

SEPTEMBER /
OCTOBER 2026

Senior Connection

VOLUME 23
ISSUE 4



MORRIS SENIOR CENTER

In this newsletter you can expect:

Flea Market!

NYBG Train Show

Lunch & Learn

Halloween Party!

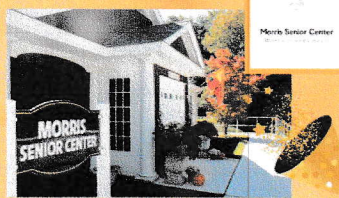
Lunch Bunch

...and so much more!

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!



National Senior Center 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

"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, 2026!

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!

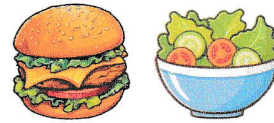
~Kristen

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

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.

Make your reservation for Lunch Bunch with us, but we'll meet directly at the designated restaurant.

Friday, October 2; 12:00 pm – This month's showcased restaurant is **Nash in the Ville, Honkytonk** located at 372 Main Street in Terryville. The new restaurant and live music venue in Terryville has replaced the old *Chute Gates Steakhouse* and Saloon which closed in February 2024. It's a Honky-tonk venue serving Southern comfort food and offering live country music.

Friday, November 6; 12:00 pm – This month's showcased restaurant is **Rozzi's Restaurant** located at 265 Watertown Road in Thomaston. It's a relaxed restaurant offering home-style comfort food, pancakes and burgers.

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



MARK YOUR CALENDARS – MARK YOUR CALENDARS – MARK YOUR CALENDARS

Energy Assistance



Those who meet certain income-eligibility and geographic requirements may obtain help with their energy costs from one or more of the Energy Assistance programs administered by New Opportunities Inc.

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. CEAP is not meant to pay total heating costs. Households must plan to pay a part of the bill themselves. Yet with the help of CEAP, households may secure fuel service deliveries and defray their utility heating costs.

For eligible households, winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Individuals and families qualify for CEAP based on their gross annual income and household size. Any household with a gross annual income at or below 60% of the state median incomes has also provided all required documentation is deemed eligible for this program.

We'll be welcoming our friends from New Opportunities Inc. in Torrington to the Senior Center this Fall. They will be accepting applications for Energy Assistance for the 2026-27 Winter Season.

Call us at 860-567-7437 to schedule your appointment!

Flu Shot Clinic



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

Pre-registration is required! Please call us or TAHD (860-489-0436) to conduct your pre-registration process.

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

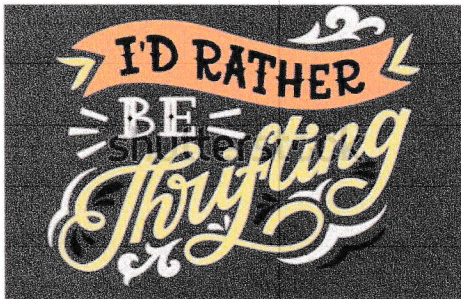
ALL insurance plans are accepted! Please bring your insurance card. The fee for self-pay patients is \$30 for the regular dose / \$70 for the high dose.

The usual flu season extends from December through March. If you contract the flu, your symptoms may include fever, soreness and aching in your back, arms and legs.

COVID-19 and Pneumonia vaccines will also be available.

**Tuesday, October 6
10:00 am–12:00 pm**

SENIOR BUS TRIPS – SENIOR BUS TRIPS – SENIOR BUS TRIPS

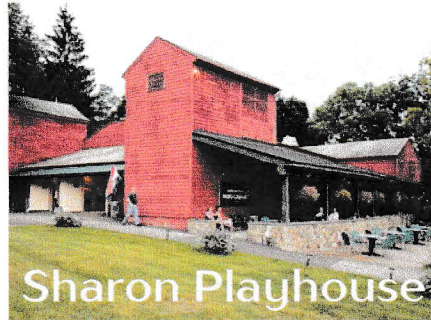


Our ever popular **Thrift Store Tour** is back with a BRAND NEW itinerary!

Of course we'll still 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.

New stores on tap to explore along with a lunch stop and a treat stop, of course!

Thursday, October 22
9:00 am departure
\$5 per person



We're traveling to our favorite little Summer theater in Sharon for their production of ***Come From Away***. ***Come From Away*** is a Tony award winning exhilarating true story of how a small town's incredible kindness turned a moment of crisis into a celebration of *humanity and hope!*

Come From Away is the remarkable true story of 7,000 airline passengers whose planes were grounded in a small Newfoundland town on Sept. 11, 2001—and the community that welcomed them with open arms.

