

Volume 25, Issue 5  
September  
October 2025



# Morris Senior Center Senior Connection

## Director's Digest

While I agree with many that this Summer went by way too fast, my favorite season will soon be upon us! How I love the crisp autumn air and the beautiful display of colors that Mother Nature puts on for us. It's what comes after my favorite season that I'm not too fond of! Brrrrr!!

We have several ongoing programs here at the Center and there is always room for one more smiling face!

**BINGO** – Wednesdays at 1:00 pm. All are welcome to join this weekly ongoing group. Drop in when you can – no commitment required.

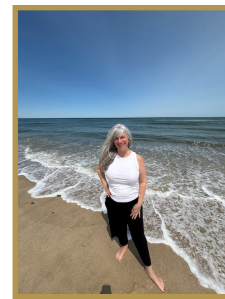
**MATURE WOMEN'S FITNESS & WELLNESS** – Thursdays at 1:00 pm. Join this woman – focused exercise group to strengthen muscles and improve your

balance. Drop in with a \$3 suggested donation per class.

**SEWING SISTERS & Brothers** – Working on a sewing project and need some motivation to complete it? Join us on the third Thursday of every month from 10:00 am – 2:00 pm (pack your lunch!) with your project and sewing machine, and we'll supply the motivation, comradery and friendship!

**MOVIE MATINEES** – Are you a movie buff? Then we should be seeing you every second and fourth Friday of the month when our great room turns into a cozy movie theater complete with the latest blockbusters, freshly popped popcorn, soft drinks and...it's free!

Questions on any of our on-



going programs? Give us a call at 860-567-7437. Have an idea for an ongoing program? Give us a call at 860-567-7437!

Enclosed, you will find an Appeal Letter for the Morris Senior Center. Additional bonus funding from our Community and through our Commission's fund raising efforts, allows us to continue to offer the extra special programming you have come to know and love.

We are grateful for any donation, no matter how big or small, as it allows us to serve our Senior Community in a BIG way! THANK YOU!

## Flu Shot Clinic



The Morris Senior Center is happy to collaborate once again this year, with the Torrington Area Health District and offer our Community a Flu Shot Clinic *here at the Center.*

The Clinic is set to be held on **Tuesday, October 7 from 10:00 am – 12:00 pm.**

\*NEW THIS YEAR! Pre-

registration is required! Please call us or TAHD to conduct your pre-registration process.

Please wear a short sleeved shirt to make it easier for the nurses to administer your dose.

\*ALSO NEW THIS YEAR – ALL insurance plans are accepted! Please bring your insurance card. The fee for self-pay patients is \$30 for the regular dose / \$70, high.

The usual flu season extends from December through March. If you contract the flu, your symptoms may include fever,

### CAR SHOW ON THE BEACH!

Join us for a great Sunday afternoon at Morris Beach & Recreation's / Morris Fire Company's CAR SHOW!

Food ~ Raffles ~ CARS!

Spectators are free!

**Sunday, October 19**  
*(rain date October 26)*  
**10:00 am – 2:00 pm**  
**Morris Town Beach**

soreness and aching in your back, arms and legs.

*The flu vaccine cannot give you the flu!*

### Morris Senior Center hours:

*Monday: 10:00 am – 4:00 pm*

*Tuesday: 10:00 am – 4:00 pm*

*Wednesday: 10:00 am – 4:00 pm*

*Thursday: 10:00 am – 4:00 pm*

*Friday: 10:00 am – 4:00 pm*

# Christmas Prelude!

We are thinking about offering our Community a special Holiday trip this Holiday Season. Please let us know if this would be something you would be interested in!

It's a great way to get a jump start on your Holiday spirit and your Holiday shopping! It would be a week-long getaway filled with unique experiences. Along with a chance to eat lobster in December!

A preview of this potential trip is described below:

**Christmas Prelude**—44 Years of Magic! HGTV called Kennebunkport the #2 Christmas Town in America! *Country Living* called Kennebunkport of the Top 20 Christmas family vacation destinations in the World!

