

Senior Connection

Morris Senior Center

Hours of Operation:

Monday:
10:00am–4:00pm

Tuesday:
10:00am–4:00pm

Wednesday:
10:00am–4:00pm

Thursday:
10:00am–4:00pm

Friday:
10:00am–4:00pm

Hours subject to change without advance notice.

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Holiday Celebration!

*"Here comes Santa Claus!
Here comes Santa Claus!
Right down
Santa Claus Lane!
Vixen and Blitzen and all his
reindeer are
pulling on the reins...."*

Yes, it *IS* that time of year once again!! We are excited to invite you all to our annual Holiday Party!! This year's event will once again be held here at the Morris Senior Center. Our Center will be decorated to the nines! (We'd LOVE volunteers to assist us with our decorating venture—look for an article in this newsletter on just how you could help!)

If we know anything, it's how to throw a party! Great food - amazing entertainment - delicious dessert - treats and prizes - fabulous company!

Our Holiday Celebration will



be catered by a delicious local caterer—we will not disappoint!

As usual, we will have fabulous LIVE entertainment lined up for your personal enjoyment!

Our celebration will be held on **Thursday, December 14, 2023 at 12:30 pm.** The all inclusive cost for this festive fun event is **\$20.00** per person. This cost includes your

beverages, complete holiday dinner with all the trimmings, delicious dessert, unique LIVE entertainment and a fun grab bag gift!

Get ready for a visit from a "special" surprise visitor straight from the North Pole! Oh, WHO could it be??

This is an annual event not to be missed! Tickets are now on sale—don't delay! Seating is very limited due to space constraints. Tickets are available on a first come, first served basis.

We hope that you'll spend some of your precious time during this busy season, sharing some Holiday cheer with us!

Any questions, please feel free to call the Morris Senior Center at 860-567-7437.

HO! HO!! HO!!!

"I'm not old enough."

If those of us "in the business" received a nickel for every time we heard the phrase, "I'm not old enough to go to the Senior Center!"....well....you know how the saying goes!

My question to you is—Are you 'old enough' to enjoy visiting new places, trying new foods and going on adventures? Are you 'old enough' to enjoy the companionship of your peers? Are you 'old enough' to challenge your mind to learn a new

game? Are you 'old enough' to enjoy the latest blockbuster? Are you 'old enough' to enjoy a meal with your neighbors? Are you 'old enough' to exercise, stretch and move your muscles?

If you answered "yes" to any of these questions, then we have a fabulous trip lined up for you, a game of Mexican Train waiting for you, a seat in our Great Room Theater for you, a seat at the lunch table in our Senior Café for you and a spot in our

exercise and line dancing groups just for you!

I know it's hard to take that first leap and walk through our doors, but I promise you—once you start, you'll be hooked!

We pride ourselves on being one of the friendliest and most welcoming, unpretentious Senior Centers around!

So....come on down!! We're waiting for you! YES, YOU!!

America's Cowboy Country

Morris Community Activities (Morris Beach and Recreation / Morris Senior Center) is THRILLED to offer our Community this amazing trip to visit our breathtaking National Parks out West.

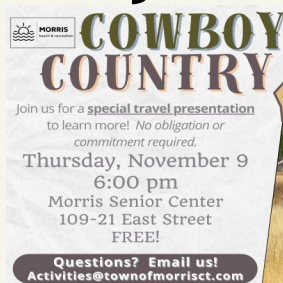
Join us as we travel to "America's Cowboy Country" September 22–29 of 2024. A visit to experience our National Parks out West seems to be on everyone's Bucket List. We're excited to offer you the opportunity to check it off of your list!

Morris Community Activities has partnered with AAA Travel / Member Choice Vacations

to bring you this once in a lifetime experience. You will enjoy 8 days / 7 nights and an amazing itinerary.

Some of the highlights of your experience include, but are not limited to: Badlands National Park / Custer State Park / Crazy Horse Memorial / Mt. Rushmore / Deadwood / Buffalo Bill Center of the West / Yellowstone National Park / Jackson Hole / Grand Teton National Park.

We'll be spending 3 days in South Dakota and 5 days in Wyoming. Your tour includes 10 meals: 7 breakfasts and 3 dinners.



