

March/April
2024

Volume 21, Issue 2

Senior Connection

Morris Senior Center

Escape to Acadia!

Join us as we escape to Maine's beautiful coastline and enjoy the beauty of **Acadia National Park** and the bustle of **Portland** and **Bar Harbor** along with the quaintness of **Camden** and **Boothbay Harbor** on this 3 day / 2 night experience!

Morris Community Activities (Morris Beach and Recreation / Morris Senior Center) has partnered with **AAA Travel / Tours of Distinction** to bring you this wonderful wee-getaway to Vacationland!

Some of the highlights of your experience include, but are not limited to:
2 breakfasts / 1 (lobster) dinner; guided tour of Portland; guided Trolley Tour of Acadia National Park; visits to Bar Harbor and Boothbay Harbor.

We'll be spending 3 days in the Pine Tree State. Your tour includes 3 meals: 2 breakfasts and



1 dinner.

This adventure includes your round trip deluxe motor coach transportation departing conveniently from the Morris Town Hall (3 East Street, Morris). Gratuities for our Tour Director, our Bus Driver and the Local Guides are all included.

Travel dates are June 3 - 5, 2024.

Double occupancy rate - \$825. per person
Single occupancy rate -

\$1,000. per person
Triple occupancy rate - \$765. per person

A deposit of \$100 per person is due upon registration to secure your reservation. Final payment is due by April 4, 2024.

If you'd like a copy of our color brochure, please email or call us! Activities@townofmorrisct.com / 860-567-7437.

Morris Senior Center hours:
(subject to change without notice)
Monday—
Friday
10 am—4 pm



St. Pat's Bash!

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 AUTHENTIC Irish entertainment, treats and raffle prizes! Wooo hooooo!

NEW LOCATION!

We'll be enjoying the holiday celebration right here at "home" at the Senior Center!

Seating is limited—please do not delay! Don't forget to wear green and watch for leprechauns!

**Tuesday, March 12
party starts at
12:30 pm
Tickets: \$20.00**

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
— Albert Einstein

Lunch & Learn

It's just plain crazy that this is the sixth year anniversary of this popular program!

LUNCH AND LEARN!

Each Lunch and Learn series features an interesting speaker / event / topic and of course, lunch, once per month! Lunch may sometimes be a catered event, sometimes a pot luck or brown bag. Lunch and Learn will always be FREE!

Tuesday, March 19—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.

**Rescheduled from February!*

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

Tuesday, April 16—12 pm:

The American Red Cross will be joining us for our April

Lunch & Learn. They'll be sharing their presentation entitled, "Be Red Cross Ready". The presentation is designed to teach us how to prepare for and respond appropriately to disasters likely to occur in our community such as hurricanes, tornadoes, etc.

*This is a BROWN BAG lunch event. Beverages and dessert provided courtesy of the *Morris*



Hard hittin' New Britain



New Britain really has a lot to offer! We'll begin our visit to The Hardware City with a docent led tour of the amazing **New Britain Museum of American Art**.

The current exhibition entitled, Handled with Care: Shaker Master Crafts and the Art of Barbara Prey,

will be our focus along with touching on their extensive permanent collection.

For lunch, we'll dine in an authentic Polish restaurant, **Staropolska**. *Staropolska* has been voted Best Polish Restaurant in the State! Pierogis, anyone?

After lunch, we'll head over to **Roly Poly Bakery**—

they we are passionate about bringing the best of Polish food to New England. Their bakery, deli, and supermarket offer a wide selection of imported groceries and smoked sausages, as well as delicious baked goods.

Thursday, March 28
9:00 am departure
\$27.00 per person

DEEP Safe Boating Course

Boating season is just around the corner!

Let Morris Beach and Recreation help you to get ready for a SAFE Summer out on the water with CT DEEP's Boating Safety Course.

Earn your combination Safe Boating / Personal Watercraft License in just three week-nights!

This course is open to all members of our Community, age 12

and older.

Course is held in the Community Room at the Morris Senior Center. Email us to register at Activities@townofmorrisct.com

March 11, 12 & 13, 2024
6:00 pm—9:00 pm
\$20 per person, Morris Residents / \$25 per person, non residents.



Morris Beach & Recreation presents...

Safe Boating Course

This program focuses on boating safety and Connecticut boating regulations. Those who successfully complete this class will receive a diploma which can be submitted to CT DEEP, along with the license fee, to obtain their CT license.