Picture a Hallmark Christmas movie

coming to life—the festive lights, the greenery, the towering tree in the center of the square, the community coming together.

**Potential dates for this trip: Friday, December 5—Saturday, December 6, 2025.**

You will enjoy time on your own to stroll the quaint New England streets or to take in one of the many activities happening in town. Visit the many craft fairs featuring handmade Maine products. Partake of the Chowder Luncheon or take a historic trolley ride through the Maine woods. Experience the holiday excitement at boutiques, shops and art galleries featuring Holi-



day refreshments. You won't want to miss the Christmas Tree in Dock Square and the live Nativity! We'll dine at a favorite local area restaurant. We will overnight close to Kennebunkport and enjoy breakfast at the hotel on Saturday morning before departing for the *Stonewall Kitchen* flagship store in York. Before heading home, we'll be making a shopping stop at the Outlets in Kittery—make a dent in your Holiday shopping at the wonderful *Kittery Trading Post*, along with a few bonus stops! It will be a festive, fun filled trip overflowing with sparkling lighted trees, seashell decorated wreaths, garlands of greenery and Holiday memories.

Again, please give us a call or send an email, if you may have an interest in this trip. We'd love to hear from you! 860-567-7437 / Activities@morrisct.gov

## AARP Safe Driving

The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads. AARP has offered its classroom course since 1979,

and we will be hosting one here at the Morris Senior Center on **Tuesday, September 30 from 9 am—1 pm**. In this class you will have the opportunity to tune up your driving skills and update your knowledge of the rules of the

road. Also to learn defensive driving techniques and discover ways to handle left turns, right-of-way, highway traffic and blind spots.

The cost is **\$20.00 for AARP members, \$25.00 for non-members**. Checks made payable to "AARP" are required upon registration for the class.

Did you know that upon completion of the course, you may qualify for an automobile insurance discount given by your insurance company? Contact your



insurance agent for further details.

**Tuesday, September 30  
9:00 am—1:00 pm  
AARP member \$20 /  
Non member \$25**

## Thrift Store Tour

Our ever popular **Thrift Store Tour** is back!

We'll start the day at the *Red, White and Blue Thrift Store* in Waterbury. This store is HUGE, but very clean, neat and organized! Daily 25%, 50% and even 75% off specials for all shoppers! So many treasures just waiting for you! This store is a CASH ONLY, so please bring along Mr. Lincoln, Mr. Hamilton and Mr. Jackson, just in case!

All of that bargain hunting sure builds

up an appetite, so we'll be stopping for lunch at *Panera Bread* where we'll find delicious

soups to warm us up—how does broccoli cheddar soup sound? Or maybe baked potato soup? Or the bistro French onion soup sounds wonderful! They also offer a wide variety of handmade sandwiches and a dozen healthy salad options! Don't forget one of their amazing pastries, to go!

Next we'll travel over to the *Southbury Training School Thrift Store*. There is a "boutique" area, as well as a "you need to dig around" area—something for eve-



ryone!

Finally, we'll stop in at the *Red Barn Thrift Shop* in Woodbury. Such a fun day

of bargain and treasure hunting with friends!

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

# LUNCH & LEARN

**Tuesday, September 16 – 12 pm:**

**CONNECT PT: Managing Your Blood Pressure.** Our friends from

*Connect PT* return to the MSC to discuss best practices to employ to manage your blood pressure naturally!

**Tuesday, October 21 – 12 pm: New**

**Curds on the Block: Cheese 101**

Welcoming Kate Truini – Redin from *New Curds on the Block* of Oakville to the MSC! Kate will educate us on the mass variety of cheeses available. We'll also learn what to pair each cheese with. Samples included, of course!

Both L & Ls are **BROWN BAG**. All are welcome – reservations required!