Thursday, September 17
10:45 am departure
\$30.00 per person



Fall Foliage Tour

We are so blessed to live in such a beautiful part of the Country. There is nothing quite like the Fall in New England, especially in the Northwest corner of CT!

We'll enjoy a ride through the Northwest Corner, admiring the splendor of colors that nature has provided us, making some interesting stops along the way, including enjoying a delicious lunch!

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

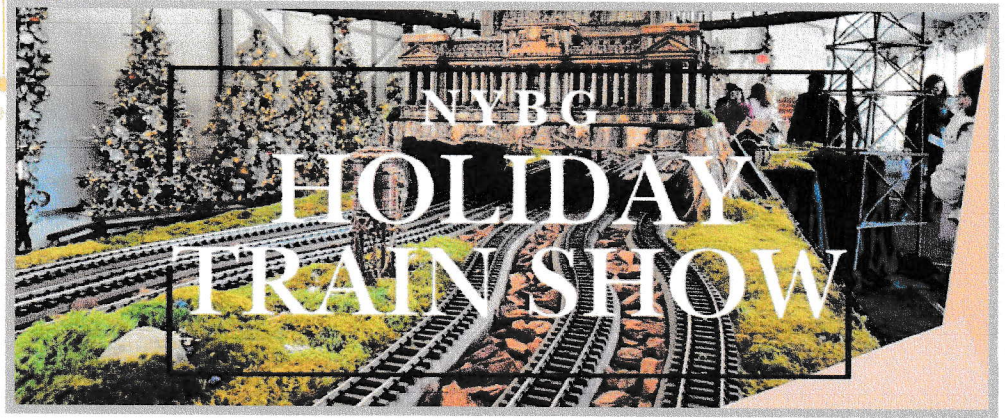
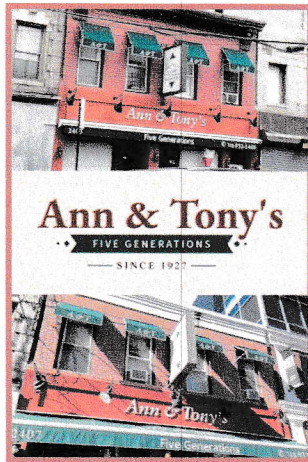
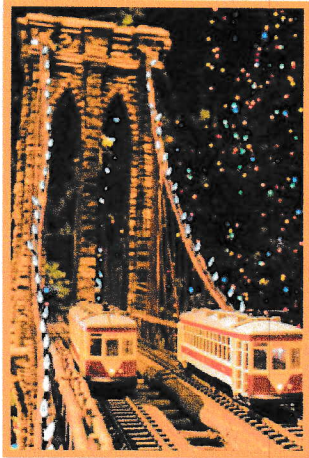
Thursday, October 1
11:00 am departure
\$15.00 per person



Join us and find that one thing you didn't know you couldn't live without!
 Don't need another darn thing in your home?

Stop by and visit us anyway!

Early birds will be fed worms! Doors open promptly at 9:00 am.



New York Botanical Garden Holiday Train Show

The New York Botanical Garden Holiday Train Show

A tradition for more than 30 years!

You will see model trains navigate painstakingly crafted miniatures of New York City's built environment, all made entirely out of plant parts, including but not limited to: The Statue of Liberty, the Brooklyn Bridge and Rockefeller Center. There are more than 190 landmarks that form a fantastically rendered city landscape built from seeds, bark, leaves and twigs, serviced by a robust half mile of track, all nestled within the stunning and historic Enid A. Haupt Conservatory. The NYBG website also promises new surprises for this year's show!

Join us as we travel to the Bronx!
Your fee includes your admission to the **New York Botanical Garden Holiday Train Show**, your full and complete lunch at **Ann & Tony's** in Little Italy (!!!) in the Bronx, deluxe motor coach transportation, driver gratuity, bus parking and even more!

NYBG Holiday Train Show / Bronx, NY Wednesday, December 2, 2025

8:45 am departure from Morris Town Hall
\$152.00 per person, includes admission to the NYBG, FULL lunch at *Ann & Tony's* in Little Italy, deluxe motorcoach transportation, driver gratuity and so much more!

Snack & Craft!

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!

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 24 - 1:00 pm - \$5 per person



set back card games

Thrilled to announce that our Set Back Card group is returning this Fall, starting on Thursday, September 17 at 1:00 pm!

