



PORTLAND SENIOR CENTER NEWS

FEBRUARY, 2012

I don't know about you, but I have been enjoying this snowless winter. Of course, I'm not a skier or snowboarder, but every week that goes by without writing a check to the guy who plows my driveway is a good one. I'd feel worse about it if it weren't for the number of checks I wrote last winter! Of course we still have eight weeks till spring, so I should stop before I jinx us!

-Mary

Important Information

Phone (860) 342-6760

Fax (860) 342-6762

Hours Monday – Friday

9:00am – 4:00pm

Community Café Monday, Thursday, Friday 12:00 noon (Reserve in advance)

Food Bank Monday and Thursday 9:00a.m-12:00noon (860) 342-6795

Transportation: Dial a Ride (860) 347-3313 48 hour notice

Senior Van (860) 342-6760 (advance notice)

ITN (860) 346-RIDE (7433)

7 Waverly Avenue, Portland

Email: mflood@portlandct.org

crevicki@portlandct.org

Meals on Wheels (860)347-4465

Life is a great big canvas, and you should throw all the paint on it you can.

---Danny Kaye

FIRESIDE TALES

Our first “Fireside Tales” meeting was a great success. We had six participants and we talked about how Christmas holidays were spent. Traditions loomed large and everyone remembered the meals and family time most of all. Our next meeting will be on February 16 at 1:00pm and we’ll be talking about school days. Everyone has a tale to tell about that!

Mark your calendars and join us!



One way to get the most out of life is to look upon it as an adventure.

----William Feather

REGIFTING, ANYONE?

We have started a new program here at the Senior Center called "The Gift Closet". We are collecting new or very gently used gift items and all occasion wrapping paper or gift bags. When Mother's Day and Father's Day roll around, children who otherwise would not be able to afford a gift for their parent (or grandparent) will be able to come to the center and "shop" for a gift. They can then wrap it and leave with a gift for their special occasion. If you received any gifts for the holidays that aren't quite right, please feel free to drop them at the center during regular business hours. We have already received some great donations (particularly for Mother's Day), but many more are needed, particularly for men.



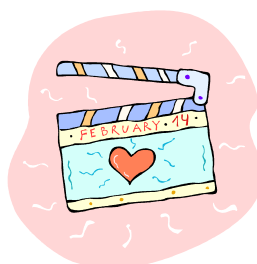
FEBRUARY SPECIAL EVENTS

- February 3 Grocery Shopping Trip
- February 7 Advance Directives Presentation
- February 8 Valentine's Craft Program
- February 9 ARTVan Trip to PEZ Visitor's Center
- February 14 Valentine's Luncheon/Entertainment
- February 15 Clean Energy Program
- February 16 Fireside Tales
- February 17 Grocery Shopping Trip
- February 20 CLOSED for President's Day
- February 27 Men's Breakfast
- February 28 Dining Out Club

WELLNESS PROGRAMS

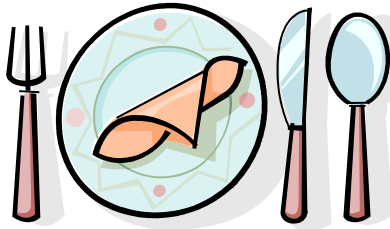
- February 1 Blood Pressure Checks 10:00 – 11:30am
- February 2 Footcare by appointment
- February 15 Blood Pressure Checks 10:00 – 11:30am

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 more information.



People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– **Maya Angelou**



CHANGES TO CONGREGATE DINING

Due to declining attendance, as of February 1 the Community Café will no longer be serving lunch on Tuesday and Wednesday, except for special occasions. This is not an irreversible decision. If we see an increase in people desiring to eat here on those days, we will consider reinstating it. In the meantime, join us on Monday, Thursday and Friday.

