

July/August 2023



# Senior Connection

## Morris Senior Center

Volume 20, Issue 4

### Director's Digest

Now that the beautiful weather has arrived, it's the perfect time to join us for a class, event, activity, lunch or trip! We always welcome new members—payment is your kindness and friendship!

Please be sure to “LIKE” us on *Facebook*! Simply search “Morris Senior Center” and click “LIKE”! This will keep you up to date on our current happenings and where we'll share pictures and stories of all the fun that goes on!

We're also happy to have your email address to add to our contact list. Please give us a call and share yours.

We have a large selection of fabulous books readily available for a good Summer read. Borrowing is on the honor system—no time limits imposed! Stop by and browse our choices!

Too hot to cook??? Then put that wooden spoon down and join us for lunch here at the Center on Monday, Wednesday or Friday! The menu changes daily (and is enclosed). Reservations are required and Seniors are asked to make a suggested donation of only FOUR DOLLARS!! Good food, the company of friends and no mess! It's a win-win!

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



### LUAU at the MTB!

#### It's a LUAU at the MTB!

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.)

**\*\*We are now accepting names for our WAITING LIST for this event.\*\***

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



**5th Anniversary  
Celebration of the  
Morris Fire Company!**

**Friday, July 28**

**5:00 pm—OPEN HOUSE at the  
Morris Fire Company  
Refreshments!  
Obstacle Course for the kids!  
Giveaways!**

**6:00 pm—Concert  
on the Green:  
Wooden Horse**

**Morris Historical Society  
will also be open and  
welcoming visitors!**

# Lunch & Learn Series

Our Lunch & Learn series is quite a popular part of our Senior Center programming. Have a suggestion for a great Lunch & Learn topic? Let us know!

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 18—12:00 pm:** During

our July Lunch & Learn, we will be Chrystal Sheehan. Chrystal is a certified yoga and sound bath meditation instructor. She will lead us on a guided meditation and share with us her amazing singing bowls and authentic gong!

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

**Tuesday, August 15—12:00 pm:** The focus of our August Lunch & Learn will be Pet Therapy! We'll be welcoming Andrea Croce with her dog Oliver Puck and Andrea's cousin, Deirdre Croce with her dog Auggie. Both dogs are

certified therapy dogs! We'll learn all about this certification process and of course, enjoy some dog therapy!



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 may 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.

**Tuesday, August 29**  
**FREE for Morris residents**  
**\$10 for non residents**

# Summer Concert Series

I am thrilled to share with you our 2023 Summer Concert Series! Consider yourself personally invited to attend each and every concert—ALL 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 14:** *The Vin & Dave Show*, playing all your dancing favorites! (Town Beach)

**Friday, July 28:** *Wooden Horse*, Crosby, Stills, Nash, Young / America tribute band. (Town Green)

**Friday, August 11:** *Backstage Pass*, high energy, 80s rock band. (Town Beach)

**Friday, August 25:** *CT Grateful Dead All Stars*, tribute band. (Town Beach)

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

MORRIS BEACH & RECREATION PRESENTS...

## SUMMER CONCERT SERIES 2023

North Country Band (Green)	May 29
Soul Sound Revue	June 16
British Legends of Rock	June 30
Vin & Steve Show	July 14
Wooden Horse (Green)	July 28
Backstage Pass	Aug 11
Grateful Dead All Stars	Aug 25
Eight to the Bar	Sept 1

**FRIDAY NIGHTS AT THE MTB • 6PM**

MORRIS TOWN BEACH • FOOD TRUCKS

# Regular Programming

We love nothing more than the sound of my Seniors chatting and laughing in our Senior Center building! We love to see all of your smiling faces!

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

Mondays: Line Dancing (returns in the Fall) 10:00 am

Wednesdays: Bingo / 1:00 pm

Thursdays: 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 Friday at 12:00 pm. Please make your reservation with Maureen Ungar, our Site Manager.