A little rusty on your Set Back skills? No worries! We're here to help you tune up! We'll be meeting every Thursday at 1:00 pm during the months of September and October here at the MSC. Stop in and join in on the fun! No cost, no obligation required - just a fun Thursday afternoon with friends!

ongoing Thursdays:

September 17, 24

October 1, 8, 15, 22, 29

1:00 pm / FREE!



Sound Bath Meditation

Welcome Jeanine Chayka, the owner of Inspired Vibrations, back to the MSC 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.

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

Friday, October 9 - 10:30 am

Friday, November 13 - 10:30 am



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 to enter our famous Halloween Costume Contest - with prizes galore!

We'll enjoy a delicious catered lunch, some crazy fun entertainment and so much fun!

While we'd LOVE to see you in costume, please note that costumes are NOT required to join in on the fun! This is a party you don't want to miss!

Friday, October 30

12:00 Noon

\$20.00 per person



Movie Matinee Fridays Continue at the MSC!

Second and fourth Fridays
of each month are
Movie Matinee Fridays!
Showtime 1:00 pm—FREE!

September 11 - *Mrs. Harris Goes to Paris*, PG (comedy). In the 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

September 25 - *Song Sung Blue*, PG-13 (drama). Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams. Based on a true story!

October 9 - *The Choral*, R (musical drama). As World War I rages on, Dr. Henry Guthrie takes over a British choral society that's lost most of its men to the army. The community soon discovers that the best response to the chaos of war is to make beautiful music together.

October 23 - *23 000 Lives*, TV-MA (drama) - Inspired by a true story: A group of young people set out to rescue refugees in distress in the Mediterranean. But their understanding of law and justice is soon put to a severe test.

LUNCH -AND- LEARN

Every 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, September 15—12 pm: We'll be welcoming back our friends from **CONNECT PT** with a discussion on VERTIGO.

Are you dizzy? Come chat with **Connect PT** about the causes of dizziness and how to treat vertigo with physical therapy!

This is a **BROWN BAG** lunch event with dessert sponsored by **CONNECT PT**! *Now with an office in Litchfield!

Tuesday, October 20—12 pm: We will be welcoming representatives from **Companions and Homemakers** for this month's Lunch & Learn. This month's topic is: "What exactly is home care? We'll learn so much about how *Companions and Homemakers* can nurture your independence at home.

This is a **CATERED** lunch event, thanks to the generosity of **Companions and Homemakers**. Space is limited and reservations are required.

While our **Lunch & Learn** program is free of charge, advance registration is mandatory. Please call or email us to register for one program or both. You can reach us at 860-567-7437 or Activities@MorrisCT.gov. Looking forward to seeing you soon!

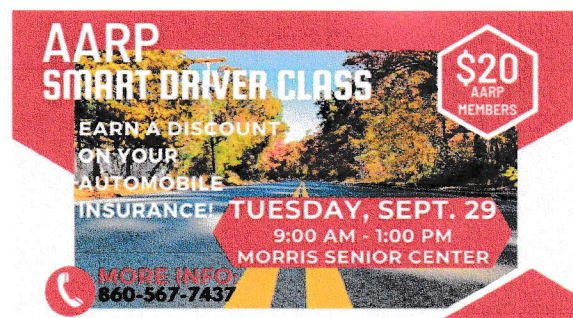
AARP Smart Driver Class

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.

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 29

9:00 am—1:00 pm

AARP member \$20 / Non member \$25

Email or call us today to register!
Activities@MorrisCT.gov
860-567-7437



Morris Senior Center
Where friends meet!

Morris Senior Center

Where friends meet!

860-567-7437

Morris Senior Center's Appeal

The Morris Senior Center is the best kept secret in our beautiful little community! We proudly offer a wide variety of regularly scheduled programming with additional guest speakers, entertainment and informational programming. Our adventures in and around Connecticut are also extremely popular!

We are so much more than Bingo! But, yes, of course, we do offer Bingo (Wednesdays at 1:00 pm), but the fun doesn't stop there!

We also offer opportunities to move our bodies with our *Mature Women's Fitness and Wellness* classes.

Enjoy viewing the latest blockbuster movies? We offer Movie Matinees on alternating Friday afternoons.

Who can forget our about *Lunch & Learn* series each month? Enjoy lunch with friends and learn something new!

And let's not forget our memorable parties for any / every reason! No one knows how to throw a party better than

us!