## Halloween Crafting!

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

We'll provide ALL of the materials and ALL of the instruction. These are easy—peasy projects—we promise!

As if creating a Fall themed craft wasn't enough fun, we'll also have two additional Halloween themed 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!

ple!

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 some Fall themed refreshments and the company of great friends! Join us!

**Thursday, September 23**

**1:00 pm**

**\$5 per person**



## Trick or Treat!

*"Trick or treat, smell my feet,  
give me something good to eat!!"*

No tricks here!! Just loads of treats and even more FUN! Join us for Morris Senior Center's fabulous Halloween Party! Goblins, ghosts and ghouls come one, come all!!

Dig out your best Halloween costume and JOIN US! Prizes galore for Most Creative Costume, Scariest Costume, and What Were You Thinking Costume!

We'll enjoy a delicious catered lunch, some crazy fun entertainment and then our Costume Contest!



We will also have our usual "Guess How Many?" jar—can you imagine what we'll have you counting?!

While we'd LOVE you to be in costume,

please note that costumes are NOT required to join in on the fun!

Tickets are available NOW and may be purchased at the Morris Senior Center. This is a party not to miss! BOO!

**Friday, October 31**

**Lunch served promptly at 12:00 Noon**

**Tickets: \$20.00 per person / advance sales, only**

## Sound Healing

Join Jeanine Chayka, the owner of *In-spired 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 an extended two month series with Jeanine on the second Friday of each month, continuing on Friday, September 12 at 10:30 am.

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

Remaining class dates:

**Friday, September 12—10:30 am**

**Friday, October 10—10:30 am**



# Flea Market

Our Seventh Annual Flea Market at the Morris Senior Center is shaping to be the best Flea Market ever!

We have more vendors than ever this year! Two rooms FULL of treasures! Be sure you stop in to find yours! This is a Flea Market not to miss! Tell all of your friends and family!

The event begins promptly at 9:00 am on Saturday, September 27—absolutely no early birds,

please! Enter through our main entry doors and then choose which room to explore first by taking a left into our great room or a right into our craft room.

As of the date of publishing, all of our tables have SOLD OUT—both Premium and Standard. We are however, accepting names for our waiting list should a vendor cancel. Set up



time is available for vendors on Friday, September 26 from 4:00 pm—6:00 pm.

**Saturday, September 27**  
**9:00 am—2:00 pm**  
**109-21 East Street**

# Movie Matinee Fridays!

Movie Matinee Fridays continues at the MSC! Second and fourth Fridays of each month are Movie Matinee Fridays! Showtime is 1:00 pm—cost is FREE!

**September 12**—*The Penguin Lessons*, PG-13 (drama / comedy) *During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school. His life begins to change when the bird's presence starts to have a positive effect on the school.*

**September 26**—No movie today due to set up for our 7th Annual Flea Market! (*Flea Market*—Saturday, Sept. 27/9am—2 pm)

**October 10**—*Garbo—Where Did You Go?*, PG (documentary) An urgent, timely and compelling portrait of Hollywood icon Greta Garbo, whose fame, isolation and loneliness still captures audiences.



**October 24**—*His Three Daughters*, R (drama) Three distant sisters reunite in NYC to care for their sick father. Tensions rise as they confront past issues, aiming to heal family bonds amid laughter and tears.

# 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 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, October 3; 12:00 pm**—This month's showcased restaurant is **Echo Craft Kitchen**, located at **150 Echo Lake Road, Watertown**. *Echo Craft Kitchen* offers delicious food served in multiple dining areas and craft cocktails served at their prohibition style bar.

**Friday, November 7; 12:00 pm**—This month's showcased restaurant is **Geppetto Osteria e Bisteccheria** located at **24 E Main St, Torrington**. Italian fare such as house made pastas served in a cozy, romantic setting with a sidewalk bar.



*\*Please be advised—this Lunch Bunch will be a prix fixe menu at \$30.00 per person which includes family style appetizers, entrée and dessert.*

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

# Pandemonium Rainforest Project

We just can't seem to get enough of our thrift shops but this one is the most unique one you'll ever visit!

