



THE WAVERLY CENTER

SEPTEMBER 2017

Accredited by 
National Institute of
Senior Centers

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

crevicki@portlandct.org

glandry@portlandct.org

Meals on Wheels Call the Senior
Center for information

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)

SEPTEMBER



September 4

September 7

September 12

September 13

September 14

September 14

September 18

September 19

September 20

September 21

September 26

September 27

Center Closed, Labor Day

Foot Care by Appointment

Hearing Checks

Blood Pressure Checks, 10:30-11:30am

ARTVan: Val-Kill National Historic Site

NE Mobile Food Pantry

Program on Managing Memory Loss

Dining Out – Abby's Place

CT Day at the Big E

Mark Lee: Changes to Medicare

Fashion Show Fundraiser

Blood Pressure Checks, 10:30-11:30am

ARTVAN NEWS



On Thursday, September 14 our ARTVAN will travel to Val-Kill, The Eleanor Roosevelt Historic Site. This is the only National historic Site dedicated to a First Lady. Val-Kill is a special place that serves as a window into Eleanor Roosevelt's private and public life. Its understated beauty, natural setting, and unpretentious amenities may appear surprising to first-time visitors because of its simplicity; a vision that seems incongruous with expectations for the home of one of the most influential women in American history. We will leave the Waverly Center at 9:00am. The cost is \$20.00 for transportation and admittance. Lunch is on your own. Please sign up by noon on September 7.

DONATION CENTRAL



Through our Donation Station between Mary and Carol's 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.

REMINDER

Therapeutic massage is available by appointment at The Waverly Center. Our massage therapist Joanie comes to us with a wealth of experience. Please call the center if you wish to schedule a massage.



DINING OUT



Our Dining Out Club will travel to Abby's Place in Essex on Tuesday, September 19. Located alongside the Dauntless Boatyard on the Connecticut River in the heart of Essex. Abby's place serves classic American cuisine using many locally sourced very fresh meats and vegetables. The bus will leave the center at 11:30am. Transportation cost \$5.00. Please sign up by noon on Monday, September 18.

ARE YOU INTERESTED IN WII COMPETITION?

Several years ago we had a Wii Bowling Team here at the center. They brought home a couple of trophies before disbanding. We have now been invited to revive the team with an eye toward friendly competition with other senior teams. The invitation follows:



The Connecticut Senior Wii Bowling League (CSWBL) is entering its fourth season and is looking to add more teams! Last year we had over one hundred seniors compete and have a great time! The benefits to being in a league as opposed to scheduling matches on your own are: 1. Your whole year of competitions are already planned. 2. Teams work with you to meet your needs as they relate to being able to travel. 3. Your team gets to compete in two large tournaments during the year. 4. You only have one match a month, and 5. Your team gets to socialize and compete against teams that have like interests. Our year goes from September through May. Our Tournaments are in December and May.

If you are interested in forming a team, please let Mary, Carol or Gail know.

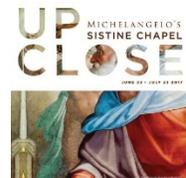
CONNECTICUT DAY AT THE BIG E



September 20 is Connecticut Day at the Eastern States Exposition in West Springfield, MA. A bus will leave from The Waverly Center at 9:00am and return about dinnertime. Tickets are \$15 at the gate. The transportation fee is \$10. Please sign up at the center. Space is limited. The Big E is hailed as one of the Top Ten Fairs in the United States and is the largest on the East Coast.

