

July/August 2025



Senior Connection

Morris Senior Center

Volume 22, 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!

Due to the ongoing popular nature of our programming and offerings, we have instituted a new policy here at the Center. Each interested party must register independently for the program, event or trip that they are interested in. We will no longer accept "group" reservations. So often those who have been registered by friends,

either didn't know they were even registered or have conflicting plans. This causes a great deal of confusion on our end and is not fair practice to the dozens of interested parties that are often on our waiting list.

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 La Riviere Davila
Director of Community Activities



LUAU at the MTB!

It's a LUAU at the MTB!

We'll enjoy a catered picnic lunch with *Frankie's* 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 *Travelin' Vin*!

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.****

Thurs., July 17 / 12:00 pm
Morris Town Beach
Tickets \$10 pp



Summer Concert Series!

on the Green/at the Beach
6:00 pm

July 11—*The Tradesmen* / Green

July 25—*Stiletto* (Billy Joel Tribute) / Beach

August 8—*Soul Sound Revue* / Beach

August 22—*Mini Bluegrass Festival* / Beach
(Sponsored by the Morris Land Trust)

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 15—12:00 pm: We're

welcoming our friends from **CONNECT PT** back to the MSC! This month's topic is:

Managing Osteopenia and Osteoporosis. Learn about bone health, balance, and maintaining bone density through diet and exercise!

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

Tuesday, August 19—12:00 pm:

We're welcoming Jessica Dorner,



Registered Dietician back to the MSC for a fun and informative cooking demonstration as she blends up some super **smoothies** just in time for summer! Jessica will discuss the ingredients and give tips for getting the most out of your smoothie. Attendees will get to sample both smoothies and will receive handouts and recipes to take home!

This is a BROWN BAG event. Beverages and dessert all provided by the *Morris 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!

Lakes, lakes and more lakes!

Summer instantly draws us to water. Lucky for us, there are many beautiful lakes in our area. We'll be visiting and viewing three of them close by!

We'll begin this trip with a relaxing boat cruise in nearby Lake Lillinonah with Captain Ian aboard his beautiful pontoon boat.

Lake Lillinonah is the second largest *manmade* lake in Connecticut, smaller only than Candlewood Lake. The lake is bordered by six towns: Brookfield, Bridgewater, Newtown, New Milford, Roxbury and Southbury.

It was formed in 1955 by impoundment of the Housatonic River and the Shepaug River by the Shepaug Dam which was built by the CT Light and Power Company.

Some of the most expensive real estate in the Greater Danbury area is located on the shores of the lake, in the towns of Brookfield, Bridgewater and Newtown.

Following our cruise of Lake Lillinonah, we'll enjoy a delicious lunch at a local area restaurant called *Greca*, with rustic and reimagined Mediterranean



cuisine with the accent on Greek.

After lunch, we'll enjoy a ride by both Lake Waramaug and our own Bantam Lake. With a stop for a cold treat, OF COURSE!

Thursday, August 28

9:45 am departure

\$25 per person (bus / cruise)

Summer Concert Series

I am thrilled to share with you our 2025 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 11: *The Trademen*, rock, blues and classic country (Town Green)

Wednesday, July 25: *Stiletto*,

Billy Joel tribute band. (Town Beach)

Friday, August 8: *Soul Sound Revue*, Motown, funk, R & B. (Town Beach)

Friday, August 22: Mini Bluegrass Festival: *The Parkway Ramblers / Wires & Wood*, (Town Beach). *Sponsored by The Morris Land Trust.*

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

Morris Beach & Recreation presents...

2025 SUMMER CONCERT SERIES

BAND	DATE	VENUE
West Hill Groove blues / rock / R & B	May 26 2pm	Green
Hijacked 80s / 90s new dance rock	June 13	Beach
The Stevie Experience Stevie Nicks Tribute	June 27	Beach
The Trademen rock / blues / classic country	July 11	Green
Stiletto Billy Joel Tribute	July 25	Beach
Soul Sound Revue Motown / Funk / R & B	August 8	Beach
Mini Bluegrass Festival <i>The Parkway Ramblers / Wires & Wood</i>	August 22	Beach

Friday nights / 6 pm
Food trucks at beach concerts
morrisct.gov/entities/beach-recreation

Seafood & Shopping

...& ice cream, OF COURSE!

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 fil-

lets 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! Perfect opportunity to give your Summer

wardrobe a little pick-me-up or find the perfect Fall outfit!