**Pandemonium Rainforest Project** is a community dedicated to rescuing and preserving exotic animals. On their campus, you'll find Café Ella, an exotic animal rescue habitat and a huge thrift store!

Their mission is to rescue exotic animals from abuse and abandonment, rehome most after rehabilitation as well as provide education for the proper husbandry of those animals before and after adoption.

The exotic animal sanctuary is not just a place of awe-inspiring beauty, but a beacon of hope, advocating for the welfare and survival of exotic animals while provid-

ing an immersive and educational experience for all who walk through its gates.

Café Ella is nestled in a charming corner of their historic building exuding the irresistible aroma of fresh coffee and baked goods in the air.

The thrift store is centrally located within the walls of their storied historic building, holding the essence of bygone eras and cherished tales. You'll be enveloped in a world of vintage treasures and timeless artifacts. Every nook and cranny unveils an assortment of donated antiques, clothing and curiosities—each with its own story to tell.

We'll enjoy time not only shopping the multilevel shop, but also visiting the



Sanctuary and giving some love to its inhabitants (*optional—additional \$5 fee*).

We'll have a lunch stop and maybe even a bonus treat, as well!

**Thursday, October 2**

**9:00 am departure**

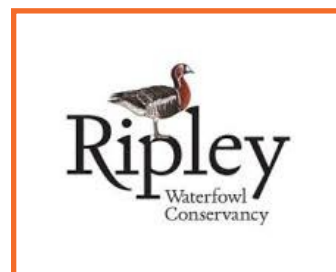
**\$10.00 per person**

*(optional \$5 sanctuary entry fee)*

## Waterfowl & Wildlife

Did you know that there is a waterfowl conservancy right next door in Litchfield? **Ripley Waterfowl Conservancy** is an internationally renowned conservation breeding center, protecting over 100 species of waterfowl and rare birds for future generations. Over 90 different species of birds reside at Ripley — ducks, geese, swans, birds of prey, cranes, wading birds, pigeons and pheasants! We'll enjoy a guided tour of the property and learn about its residents. (The ground can be somewhat uneven — please wear proper footwear.)

We'll enjoy lunch at a favorite local area restaurant. Following lunch, we'll head over to visit our friends at the **White Memorial Conservation Center** for the "wildlife" portion of our program!



Following all of our visits with our two and four legged friends, we'll stop at everyone's favorite ice cream shop to top off a great day, right next door in Litchfield!

**Thursday, September 18**

**10:00 am departure**

**\$20 per person (bus / entry fees)**

## 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 cool sweet treat on the way home, of course!



**Thursday, September 4**

**9:30 am departure**

**\$10.00 per person**

# Italy Travel Presentation

Join us as we travel to the incredible country of Italy in the Spring of **2026**.

We have partnered with AAA *North-east / Member Choice Vacations* to bring you this once in a lifetime experience. You will enjoy 10 days / 9 nights in **Italy**. Travel dates are April 15 - 24, **2026**.

Spring is the *perfect time to travel to Italy!* The weather is much cooler than in the Summer months and the crowds are much more manageable.

Some of the highlights of your experience include, but are not limited to:  
**ROME** / Vatican Museums / Sistine Chapel / St. Peter's Basilica / Assisi / Perugia / Cortona / **FLORENCE** / Chianti Winery & Cooking Class / **VENICE** /

Murano Island / Lake Como.

Your tour includes 12 meals:  
8 breakfasts, 1 lunch and 3 dinners.

This adventure includes your round trip air fare from a New York area airport along with ALL of your transfers including transportation to and from the airport from the Morris Town Hall, hotel accommodations, 12 meals along with your tour guide(s), activity / museum entry fees. Some gratuities are not included.

Travel dates are April 15—24, 2026.  
Cost per person, double occupancy—  
\$5,299.