We'll experience such things as an intimate conversation with a Lakota Native American; searching for a herd of over 1,000 bison; learning about the National Historic Landmark of Deadwood from a local; experience what life was like in the Old West, be in awe of Old Faithful herself

and SO much more!

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

**Thursday, November 9
6 pm ~ Morris Senior Ctr**
Light refreshments provided.

Lunch & Learn

Our Lunch & Learn series has been so very well received! We are happy to bring you both fun and informative programming—thrilled that you all have taken advantage of it!

Lunch & Learn could be a bagged lunch event or possibly a catered lunch event or even a potluck event—but Lunch & Learn will always be FREE! Reservations are always mandatory, either way. We begin each session at 12:00 PM.

Here's what we have lined up for this cycle:

Tuesday, November 21— During this Medicare Open Enrollment period, we are happy to welcome representatives from the Western CT Area Agency on Aging to help educate us on all things Medicare. Join us to learn if there is another plan available that would be a better fit for you.

This is a BROWN BAG Lunch & Learn event. Beverages and dessert provided by the MSC!

Tuesday, December 19— With Christmas around the corner, we are so lucky to have Mr. and Mrs. Claus join us for this month's Lunch and Learn!

We'll learn everything there is to know about life at the North Pole including what Rudolph's favorite treats are! We'll be serving hot chocolate and Christmas cookies, of course!

This is a BROWN BAG Lunch & Learn event.

Veterans Day

On this Veterans Day, Saturday, November 11, we would like to take this opportunity to express our gratitude to all Veterans who have selflessly served our Country in every way, shape or form.

We are grateful for your service and sacrifice and for that of your family, as well.

You are what makes this Country great! THANK YOU!

If you see a Veteran, be sure to say "Thank you!"

Breakfast With Santa!

What could be more adorable than having breakfast with your grandchildren and Mr. and Mrs. Claus?! Well, having a Pancake Breakfast with your grandchildren and Mr. and Mrs. Claus, of course!

Morris Beach and Recreation is excited to offer this fundraising program to our Community!

Enjoy an intimate experience with Mr. and Mrs. Claus, sharing your grandchildren's wish

list and hearing how Rudolph and the gang are doing!

Your breakfast menu will include plain or chocolate chip pancakes, sausage links, maple syrup, orange juice, coffee or tea.

We'll also have treats and trinkets for the kids. A great way to start your Sunday morning!

Reservations are required

and space is limited, so please do not delay in securing your reservation.

**Sunday, December 10
8 am–9:45 am**
Reservations required
Adults \$10
Kids 12 and under, \$5



Town Wide Holiday Celebration!

Fun Holiday festivities in the center of Morris!

Tree Lighting
Caroling
Hot Chocolate
Holiday Treats
Santa Visits!

Sun., December 3
Beginning at 5:00 pm

Check B & R's website!

Travel with Litchfield!

Our friends at *Litchfield Park & Recreation and Human Services* have invited us to join them on two of their upcoming adventures!

Since we are sharing this bus with our friends, seating is even more limited than usual. If you are interested in joining us for one or both of these adventures, please kindly remember our new policy where your reservation / seat is confirmed only when your payment has been made in full.

Yankee Candle and more! - Tuesday, November 28; 8:30 am departure; \$5 per person. Join us as

we travel just over the State line to *Yankee Candle Village!* This store is SOOOOO much more than candles! But boy oh boy, do they have candles, a general store, gift boutique kitchen / garden shop, Christmas Year 'Round, Toy Shop and more! You can even make your own personalized candles! We'll enjoy lunch in a local area restaurant.

Holiday Adventure—Thursday, December 7; 3:30 pm departure; \$5 per person. Our December trip is filled with the sights, sounds and tastes of the Holidays!

We'll enjoy an extra special dinner

(at your own cost) with plenty of Holiday charm. After dinner, we'll delight in the lighted Holiday display at *Hubbard Park* in Meriden.

Following our "ooohhs and ahhhhs", we'll stop at everyone's favorite Italian bakery—*Mozzicato Bakery and Pastry Shop*. They've been in business for generations, since 1908. What is the Holiday Season without Italian cookies?

Stop in and secure your reservation!



"Deck the Halls..."



...not only the halls, but the **entire** Morris Senior Center! Ever hear the term "many hands make light work"?

