

JANUARY/  
FEBRUARY 2024

# Senior Connection

## Morris Senior Center

### SPECIAL POINTS OF INTEREST:

- **Energy Assistance is available through *New Opportunities, Inc.* Applications accepted via appointment with the Morris Senior Center. Please call to schedule yours.**
- **We have a wide assortment of durable medical equipment available for loan, free of charge. Please call the Center at 860-567-7437 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. 22  
9:00 am departure  
\$25.00 per person

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

### DIRECTOR'S DIGEST

We certainly wish you and your loved ones a safe and healthy New Year! May 2024 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!*



### COWBOY COUNTRY!

Yes, you read that right—***Cowboy Country!*** We are traveling to the Wild Wild West in September of 2024!

It's a trip that is surely on almost everyone's *Bucket List*—it's on mine! Yellowstone National Park, Mt. Rushmore, Deadwood, buffalo and so much more!

While we are SOLD OUT for this exciting adventure, we are accepting names for our waiting list.

Let us know if you'd like more information or would like to be added to our waiting list.

***America's Cowboy  
Country with Morris  
Community Activities—  
Travel dates:  
September 22—29, 2024***

## 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!

You KNOW that we know how to throw a party! You don't want to miss out on this

one!

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

*Erin go bragh!*

**Tuesday, March 12  
party starts at 12:30 pm  
Tickets: \$20.00 per person  
Morris Senior Center**

# COWBOY COUNTRY!

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

## AMERICA'S COWBOY COUNTRY!

Join us as we travel to the Wild Wild West in September of 2024. A visit to experience our National Parks out West seems to be on everyone's Bucket List. We're thrilled 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 her-

## AMERICA'S COWBOY COUNTRY

Join us for a trip of a lifetime to our National Parks out West!

**Highlights include:** Badlands National Park / Crazy Horse Memorial / Mt. Rushmore / Yellowstone National Park / Jackson Hole / Grand Teton National Park

\$3,999 per person / double occupancy includes roundtrip airfare, all transfers, 10 meals, 8 days / 7 nights and MORE!

Questions? Email us!  
Activities@townofmorrist.com



self in Yellowstone National Park and so much more!

While this amazing adventure is currently **SOLD OUT**, we are accepting names for our waiting list. Please contact us for more information or to add your name to our waiting list.

**Travel dates: September 22—29, 2024.**

portrait of two artists at a crossroads and a meditation on art, love and the creative process.

**February 23—Nyad**, PG-13 (sport / documentary). Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.



# 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—Barbie**, PG-13, (comedy / fantasy). Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. **(Be sure to WEAR PINK!!)**

**January 26—Leave the World Behind**, R (thriller / drama). A family vacation on Long Island is interrupted by two strangers bearing news of a blackout. As the threat grows, both families must decide how best to survive the potential crisis, all while grappling with their own place in this collapsing world.

**February 9—American Symphony**, PG-13 (documentary). Musician Jon Batiste sets out to compose a symphony. Then his life partner, author Suleika Jaouad, learns that her cancer is back. This documentary is a

# 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 16—12 pm:** We'll be welcoming Melissa Garthwait who is a Resource Coordinator with The Hartford

Healthcare Center for Healthy Aging. She'll teach us all about the FREE services that the Center for Healthy Aging offers, as well as learning about some Home Safety Solutions technology products that enhance safety in the home.

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

**Tuesday, February 20—12 pm:** In honor of February, this

month's Lunch & Learn is all about LOVE! Self-Love, that is! We all know how to give love to others, but so often we forget to give some love to ourselves. We're here to help! Join us to help you bestow some amazing self love, for YOU!

\*This is a **CATERED LUNCH** event sponsored by the Morris Senior Center Commission! *Space is limited* and reservations are required.

\*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.

