HAPPY NEW YEAR!

-Mary

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**Important Information**

7 Waverly Avenue, Portland
Phone: (860) 342-6760  
Email: mflood@portlandct.org
Fax: (860) 342-6762  
crevicki@portlandct.org

**Hours**

Mon, Wed, Thu, Fri: 9:00am-4:00pm
Tues: 9:00am-7:00pm
Meals on Wheels Call the Senior Center for information

Community Café: Monday, Thursday, Friday: 12:00 noon  (Reserve in advance)
Food Bank: Monday and Thursday: 9:00am-12:00 noon  (860) 342-6795
New England Mobile Food Pantry: 2nd Thursday of the month, 1:30pm

**Transportation:**

Dial a Ride: (860) 347-3313  48 hour notice  
Senior Van: (860) 342-6760  (advance notice)
ITN: (860) 346-RIDE (7433)

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**WAVERLY SALON**

Join us on Tuesday, January 14 as Susan Young shares the story of her days as personal assistant to dancing legend and film star Ginger Rogers. Oscar winner Rogers made 73 films in her lifetime, including 10 with Fred Astaire. When thinking about her accomplishments just keep in mind that “Ginger Rogers did everything Fred Astaire did, but backwards and in high heels.”

There will be a light dinner served at 6:00pm with the program following. The cost is $5.00 with all proceeds going to our fundraising goal. Please call or stop by the center to sign up by noon on Monday January 13.

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“Wear it on your heart that every day is the best day in the year.”

Ralph Waldo Emerson
JANUARY SPECIAL EVENTS

January 1    Happy New Year! Center Closed.
January 3    Grocery Shopping
January 8    Crafting at Quarry Heights
January 14   Waverly Salon
January 16   ARTVan to the New Haven Museum
January 17   Grocery Shopping
January 20   Martin Luther King Day. Center Closed.
January 22   Dining Out
January 23   Trip to CRRA Trash Museum

WELLNESS PROGRAMS

January 2    Foot Care by appointment
January 8    Blood Pressure Checks  10:00am-11:30am
January 22   Blood Pressure Checks  10:00am-11:30am

A Beltone Representative will come to the center by appointment for free hearing screenings and onsite repair of most make/model hearing aids. Call the center for an appointment.

ATTENTION CRAFTERS!

If you are feeling crafty, join us at the Quarry Heights Day Room on Wednesday, January 8 at 10:00am. You can participate or help the residents with their project. This month's project had not been determined at press time.

“If you want an interesting party sometime, combine cocktails and a fresh box of crayons for everyone.”

-Robert Fulghum
JOGGIN' THE NOGGIN

If you aren't one of the people anxiously awaiting the puzzle pack we put out each week, why not? Every week I put together a collection of crosswords, word searches, acrostics, Sudoku and other puzzles that you can take home and do in your spare time. Evidence proves that an active brain is a healthy brain. The puzzles can be found on the bulletin board to the right of the elevator and are updated weekly. They're good for “Joggin the Noggin”!

ARTVan to The New Haven Museum

The Portland Senior Center’s ARTVan will travel to The New Haven Museum on Thursday, January 16. Three hundred and seventy-five years of history come to life at the New Haven Museum. From the colony's founding as a puritan village through its growth into a major industrial center and now a thriving metropolitan area, New Haven's history is brought to life for visitors, inspiring a rich appreciation of the city’s past, present, and future. The bus will leave the senior center at 10:00. Lunch is on your own after the museum visit. The cost is $12 which includes admission and transportation. Please call or stop by the center to sign up by January 14.

GOODSPEED OPERA HOUSE SUBSCRIPTION

Do you enjoy the theater? Are you sorry that Hartford Stage can no longer accommodate us? We have an opportunity to sign up for a season subscription to the Goodspeed Opera House in East Haddam as a group. There are three shows in the 2014 season: Fiddler on the Roof, Damn Yankees and the world premiere of Irving Berlin's Holiday Inn. Shows begin in April and end in November. For $200 you would get Wednesday matinee center orchestra seats and transportation. We must have a FIRM commitment from six people to proceed and payment in advance. If you are interested, please contact the senior center by January 1.

“If you asked me for my New Year Resolution, it would be to find out who I am.”
-Cyril Cusack
IF YOU HAVE TO PAY FOR OIL, YOU MAY AS WELL GO HOME WITH A PRETTY PICTURE

Beginning in January, we will offer a beginner’s class in oil painting. It will be a 3 hour class which will meet 3 times on January 15th, 22nd and 29th at 9:00am. The cost for the 3 weeks of classes is $100.00 plus supplies which will be provided for you. The class will be taught by Gail Miller, an accomplished painter. Please let us know if you are interested. No previous experience is required. Give it a try and uncover your artistic side.

NEW CRAFTING GROUP

As an addition to our Knitter’s Nook, we will be launching a new crafting group in January. The group will meet on Wednesdays with Jan Janowski and try their hand at a number of different craft projects, including beading. Watch the Rivereast and the senior center bulletin boards for more news.

TRASH! TRASH! TRASH

Join us as we travel to the CRRA Trash Museum in Hartford on Thursday, January 23. If you are like most people you don't give a lot of thought to what happens after you put the cans on the curb. Come with us and see the single stream recycling center, explore the TEMPLE OF TRASH, do a scavenger hunt at the TRASH THROUGH TIME mural, discover how recycling saves energy and check out the FASHION FROM TRASHIN exhibit. The bus will leave the senior center at 10:00am. Cost is $10.00 for transportation and admission. Lunch n your own after the museum visit. Please sign up by January 21.

“I have no way of knowing how people really feel, but the vast majority of those I meet couldn't be nicer. Every once in a while someone barks at me. My New Year's resolution is not to bark back.” -Tucker Carlson
LOOKING FOR VOLUNTEERS

We have a senior who has been collecting shopping coupons for military families. On bases they will honor coupons for up to 90 days after their expiration date. The clipping and sorting is getting to be too much for her to keep up with. If you would be interested in volunteering an hour or so each week to help with clipping and sorting, let us know. We are going to set up a regular time to help with this very worthy project if we can find enough people to help. And if you can't help in this way, you can still donate your coupons to the cause. Just bring them in and drop them with Mary or Carol.

“Wherever you go, go with all your heart.” - Confucius

“The world is a book and those who do not travel read only a page.” - St. Augustine

“Certainly travel is more than the passage of sights; it is a change that goes on, deep and permanent, in the ideas of living.” - Mary Ritter Beard

Make 2014 the year you make the effort to travel with us whether for a day trip or an overnight. We have been so many great places near and far and there are still hundreds left to discover. The list below is far from inclusive, but will give you an idea of where you can go and the varied experiences you can have if you travel with us. Join us!

March 19-21 The Sights and Sounds of Lancaster, including MOSES
April 15 Heart and Lights with the Rockettes at Radio City
April 17-19 Washington, DC/Baltimore's Inner Harbor
May 8 MARY POPPINS at Westchester Broadway Theater
May 28-30 Boothbay Harbor
July 15-22 Mackinac Island
August 13-15 Lake George and Sarasota
August 19 Block Island
October 14 Oktoberfest at the Log Cabin
October 18-27 Eastern Caribbean Cruise

The list above does not include our monthly ARTVan excursions and other special seasonal trips. Watch the bulletin board and newsletters for more information. Also for those wishing to visit The 9/11 Memorial, it is still on our list, but we are waiting for the opening of the museum.

“Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.” - Hal Borland