HITTING THE ROAD

Portland Seniors are going places! We have more than a dozen day and overnight trips scheduled for next year, as close to home as The Berkshires and as far away as Chicago. The first one up is a 3 day trip to Philadelphia in March. Please note that these trips are not limited either to seniors or to Portland residents. Share the news with your friends and family. Every trip we take adds money to the Senior Center's funds for items the budget doesn't cover. If you or anyone you know is interested in cruising, send them in to look at the posted cruises. Every cabin booked with a referral from Portland Seniors earns us money as well.



And on the subject of travel, I recently came across a list of "7 Places You Shouldn't Even Think of Visiting" culled from the book "101 Places Not to See Before You Die". They are (in no particular order):

1. The Beijing Museum of Tap Water
 2. Rush hour on a Samoan bus.
 3. The Third Infiltration Tunnel at the DMZ, South Korea
 4. Amateur night at a shooting range
 5. Any place whose primary claim to fame is a large fiberglass thing
 6. The Poison Oak Show
 7. An airplane after it has been stranded on a runway for eight hours
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ADVANCED DIRECTIVES PROGRAM

On Tuesday, February 7 at 1:00pm Bettina Panseri of Middlesex Hospital will be here to discuss Advanced Directives. This is a very important issue for EVERYONE. If you want to be in control of health care decisions made for you when you are unable to speak for yourself you should have an Advanced Directive. Come and learn. Spare your loved ones from having to guess what your wishes are when the time comes. No reservation is necessary but we would like to know if you are coming to plan for refreshments.

VALENTINE'S CRAFT PROGRAM

Join us on Wednesday, February 8 at 11:00am for a craft program presented by Neighbor to Neighbor. This is a FREE program. Feel free to bring a friend with you. Expend a little effort, have some fun and leave with a cute gift to give to a friend, spouse, grandchild or anyone you want to surprise on Valentine's Day. Please let us know if you will attend so we can be sure to have enough supplies on hand.



COMING SOON....LOOKING BACKWARD

Do you know who you are and where you came from? Beginning in March, you can find out. We will be offering a beginner's class in genealogy in March. Stay tuned for dates and times.



ATTENTION RENTER REBATE CLIENTS

Are you always scrambling to get your paperwork together when it time's to file for the Rental Rebate in September? Be proactive now. Set aside a file and as your year end paperwork comes in from your landlord, Social Security and the utilities and throw all the paperwork in there so you will have it in September. It will only take a few moments now and save you a lot of time and aggravation in the fall.



NEIGHBOR TO NEIGHBOR PROGRAM

On February 15 at 11:00am we will have a presentation on the Clean Energy programs offered by Neighbor to Neighbor. Join us and find out how to save on your utility bills. Anyone who has had their energy assistance cut this year (that's everyone!) should certainly attend, but anyone who likes to save on their monthly expenses can benefit from this program. Please call to let us know if you will attend.

IT'S THAT TIME AGAIN!



March 18 will be our fourth Spirit of Portland celebration. If there is someone you would like to see honored for their quiet acts that make Portland the great place it is to live, it's time to submit your nominations. Nomination forms can be picked up in the Rice Room at the center or accessed on the town website. Let's see who will join Ruth and Nunzi Maio, Jeanne Dilworth, Marion Kollias, Fran Schoell, Sister Ida Dolan, Don Bascom and Joan LaMalfa as honorees. The deadline to submit nominations is February 29.



VALENTINE'S DAY LUNCH

On Tuesday, February 14 we will celebrate Valentine's Day with a luncheon and entertainment. Lunch will be Baked Ham with Pineapple Glaze, Rice Medley, Green and Wax Beans and a special dessert. The cost is \$2.00. After lunch there will be a trivia game show sponsored by Panda Homecare. There will be a lot of fun and prizes. Please sign up by Friday, February 10.

AARP DRIVING CLASSES

AARP will offer driving class on Thursday, April 19 from 12:30 to 4:30pm. Call the center to sign up or for more information. Cost is \$12 for AARP members and \$14 for non-members.

Etiquette—a fancy word for simple kindness. ---Elsa Maxwell