Let's not forget our adventures aboard a mini bus all over Connecticut! Let's go!

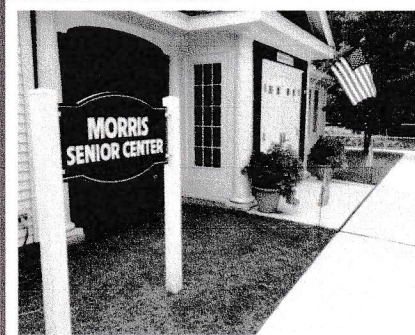
We have a large collection of books available for you to borrow—no time limits. Stop in and browse!

As you can see, we really are a vibrant place to be. As our Morris Senior Center Commission Chairperson has said, *"I didn't know how I was going to fill my days once I retired, but the Morris Senior Center has taken care of that worry!"*, Harriet Ellis.

Our current fundraising initiative will allow us the opportunity to continue to offer low-cost programming opportunities to our participants and to make our space more organized and efficient.

May we count on your support? No donation is too small! We truly appreciate your generosity and we hope you'll stop by soon!

THANK YOU!



Please tear here and return this coupon with your donation.

Morris Senior Center

109-21 East Street
Morris, CT 06763

860-567-7437
Activities@MorrisCT.gov

www.MorrisCT.gov/entities/senior-center
LIKE us on Facebook!

Name _____

Address _____

Phone _____

Method of Payment: _____

☐ Check #: _____ ☐ Amount: _____

☐ Donating in someone else's name? _____

In honor of: _____

Signature _____

Sign up for:

☐ Our email contact list.

Email: _____

☐ *Senior Connection*, our bi-monthly newsletter.

Mailing address: _____

☐ I cannot donate funds at this time, but please keep me in mind if you require a volunteer in the future.

Morris Senior Center

109-21 East Street
Morris, CT 06763
860-567-7437
Activities@MorrisCT.gov

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Morris Senior Center staff:

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

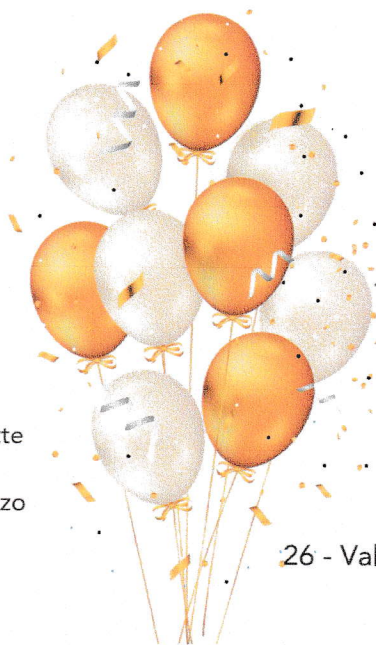
Morris Senior Center Commission:

Harriet Ellis, Chairperson
860-567-8607
Linda McMaster, Secretary
860-567-0670
Carol Anderson
860-283-5579
Dorothea DeLuca
203-598-9425
Beverly Huntley
860-567-0670
Catherine Wheeler
860-283-8492

Happy Birthday to You!

September

1 - Janet Turner
2 - Rosalinde Cook
3 - Carolyn Dumas / Mary Young
4 - Linda DiMauro
5 - Ann Brenker / Marge Owens
7 - Joann Bovat
9 - Eileen Mitchell
11 - Diane Soucy
12 - Carol Anderson / Linda Friez
13 - Darold Bovat
15 - Richard Billus
16 - Sue Elliott / Andrew Giannelli / Brian Paulette
18 - Dolores Mills
19 - Jayne Roman / Beverly Rogers / Ruth Torrizzo
20 - Gail Olsen
22 - Sharen Clark / Linda Lindner
23 - Ralph Santora / Debra Wojtczak
24 - Cindy Marshall
26 - Albert Cetrone
28 - Donald Oldakowski
29 - Terri Piotrowski



October

6 - Lois Kramer
7 - Debra Kern / Elizabeth Santora
8 - Marie Boyens
10 - Lorraine Vitale
11 - Sherry Dudonis / Barbara Shupenis
15 - Dianne Schaller
18 - Judy Murray / Judith Frances
21 - Peter Andrighetti
23 - Steve Gabriele
24 - Dolores Miller
25 - George Gros
26 - Valerie Goodwin / Daniel O'Brien / Rose Tichy
28 - Cheryl Ferraro / Kristen Davila
29 - Patricia Barre / Antionette Jalbert