Wood will have in store for us, but regardless, we'll enjoy a GREAT newly released movie or an old favorite!

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

**Thursday, February  
15, 2022  
@10:15 am departure  
\$5.00 per person  
{lunch, movie cost on  
your own}**



# BUNCO!

The Morris Senior Center presents our second 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 available for purchase in support of the Morris Senior Center Commission.

ALL Bunco supplies will be provided—just bring your smile and willingness to have a great time with us!

Advance registration and payment are greatly appreciated! Please call (860-567-7437)/email (Activities@townofmorrisct.com) us to do so.

Looking forward to having you join us!

**Sunday, January 23  
1:00—3:00 pm  
\$10.00 entrance fee**



## ***Morris Senior Center***

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06790

Permit #347

### **Morris Senior Center staff:**

Kristen L. Davila,  
*Director of Community Activities*  
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) 283—8492

# **BRRRR... HAPPY WINTER BIRTHDAY!**

## **January**

5—Diane Whitehouse /  
Virginia Bennett / Valerie Barkus

8—Janet Arel

10—Rosemary Petronis

14—Allen Wisley

17—John Townsend

22—Phil Sheldon

23—Travis McNeil

24—Marie Hoffman

25—Ruth Monroe Schnell

26—Lisa Lohnau

27—Michael Shuhi / Marie Heerz

29—Bob Kirchner / Lee Lyons

30—Marilyn Bernier / Kathy Murray

31—Ed MacLeod

## **February**

6—Joanne White

8—Tony Knox / Mary Fretts

13—Tom Horrigan

14—Linda Kelly

15—Herb Weik / MaryAnn Ryan

16—Jeannette Shafer

20—Eugene Savickas

22—June DeMichiel

23—Helen Wasti

26—Marge Neri

28—Eugene Thompson