Single / triple rates are available upon request.



Looking for more information? Join us for our NO obligation / commitment **IN PERSON** special travel presentation with our friends from AAA Travel / Member Choice Vacations / Collette Tours.

## **\*TRAVEL PRESENTATION\***

**Wednesday, October 1**

**6:00 pm**

**Morris Senior Center**

**109-21 East Street**

## Trips with Friends!

### Wadsworth Atheneum

We'll enjoy a docent led tour of this historic art museum with time to visit their amazing gift shop, of course!

View works from Monet, Manet, Picasso, Renoir, Warhol and SO much more!

Lunch at an amazing Italian restaurant in Hartford.

**Thursday, November 20**

**9 am departure**

**\$20 per person**

## Fall Foliage

Fall also means it is time for us to treat ourselves to a delicious luncheon in a beautiful restaurant with an amazing view!

We'll take a gentle ride through Northwest CT's winding backroads until we find ourselves at our luncheon spot.

Following our leisurely lunch, we'll continue our drive through the Northwest Corner, admiring the splendor of colors that nature has provided us.

A bonus fall—themed stop after lunch! Hint: It's apple related!

**Thursday, October 16**

**11:00 am departure**

**\$10.00 per person**

## Sewing Sisters (& Brothers!)

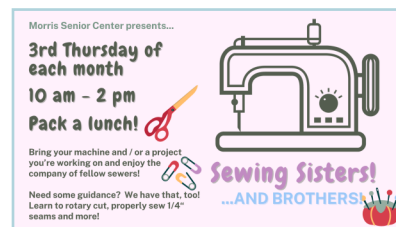
Have a sewing project or quilt that you're working on? Stuck on how to make that perfect bias binding? Need a little bit of guidance with your reusable shopping bag project?

Bring it and your machine along with you and make some progress on your project in the company 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



# National Sr Ctr Month

National Senior Center Month is celebrated every year in September to recognize the important role senior centers play in providing programs, services and support that help older adults live healthy, active and engaged lives. The event serves to highlight how these centers connect seniors to resources and to each other, promoting a positive image of aging within communities. It is an opportunity for individuals, senior centers, and community partners to collaborate and advocate for the needs of older adults.

We love our little **Morris Senior Center** so much that we would be happy

to celebrate it *every* month—but especially in September!

Consider this your personal invitation to stop in and say “Hello”, become an official member and find out what all of the fun is about! You’ll be greeted warmly and with a smile.

Our calendar is bursting with so many programs, activities, events, day trips and overnight excursions!

We’ll also be celebrating with a raffle for National Senior Center Month! Each time you visit our beloved Senior Center, you can enter your name into our raffle! A very lucky winner will be chosen on October 1, 2025!

## September is National Senior Center month!

**We’re celebrating with an amazing raffle!**

**Each time** you visit the Senior Center during the month of September, fill out a slip for your chance to win a great prize! Winner will be drawn on October 1. Good Luck!



Morris Senior Center  
Where friends meet

# Keystone Place at Newbury Brook

Our friends from *Keystone Place at Newbury Brook* have invited us over for a visit!

*Keystone Place at Newbury Brook* is an aging in place senior lifestyle community. They are proud to announce their expansion of 39 new apartments. *Keystone Place at Newbury Brook* has Independent, Assisted, Memory Care and now offers Transitional Care which is a bridge between Assisted Living and Memory Care. Keystone Place is the first community in this area to offer this.

Our friends from Keystone Place will pick us up in

their mini bus here at the Senior Center and drive us over to the complex. When we arrive, we’ll enjoy a guided tour of the entire complex. Afterwards, we’ll share a lovely cup of tea along with some freshly baked treats from their culinary staff!

Limited space is available on their bus, but you also have the option to meet us directly at Keystone Place, if you prefer, and join in on the tour and treats!