March 11, 12 & 13, 2024
6:00 pm - 9:00 pm
Community Room at the MSC
\$20 resident / \$25 non-resident,
checks made payable to **Morris Beach & Recreation**
townofmorrisct.com/entities/beach-recreation

Director's Digest

If you haven't already, please complete our Morris Senior Center Membership Form. This will add your email address to our email contact list and also deliver our bi-monthly newsletter to your home address. This will allow us to share all the fun and exciting happenings at the Morris Senior Center with you! If you've already completed a form—you're all set! We don't ask for a membership fee, but we always welcome donations!

Of course, you can find us on **Facebook!** Simply search "Morris Senior Center" and click the 'like' button, because, of course, you do! This will keep

you up-to-date on all of our current happenings, plus the opportunity to view some great pictures of our events and activities!

Please allow me a moment to extend so much gratitude to this amazing Morris Senior Center Commission! This Commission is the finest group of Morris ladies you'll find anywhere! They put up with me, so they must be! Without their tremendous support, energy and effort, we would not be able to offer you all that we do! Next time you see one of them, please say **"Thank you!"** for me (and you!)

And let's not forget my amazing Assistant, Stephanie! She helps to keep this ship running smoothly, taking care of lots of things "behind the scenes" and so much more! So grateful to have her as part of our Morris Senior Center family! <3

~Kristen La Riviere Davila, Director of Community Activities



Movie Matinees

Second and fourth Fridays of each month are **MOVIE MATINEE DAYS** at the Center.

Showtime is **1:00pm**.

Popcorn, soft drinks, movie, great company—all **FREE!**

March 8—*Love on the Spectrum*, episodes 1 / 2 / 3, (reality)

March 22—*Queenpins*, R (comedy / detective)

April 12—*The Hills*, PG (drama / sport)

April 26—*Rock Hudson—All That Heaven Allowed*, PG—13 (documentary)

Get a Healthy Gut

Modern science has begun to recognize that our gut microbiome (the lively house party of trillions of microorganisms that you host in your digestive tract) plays a leading role in everything from immune system resilience to mental health.

- **Float your cereal in Kefir.** The bug count of this cultured stuff blows away what's in yogurt.
- **Grill up a tempeh "steak".** Soak a hunk of this meaty probiotic-laced tofu counterpart in a marinade and toss it onto the grill like you would a moo-based steak.
- **Tuck sauerkraut into sandwiches and burgers.** Make sure to use only the refrigerated, unpasteurized kraut.

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 Spring floral arrangement to take home and enjoy! We have more classes lined up for the upcoming Fall / Winter! You are welcomed to come to just one of the classes or all!

Start working now to find the perfect place to display your mas-

terpieces! 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!

Spring dates to be determined!

Call / email us to be placed on an Interested List!

Cost will be \$10 per person.



Topic & Treats!

New program alert



Because of the amazing success of our *Lunch & Learn* program—now in its sixth year!—we’ve designed a new program. **Topic & Treats** will be just that! We’ll

enjoy learning something new with a myriad of presenters and then enjoy a treat, immediately following. Who needs lunch when you can have treats! Treats may range from anything from a cookie, a cupcake or even an ice cream sandwich! Just like *Lunch & Learn*, **Topic & Treats** will always be free of charge to our members! And also just like

Lunch & Learn, reservations are required.

Topic & Treats will be held on the last Tuesday of each month, beginning at 1:00 pm.

This is what we have for you for the next upcoming **Topic & Treats!**

Tuesday, March 26:

Don't Let Your Balance Slip Away

Join Dr. Cherie Stankus, Doctor of Physical Therapy from CONNECT PT in Wadsworth to learn tips and tricks for maintaining and improving balance and strength. Learn that falling

is NOT a normal part of aging. We’ll learn safe ways to decrease your fall risk and improve your balance!

Tuesday, April 30: *ArrayRX Resources*

The ArrayRx discount card program for the state of Connecticut is designed to provide all state residents with access to affordable prescription drugs. Residents can see savings up to 80% off the cost of their prescriptions at 98% of pharmacies across the state.

Please call / email us to make your reservation for this NEW ongoing program!

Lunch Bunch!

ANOTHER new program alert! We’re rolling out all kinds of new and fun things!

Let us introduce...

LUNCH BUNCH!

Lunch Bunch will meet on the first Friday of each month. Each month, we’ll showcase a different restaurant in our area to enjoy lunch together. You’ll make your reservation for **Lunch Bunch** with us, but we’ll meet at the showcased restaurant directly. Unfortunately, transportation is not available for **Lunch Bunch**.

