

# SENIOR COMMUNITY NEWS

\* SEPTEMBER \* OCTOBER \* 2019

## STAFF



**Carrie Fabricius - Program Manager**

**Taylor Haynes - Health & Wellness Director**



## VOLUNTEERS

Cheryl Conklin, Myriam Elwell, Ron Elwell, Bette Harmon, Lily Houran, Eleanor Mattison, Linda Moxley, Dona Raymond, Henry Simpatico, Debby Smith, Steve Smith, Rose Telford, Caroline Thorpe & Stan Williams

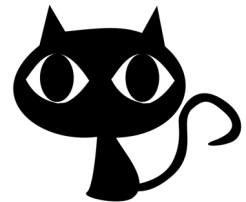
### CONTACT INFO:

**Bennington Senior Center  
124 Pleasant Street  
Suite 3  
Bennington, VT 05201**

**Phone 442-1052 or  
802-447-9714  
cfabricius@benningtonvt.org**



### CONTENTS



From the desk of the Program Manager	pg	2
Community Resources	pg	2
Operating Hours / Announcements	pg	3
Participant Policies	pg	4
Day By Day	pgs	5 - 7
Health & Wellness	pgs	8 - 10
In House Programs	pgs	11 - 12
Pot Lucks, Out To Eat & Shopping	pg	13
Day Trips	pg	14
Overnight Coach Trips	pg	15

### ***From the Manager's Desk:***

In addition to our regular newsletter, we are now rolling out an e-newsletter which will contain important information on social and recreational offerings from the Bennington Senior Center and the Bennington Recreation Center. It will also contain links to our *Senior Community News* and calendars. If you wish, you may sign up to receive this new e-newsletter at the senior center, or include your email on the newsletter subscription form contained in this newsletter.

-Carrie

### **COMMUNITY RESOURCES**

Bennington Town Clerk	(802) 442-1043
Bennington Town Office	(802) 442-1037
Bennington Recreation Center	(802) 442-1053
Bennington County Meals Program (Meals on Wheels)	(802) 442-8012
VNA & Hospice (Bennington Home Health)	(802) 442-5502
Bennington Project Independence	(802) 442-8136
Bennington Rutland Opportunity Council (BROC)	(802) 447-7515
Southwestern Vermont Council on Aging	(802) 442-5436
Retired Senior Volunteer Project (RSVP)	(802) 447-1545
Social Security Administration (Rutland office)	(802) 775-0893
Green Mountain Community Network	(802) 447-0477
Support And Services at Home (SASH)	(802) 442-9920

### **HOUSING**

Bennington Housing Authority	(802) 442-8000
Shires Housing	(802) 442-8139
THM (office in Manchester)	(802) 362-4663

### ***Greater Bennington Interfaith Community Services, Inc.***

#### **Services provided through:**

**Kitchen Cupboard** - Food distribution for families in need. Open Tuesdays 5:30 to 7:30 PM, Thursdays 10AM to 12 noon, and Saturdays from 2 PM to 4 PM

**Food and Fuel Fund** - Discretionary funding for people who need help with shelter, utilities, food, and other basic needs.

**Ladies First** - Free screenings for cervical and breast cancer, and cardiovascular disease, as well as education and encouragement of healthy lifestyles.

**Bennington Oral Health Coalition** - Improving oral health outcomes through education and outreach.

**Food Fit Bennington** - Food, nutrition, cooking and exercise programs geared toward lower income consumers who want to increase their use of produce and level of physical activity.

**The Bennington Free Clinic** - Provides free primary medical care to uninsured adults over the age of 18.

More information can be obtained by calling **(802) 447-3700**.

### **To our Senior Community...**

It is the mission of the Bennington Senior Center to engage persons 50+ in the lifelong learning process; promoting their physical, emotional and spiritual well being by providing social, recreational, creative and cultural programs enabling active participation in the center and community. Program costs are founded on a not-for-profit basis. There are no membership fees or dues.

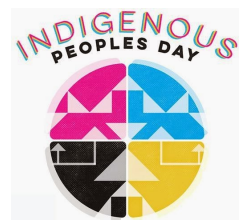
**Regular operating hours are: Monday—Friday, 8 AM—4 PM**

The office phone is not always covered. Please leave a message on the machine. We will return your call ASAP.

### **The center will be closed on the following dates:**



MONDAY, SEPTEMBER 2nd - LABOR DAY  
MONDAY, OCTOBER 16th - INDIGENOUS PEOPLES DAY



Due to the shortage of parking, all able-bodied participants are requested to park in the municipal parking lot across the street in order to leave space for those with handicaps.