Can you guess where we'll be stopping on the way home?

Thursday, August 7
10:00 am departure
\$10 per person



The Old Drake Hill Flower Bridge

After being closed for several years for restoration, *The Old Drake Hill Flower Bridge* has finally reopened and we need to take a ride to see it!

The Old Drake Hill Flower Bridge is an example of 19th century metal-truss bridge construction. Originally designed and built in 1892, it spans 183 feet and carries a 12-foot roadway suspended 18 feet over the beautiful Farmington River. It was originally designed as a one lane, one-way bridge used for vehicular traffic. It was replaced by a modern two land bridge for a few hundred feet to the north in 1992. In 1995, it was restored as a unique bridge.

The picturesque 62 flower boxes, 32 hanging baskets and Cottage Gardens are on a subscription basis, and are planted and maintained by a dedicated group of volunteers.

We'll enjoy a brief talk and tour of the bridge followed by some time to explore and enjoy on your own. You'll want to take some pictures!

Afterwards, we'll enjoy a delicious lunch at a local area restaurant followed by time to feed our floral inspiration at everyone's favorite shopping destination—*Home Goods*. And finally a "you know what" stop on the way



home! What a perfect day!

Thursday, July 24
10:00 am departure
\$10 per person

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 11—*Nonna's*, PG (drama / comedy)

Friday, July 25—*Hitchcock*, PG-13 (drama)

Friday, August 8—*The Six Triple Eight*, PG-13 (drama)

Friday, August 22—*Joy*, PG -13 (drama)

Would you like more detailed information about any of these movies? Give us a call! We're happy to tell you!



Patty's Perfect Potato Salad!

A little birdie told me how amazing Patty's Potato Salad was so, of course, I had to have the recipe to share with all of you!

INGREDIENTS:

2 lbs. red potatoes (about 6 medium)
1 1/2 c. mayonnaise or whipped salad dressing (may use less per preference)
2 T. dill pickle juice!
1 dill pickle spear, chopped
1 T. plain yellow mustard

1 t. salt
1/4 t. pepper
2 medium stalks celery, chopped
1 small onion, grated
4 hard-boiled eggs, chopped (may use less / more eggs depending on preference)

INSTRUCTIONS:

Wash, peel, rinse the potatoes.
Place whole potatoes in a 3-quart saucepan, add enough water to cover. Cover and heat to boiling. Reduce heat to low. Cook covered 25—30 minutes or until

potatoes are tender,

drain. When cool, cut into cubes.

In a large bowl, mix mayonnaise, pickle juice, mustard, salt / pepper.

Gently mix in potatoes, celery, onion and pickle. Stir in eggs. Sprinkle with paprika.

Cover and refrigerate at least 4 hours to blend flavors and chill. ENJOY!



Lunch Bunch!

Lunch Bunch meets 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 Senior 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, August 1:
11:30 am— This month's showcased restaurant is **West Shore Seafood**, located at **449 Bantam Lake Road, Morris** offering lobster rolls and other New England seafood dishes served in a relaxed setting with a bar and outdoor seating.

Friday, September 5; 12:00 pm— This month's showcased restaurant is **Market Place Tavern** located at **7 North Street, Litchfield**. It is an American restaurant and bar in the former Litchfield County Jail offering



comfort food, plus a deck.

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

Sound Healing Meditation

The use of vibrational healing modalities and sound instruments activates the relaxation response to calm the mind, relax the body to release emotions and nourish your soul. Sound healing works by activating the parasympathetic nervous system—the opposite of fight/flight.

This modality helps with chronic stress and anxiety, muscle tension, sleep disorders, stuck emotions, high blood pressure and so much more.

It is also known to improve creativity, your senses and cultivate more body awareness.

Join Jeanine Chayka, the owner of Inspired Vibrations, as she offers a group session of Sound and Vibrational Healing to heal the mind, body and spirit.

She will use a variety of sound tools such as crystal and Himalayan bowls, chimes and drums to assist in activation the relaxation response to calm your mind, relax your body and balance your nervous system. It helps to release stress, emotions and nourish the soul.

We'll be offering a three month series with Jeanine on the second Friday of each month, beginning on Friday, June 13 at 10:30 am.

There is no cost to attend, but registration is required—please email us to do so!