## Stuffed Pepper Soup

### INGREDIENTS:

- 1 tbsp olive oil
- 1 lb. lean ground beef
- 1 tsp dried Italian seasoning
- 1 med. onion, cut in 1/2 inch pieces
- 2 large green bell peppers, cut in 1/2 inch pieces
- 2 garlic cloves, minced
- 1 tsp salt

- 1/2 teaspoon pepper
- 3/4 c. long grain rice
- 4 c. low sodium beef broth
- 1—28 oz can tomato puree
- 1—10 oz can diced tomatoes with green chiles
- 2 tsp Worcestershire sauce
- 1 1/2 c. grated pepper jack cheese

### DIRECTIONS:

1. Heat the olive oil in a large dutch oven over medium-high heat. Add the beef, sprinkle with the Italian seasoning and cook, breaking up the meat into small pieces with a wooden spoon, until browned, 4 to 6 minutes.
2. Add the onion and bell peppers and cook, stirring until they start to soften, 4—6 minutes. Stir in the garlic, salt

and pepper and cook for 30 seconds.

3. Stir in the rice, then add the broth, tomato puree and diced tomatoes. Stir to combine.

4. Bring the soup to a simmer, then reduce the heat to low, cover and cook until the rice is tender, about 25 minutes. Stir in the Worcestershire sauce. Ladle the soup into bowls and top with the cheese and parsley.

*Bon Appetit!*



# PROSPECTOR THEATER

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

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 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!

**Wed., January 24**  
**10:30 am departure**  
**\$5.00 per person**  
**{lunch, movie cost on your own}**



# BUNCO!

The Morris Senior Center presents our fourth 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!

**Limited seats remain—**don't delay! Reservations are accepted with payment in full. Cash or personal checks are accepted for this fundraiser. Email or call us: [Activities@townofmorrisct.com](mailto:Activities@townofmorrisct.com) / 860-567-7437.

Join us for a fun afternoon!

**Sunday, January 21**  
**1:00—3:00 pm**  
**Doors open at 12:30 pm**  
**\$20.00 entrance fee**



## LIVE WELL WITH CHRONIC CONDITIONS

### Free Live Well with Chronic Conditions Zoom Workshops Offered

Are you ready to take charge of your health and feel better in 2024? Registration has begun for two free, evidence-based seven-week Live Well with Chronic Conditions Zoom workshops for adults with ongoing health conditions such as arthritis, high blood pressure, heart disease, diabetes or any other chronic issues. During this program, participants learn better ways to manage recurring challenges such as pain, fatigue, difficult emotions, anxiety and stress.

Participants can choose either a workshop that will meet via Zoom from 10:00 am—

12:00 pm on Thursdays, January 11—February 22, 2024 or 10:00 am—12:00 pm on Fridays, January 12—February 23, 2024.

Two trained Live Well leaders will facilitate each of these free, interactive programs. Participants will learn about healthy eating, physical activity and exercise, dealing with difficult emotions, decision-making, communication skills, working with healthcare providers and action planning. Materials will be mailed to participants to keep and include the book *Living a Healthy Life with Chronic Conditions* and a relaxation CD.

Each workshop is limited to 10 participants, and pre-registration is required. Participants must have a tablet, computer or smartphone

in order to participate. To register for the Thursday workshop, call Marilia Jose at 203-266-7510 x 226 or email [mjose@bethlehemct.org](mailto:mjose@bethlehemct.org). To register for the Friday workshop, call Sandy at 203-206-1726 or email [griffin.decaro@nuvancehealth.org](mailto:griffin.decaro@nuvancehealth.org). Please leave your phone number and address when you register so that one of the Live Well leaders can call you back.

*Live Well is sponsored by The Western Connecticut Area Agency on Aging through a grant from the State Unit on Aging. Generous support is also provided by a grant from the Connecticut Community Foundation. Live Well is an evidence-based self-management program developed at Stanford University.*

## 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 **42nd 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 *Successful Seed Starting* with Dawn Pettinelli, *Organic Container Gardening* with Paul Split, and *Water Garden Basics* with Rob Townsend, just to name a few. Visit [www.ctflowershow.com](http://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 22**  
**9:00 am departure**  
**\$25 per person**

## HOW TO KEEP YOUR WALLET SAFE



First step in keeping your wallet safe is to take everything out of it! Sort it all through. Remove old receipts, shopping lists, business cards, single-store credit cards that rarely get used, coffee shop punch cards that you'll likely never fill up and so on. If it's not something you'll need often or in an emergency, keep it at home.