We have space available for your

knitting, sewing, quilting, card playing group—email us to make arrangements to meet in our space!

Activities@townofmorrisct.com



## Travel Adventures

Our motor coach bus trips are offered to you based on a collaboration with Warren Parks and Recreation. Won't you join us for one of the upcoming adventures?!

**New York Mets vs. Los Angeles Dodgers at CitiField**—Friday, July 14; \$150.00 pp. The old team is back in Town! Departure from the Morris Town Hall.

**Whale Watch Boat Cruise**—Sunday, August 13, \$125.00 pp; Set sail with us for the whale watch experience of a lifetime. Departure

from the Morris Town Hall.

**Lake George / Saratoga Overnight Getaway**—Wednesday, August 30—Thursday, August 31; cost TBD. Enjoy an overnight stay in the beautiful Adirondack Mountain area. Departure from the Morris Town Hall.

**9 / 11 Memorial and Museum**—Sunday, September 10; \$105.00 pp. *The National September 11 Memorial Museum* is a tribute of remembrance and honor to the nearly

3,000 people killed in the terror attacks of September 11, 2001.

These excursions are a collaborative effort between *Morris Beach and Recreation* and *Warren Parks and Recreation*. Register / make your payment online at [www.warrenrec.org](http://www.warrenrec.org).

Questions? 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 14**—*A Man Called Otto*, PG-13 (drama / comedy)

**Friday, July 28**—*Whitney Houston: I Wanna Dance With Somebody*, PG-13 (musical / drama)

**Friday, August 11**—*The Pale Blue Eye*, R (thriller / mystery)

**Friday, August 25**—*Being Mary Tyler Moore*, PG (documentary)





# Lavender & Lyman's

We're heading down to Killingworth to visit the unique *Lavender Pond Farm* and take in the beautiful sights and smells of the fields and fields of lavender. We'll even enjoy a guided tour of the farm aboard an electric train!

There is also a shop on the property that offers many varieties of lavender plants (of course!), lavender soy candles, lotions and other lavender-scented bath products and much more.

After our fill of lavender, we'll enjoy lunch at a local favorite restaurant.

On our way back from *Lavender Pond*

*Farm*, we'll stop in at *Lyman Orchards* which sits on over 1,100 acres of scenic farmland. They've been farming their land for over 275 years!

*Lyman Orchard's Apple Barrel* has amazing baked goods such as pies, cookies, bread and pastries in addition to a wonderful variety of fresh produce grown on their huge farm.

Picking up one of their award-winning apple pies before we leave is a MUST!

We might even be able to satisfy our ice cream fix right at *Lyman's*!

What a fun day out—join us!



**Tuesday, July 25**

**9:00 am departure**

**\$15.00 per person**

## Sewing Class

Have a sewing machine but have no idea how to use it? We've got just the program for you!

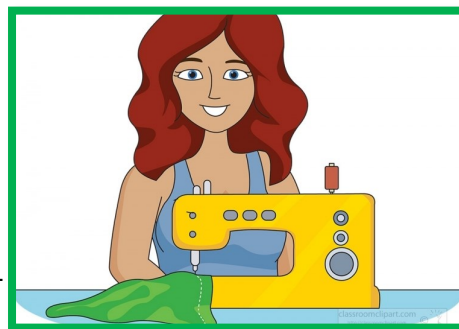
Bring your machine along with the owner's manual and join us for a Sewing 101 lesson!

Morris residents Denise Weik and Sharen Clark have been kind enough to offer to share their wealth of sewing knowledge with all of us!

They couldn't bear the thought of all of those sewing machines out there collecting dust!

Join us and learn not only how to use your specific machine, but actually create a project yourself on your very own machine!

We'll be working on fleece scarves—a very simple project and a perfect one to tackle and gain your confidence.



Class size is limited—advance registration is required.

**Thursday, August 17**

**10:00 am / Morris Sr Center**

**FREE!**

## Oliver!

A rite of Summer for us is a trip out to the quaint little town of Sharon and the amazing talent we find every year at the *Sharon Playhouse*. We've missed bearing witness to their fabulous productions!

