



PORTLAND SENIOR CENTER NEWS

JANUARY, 2012

Happy New Year! Can you believe it's been 20 years since our senior center was built? There's been a lot of activity under this roof in those 20 years and hopefully this year will be the best of them all. Make a new year's resolution to try one new activity this year. You may find something new that you love. If you have a talent you can share with your fellow seniors, let us know. We can all learn from each other. Also please keep in mind all our friends that we lost in the past year. I am wishing you and yours a happy and very healthy new year.

-Mary

Important Information

Phone (860) 342-6760

Fax (860) 342-6762

Hours Monday – Friday

9:00am – 4:00pm

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

Food Bank Monday and Thursday 10:00a.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

**“Don't ever promise more than you can deliver,
but always deliver more than you can promise.**

-Lou Holtz

FIRESIDE TALES

What's better on a cold winter afternoon than a warm fire? We are looking to start an oral history project that will capture the stories of many of our seniors for future generations. We will meet twice a month to reminisce and share stories around a video hearth. Asking people to write down their stories is daunting to many people, but it's easy to sit and talk with others about your life experiences. We will have a different topic for each meeting. If you don't think you want to share, but just want to come hear what others have to offer, you are welcome. Think of it as spending an hour or two with old friends...even some old friends you haven't met yet. Call the center to sign up or just drop in. Our first meeting will be Thursday, January 12 at 1:00pm. Please join us and share your stories.



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, but many more are needed, particularly for men.



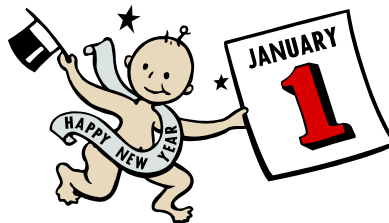
JANUARY SPECIAL EVENTS

January 2	CLOSED for New Year's Observance
January 6	Grocery Shopping Trip
January 12	ARTVan Trip
January 16	CLOSED for Martin Luther King Day
January 20	Grocery Shopping Trip
January 23	Men's Breakfast
January 24	Dining Out Club

WELLNESS PROGRAMS

January 4	Blood Pressure Checks	10:00 – 11:30am
January 5	Footcare by appointment	
January 18	Blood Pressure Checks	10:00 – 11:30am

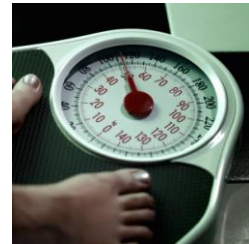
A Beltone Representative will come to the center by appointment for free hearing screenings and onsite repair of most make/model hearing aids. Call the center for more information.



“One kind word can warm three winter months.”
-Japanese Proverb

COMING SOON

Is losing weight or just being healthier one of your New Year’s resolutions? If so, we have a new program starting in January called WEIGHT MANAGEMENT WORKS. It will be held on Tuesday evenings from 6:30 to 7:30 pm beginning on January 10. The classes will run through February 28. It is a program designed to teach simple, portable and effective weight management solutions. You will identify your top 2 weight management goals, learn what type of whole foods and portion sizes to select, complete 30 minutes all in one exercises that can be performed anywhere and work with a trainer who provides feedback and support every step of the way. The cost is \$20.00 per class. Come and learn to achieve and sustain your goals for life! Call the center to sign up by January 6.



COMPUTER CLASSES START AGAIN

A new computer class will begin on Monday January 9. If you’ve been meaning to join The ranks of the computer savvy, now is your chance. Call the office to sign up. Cost is \$40 for the eight week class which meets on Monday mornings.

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.



**“For every minute you are angry
you lose sixty seconds of happiness.”**
-Ralph Waldo Emerson

WHY YOU CLEAN OUT YOUR DESK ONCE IN A WHILE....

One afternoon when things were a little quiet at the center, I unearthed a couple of files that predate my tenure here. They were chock full of helpful tidbits and a few laughs. Let me share some of them with you:



Don't sneeze when someone is cutting your hair.

Wrinkles don't hurt.

Laughing is good exercise. It's like jogging on the inside.

Middle age is when you choose your cereal for the fiber, not the toy.

Time may be a great healer, but it's a lousy beautician.

Wisdom comes with age, but sometimes age comes alone.

Life is not about how fast you run, or how high you climb, but how well you bounce.

It doesn't take a very big person to carry a grudge.

Most of the stuff people worry about never happens.

"Youth is not a time of life---it is a state of mind." -Anonymous

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.



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.