**Thank you for your compliance.**

Carrie Fabricius, Program Manager

**NEWSLETTER SUBSCRIPTIONS** are \$5.00/year, payable by cash or check made out to the Bennington Senior Center. Payment can be either mailed to the address on the cover or dropped off at the center.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

DO YOU PREFER ☐ PAPER COPY THROUGH MAIL, or

☐ E-MAIL COPY

# PARTICIPANT POLICIES

## **PAYMENT & REFUND POLICY**

Checks are payable to the Bennington Senior Center, unless otherwise specified. If we have not received your payment by the due date, we must cancel your reservation. As a courtesy, we will remind you when payment is due. However, we cannot assume responsibility if we are unable to reach you.

## **WE CANNOT REFUND AFTER TICKETS HAVE BEEN PURCHASED.**

If you have purchased a ticket and must cancel, we will try to sell your ticket to a party on the waiting list. If you miss the bus, we cannot refund. Please plan to arrive 10 minutes before the scheduled departure time.

## **TRIP POLICY**

Trips are open to all adults, regardless of place of residence. Intergenerational trips for younger children are available where indicated. In the interest of passenger safety, we reserve the right to cancel any trip due to inclement weather and Driver illness. We are not able to refund for weather related cancellations.

All Green Mountain Express trips depart from the senior center at 124 Pleasant Street. Please pay your van transportation in **correct cash** to senior center staff on the day of the trip as we are not able to refund if you pay ahead and the trip is cancelled.

Coach trips depart from the Bennington Station parking lot at the corner of Depot & River Street. We do not assign seating unless you have medical documentation that special seating is required.

We reserve the right to cancel trips with less than 8 passengers and coach trips with less than 30, as they are not cost effective. Transportation to airports is not always provided by the center. **NOTE:** Tipping for the coach driver is not included in the cost of trips. We recommend \$2 per day unless other wise stated in trip itinerary.

## **SPECIAL ASSISTANCE POLICY**

An escort companion and/or personal assistant is required for all travelers having a disability (a physical or mental impairment which limits one or more of the major life abilities). The companion travels at full fare cost and is responsible for all special needs of the individual. To the extent possible, we will accommodate with proper transportation, lodging and access to facilities. To assist us in meeting any special needs, please notify us at the time of reservation. Medical documentation, including permission to travel from your physician, may be required and is strictly confidential. We reserve the right to refuse passage to any person who does not adhere to this policy.

## **CHANGE IN TRIP POLICY**

Due to ongoing confusion with current reservation policies, anyone who wants a reservation **must sign up themselves** and must provide their **own phone number**.

# **DAY BY DAY**

## **MONDAYS**

**Advanced T'ai Chi:** This is a continuation from the Beginner class. Students will become more familiar and fluid with movements. Instructor: Kim Bishop of SASH. 9:00 am **No Fee**

**Painting Group:** This informal group meets Mondays & Fridays, but painters are welcome to work on their own at any time. The group works from photographs, calendar art, and old masters. Bring your own painting materials; group size limited to 8-10 participants. Come when you can, receive hints from each other, and enjoy some good conversation! 9am - Noon **No Fee**



**Leslie Sansone Walking:** These walking exercises are fun and easy! 2 - 3 mile aerobic walking video. The class is great for those in need of light to moderate exercise and great fun with friends. The class is tailored to the needs/wants of the group each day. Time fluctuates - refer to the calendar. **No Fee**

**Beginner Ukulele:** Strum along with others at this gathering of musically minded folks. Beginners (seasoned players are welcome, too!) will have the opportunity to play at community functions. Call instructor for more information. Instructor: Henry Simpatico (802) 379-6043 11:30 am **No Fee**

**Games:** Group decides the game. It may be cards, board games, Yahtzee.... the possibilities are nearly endless! 1:00 pm **No Fee**



## **TUESDAYS**

**Bone Builders:** This low impact exercise, run through RSVP, promotes strength through weight training, plus helps with both balance and bone density. Class may include open discussion about nutrition, disease prevention, and alternate exercises. Class leader varies. 8:30 am **OR** 10:00 am **No Fee**

**VNA Foot/Blood Pressure Clinic:** First Tuesday of each month. You must schedule an appointment at least one day in advance by calling **802-442-5502**. Please bring a towel. If you are able to soak your feet before hand, it would be helpful. 1:30 pm

**Suggested donation: \$10/ foot care, \$3/ blood pressure.**

**Chair Yoga:** Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It offers a practical alternative for those with physical limitations, as it deepens flexibility and strengthens personal body awareness. Instructor: Taylor Haynes 2:00pm **No Fee**

# **DAY BY DAY**

## **TUESDAYS** continued

**Town Trekkers 1:** Walking group for fun and fitness. Our route will change weekly; there is so much to see in this town that you don't notice when you are driving! Tuesdays will be easier routes, geared toward beginner fitness walkers and those needing more of a rehab environment. If weather does not cooperate, we will meet for a walking-type workout at the senior center.