Won't you please join us to see if it's really true?? I hear the ornaments calling your name! Not to mention the *Annalee* dolls!

We'd love to have your help to dress up the Senior Center in all of her Holiday glory on **Friday,**

December 1 at 10:30 am.

We'll supply all the decorations, hot chocolate, treats and all of the Christmas music that your little heart desires!

Please let us know if you'll be able to come and lend a hand so we'll be sure to have enough marshmallows for your hot chocolate! Happy Holidays!

**Friday, December 1
10:30 am**

BUNCO Party!



Morris Senior Center presents our fourth annual **Bunco Party**—a FUNdraiser for the Morris Senior Center!

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 all be available for you.

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

We appreciate your support of our efforts through the Morris Senior Ctr!



Medicare Open Enrollment

It's that time of year again! Medicare's open enrollment season is now until December 7. During this time, you will have the opportunity to make several changes. You can switch from Original Medicare to Medicare Advantage; you can shift from Medicare Advantage to Original Medicare; you can trade one Medicare Advantage policy for another; and you can buy a different Part D prescription drug plan.

Even if you're happy with your current Medicare coverage, it's important to review your coverage options for 2024. Here are a

few reasons why:

1. Your needs may change. You may find you're going to the doctor more or less often, the prescription drugs you take may be different or you may need better access to health care services.
2. Benefits and costs can vary. Not all Medicare coverage options offer the same benefits. Plan benefits and costs can change from year-to-year. If you have a Medicare plan, check your Annual Notice of Changes (ANOC) to see

what's different for 2024.

3. New, more affordable Medicare plans may be available. The total cost, provider network and services offered are different between plans. Check if other plan options could better meet your needs or lower your out-of-pocket costs.

If you like your current health care coverage and it's still available in 2024, you don't need to take any action.

Shop and compare plans in our area. Compare 2024

coverage options and shop for plans. Get estimates of costs and review benefits offered by Medicare health and drug plans in our area. You can even compare plans based on their star rating for quality and performance.

Consider coming to our Lunch & Learn on November 21 to learn more!



Stop by our Senior Center Library and borrow a good book to curl up with!

Santa Photos!

A favorite offering through Morris Beach and Recreation returns this Season!

Have your Christmas card photos professionally taken with Santa Claus in as many as three separate Holiday themed backgrounds set at the Morris Senior Center!

You'll leave with a flash drive of all of the camera images taken during your session.

This event is offered in con-

junction with the *CT Society of Santas* and the *Watertown Park and Recreation Department*. Proceeds to benefit the *CT Society of Santas*, a 501(c)(3), non-profit organization.

Appointments preferred, but walk-ins are also welcomed. Please call **860-945-5246** to schedule your appointment. Cash, checks and credit card payments are accepted.

Sat., 11/11 & Sun., 11/12
10:00 am—4:00 pm
Morris Senior Center

Matinees

Second and fourth Fridays of each month (except Holidays!) are **Movie Matinee Days** at the Senior Center.

Showtime is 1:00pm.
Popcorn, soft drinks, movie, great company—all FREE!

Due to the upcoming Holidays, there will be only one Movie Matinee this cycle, in December.

December 8: (Continuing our tradition of a Holiday classic movie in December!)

Elf, Family Comedy / PG

Sewing Sisters!

A new ongoing program!

Sewing Sisters...and brothers!

Have a sewing project or quilt that you're working on? Stuck on how to make that perfect bias binding? Need a little bit of guidance with your reusable shopping bag project?

Bring it and your machine

along with you and make some progress on your project in the company of like-minded sewers!

Friendly, knowledgeable sewers will be here working on their own projects while lending you a helping hand or suggestion!

Pack your lunch, too!

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!)

Sewing Sisters meets on the **THIRD THURSDAY** of every month from 10 am—2 pm here at the Morris Senior Center. Drop in!

Upcoming dates are Thursday, November 16 and Thursday, December 21.



Third Thursday of every month

10 am—2 pm

FREE!

Morris Sr Ctr



As beautiful as Autumn is in our gorgeous corner of the State, I find myself feeling bittersweet lately, because I know Old Man Winter is right at her heels! I heard someone say that four letter "s" word the other day, and I shuddered! Perish the thought!

