

May/June 2021

# Senior Connection



Morris Senior Center

Volume 18, Issue 3

## Director's Digest

You may notice a lot of explanation points in this edition of *Senior Connection*! That's because we are SO excited to start to inch our way back to offering the programming, events and activities that you have grown to know and love! We are so blessed to have the beautiful pavilion at the Morris Town Beach that allows us to offer almost all of our programming, safe-



ly outdoors and we're so excited to do so!

All of our events at the Morris Town Beach will require you to bring your own folding chair to help assist with the need to stay as socially distant as possible. We will continue to follow all of the State of Connecticut's COVID-19 guidelines and precautions. As of press time, we understand that on May 19, Governor Lamont will announce new guidelines for outdoor events. Our ears will be peeled!

We make every effort to offer as many of our programs as possible, free of charge. We know this has

been a really hard year for so many of us. But please do keep in mind, that we continue to gratefully accept your donations in support of these wonderful programs we have been offering. It certainly does help to offset the costs of purchasing materials. We truly appreciate your generosity and feel the love! Thank you!

As we start to inch our way back to "normal", please be sure to be kind to others. As I mentioned, this has been a really difficult year for almost everyone. The challenges it has posed may have taken a toll. Try to remember that kindness goes a long way! Even though we can't

usually tell if you're smiling under your mask, a simple wave or nod of your head is a great way of expressing kindness. We're all in this together and we'll all get out of this together!

If you are in need of any non-perishable food items, please know that our Morris Food Bank is still open and willing to serve. Kindly call the Laurel Gillotti, Executive Assistant to the First Selectman and schedule an appointment for curbside pick up of your needs (860-567-7430).

We miss you all terribly and absolutely cannot wait to see each and everyone of you walk through our doors again—SOON!

## Mother's Day Tea...to go!

Our Mother's Day Teas with the BritsBrand Girls have always been so wonderful! We can't let this pandemic steal that away from us!

May we present...

*Mother's Day Tea To Go!*

All of your favorite tea accompaniments packaged up in a sweet little

box. Only thing missing is that delightful British accent!

Enjoy your Mother's Day Tea in the comfort of your own home. We'll be pinkies up, doing the same!

Limited Mother's Day Tea kits are available—please don't delay in reserving yours!



**Friday, May 7, 2021**  
**Pick up from 1—2 pm**  
**Donations gratefully accepted!**

**Morris Senior Center Hours:**

**Monday—Friday**  
**10 am—4 pm**

# Beach Blanket Bingo!

What better way to kick off our Spring and Summer programming season at the Morris Town Beach pavilion than with a **BEACH BLANKET BINGO** event?!

We'll be playing several games of traditional bingo with a Beach Blanket Twist! What is a Beach Blanket Twist, you ask? Well, for starters, wear your best Hawaiian shirt and you'll earn yourself a raffle ticket for a special prize! Bonus raffle ticket if you wear

your bikini! We'll supply the leis! Secondly, our treats will all be Hawaiian beach themed! Right down to the bartender we've hired to create some amazing mocktails for us! Virgin pina colada, anyone? Complete with little umbrellas, of course! So fun!

Can't forget the fun beach—themed play list we've created for you! Beach Boys, Frankie Avalon, Elvis and so much more!

We'll provide ALL of the Bingo su-

pplies.

Don't know how to play Bingo? No worries—we'll show you how!

All you need to bring is your folding chair and your beachy attitude! We've got the rest!

Advance reservations are greatly appreciated, but not mandatory.

**Wednesday, May 19**  
**1:00 pm—3:00 pm**  
**Morris Town Beach pavilion**  
**Bingo sheets \$1 each**

# Lunch & Learn returns!

I know how we've missed our Lunch and Learns! We're really excited to bring them back, outdoors at the Morris Town Beach Pavilion!

Each Lunch and Learn series will still feature an interesting speaker / event / topic and of course, lunch, once per month—the dates will vary. Lunch may sometimes be a catered event or brown bag. Lunch and Learn

will always be FREE! All are encouraged to attend—you may just learn something new!

**Wednesday, June 9—12:00 pm:** During our June Lunch and Learn, we'll enjoy a **catered lunch**. The presentation that follows will hopefully be “floral” in nature—fingers crossed! As of press time, confirmation has not yet been made but we seldom, if ever, disap-

point!