TAKE A TRIP TO ITALY WITHOUT AIRFARE

If you've never had the opportunity to travel to Rome to view Michelangelo's Sistine Chapel, this is the next best thing. *Up Close: Michelangelo's Sistine Chapel* recreates the awe and wonder of one of mankind's greatest artistic achievements, while allowing its visitors to experience this art from a new perspective. With special expertise and care, the ceiling paintings from the Sistine Chapel have been reproduced using state-of-the-art technology. In order for the observer to fully engage and comprehend the artwork, the paintings have been reproduced in their original sizes. The overwhelming impression for the observer will be the dimensions of the art, the closeness to the picture, and the modern style of the exhibit. As a result, the visitor can explore the artwork up close at a distance impossible to achieve in the Sistine Chapel. **IF YOU WOULD BE INTERESTED IN THIS TRIP ON OCTOBER 4, PLEASE SIGN UP IN THE OFFICE. COST WILL BE \$35 FOR TRANSPORTATION AND A TICKET TO THE EXHIBIT.**



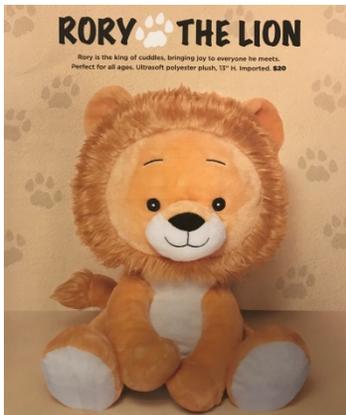
GILBERT AND SULLIVAN



The Connecticut Gilbert and Sullivan Society is presenting **PRINCESS IDA** in October. Princess Ida and Prince Hilarion, heirs to neighboring kingdoms, were betrothed as babies to seal a pledge of eternal peace between their lands. On her 21st birthday, Hilarion waits for Ida's arrival as promised long ago. But when her father arrives with only his three oafish sons, Hilarion learns that Ida has renounced mankind and has founded a women's university at the isolated Castle Adamant, a place where no males are allowed under pain of death. Undaunted, Hilarion and two friends head off to Ida's castle determined to charm Ida and win back her affections. This plan is fraught with mishaps and easier said than done! With an engaging story line, a host of funny characters, clever repartee, and some of the best music in the G&S canon, Princess Ida is a true hidden gem. The show includes a 22 piece orchestra and the entire libretto will be displayed in supertitles. If you are interested in attending this show on Saturday, October 14 at 2:00pm, please sign up in the office. Tickets and transportation are \$30.00.

ARE YOU READY FOR FLU SEASON?

It may seem early to be thinking about getting a flu shot but with fall right around the corner, we want you to be ready. The Chatham Health District will hold a flu clinic at The Waverly Center on Monday, October 2 from 1:00 to 4:00pm. No appointment is necessary, but please remember to bring your insurance card. Additionally, we could use one or two volunteers to help with the clinic. If you are willing to help, please let Mary or Carol know.



A CHANCE TO DO GOOD!

How often do you get a chance to do good in multiple ways with one purchase? Lisa Bartolotta, our local Avon representative, is promoting the sale of Rory the Lion and donating a portion of her sales to The Waverly Center. Rory is a 13" ultrasoft plush animal bringing joy to everyone he meets. You can purchase Rory for a little person in your life and a portion of the sale will be donated to the center. Or you can purchase Rory for donation to the Food Bank for their Christmas gift giving and we will STILL receive a portion of the sale to benefit The Waverly Center. See Mary to order yours. The cost is \$20.00.





**"You can have anything
you want in life if you
dress for it." -Edith Head**

**Join us on Tuesday, September 26 at 6:00pm as
The Waverly Center and Savvy Swap Consignment
present a Fashion Show showcasing looks for fall.
Come support our senior models and The Waverly
Center. There will be a "Mocktail Hour" and
hors d'oeuvres followed by the runway show.
Admission is \$8.00 with all proceeds going toward
our fundraising goal. Sign up in the office. If you
need transportation let us know. We want you
here!**

DO YOU HAVE QUESTIONS ABOUT MEMORY LOSS?

**Do you worry about memory lapses? Some memory loss is natural
occurrence as we age, but it is easy to see every little slip up as a
portent of something more ominous. Join us on Monday, September 18
at 11:30am as Suzanne Sorenson of Brookdale Buckingham presents a
program on UNDERSTANDING MEMORY LOSS. You will learn how to
know when memory loss is serious and how to help yourself or a loved
one cope. Please sign up by September 14 so we can be sure to have
enough refreshments for everyone.**