As Old Man Winter starts to close in on us, please keep in your thoughts your

Director's Digest

neighbors that may benefit from a helping hand or even a friendly visit. Maybe something as simple as bringing in the morning newspaper or returning the garbage can from the end of the driveway. We're all in this together—let's look out for one another!

I am continuing to accept applications from our area residents for energy assistance through New Opportunities, Inc. of Waterbury. Applications are accepted by appointment over the telephone; kindly call the Morris Senior Center to schedule your personal and confidential appointment and to learn of the documents required of you to apply.

Be sure to "LIKE" us on [Facebook](#) where you'll find pictures of our events and activities and gentle reminders of good things to come!

Our Senior Center is growing by leaps and bounds—and it's all because of YOU! As the Holidays approach, I like to re-

flect and be thankful for my blessings. I am so lucky to be part of such a wonderful Senior community. Thank you all for your friendship and dedication to our quaint little Center! It wouldn't be the success it is without you! Please spread the word—tell a friend or two or three!

During this upcoming Holiday Season, please do remember those in our Community that are less fortunate. If you're able, the Morris Food Bank, located at the Morris Town Hall, would happily accept non-perishable food item donations for Holiday baskets gifted to families in need both for Thanksgiving and Christmas. We will also have a Giving Tree located at the Town Hall with "wish tags" for children in our neighborhood this Christmas. It is the spirit of giving!

Please accept my wishes for a warm, healthy and happy Holiday Season! Be sure to count your blessings and joys!

Chair Yoga

Chair Yoga for Seniors allows one to experience many benefits of an active lifestyle without risks. These include:

Increased flexibility—Flexibility is essential in performing most of the daily tasks. Therefore, it's important to stretch, bend and twist every day.

Muscle strength—Although gradual, chair yoga can help build muscle strength with each pose. This, in turn, improves mobility and balance and buffers your

body against injury.

Better balance, coordination, and proprioception—Proprioception is the awareness of your body's movements in space. In a chair yoga sequence, you're required to transition from one pose to another, and this improves proprioception, which in turn enhances overall balance and coordination.

Reduced stress—Yoga inherently requires you to be mindful of your breathing and movement,

shifting your focus off stressful thoughts. The movements are almost meditative and promote relaxation.

Join us for a six-week Chair Yoga series with our friend, Crystal Sheehan of **Crystal Clear Breath Yoga**. Absolutely no previous yoga experience required!

Six week series, Tuesdays
Beginning Tuesday, Nov. 14
10:30 am—11:15 am
\$30 series / \$10 drop in
 Advanced reservations required.

Join us and treat your body well!

**"Contact the
 Western
 Connecticut Area
 Agency on Aging
 for UNBIASED
 advice on all
 things Medicare
 1-800-994-9422"**

Christmas Crafts!

We do love our crafts and the Holiday Season presents so many opportunities to create some incredibly fun things!

Those of you who know me know how I adore gnomes! Any shape, size or color—I love them all! So what better craft to do than a Christmas gnome?! We'll provide ALL of the materials and ALL of the instruction. It's an easy-peasy project—we promise!

As if creating a Christmas

gnome wasn't enough fun, we'll also have two additional crafts to create!

Again, all materials will be provided and you will be able to take three crafts home with you at the end of the day!

Keep them for yourself or share them as a gift for one of your favorite people!

We do have limited supplies available for this creative offering, so please don't delay

in signing up and making your payment.

We'll also enjoy a hot chocolate bar, Christmas cookies and loads of Christmas music! Tis the Season to be jolly!

**Thursday,
 November 30**
10:30 am
\$5 per person



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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Bev Huntley
860-567-0670
Cathy Wheeler
860-283-8492

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Celebrate Your Special Day!

November

2—Barbara Mitchell
5—Rosemarie Vogini
6—Patricia Stanton
9—Fran Skerstonas
11—Pat Lucas
12—Adeline Smith
16—Patricia Bill
17—Shirley Risley
21 - Joan Robinson
28—Pete Zguzenski
30—Sharla Bailey



December

6—Helen Fogg
7—Martin Weiner
11—Marlene Constable
12—Abby Martin
24—Margaret Healey
25—Kate Calverley
29—Martha Smith