**Tuesday, July 20—12:00 pm:** June's Lunch and Learn will be a **brown bag lunch**. The presentation that follows will hopefully be “animal” related (No creepy crawlies—I promise!). But if you love domesticated animals in general, this Lunch and Learn is for you!

While the program is free of charge, **advance registration is mandatory**. Please call (860-567-7437) or email us!

# Ice Cream Social!

If we know anything, we know **ICE CREAM!**

Let's welcome what we hope will be a beautiful Summer with an old fashioned ice cream social complete with some FUN entertainment!

We'll be making our own deluxe ice cream sundaes with *Peaches & Cream* ice cream! You'll have your choice of ice cream flavors, delicious toppings including hot fudge, strawberries and don't forget the whipped cream! We will also have a no—sugar added varie-

ty and a dairy—free variety, as well.

We'll have balloons, raffles and so much more! Don't forget the live entertainment! We've invited *The Elderly Brothers* back to join us! Their '50s / '60s music, improv and comedic nature are a perfect fit for an event like this!

Let's not forget the wonderful company! Like minded Senior Citizens coming together celebrating each other and the wisdom and stability you all bring to our community.

Please bring your own folding chair and

be prepared to sit socially distant from one another at the Morris Town Beach Pavilion.

Advance reservations are very much appreciated. Our Ice Cream Social is always free of charge, but we do gratefully accept your donations in support of our efforts! We appreciate your generosity!

Email or call us today to RSVP. We hope you'll join us!

**Wednesday, June 23**  
**1:00 pm**  
**Morris Town Beach Pavilion**  
**Donations welcome!**

## From Ross' Kitchen!

My Aunt Jackie is an incredible cook. She is the kind of Aunt that whenever you saw her, she would give you a big hug and have some type of delicious treat for you. While in her presence, you feel like you are the most important person in the world. I always looked forward to family gatherings where she would be there. She would always have some wonderful dessert and the way she would describe it would add a sense of magic to it. Imagine Snow White, Cinderella, Aunt Bea and Grace Kelly all mixed

together. She could make a humble recipe sound like it was a Michelin Star recipe. This simple recipe that she shared with me many years ago was from her Australian pen pal of over thirty years, she was known as Aunt Marva.

### Marva's Strawberries

-Two pints of fresh strawberries, rinsed well.  
-1/2 cup of regular sour cream  
-1/2 cup of light brown sugar  
Rinse strawberries well, then pat dry. Put sour cream in a bowl. Put

brown sugar in a separate bowl. Pick up a strawberry. Dip your strawberry in the sour cream, then in the brown sugar. Eat and repeat.

I know it may sound weird, but it works!

### **Ross Stencil**

Assistant to the Director of Community Activities

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*Let us know if you'd like to hear more from Ross' Kitchen! We'd love to make him a "regular"!*

## Pizza Party at the Beach!

We had such an amazing experience with our Pizza Party last Summer at the Morris Town Beach Pavilion! Did you join us? We enjoyed not only delicious handmade pizza and a fresh green salad and amazing gelato—but we were able to watch every pizza being made in a mobile wood-fired oven, right on site!

We'll enjoy savory variations of your favorite pizzas—personal requests will also be accepted! Pep-

peroni, anyone? How about a veggie pizza? Maybe bacon and onion?

What's a Pizza Party without some fabulous entertainment? It isn't! So we'll have that, too, of course! We're welcoming back Vin Avallone who'll be singing and playing all of your favorites. We love Vin!

Please bring your own folding lawn chair. We will be following whatever COVID-19 guidelines and restrictions that are in place at that time.

Advance reservations are required by contacting us at the Morris Senior Center. You can reach us at 860-567-7437 or via email at [Morrisrctr@optonline.net](mailto:Morrisrctr@optonline.net)

**Thursday, July 8  
12:00 pm**

**Morris Town Beach Pavilion**  
Suggested donation of  
**\$5.00 per person**  
Funds will be collected  
upon your arrival.

## Movie Matinee Fridays

Our Movie Matinee Fridays have become something to look forward to for some during this challenging time.

We provide you this offering with all COVID-19 precautions in place, such as requiring advance reservations, distanced seating, cloth face coverings required, etc.