**\*Thursday, October 23 / 1:00 pm\***

Keystone Place  
at Newbury Brook



# Relatives as Parents Program

The ***Relatives as Parents Program (RAPP)*** is a support group for grandparents and other relatives who have taken on the role of primary caregiver for related children.

They offer a monthly support group in a warm, nonjudgmental space where participants can share stories, advice and encouragement. They know it is hard to parent a new generation, particularly for Seniors. RAPP features guest speakers on a variety of topics, including navigating legal issues,

understanding child development, working with school systems and managing stress. All are invited to join this community that fosters friendships and builds a supportive network.

The meetings are held at Brooker Memorial, 157 Litchfield St., Torrington. Brooker Memorial’s mission is to prepare children for lifelong success.

They understand that supporting children is also supporting the families who raise them. Brooker has received a grant from the Connecticut Community Foundation to support



**Brooker Memorial**

Preparing Children for Lifelong Success

this program, with the express purpose of growing the program to reach more seniors.

Four times a year they offer activities that involve the entire family. Previous activities have included family board game night and family trivia in collaboration with Torrington Library. Contact Lynn Mellis Worthington, [lworthington@brookermemorial.org](mailto:lworthington@brookermemorial.org) or call 860-489-1328 x129 for more information.

# Morris Senior Center

109-21 East Street

Morris , CT 06763

860-567-7437

Activities@MorrisCT.gov

MorrisCT.gov/entities/senior-center

## **Morris Senior Center Staff:**

Kristen L. Davila, Director of Community

Activities / Municipal Agent

Stephanie Paletsky, Assistant to the Director

## **Morris Senior Center Commission:**

Harriet Ellis (860) 567-8607, Chairperson

Linda McMaster (860) 567-0670, Secretary

Carol Anderson (860) 283-5579

Dorothea DeLuca (203) 598-9425

Bev Huntley (860) 567-0670

Cathy Wheeler (860) 806-5432

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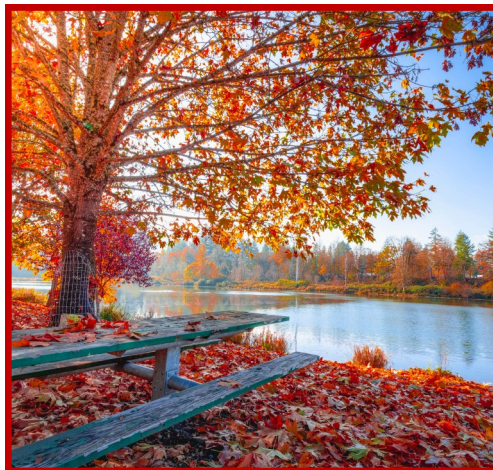
Torrington, CT 06790

Permit #347

# Happy Autumn Birthday to *youuuuuuu!*

## September

1 – Janet Turner  
3 – Mary Young  
5 – Ann Brenker  
7 – Joann Bovat  
9 – Eileen Mitchell  
12 – Carol Anderson  
Linda Friez  
13 – Darold Bovat  
15 – Richard Billus  
16 – Sue Elliot  
Andrew Giannelli  
18 – Dolores Mills  
19 – Ruth Torrizzo  
Beverly Rogers  
Jayne Roman  
20 – Gail Olson  
22 – Sharen Clark  
23 – Debra Wojtczak  
24 – Cindy Marshall  
26 – Albert Cetrone  
27 – Tammy Terrell



## October

7 – Debra Kern  
Elizabeth Santora  
8 – Marie Boyens  
10 – Lorraine Vitale  
11 – Sherry Dudonis  
Barbara Shupenis  
18 – Judith Frances  
Judy Murray  
21 – Peter Andrighetti  
23 – Steve Gabriele  
Dr. Ralph Santora  
24 – Dolores Miller  
25 – George Gros  
26 – Valeria Goodwin  
Rose Tichy  
28 – Kristen Davila, Director  
Cheryl Ferraro  
29 – Antoinette Jalbert  
Patricia Barre