

May/June 2023

Senior Connection

Morris Senior Center

Volume 19, Issue 3

Travel Adventures!

We are so thrilled to be able to offer our community members the opportunity to enjoy all of the great experiences available outside of the state of Connecticut!

We have an amazing trip lined up for the next seven months and beyond! The wonderful thing is that these trips are open to ALL members of our

community—Seniors, adults, children and grandchildren, alike! Please help us to spread the word!

Island Hopping: Friday, June 16—Sunday, June 18; \$675.00 pp / do. To Cape Cod we go! Exploring Hyannis, Martha's Vineyard and Nantucket! 3 days / 2 nights with accommodations, bus transportation, some meals included along with admissions, ferries, tours and gratuities.

NY Yankees vs. Boston Red Sox: Sunday, June 11; \$160 pp. The oldest rivalry in baseball history! Take it all in with us at Yankee Stadium! Seat-

ing in Section 110.

Whale Watching: Sunday, August 13th, Boston \$125 pp. (Optional day in Boston only OR Boston Aquarium) Set sail with us for the whale watch experience of a lifetime. Our destination: Stellwagen Bank Marine Sanctuary, a rich feeding ground for whales, dolphins, sea birds and other marine creatures.

All of our coach bus trips depart from the Morris Town Hall (3 East Street).

Please call (860-567-7437) or email us Activities@townofmorrisct.com for more information!



Ice Cream Social!

If we know anything, we know ICE CREAM!

Let's enjoy our beautiful Summer with an old fashioned ice cream social complete with some FUN entertainment at the Morris Town Beach Pavilion!

None other than **Ben & Jerry's** will be joining us and scooping up some amazing flavors along with, delicious toppings including hot fudge,

sprinkles, Oreos, M & Ms, walnuts and don't forget the whipped cream!

We'll have balloons, raffles and so much more! **Bahama Mama and the Painkillers** will be on hand to entertain us! Like minded Senior Citizens coming together celebrating each other and the wisdom and stability you all bring to our community. Please join us!



Tickets, in limited supply, are required for participation and may be acquired directly from us at the Morris Senior Center. Join us!

**Fri., June 16 / 1:30 pm
\$5 / Morris Town Beach**

Inside this issue:

Lunch & Learn	2
Memorial Day Commemoration	2
Elizabeth Park	2
AARP Driver Safety	3
Movie Schedule	3
Pizza Party!	4
Luau at the Beach	5

Morris Senior Center hours:

*Monday through
Friday
10:00 am—
4:00 pm
Hours subject
to change*

Lunch & Learn Series

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

Tuesday, May 16—12:00 pm:
During our May Lunch and Learn, We will be welcoming back Attorney Lynda Lee Arnold from *Czepiga, Daly, Pope & Perri*. Attorney Ar-

nold will explain estate planning basics and the documents every adult should have. You'll walk away knowing what you need to do to build an estate plan that will protect what you've worked for in life.

This is a CATERED LUNCH event, thanks to the generosity of *Czepiga, Daly, Pope & Perri*.

Tuesday, June 20—12:00 pm:
During our June Lunch and Learn, we'll be creating our very own Fairy Garden Terrarium! All materials will be provided—vessel, soil, rocks, fairy supplies—everything except



the fairies! Donations will most certainly be welcome for this particular Lunch & Learn. This month's Lunch and Learn will be a brown bag event. Beverages on us! Held at the Morris Town Beach pavilion!

While the program is free of charge, **advance registration is mandatory**. Please call us to register.

Memorial Day Celebration!



The center of town is the place to be on Memorial Day (Monday, May 29, 2023)!

You are all welcome to join us for

our traditional small town commemoration on Memorial Day.

The afternoon will begin with our small town parade like no other! Step off is at 12:15 pm. The route runs down South Street, turns onto Route 109 and ends in Memorial Park. Anywhere in the center of town would be a great viewing spot!

Immediately following the parade will be the official Memorial Day Ceremonies in Memorial Park.

Following the Ceremonies, you are welcome to join us on the Town Green as we kick off our Summer Concert series with *North Country Band!*

North Country Band is a contemporary Country cover band that plays all the chart hits today, as well some other genres of music to keep the crowd up and on their feet! Grab your lawn chairs!

We hope you'll join us as we pay tribute to those who have made the ultimate sacrifice in service to our Country.

Elizabeth Park

Although Mother Nature has been nothing but unpredictable as of late, we're hoping we'll be in line with her when she will display *Elizabeth Park's* rose gardens in all their glory!

Elizabeth Park is on the national register of historic places offering over one hundred acres of formal gardens, green space, recreational facilities and walking loops. The rose garden, established in 1904, is the oldest municipal rose garden in the United States.

We'll be smelling not only roses, but lilies, lavender, begonias and so much more in the multiple gardens in the park. We'll enjoy a self-guided tour of the grounds upon our arrival. Please wear comfortable shoes and dress accordingly, as there will be walking involved.

Once we've filled all of our senses with everything that *Elizabeth Park* has to offer, we'll enjoy lunch at a local area restaurant.