We'll be visiting in time for their production of **OLIVER!**

Consider yourself at home with Lionel Bart's classic musical based on the Charles Dickens novel, *Oliver Twist*. The Tony and Olivier Award-winning show is one of the few musicals to win an Academy Award for Best Pic-

ture and is widely hailed as a true theatrical masterpiece by actors and audience members alike.

The streets of Victorian England come to life as *Oliver*, a malnourished orphan in a workhouse becomes the neglected apprentice of an undertaker. Oliver escapes to London and finds acceptance amongst a group of petty thieves and pickpockets led by the elderly Fagin. When Oliver is captured for a theft that he did not commit, the benevolent victim, Mr. Brownlow takes him in. Fearing the safety of his hideout, Fagin employs the sinister Bill Sikes and the sympathetic Nancy to kidnap

him back, threatening Oliver's chances of discovering the true love of a family.



We will stop at a local area restaurant for a delicious lunch (on your own). Cannot have our bellies growling during the performance!

Full payment upon registration is absolutely required.

**Thursday, August 17**

**11:00 am departure**

**\$30.00 per person**

# Hammonasset Beach State Park

Now that the Summer rush is gone, it's OUR turn to visit the wonderful Connecticut shoreline!

We're traveling to Connecticut's largest shoreline park—Hammonasset Beach State Park in Clinton—offering over two miles of beautiful sandy beach to enjoy swimming, strolling or just relaxing in the sand and surf. Nothing like a nap on the beach or a walk along the seashore - maybe you'll find the perfect seashell or sand dollar!

Pack all of your beach gear, including your bikini (!!!), beach towel, beach chair and sunscreen—don't forget your picnic lunch! You will have several hours to relax and enjoy the wonderful fresh salt air.

We'll stop for a sweet treat on the way home, of course!

**Thursday, September 7**  
**9:30 am departure**  
**\$5.00 per person**



## Thimble Islands

Join us for an exciting cruise through the historic Thimble Islands, located off the coast of Branford, Connecticut. We'll travel aboard the *Sea Mist*, cruising around 25 inhabited islands.

The Thimbles were first discovered in 1614 by Adrian Block, who also discovered Block Island. These unique islands were used for everything from farming, quarrying famous pink granite, bootlegging and hiding Captain Kidd's treasure!

The *Sea Mist* is a 44' Carmen Boat of

Chesapeake Design. It is designed with large windows and comfortable seating for sightseeing, along with two outdoor observation decks.

This is a special trip that we all enjoy year after year! The islands are so beautiful. It is a very relaxing and entertaining cruise all around the islands. So fun to see how the "other half" lives!

We'll enjoy a delicious lunch at an area restaurant to top off a truly delightful day!



**Wednesday, August 23**  
**9 am departure from the MSC**  
**\$25.00 per person**

## 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 be a memorable occasion!

**\*WE ARE ACCEPTING NAMES FOR OUR WAITING LIST FOR THIS EVENT.\*** Call us to place your name on the waiting list.



## Morris Senior Center

109-21 East Street  
Morris, CT 06763

860-567-7437

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

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Permit #347

### Morris Senior Center Staff:

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### Morris Senior Center Commission:

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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—Kathleen Bugnacki
- 13—Eileen Calkins  
Claire Cipriano
- 23—Judy Vernovai
- 24—Linda McMaster  
Michael Vernovai, Jr.
- 26—Jo Ann Jayne
- 27—Fred Lohnau  
Bill Boyens
- 30—Margaret Skinor

## August

- 1—Marilyn Hendricks
- 10—Diane Pappalardo
- 13—Maureen Sulkazi  
Sylvia Benson
- 18—Jeanie Seegers
- 20—Beth Peck  
Mary Ann Landry
- 22—Dorothea DeLuca  
Joyce Davidson
- 26—Regina Horrigan
- 29—Shirley Seger