Remaining class dates:

Friday, July 11—10:30 am



Friday, August 8—10:30 am

Email us at Activities@morristct.gov to register.

Looking forward to seeing you then!

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 4
9:30 am departure
\$10.00 per person



Pressed Flower Notecard

We're excited to welcome Master Gardener and Artist, David Silver, back to the Senior Center to share more of his talents with us!

David Silver has lived in Morris for almost 40 years and is a professional gardener and artist. When he isn't busy maintaining all of the gardens he's planted in the area, he is able to focus on his passion—teaching!

Lucky us that he's here to teach us!

He will be sharing his Pressed Flower Notecard class with us! David will

provide all of the supplies that are needed to create your own masterpiece including pressed botanical material, cardstock, protective sleeve and envelope.

The only supply you'll need to bring are flat ended tweezers!

We'll learn all about the art of flower pressing prior to the workshop and see some botanical pressing in action!

This class is extremely limited in space. If the demand presents itself, we may offer a second class at a later date.



Tuesday, September 9
1:00 pm
\$25.00 per person

How to Avoid SS Scams

Social Security numbers are the skeleton keys to identity theft. And what better way to get someone's Social Security number than by pretending to be from the Social Security Administration? Be calm and be careful!

***Common Social Security SCAMS:**

1. *You qualify for a benefit increase.* An SSA imposter calls stating you qualify for an increase. To get the extra money, you just have to pay a fee and verify your name, date of birth and SSN. ***SCAM!***

2. *You need to fill out forms to get the yearly COLA increase.* Every fall, SS announces a COLA—in 2025 it is 2.5%. These increases are automatically added to your account. You do not need to fill out any forms or provide any info to get it. ***SCAM!***

3. *Your SSN has been suspended.* An impersonator tells you that your SSN will be suspended and that your benefits will end unless you immediately pay a fee. ***SCAM!***



4. *Your bank account is in danger.* The impersonator tells you that because your SSN has been stolen, your bank accounts are at risk. ***SCAM!***

SS will never threaten or pressure you to take immediate action.

~aarp.com

Amish Country!

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 coach bus trip lined up for the Fall! 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!

We have partnered with AAA Northeast to bring you this great experience—**Amish Country**. You will enjoy 3 days / 2 nights in **Lancaster, PA**. Travel dates are September 15—17, 2025.

Some of the highlights of your experience include, but are not limited to: guided tour of Philadelphia (Liberty Bell!) / free time at *Reading Terminal Market* / Amish Country Guide / free time at *Lancaster Central Market* / shopping galore at *Kitchen Kettle Village* / *Magic and*

Morris Community Activities presents...

Amish Country Lancaster, PA

Immerse yourself in the culture, food and experiences that Pennsylvania has to offer!

We'll enjoy a tour of Philadelphia, (Hello Liberty Bell!); tour of Amish Country; dinner theater experience at Magic & Wonder; shopping galore at Kitchen Kettle Village and last but not least, experiencing "Noah" at Sight & Sound Theater and so much more!

✓ deluxe motor coach

✓ 2 breakfasts / 2 dinners

✓ professional tour guide

✓ 4 star accommodations

SEPTEMBER 15 - 17, 2025
\$679 PP / DOUBLE OCCUPANCY

860-567-7437 Activities@morrisct.gov





Wonder Dinner Theater experience / last but not least—a production of **Noah** at **Sight and Sound Theater**—the 30th Anniversary production!

Your tour includes 4 meals: 2 breakfasts and 2 dinners.

This adventure includes your round trip deluxe motor coach transportation conveniently departing from the Morris Town Hall, hotel accom-

modations, 4 meals along with your tour guide(s), activity / museum entry fees. Some gratuities / lunches are not included.

Travel dates: September 15—17, 2025. Cost per person: \$699 per person / DO. Single / triple rates are available upon request.

Please call 860-567-7437 or email us at Activities@morrisct.gov for more information!

Stay hydrated!

This summer promises to be a scorcher so it's important to drink plenty of water to stay hydrated. That's even more important for older adults, who may not drink enough water or are more susceptible to becoming dehydrated, which can cause a host of health problems.

If the daily drinking—water recommendation seems like a lot to you, there's a simple solution: eat more water-rich foods.

Here are 5 foods packed with water:

1. Cucumber (96%) - One of the highest water-content foods you can

eat, cucumber also has a lot of vitamin C which is important for bone health and the body's healing process. Dill pickles also contain a lot of water—95%.