If you’d like to meet at the Sen-

ior Center and follow another friend in your car to the restaurant or carpool with other friends, that is also an option! Directions to each restaurant will be made available, upon request.

Friday, April 5; 12:00 pm—

This month’s showcased restaurant is **1754 House** which is located at **506 Main Street South, Woodbury**, offering contemporary American dining. You may remember this restaurant as the old *Curtis House*—it has undergone a complete renovation!

Friday, May 3; 12:00 pm—



This month’s showcased restaurant is **GW Tavern**, located at **20 Bee Brook Road, Washington Depot**, serving American comfort food in cozy surroundings.

Take yourself out to lunch and join us! Email or call us today to reserve your space. Limited seating available for each **Lunch Bunch**.

The Morris Senior Center

"Where Friends Meet!"

Friends of the MSC

If you've been with us for a while, you know about all of the great activities, programming and trips we offer here at the Morris Senior Center. It truly takes a team effort to offer our Community all that we do. Key members of our team are of course, Stephanie Paletsky, my Assistant and each of our Morris Senior Center Commission members. But as you might imagine, they can sometimes get a bit tired with all that I put onto our calendars! Here is where

YOU come in!

We are looking to add to our **"Friends of the Morris Senior Center"** group and you're invited to join!

Friends of the Morris Senior Center is a group of individuals interested in lending a hand to any projects, events and / or activities that we have planned. A lot of legwork is usually involved before the event occurs. You've heard the term "many hands make light work"! We need

your hands! No obligation required. If you're interested in possibly helping out occasionally, please let us know! We keep a running list of all of our friends who'd be willing to step in and assist us periodically and we'd love to add you to it. Thank you!



Treats & Trivia

I know you remember our "Potluck & Trivia" events! Well, we're going to bring that event back—with a post-COVID 19 twist!

I think "potlucks" may be a thing of the past, at least for now. But don't worry—the "trivia" portion of this program is crazy fun!

Here's how "Treats & Trivia"

will work. We'll head straight into the Trivia portion of the program. Teams will be randomly assigned for a friendly game of Trivia with me as your game show hostess! You'll be amazed at how much trivia you really know—honestly! They're will be fun prizes for the members of the winning team and also for the members of the losing team! Everyone wins! :P

During intermission, you'll be treated to some treats, of course! We'll have a nice variety for you to choose from. A great afternoon!

Please call / email us to register so we can be sure to have enough treats and prizes!

Tuesday, April 23
1:00 pm—3:00 pm
FREE!

treats
& trivia

Salt of the Earth

This was such a unique experience that many have asked if we could return once again!

Join us as we spend the most relaxing 45 minutes you'll ever have—inside of a salt cave at **Salt of the Earth** in Woodbury!

The Salt Cave provides the ultimate breathing environment, giving your respiratory system a much needed restoration and cleansing. An immersion of

healthy negative ions will calm your nerves, ground you, relieve stress and oxygenate your bloodstream. Using Pharmaceutical Grade Salt, this "air therapy" dissolves mucus and congestion while reducing inflammation. Take a mini escape in the Salt Cave. Bring your favorite blanket, settle into their zero gravity chairs and forget the world.

We'll also enjoy lunch at a local

area restaurant and make a stop at *Soulberry*—a truly adorable gift shop featuring local artisans, small businesses, fair trade items, vintage decor, plants and so much more!

There might even be a bonus stop on tap for you—stay tuned!

Tuesday, April 9
10:30 am departure
\$32.00 pp
(lunch costs on own)



Morris Senior Center

109-21 East Street
Morris, CT 06763
860-567-7437

Activities@townofmorrisct.com
“LIKE” us on Facebook!

www.townofmorrisct.com/entities/senior-center

US Postage Paid

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06790**

Permit #347

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Spring is coming, and so is your special day!

MARCH

4—Sandy Plourde
4—Linda McNeil
9—Rita Knox
12—Nancy Delaney
12—Mona Jean Cesario
16—Lucy Dobson
23—Brenda Ganem
23—Michelle Margaitis
25—Jeanette Richard
25—Diane Salius



APRIL

11—Nancy Carroll
18—Lorraine Elsemore
18—Rich Billus
20—Anne Rogers
26—Sheridan Franklin
27—JoAnn Ash
27—Marion Samoska
28—Shirley Keip
28—Theresa Edwards
28—Ginnie King
29—Carol Osterman