

SPRINGFIELD SENIOR CENTER
139 Main Street
Springfield, Vermont 05156
Tel: 802-885-3933

No. 533

www.springfieldseniorcenter.org

October 2011

WEEKLY ACTIVITIES

Mondays

8:00 a.m. - Pool and Ping Pong
8:30 a.m. - Shuffleboard
9:00 a.m. - Ceramics
10:00 a.m. - Walking in Gym
12:00 p.m. - Shuffleboard

Tuesdays

8:00 a.m. - Pool and Ping Pong
9:00 a.m. - Ceramics
10:00 a.m. - Strength Training
10:00 a.m. - Walking in Gym
11:15 a.m. - Line Dancing
12:30 a.m. - Pinochle

Wednesdays

8:00 a.m. - Pool and Ping Pong
9:00 a.m. - Cribbage
10:00 a.m. - Walking in Gym
1:00 p.m. - SEE SPECIAL EVENTS
FOR WEEKLY PROGRAM

Thursdays

8:00 a.m. - Pool and Ping Pong
9:00 a.m. - Senior Songsters
10:00 a.m. - Strength Training
10:00 a.m. - Walking in Gym
12:00 p.m. - Shuffleboard

Fridays

8:00 a.m. - Pool and Ping Pong
10:30 a.m. - Walking in Gym
1:00 p.m. - Progressive Whist

SPECIAL EVENTS

- Oct 4 – Tues Foot Clinic by appointment only
 1:00 p.m. - Advisory Committee – retiring members and new members
- Oct 5 – Wed 1:00 p.m. - Honor October birthdays with Dale O'Brien
 1:05 p.m. - Nickel Bingo
- Oct 7 – Fri 9:00 a.m. - Activities Committee meeting (Pat Bushway, Dorothy Sargent, Lynne Stearns, Janet Lynds)
- Oct 11 – Tues 10:00 a.m. - How to use the Emergency Departments presented by Jennifer Snow, RN, sponsored by Springfield Hospital. All in the community are welcome to attend this free educational presentation.
- Oct 12 – Wed 1:00 p.m. - **Reminder:** Open Enrollment for 2012 Medicare Prescription drug plans is October 15 – December 7, 2011. Please join us for our presentation about prescription drug plans available for Vermonters in 2012 and how to compare these plans to find the best plan for your records. The Presentation is sponsored by the State Health Insurance Coordinator for Senior Solutions, Council on Aging for Southeastern Vermont.

- Oct 14 – Fri 9:00 a.m. Noon. Flu shot Clinic sponsored by the Visiting Nurse and Hospice of Vermont and New Hampshire. Flu vaccination is free for individuals with Medicare Part B insurance. You must have your Medicare Card with you. For all others there is a \$25.00 fee per vaccination. To avoid overcrowding and long waits, we suggest you arrive as follows: A - H 9:00 a.m. to 10:00 a.m.; I - P 10:00 a.m. to 11:00 a.m.; and Q - Z 11:00 a.m. to Noon. These times are just suggestions. Come at the time you can! Bev Abbott is in charge of volunteers for the clinic.
- Oct 18 – Tues - Foot Clinic by appointment only.
- Oct 19 – Wed 1:00 p.m. - Silver Country performance! Join us as our neighbors across the river entertain us with good country music. Ruth Bushway is Director of Silver Country. This is open to all. Refreshment chairperson is Gloria Ballantine.
- Oct 26 – Wed 1:00 p.m. - Halloween Party! Come in costume if you'd like. No parade – just fun! Our DJ Duo of The Dancing Fool and Sidekick will be here again so get out your dancing shoes. Refreshment chairperson is Simone Murray. 50/50 Raffle

Our Blood Pressure Clinic nurse, Anne Simone, will continue to do monthly blood pressure clinics on a Wednesday during each month. She is now babysitting her granddaughter and is trying to set her schedule. Hopefully we'll have it set soon. Please call before you come down to the clinic.

I want to thank Springfield Health and Rehab for catering the Senior Center Volunteer Luncheon. Without their support, we would not be able to have a luncheon this year. And what a delicious luncheon it was. We had 56 volunteers come for a luncheon of lasagna, toss salad, garlic bread and strawberry shortcake. Thanks to Brittany and her crew from Springfield Health & Rehab!

Looking ahead – our Christmas Bazaar is Saturday, November 19th from 9:00 a.m. to 1:00 p.m. Crafts only this year – no attic treasures. We will have a delicious luncheon (chairman – Jackie Stankevich), a cookie walk (chairmen Linda Wilson, Mary Gray, Pat Bushway, Vicki Sargent) and goodie food table (chairman Linda Wheeler). Mark your calendars. Craft people sign up for space/tables.

Green Santa Claus Club Box – we are collecting new packages of magic markers to donate to the Santa Claus Club for children this Christmas. You can buy a package of markers for a little over a dollar in many places. This is another way the Seniors give back to the community. Chris Dufresne will be picking up the box in November.

Helmet liners for our soldiers overseas! Lynne Stearns had an idea for another project. This one to benefit our soldiers. She has the pattern instructions here at the Center and will have a box to put the finished liners in soon. Lynne will then mail the liners to Maine and from there they are sent overseas. Thanks, Lynne!

One other way we give back to the community – our red box for non-perishables that we donate to the Family Center all year long. When the box fills, a member takes the food to the Family Center.

Do you have suggestions for next year's trips? We won't be voting until December this year so if you have suggestions talk to me soon so I can "investigate" the possibility of such a trip.

THANK YOU to... **Val Tufts** for donation of napkins.