2. Iceberg Lettuce (96%) - All leafy greens have a high water content of 90% or more. Although iceberg lettuce has fewer nutrients and antioxidants than darker greens. Get the most nutrients and water from your salad—mix your greens.
3. Tomato (95%) - Tomatoes contain vitamins C & K which aid in blood clotting and building bones as well as potassium. Raw or cooked!
4. Celery (95%) - Celery is high in



fiber, with vitamins A, C & K and other nutrients. It's a food you can eat without gaining weight—2 stalks typically have only 15 calories. Make a yogurt dip with herbs!

5. Ice pops (94%) - There's nothing better than an ice—cold popsicle on a hot summer day. Make your own with fresh fruit juices! aarp.org

Gardens and flowers, oh my!

Clarence H. Wickham, a Manchester industrialist, wanted the public to enjoy his beautiful estate, The Pines, as much as he and Mrs. Wickham had enjoyed it during the many years it was their home. He left instructions with his trustee, Hartford National Bank (now Bank of America), to develop the estate into a park after he and Mrs. Wickham passed away. He established a trust fund to finance its operations and maintenance.

Today, the estate is maintained independently as Wickham Park, a non-profit foundation. With additional land acquired by the trust, it consists of 250

acres of gardens, woodlands, open fields, ponds, picnic areas and sports facilities.

Over 25 acres of gardens are contained in Wickham Park: The Oriental Garden, Italian Shrine, Lotus Garden, Cabin Garden, English Garden, Wetlands Garden, Rhododendron Garden and their Sensory Garden, all provide seasonal color and beauty. Unique features include structures and statuary, a pond with an arched bridge, gazebos and many unusual trees and plantings.

Pack your picnic lunch and join us as we travel to Manchester to visit the

beautiful and expansive **Wickham Park** with a guided bus tour. A few surprises may also be on tap!



Thursday, August 14
9:00 am departure
\$15 per person

Flea Market!

Time to do your Fall cleaning!

What better way to motivate you to do so than by offering you the opportunity to make some revenue from your unwanted items!

Dig around in your closets ~ Investigate the back of your garage ~ Explore your attic ~ Clear out your kitchen cabinets!

We'll be hosting a Flea Market style event here at the Morris Senior Center. You will have the opportunity to purchase the use of a banquet sized table to sell your wares. Set your prices and

make your own change. Be sure to bring extra bags for your purchasers!

Have so much to unload that you'll need two tables? No problem! We can accommodate that request.

Coffee and donuts will be available for all participants!

Set up time available Friday, September 26 from 4 pm – 6 pm.

Premium table space \$30.00. Standard table space \$20.00. This is a fundraiser for the Morris Senior Center Commission. Thank you for your generous support of their volunteer efforts!

As with everything we do, we always



have a great time! Join us!

Saturday, September 27

9:00 am – 2:00 pm

NO early birds, please!

Rain or shine! \$30.00 / \$20.00 per table

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 will round out this afternoon; sure to be a memorable occasion!

WE ARE ACCEPTING NAMES FOR OUR WAITING LIST FOR THIS EVENT. Call us at 860-567-7437 if you'd like your name placed on the waiting list.



Morris Senior Center

109-21 East Street
Morris, CT 06763

860-567-7437

Activities@morrisct.gov
morrisct.gov/entities/senior-center

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Permit #347

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Happy Birthday to YOU!!

July

- 3—Leona Huften
Carol Winters
- 5—Marilyn DeRoehn
- 7—Susan Carrol
Bill Coppola
- 8—Joe Schupenis
Kathy Stevenson
- 11—Kathleen Bugnacki
- 15—Patricia Diorio
- 19—Arthur Potwin
- 21—Carolyn Bellmay
- 23—Judy Vernovai
- 24—Linda McMaster
Pamela Swendsen
- Michael Vernovai, Jr.
- 27—Fred Lohnau
- 30—Nancy Young

August

- 8—Kathy DePaoli
- 10—Diane Pappalardo
Laura Abbott
- 13—Maureen Sulkazi
Sylvia Benson
- 17—Jean Gowlis
- 18—Jeanie Seegers
Jean Adams
- 20—Beth Peck
Mary Ann Landry
- 21—Julie Clifford
- Deborah Lafreniere
- 22—Dorothea DeLuca
Joyce Davidson
- 27—Denise Weik
- 29—Shirley Seger

