



# THE WAVERLY CENTER

## MARCH 2017

**We have another busy month ahead and for me the highlight is probably our annual Ralph Paley Spirit of Portland Award reception. It is a day to recognize those people in our community who do so much for so many. This year's honorees will be announced soon. If you've never come out for this occasion, you should. It is a an afternoon of gratitude, fellowship, good food and minimal speechifying! I hope to see you here at 2:00 on March 26. --Mary**

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### Important Information

7 Waverly Avenue, Portland

Phone (860) 342-6760

Fax (860) 342-6762

Hours Mon, Wed, Thu, Fri 9:00am-4:00pm

Tues 9:00am-7:00pm

Email: [mflood@portlandct.org](mailto:mflood@portlandct.org)

[crevicki@portlandct.org](mailto:crevicki@portlandct.org)

Meals on Wheels Call the Senior Center for information

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

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

New England Mobile Food Pantry 2nd Thursday of the month, 12:30pm

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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### **CELEBRATE AN EARLY ST. PATRICK'S DAY AT THE WAVERLY CENTER**



**Join us for a corned beef and cabbage luncheon on Monday, March 13 at noon. The cost is \$5.00 per person and space is limited. Please stop by or call 860 342 6760 to sign up by noon on March 8. Let's turn the Mary Lou Rice Room into a sea of green that day!**

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**“Every St. Patrick's Day an Irishman goes out to find another Irishman to make a speech to.”**

**-Shane Leslie**



## **MARCH EVENTS**

<b>March 1</b>	<b>Blood Pressure Checks</b>
<b>March 2</b>	<b>Taste of Hartford</b>
<b>March 2</b>	<b>Foot Care</b>
<b>March 9</b>	<b>ARTVan to Yale Center for British Art</b>
<b>March 9</b>	<b>Food Share Truck</b>
<b>March 13</b>	<b>St. Patrick's Luncheon</b>
<b>March 14</b>	<b>Hearing Checks</b>
<b>March 14</b>	<b>Waverly Salon: Stop Ageism</b>
<b>March 15</b>	<b>Blood Pressure Checks</b>
<b>March 16</b>	<b>Trip to Woodbury, CT</b>
<b>March 20</b>	<b>Dining Out: The North House, Avon</b>
<b>March 26</b>	<b>Ralph Paley Spirit of Portland Reception</b>
<b>March 29</b>	<b>Fraud Protection Program</b>
<b>March 29</b>	<b>Trip to Mohegan Sun Casino</b>

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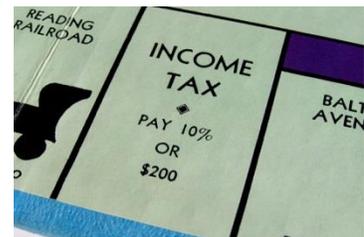
## **HEARING CLINIC**

**We offer a monthly hearing clinic sponsored by Virginia of All Ears in Portland. She is at the center to provide free clinics that can include otoscopic inspection of the ears canals for wax, cleaning and maintenance of hearing aids, trouble shooting for malfunctioning hearing aids and rehabilitative support and counseling for the hearing impaired or hearing aid wearer. She also provides free hearing tests by appointment either at the center or in the privacy of your home. Clinics are held the second Tuesday of each month at 11:30am. At this time no appointments are needed. Just stop in and take advantage of this free service.**

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## **AARP TAX PREPARATION**

**AARP Volunteer Tax Preparers are back at the Waverly Center beginning February 1. They will be doing taxes on Wednesday mornings by appointment. To make an appointment call the center mornings between 9:00am and noon. Please remember to bring all relevant paperwork plus last year's tax return with you when you come.**



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**“The wages of sin are death, but by the time taxes are taken out, it's just sort of a tired feeling.”**

**-Paula Poundstone**

## **ANOTHER REQUEST FOR OUR DONATION CENTRAL**



Through our Donation Station across from Mary and Carol offices, we are able to do a lot of good for different groups. We are currently collecting pop tops, used eyeglasses and hearing aids, Boxtops for Education, grocery coupons and yarn. Now we are asking you to donate canceled stamps. Gildersleeve School is collecting them for a program. We can all do a lot more as a group than we can alone.

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## **DINING OUT TO THE NORTH HOUSE**

Our Dining Out Club will visit The North House in Avon on Tuesday, March 21. This historic property, once known as the Avon Old Farms Inn, is once again open to the public! Our menu showcases both traditional and nouveau New England cuisine by using only the freshest local and seasonal ingredients available. Each one of our dishes is hand designed by our Executive Chef, Nicholas Indino, and served by our knowledgeable and attentive servers. The bus will leave the center at 12:15pm. Transportation fee is \$5.00. Please sign up by noon on Friday, March 17.