Following lunch, we'll spend some

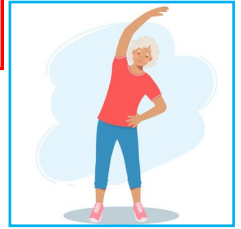
time shopping for some accents for our own gardens at *Home Goods*. Statues, pots, gazing balls even garden tools—you never know what you'll find!

Friday, June 9, 2023

9:00 am departure

\$5.00 per person

Mature Women's Fitness & Wellness



Did you know that we offer a weekly exercise class here at the Morris Senior Center?

Our *Mature Women's Fitness and Wellness Class* meets here at the Morris Senior Center every Thursday at 1:30 pm.

You can come every week or just once per month—no obligation. Completely up to you!

The class is taught by area resident, Nancy Schuler. Nancy de-

scribes her class as multi-dimensional. Meeting once per week to stretch, practicing balance and developing muscle tone.

She continues with, "We can also learn a new book title, recipe or Masterpiece Theater selection. 'Discussion' is certainly the name of the game in our class. Laughter is high on our list as well as comradery. We're looking forward to sharing our special class with you."

Reservations are not required. Just

stop in!

There is a \$3.00 suggested donation per class.

Donations are accepted when you arrive.

Questions? Email us at Activities@townofmorrisct.com

**ongoing Thursdays
1:30 pm**

**\$3.00 suggested donation,
per person, per class**

AARP Driver Safety Course

It's that time of year again! Time to update your AARP Driver Safety Course Certification!

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,

and we will be hosting one here at the Morris Senior Center on **Tuesday, May 30 from 9:00 am—1:00 pm.**

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 discover 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.

Movies!

We offer **FREE** movie matinees on the second and fourth Friday of every month! 1:00 pm—popcorn and soft drinks included! Start your weekend off right and join us!

May 12—*The Whale*, R

May 26—*Living*, PG-13

June 9—*The Fabelmans*, PG-13

June 23—*All Quiet on the Western Front*, R

Our Favorite Bus Trip, Ever!

By now, you must realize that the *Christmas Tree Shops* is our favorite bargain shop, ever! It just never gets old! We find new treasures that we cannot live without each and every time we go!

If you haven't joined us recently, you really need to come and see the newly designed Orange store—it's beautiful! Much of our old favorite merchandise remains, but they've added some really beautiful new lines of household items.

Headed to our beloved *Cracker Barrel Restaurant* for lunch.

Warm biscuits and jam, anyone?

We'll wrap things up with our bonus stop at the *Trader Joe's Plaza* after lunch.

**Friday, May 19
9:30 am departure
\$5.00 per person**



Container Gardening



Containers bursting with flowers and foliage add “wow” to a patio or porch. Don’t worry too much about rules—it’s important to go with

what you like—horticulture is very forgiving. Choose a container with drainage holes, add potting soil and perhaps some slow release fertilizer. Remember clay pots dry out faster than plastic. When thinking of color, consider where your containers will sit—your colors might look different up against a brick wall as opposed to gray shingles.

Thriller, spiller and filler—this is the classic mantra for planting containers. *Thrillers* are the eye-catchers. *Fillers* cover the soil, hide the stem of the thriller and add vol-

ume to the design. *Spillers* drape over the edge of the pot, softening the edges and expanding the vertical line.

One plant, one pot—Instead of putting several plants in one pot, consider a grouping of several different pots with one plant in each.

Stick to odd numbers—It’s a little bit more natural versus using plants in pairs.

Consider texture and shape—Foliage also adds texture — shiny, smooth, fuzzy or feathery.

As reported on www.aarp.org

It’s a Pizza Party!

This has become a fun annual tradition at the Morris Town Beach Pavilion thanks to the generosity of the Morris Senior Center Commission! It returns this year, as well!

We’ll be welcoming *Milestone Pizza* of Thomaston and their amazing wood fired pizza oven on wheels! Hot fresh pizzas, made to order! Any combination from sausage and peppers to ham and pineapple! (Does pineapple belong on pizza??!) As if the pizza weren’t enough,

their salad is also delicious! And let’s not forget about the gelato!

Not to speak of the amazing venue we have at the Morris Town Beach—views are simply gorgeous—right in our backyard.

Live, foot tapping entertainment with **Travelin’ Vin** will round out this afternoon; sure to make it a memorable occasion!

LIMITED tickets are available for purchase—don’t delay. Stop by the Morris Senior Center and purchase



yours today!

Tuesday, August 22
Party starts at 12:00 noon
Morris Town Beach Pavilion
TICKETS required—\$10 pp

Hopkins Inn

Our bi-annual tradition continues!

Join us at this 19th Century Inn with the most magnificent views of Lake Waramaug for a delicious three course luncheon prepared just for us!

Thursday, May 11

12:00 pm

\$45 per person

advanced reservations only, please

Honoring our Veterans



For several years now, the Morris Senior Center has sponsored a float in Morris’ Memorial Day Parade to honor our Senior Veterans. This originated as the brainchild and collaborative effort of our friend, the late John Smith. John was a great guy and wanted to do his part to show his respect and gratitude

to our area Veterans.