Please email / call us to make your reservation for any of the movies you'd be interested in viewing. Hollywood has also been affected by this pandemic, therefore our movie choices have been

becoming more and more difficult to make. If you have any suggestions for any movies currently available on DVD that you think your peers may enjoy, PLEASE do not hesitate in sharing that information with us! If you liked the movie, chances are some of your peers will, too!

All movies begin at 1:00 pm—on the second and fourth Fridays of every month. Again, advance reservations are required due to our limited capacity. See you at the movies!

Friday, May 14—*News of the World*, PG-13 (western / drama)

Friday, May 28—*Secondhand Lions*, PG (comedy / drama)

Friday, June 11—*Promising Young Woman*, R (comedy / thriller)

Friday, June 25—*The Father*, PG-13 (drama)

# Spring Luncheon at the Hopkins Inn

*The Hopkins Inn* in nearby New Preston is an enchanting 19th century country inn overlooking breathtaking Lake Waramaug in our beautiful Litchfield Hills. The Inn has been welcoming travelers since 1847. The restaurant is renowned for its contemporary Austrian cuisine, reflecting owner Franz Schober's heritage.

We always look forward to our luncheons at the Inn so we thought it would be just what we need this Spring! We will continue with safe-

ty measures in place.

Seating will be OUTSIDE with small tables of four on the delightful patio overlooking the gorgeous Lake Waramaug.

Unfortunately, transportation is not available. If the weather is inclement, we may postpone.

We'll savor a delightful three course luncheon prepared just for us and our Warren friends, including appetizer, entrée, dessert (the apple strudel!) and beverage options.

Reservations are mandatory and can be made by calling (860-567-7437) / emailing us at the Morris Senior Center, [Morrissrctr@optonline.net](mailto:Morrissrctr@optonline.net).

Advance payment is greatly appreciated. Please mail in to the MSC.

**Wednesday, May 5**

**12:00 pm**

**\$30.00 per person**

**Checks made payable to  
Warren Parks & Recreation**

## Music in Morris!

As you may know, I am also the Director of Morris Beach and Recreation. One of my responsibilities is scheduling our Summer Concert Series—so fun! We have some great Summer concerts lined up for you this year! Some will be held on our Town Green and some at the Morris Town Beach.

As of press time, we are also hoping to have our small town annual Memorial Day Parade and Memorial Day Ceremonies. It is traditionally

always held on Memorial Day which this year is Monday, May 31. Please stay tuned!

All of our concerts are free of charge. Here is this year's line up:

Monday, May 31: Green; @ 2 pm—*Center Line Band*

Friday, June 11: Green; 6 pm—*Rotary Band*

Friday, June 25: Beach; 6 pm—*LA's Backstage Pass*

Friday, July 9: Green; 6 pm—

*Nightshift*

Friday, July 23: Beach; 6 pm—*Neil Diamond Tribute*

Friday, August 13: Green; 6 pm—*Wooden Horse*

Friday, September 3: Beach; 6 pm; Reading Room Collaboration—*Running on Empty Band* (Jackson Browne Tribute Band)

All COVID-19 precautions will be in place at every show. Please bring your own lawn chair. See you then!

## Chuckle Corner

I bet you can't find a single person that doesn't need a good laugh these days! Hope these hit the spot!

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Velcro—what a rip-off!

I recently decided to sell my vacuum cleaner because all it was doing was gathering dust.

Don't you hate it when someone answers their own questions? I do.

If we shouldn't eat at night, why do they put a light in the fridge?

Meanwhile, in a parallel universe: "Oh for goodness sake! Where are all these extra single socks coming from?!"

A lot of people cry when they cut onions. The trick is not to form an emotional bond.

I was addicted to the hokey pokey but then I turned myself around.



Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap. LOL!

## Reopening?

I know the question on a lot of our minds is, “WHEN are we going to reopen?” While we have been slowly bringing back some of our favorite, appropriate programming to the Center, we are certainly far from back to our “normal”. We would LOVE to swing our doors open and welcome you with open arms tomorrow but unfortunately that cannot be the case.

Please know that we are consulting with our administration, awaiting guidance from the Governor’s office

and networking with other Senior Centers in the area to be sure to arrive at the best, safest solution for all of you. As of press time, a decision has not yet been made. As I have previously mentioned, more relaxed COVID-19 guidelines are set to be released by the Governor’s office on May 19. We are anxiously awaiting that date.

Our goal to “re-open” is tentatively set for possibly some time in June.