— THE —  
NORTH HOUSE™

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## **ARTVAN TO YALE CENTER FOR BRITISH ART**



Join us when we go to the Yale Center for British Art in New Haven on Thursday, March 9. The Yale Center for British Art holds the largest and most comprehensive collection of British art outside the United Kingdom, presenting the development of British art and culture from the Elizabethan period to the present day. Current exhibitions include **BRITAIN IN THE WORLD** and **ENLIGHTENED PRINCESSES**. We will leave the center at 9:30. The cost is \$10. Lunch will be on your own after the visit. Please sign up by noon on March 8.

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## **YOGA IN DANGER**

If ever you wanted to try yoga and reap the attendant health benefits, now is the time. Our Monday afternoon yoga class is in danger of cancellation. It is free if you have Silver Sneakers, \$5.00 per class if you do not. Drop in on Mondays at 1:00pm to give it a try.



## LOOKING FOR PLAYMATES



We have two gentleman looking for people who might be interested in playing cribbage or chess. If you are interested, let us know in the office and we'll will put parties in touch.

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## WAVERLY SALON FOCUSES ON AGEISM

This month's WAVERLY SALON will be a bit different. We are hosting a program that is called an open community conversation about ageism, sponsored by the Middlesex County Gatekeeper Program. It will be held on Tuesday, March 14 at 6:00pm. Ageism is an often overlooked barrier that exists across most communities in the U.S. It puts unfair limitations on older adults' abilities to live to their fullest potential and devalues them as individuals. Our ultimate goal is to bring back the belief that aging is a natural part of life and not a problem to be solved. Please call or stop by to sign up. This month's salon is free. We will not be serving dinner, just dessert, but really, isn't dessert enough?



## IN OUR OWN BACK YARD: A DAY IN WOODBURY



Come along as we visit Woodbury, CT, an integral part of the CT Antiques Trail on Thursday, March 16. We will visit Mill House Antiques, showcasing museum quality antiques, eat lunch at The Woodbury Diner and then visit vintage shop Maison St. Germain and the Ovens of France Bakery. We will leave the center at 9:30am and return late in the afternoon. The cost is \$10. Please sign up by noon on March 15.

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## DON'T BE A FRAUD VICTIM

For a refresher course on how to avoid becoming a victim of fraud, meet us on Wednesday, March 29 as Mary Ives of United Bank reminds of how to avoid scams targeting elders and how keep our information safe. We will meet at 10:00am. Bring any questions you might have.



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**“Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year.”**

**-Ogden Nash**

## WE'RE WALKING TO WASHINGTON, DC

We're hitting the road and heading to **Virtually**. Our first stop is **113 miles** **Big Apple**.

have until days to to about



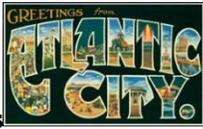
10,000 steps per day.

The next leg of the journey will take us to **Atlantic City**,

in

to

miles



destination by August 31. From there, it's **miles** to reach our nation's capital,

on October 31. That will be a total of **523 miles** walked and it all begins

with a single step!

**Need more convincing? Consider this: There are a great many benefits to be reaped from a regular walking routine. Among them are the ability to maintain a healthy weight, prevent or manage heart disease, high blood pressure and type 2 diabetes, the development of stronger bones and muscles, improved mental health and mood, and improved balance and coordination. What else could you ask for?**

**Please understand this is NOT a competition. It is simply intended to be a fun way to get people walking for their health and well-being in a fun way. Do it with friends or do it on your own.**

**All you will need are comfortable walking shoes and a pedometer or app to track your steps. When you sign up you will receive a list of new places to walk indoors and out.**

**YOU CAN DO THIS! ALL YOU NEED TO DO IS PUT ONE FOOT IN FRONT OF THE OTHER AND REPEAT.**

**Sign up in the office, pick up a step log and report your steps every week. We will have a celebratory dinner to mark each milestone along the way. This will be fun!**



**Washington, D.C.** away and it's the

on March 1 and NYC. That's **61**

That works out

a journey of **155**

reach the

another **130**

Washington, D.C.



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## SHOPPING TRIP TO THE CHRISTMAS TREE SHOPS, MILFORD



**There will be a shopping trip to The Christmas Tree Shops in Milford on Tuesday, April 4. We will leave the center at 9:30am and return late in the afternoon. Please call or stop by the center to sign up by noon on April 3. Transportation fee \$5.00; lunch is on your own.**



## RED CROSS BLOOD DRIVE

The Red Cross will hold a blood drive at The Waverly Center on Thursday, March 16 from 1:00 to 6:00pm. We are looking for a few volunteers to

help with the blood drive. Please let us know if you can help.