Create a safe and secure storage system at home for the occasional wallet items you've removed. You can put extra cash there, too. Grab cards or

items when needed and when done with your errand, return the cards to their secure spot.

Consumer advocates advise making photocopies (or taking smartphone photos) of the front / back of all of your cards so you'll know whom to contact if they go missing.

Eight things you shouldn't keep in your wallet:

1. Social Security card
2. Multiple credit cards and receipts

3. Checkbook or even one blank check
4. Passport or passport card
5. List of your passwords
6. Gift cards not fully redeemed
7. Birth certificate
8. House key

Only carry your Medicare card when you are headed to an appointment that might require it. In the wrong hands, your Medicare number may be used for a variety of scams, including filing for false claims. *Aarp.org*



# SELF—LOVE / SELF—CARE!

I'm sure we have all heard about Self—Love, but what exactly IS Self—Love?

While we are not experts, we are happy to share with you all that we know! So much so, that we're devoting our February Lunch & Learn (Tuesday, February 20) to Self—Love and Self Care. Details in a separate article in this newsletter.

It's time to take care of the most important person in your life—YOU! Some people believe that self-care is a selfish act. In reality, the opposite is true. Both you and the people in your life benefit greatly when you take time to look after your physical, emotional

well-being and mental fitness.

A self-care plan is a set of daily activities we deliberately take part in to improve our inner and outer well-being. Self-care isn't just about pampering or grooming yourself, although that can be part of it.

The key aspects of self-care / love include physical, mental and emotional. Examples of *physical self-care* include, exercising daily, eating a well balanced diet, drinking in moderation and getting enough sleep.

*Mental self-care* includes spending quality time with loved ones, learning

something new and practice positive self-talk.

*Emotional self-care* includes meditation, journaling and practicing gratitude.

How to start? Think about what you value most in your day-to-day life. Make a list of all of your physical, mental, emotional needs. Writing down your needs can be a real eye-opener. You may discover you're already meeting your physical needs but you're neglecting your emotional needs. Ask yourself: *What activities bring me joy? When do I feel at peace? What makes me feel fulfilled? What helps me feel energized?* Betterup.com

## ELDERLY TAX CREDIT

Did you know that as a homeowner, age 65 or older (or disabled), 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



or via email at [assessor@townofmorrisct.com](mailto: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!

## FLORAL ARRANGING CLASS



So excited to welcome back the Horticultural students from Wamogo Regional High School along with their teacher, Elyse Manyak!

This time around, they'll be sharing their expertise and guide us in making a Valentine's Day themed floral arrangement to take home and enjoy! We have

more classes lined up for

the upcoming Spring! You are welcomed to come to just one of the classes or all!

Start working now to find the perfect place to display your masterpieces! Maybe you'd prefer to give the arrangement to a friend or family member as a treasured gift—what a great idea! ALL materials will be provided—the flowers, the accessories, even the container! It's a "no-brainer"! NO previous floral arranging experience is necessary.

These kids know their stuff

and are more than happy to help us step-by-step along the way.

Limited space is available. You'll find some pictures of other floral arrangements we have made together on our Facebook page. Simply log onto Facebook and type "Morris Senior Center" in the Facebook search bar. Once on our Morris Senior Center page, hit the "like" button. Simple as that!

**Friday, February 9**  
(snow date: February 13)  
**9:45 am**  
**\$10 per person**

## ***Morris Senior Center***

109-21 East Street  
Morris, CT 06763  
860-567-7437  
Activities@townofmorrisct.com

US Postage Paid

Torrington, CT  
06790

Permit #347

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

Kristen L. Davila,  
*Director of Community Activities*  
Stephanie Paletsky, *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**

1—Lillian Romano  
4—Gail Fairclough  
5—Diane Whitehouse / Virginia Bennett /  
Valerie Barkus  
8—Janet Arel  
10—Rosemary Petronis  
14—Allen Wrisley  
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—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