This tradition continues and this is where YOU come in! If you are, or know of, a Senior Veteran that would like to be a part of our float in this year’s Memorial Day Parade, please contact us! We would love to show our respect and gratitude for your service to our Country.

Director's Digest

Spring puts a “spring” in our step here at the Center, as well! We’re so excited to come out of our Winter hibernation mode and hope you and your friends take advantage of the myriad of offerings we have for you. Please spread the word—we love and welcome new members! As a matter of fact, we welcome new members age 55 and older to exercise with us on Tuesday (women only, please), play Bingo with us on Wednesday, or watch a movie with us on with us on Friday!

As always, if you have an idea for an activity, speaker or trip, please let us know! Some of our best ex-

periences have come from recommendations!

Spring is also the time of year that we must remember to check ourselves and our pets for ticks after spending time outdoors. These pests are so very small and tricky to see. Prevention and protection is key. Tucking your pants into white socks, wearing long sleeves and using an insect repellent are all smart choices. Please be safe and smart when enjoying the great outdoors!

The Town of Morris has a well stocked Food Pantry that is available for all Morris residents. Please



contact Laurel Gillotti in the First Selectman’s office for arrangements, 860-567-7430. All inquiries are completely private and confidential.

Please share your email address with us so that we can keep you up-to-date on all of the happenings here at the Center. “LIKE” us on *Facebook*, too!

~Kristen La Riviere Davila, Director

LUAU at The MTB!

Another of our favorite annual traditions returns—Senior Picnic at the Morris Town Beach Pavilion—this year, we’ll enjoy a **LUAU** theme!

Our beautiful Morris Town Beach Pavilion on the shores of the lovely Bantam Lake—the largest natural body of water in the State of Connecticut!

We’ll enjoy a catered picnic lunch under the Pavilion complete with a FUN and delicious dessert—not to disappoint!

Following lunch, we’ll be entertained with some fabulous live music—I dare

you not to sing along and get up on your feet with *The Elderly Brothers!*

We’ll be sure to include our famous raffles, door prizes and our “Guess How Many” jar and maybe even a few additional surprises!

Please feel free to bring along your lawn chair and spend some time relaxing on the lawn or down by the beach, enjoying the beautiful surroundings. (There are picnic tables under the cover of the Pavilion.)

Tickets are **REQUIRED** to attend and

can be purchased from the Morris Senior Center, directly. Stop by to purchase yours!

Be sure to wear your Hawaiian garb!

Tuesday, July 11
12:00 pm
Morris Town Beach Pavilion
Tickets \$10 pp



Seafood & Shopping

We’re heading to the Connecticut shoreline for a day of fine dining and fine shopping!

First we’ll dine at one of the shore’s most popular seafood restaurants—*Lenny & Joe’s Fish Tale Restaurant!* We’ll delight in such lunch offerings as famous fish tale

chowder and fish tale platters, baked stuffed casseroles, broiled



fresh fish fillets and of course, lobster or crab rolls! There are also plenty of selections for the land lubber.

Following our delicious lunch, we’ll travel over to the *Clinton Crossing Outlets*, where bargains await us. At this beautiful, spacious, outdoor outlet mall, we’ll enjoy shopping at *Ann Taylor*, *Chico’s*, *Talbots*, *Yankee Candle*...and more!

Friday, June 23, 2023
10:00 am departure
\$5.00 per person

Morris Senior Center

109-21 East Street
Morris, CT 06763

860-567-7437
Activities@townofmorrisct.com

www.townofmorrisct.com/entities/senior-center

“LIKE” us on *Facebook*!

US Postage Paid
Torrington, CT
06790
Permit #347

Morris Senior Center staff:

Kristen L. Davila, Director/Municipal Agent
Stephanie Paletsky, Assistant

Morris Senior Center Commission:

Harriet Ellis, Chairperson (860) 567-8607
Linda Mc Master, Secretary (860) 567-0670
Carol Anderson (860) 283-5579
Dorothea DeLuca (203) 598-9425
Bev Huntley (860) 567-0670
Cathy Wheeler (860) 283-8492

Happy Spring Birthday to YOU!

MAY

3—Lorraine Veronneau
5—Bev Huntley
8—Gail Silvernail Blood
9—Tom Huntley
12—Deena Panasci
13—Linda Kirchner
13—Joanne Woodington
14—Harriet Ellis
14—Philip Birkett
17—Joyce Chicarelli
17—Bonnie Crafa
21—MaryAnn Everett
28—Fenton Williams
28—Deborah Schaaf
29—Rosanne Carroll
29—Eleanor Watson
31—Lisa Scapin



JUNE

5—Cookie Warner
9—Carol Zander
9—June White
11—Lynn Shuhi
12—Diane O'Donald
13—Charlene Graskoski
21—George Dino
22—Lois Delisle
24—Linda Towne
25—Maria Koch
30—Kay Kayser

**If you'd like your birthday featured in our newsletter, please let us know!*

*Give us a call: 860-567-7437
or send us an email:
Activities@townofmorrisct.com*