We are also anxious to get back to our beloved mini-bus trips, as well!

But what will that look like for us? Will we have to limit the capacity? (More room for our shopping bags!) Will vaccination / testing be required? Many questions are still unanswered, as you can imagine. But again, we are hopeful that by the end of June, you may find us back on our beloved mini-bus heading out to a new adventure.

We appreciate your patience and understanding! Please be sure to sign up to receive our emails or visit our webpage or Facebook page to be the first to know when we can return to our “normal” schedule and routine. Please stay safe!

## Mature Women’s Fitness & Wellness

Did you know that we offer a weekly exercise class here at the Morris Senior Center?

Our *Mature Women’s Fitness and Wellness Class* meets here at the Morris Senior Center every Thursday at 1:30 pm.

You can come every week or just once per month—no obligation. Completely up to you!

The class is taught by area resident, Nancy Schuler. Nancy de-

scribes her class as multi-dimensional. Meeting once per week to stretch, practice balance and develop muscle tone.

She continues with, “We can also learn a new book title, recipe or Masterpiece Theater selection.

‘Discussion’ is certainly the name of the game in our class. Laughter is high on our list as well as camaradery. We’re looking forward to sharing our special class with you.”

All COVID-19 precautions in place.

Reservations are not required. Just stop in!

There is a \$3.00 suggested donation per class. Donations are accepted when you arrive.

Questions? Email us at [Morrissrctr@optonline.net](mailto:Morrissrctr@optonline.net).

**Every Thursday  
1:30 pm**

**\$3.00 suggested donation,  
per person, per class**

from 6—7:00 pm at the Morris Town Beach Pavilion.

Please be sure to follow all COVID-19 precautions and guidelines while attending this class. Please bring along your mat and water bottle!

4-week session, Tuesdays  
first class—May 4  
6—7:00 pm

\$40.00 for 4-week session /  
\$12.00 drop—in rate

Easy registration at first class.  
Checks made payable to “*Morris Beach & Recreation*”, please.

## Essentrics

Essentrics is a unique exercise technique that honors the body’s natural design. It is an intelligent movement form that works with the neuromuscular system to re-balance each joint and increase range of motion.

The program draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean flexible muscles

and the healing principles of physiotherapy which create a pain-free body.

We are excited to offer our community this unique 4-week exercise program! Instructor Maureen Bellmay has been a healthy living enthusiast all of her life. A certified Level 2 Essentrics instructor, she is excited to share her passion with you!

Class begins on Monday, May 4

## Morris Senior Center

109-21 East Street  
Morris, CT 06763

860-567-7437  
Morrissrctr@optonline.net

www.townofmorrisct.com/senior-center  
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### Morris Senior Center staff:

Kristen L. Davila, Director/Municipal Agent  
Ross Stencil, Assistant

### Morris Senior Center Commission:

Harriet Ellis, Chairperson (860) 567-8607  
Linda Mc Master, Secretary (860) 567-0670  
Carol Anderson (860) 283-5579  
Dorothea DeLuca (203) 598-9425  
Bev Huntley (860) 567-0670  
Cathy Wheeler (860) 806-5432

# Happy Spring Birthday to YOU!

## MAY

3—Lorraine Veronneau  
5—Bev Huntley  
8—Edna Nicholas  
8—Gail Silvernail Blood  
9—Dorothy Elwood  
9—Tom Huntley  
12—Deena Panasci  
13—Linda Kirchner  
14—Harriet Ellis  
14—Philip Birkett  
17—Joyce Chicarelli  
17—Bonnie Crafa  
18—Betty Anderson  
21—Mary Ann Everett  
28—Fenton Williams  
28—Deborah Schaaf  
29—Rosanne Carroll  
29—Eleanor Watson  
31—Lisa Scapin, our bus driver!



## JUNE

5—Cookie Warner  
9—Carol Zander  
9—June White  
11—Ayoub (Abe) Nicholas  
11—Lynn Shuhi  
13—Charlene Graskoski  
16—Linda Thayer  
21—George Dino  
22—Lois Delisle  
24—Linda Towne  
25—Maria Koch  
30—Kay Kayser

*\*If you'd like your birthday featured in our newsletter, please let us know!*

*Give us a call: 860-567-7437 or send us an email: Morrissrctr@optonline.net*