



# THE WAVERLY CENTER

## OCTOBER 2016

I saw a lot of you along the 175<sup>th</sup> Anniversary parade route. Thank you for coming out in spite of that little cloudburst at step off. It was a wonderful day for Portland. Now though, we look forward. There are some new programs coming up at the center and several speakers of interest on the docket for the next few months. I was at a meeting yesterday where a senior center director in a neighboring town told us they have begun going door to door to spread the word about their programs and services. I have often said that was what I needed to do to reach people who don't take advantage of all we have to offer. I'll get on it as soon as my schedule lightens up. In the meantime, you can help spread the word to those friends and family who don't know what goes on here. As you well know, there's always SOMETHING in the works! -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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### TRICK OR TREAT ON MAIN STREET

It will be goblins galore on Friday, October 28. Join us under The Arch Pavilion on Main Street to help hand out candy. It is always a fun evening. Costumes encouraged!



## OCTOBER EVENTS

October 1 and 2	Historic Portland Bus Tour
October 5	Blood Pressure Checks
October 5	Thrift Shop Trip
October 6	Foot Care
October 7	Flu Clinic
October 10	Closed: COLUMBUS DAY
October 11	Hearing Checks
October 11	Waverly Salon: Arthritis
October 13	ARTVan: The Mount (rescheduled)
October 15	Walking Lantern Tour
October 18	Dining Out: Sal e Pepe
October 19	Blood Pressure Checks
October 20	AARP Driving Class
October 23	Historic Portland Bus Tour
October 28	Trick or Treat on Main Street

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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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**“I'm so glad I live in a world where there are Octobers.”  
– L.M. Montgomery, Anne of Green Gables**

## MAH JONGG AT THE WAVERLY CENTER

A Mah Jongg group is going strong at the center on Thursday afternoons at 1:00pm. Beginners are welcome. Similar to the Western card game **rummy**, Mahjong is a **game of skill**, strategy, and calculation and involves a degree of chance. Give it a try!



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### WE ARE DONATION CENTRAL!

Across the hall from Mary and Carol's offices, you will notice a drop spot for your donations to all the worthwhile causes we support at The Waverly Center. There is a spot for your old eyeglasses and hearing aids, grocery coupons, can pop tops, yarn and Boxtops for Education. Through these donations we support our local schools, the Lions Clubs, Ronald McDonald House and our military families. **The collection of medicine bottles for Malawi was so successful it has come to a close.** None of us can do as much by ourselves as we can all do together.

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### YOGA CLASS

Our yoga class is meeting at the center on Mondays at 1:00pm. It is a 45 minute class suitable for all and is taught by Marie Colandrea, an experienced teacher with the YMCA. The cost is \$5 per class or free if you belong to the YMCA or have Silver Sneakers through your health insurance. Please call the center at 860 342 6760 to sign up.



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### CHANGES TO THE BLOOD PRESSURE PROGRAM

Beginning in September, the Chatham Health District took over offering blood pressure checks. Clinics will still be held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 10:30-11:30. No appointment needed.



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**“What could be more exciting than an October day? It's your birthday, Fourth of July and Christmas all rolled into one.”** – Peggy Toney Horton

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## THERAPEUTIC MASSAGE AT THE SENIOR CENTER



Massage will be available at The Waverly Center in October. Joanie, a licensed massage therapist will offer massage appointments on Fridays beginning October 7. She received her training at The Connecticut Center for Massage Therapy and has been a therapist since 2011. She has worked with clients from 8 to 80plus and enjoys working with all populations to promote wellness and relaxation. Massage can also offer increased joint mobility and flexibility, stress reduction, improved circulation and a feeling of general well-being. Please call the center to set up an appointment. Prices vary depending on services received.

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## BARGAIN HUNTER'S TRIP

There will be a bargain hunting trip on Wednesday, October 5. We will visit Savers, Goodwill and the Red, White and Blue Thrift Store. The bus will leave the center at 9:00am. Transportation cost is \$5.00 and lunch is on your own. Please call or stop by the center to sign up by noon on October 4.

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## FLU CLINIC

We will be holding a flu clinic on Friday, October 7 from 2:00 to 4:00pm. Please bring your insurance information with you. We are looking for a few volunteers to help with the clinic. If interested, call Mary at 860 342 6760.

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*"A grandmother pretends she doesn't know  
who you are on Halloween."*

*-Erma Bombeck*

## FALL PREVENTION CLASSES



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Beginning on Wednesday October 5 we will be offering a 12 week fall prevention class, Moving for Better Balance. The statistics regarding falls and older people are alarming. Research done by Kaiser Permanente found that women 65-69 who break a hip are at increased risk of dying within a year. There a lot of risk factors that can lead to a broken hip, but this class will address poor balance in a way that can be modified to fit the needs and abilities of each person in the group. Tom Cushing has been trained and certified to teach this class by the program's creator, Professor Fuzhong Li of the University of Oregon. Classes will be held on Mondays at 10:30 and Wednesdays at 12:30pm. There is no cost for this class. Please call or stop by the office to sign up.

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## DINING OUT



The Dining Out Club will travel to Newtown on Tuesday, October 18 to have lunch at SAL E PEPE, chosen as Reader's Choice, Best Italian in CT by CT Magazine for 2016. We will leave the center at noon and return late in the afternoon. Transportation cost is \$5.00. Please call or stop by the center to sign up by noon on October 17.

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## COMPLIMENTARY BRUNCH

The Herbert T. Clark House in Glastonbury is Hosting an open house and brunch on Thursday, October 20 at 9:00am. There will be tours of the facility, musical entertainment and a raffle. If enough folks are interested, we will provide transportation. Please sign up in the office by October 14.

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## WAVERLY SALON

World Arthritis Day is Wednesday, October 12. On October 11 the Waverly Salon will tip a hat to that day by hosting Dr. Christopher Maslowski for a program on arthritis. He will educate you on what arthritis is, who is at risk, what causes it and what steps you can take to prevent joint disease. The program will begin at 6:00pm and a light dinner will be served. The cost is \$5.00. Please sign up by noon on Friday, October 7.



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## SUEC'S "SYNCOPATION" CARDIO



Our Zumba Gold Class has been replaced by SueC's "Syncopation" Cardio on Wednesdays at 11:00am. This is a 45 minute class full of dynamic, easy to follow dance cardio class. Wear your sneakers, bring your water bottle and have fun! The classes are \$5.00 or free if you are a member of Silver Sneakers or a

YMCA member.

## 175<sup>th</sup> ANNIVERSARY CELEBRATION CONTINUES

The parade on September 10 was a huge success but the celebration isn't over. In October we have a few more historical bus tours and one more Lantern Tour. The Portland Fair will run Columbus Day weekend and the annual Haunted Trail will take place on the weekend of October 15. Trick or Treat on Main Street will take place on Friday, October 28. The 175<sup>th</sup> Committee is working on something special for November and the first weekend in December brings Breakfast with Santa, the Festival of Wreaths and the Christmas Parade. Also stay tuned for some December programs from The Waverly Center. The calendar is regularly updated and can be found at [www.portlandct.org](http://www.portlandct.org).



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