Instructor: Taylor Haynes. 3:00 pm **No Fee**

**H.E.L.P.:** (Help Everyone Lose Pounds) Weight support group meets at the senior center on Tuesdays. Dues are \$5 annually, \$0.50/meeting & \$0.20 for weigh-in. Weigh-in fees are awarded each week to the person who loses the most. There are other financial incentives for maintaining and losing weight. 4:00 pm



## **WEDNESDAYS**

**Silver Sneakers Classic:** This class is designed to increase muscle strength, range of movement and improve activities for daily living. Every exercise can be done sitting OR standing, which makes it perfect for any level of fitness. If you like to be active or just want to rebuild strength this class is perfect for you! If you have a Silver Sneakers card, please bring it with you. Instructor: Taylor Haynes. 8:15 am **OR** 9:15 am **No Fee**



**Leslie Sansone Walking:** See class description on Monday list, page 5.

**Wednesday Western:** Twice a month, come in and enjoy an old western film. Classic! 1:00 pm **No Fee**

**Balance:** Twice a month class. Includes not only physical exercise, but brain and mobility exercises that make a difference. Come learn some new tips to help you always stay on your feet. Instructor: Tracy Purdy-Martin. 1:30 pm **No Fee**

**Trivia with Tracy:** Once a month class. Enjoy some good-hearted competition as you and your team vie for the title of Monthly Trivia Champions!. We will have a few laughs as we learn new facts. Supported by Ramunto's Pizza of Bennington. Come join the fun! Instructor: Tracy Purdy-Martin. 1:30 pm **No Fee**



# **DAY BY DAY**

## **THURSDAYS**

**Bone Builders:** See class description on Tuesday list, page 5.

**Craft Corner:** What was quilting is now crafts! Bring whatever craft project you are working on, and we will provide space to work on it. Quilting, crocheting, knitting, weaving, decoupage, coloring, the options abound! You bring the materials, we supply the space, coffee, tea, and fellowship. We will have a special craft on the second Thursday of each month. 1:00 pm **No Fee**



**Town Trekkers 2:** See class description on Tuesday list, page 6. This group will work at a moderate to higher intensity, and is suitable for those accustomed to walking for fitness. 3:00 pm **No Fee**



## **FRIDAYS**

**Silver Sneakers Classic:** See class description on Wednesday list, page 6.

**Painting Group:** See class description on Monday list, page 5.

**BINGO:** Come play low stakes, high energy BINGO! 2 cards for \$2, additional cards 50 cents each, 6 card maximum. Light refreshments provided; feel free to bring something to share! 1:00 pm

B I N G O					
7	25	44	57	62	
15	22	40	50	70	
11	30	FREE SPACE	46	74	
2	28	37	55	68	
10	27	39	59	75	



# ***HEALTH & WELLNESS***

## **INDOOR WALKING**

***Sponsored by the Bennington Senior Center*** at the River Street Firehouse  
**MON/WED/FRI 8:15—9:15 AM.**

***Sponsored by Saint Francis Parish Hall*** on West Main Street.

***Call 442-3141 first to check availability .***

**MON-FRI 8:30—11:30 AM & 1—4 PM.**

**\*To keep floors clean, please bring a change of shoes.**



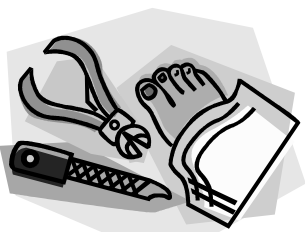
## **CHAIR MASSAGE** by **Marlana W. Freitas LMT**

Mondays: 9:30am to 12:30pm     \$20 per 1/2 hour  
FOR AN APPOINTMENT, CALL Marlana at 802-379-4638

## **FOOT CARE and BLOOD PRESSURE CLINIC**

Sponsored by ***BENNINGTON AREA VNA & HOSPICE.***

**FIRST TUESDAY** of each month at 1:30PM upstairs at the Bennington Senior Center. You must schedule appointment **at least one day in advance** by calling **802-442-5502**. Please bring a towel. If you are able to soak your feet before hand, it would be helpful.



**Suggested donation fees:** \$10.00 for foot care  
\$3.00 for blood pressure

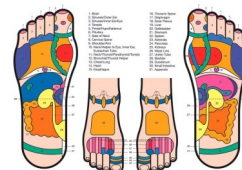
## **SENIOR FOOT REFLEXOLOGY** by **Laurie Jesseman, Certified Reflexologist**

What Is Reflexology? Reflexology is an ancient healing theory, a hands on treatment of applied pressure to feet, face, ears and the hands that correspond to organs and systems of the body. Several studies indicate that reflexology may reduce pain and psychological symptoms, such as stress and anxiety, promote relaxation and enhance sleep.

**Where:** Bennington Senior Center     **When:** Wednesday Sept. 11 & Oct. 16

**Time:** 9:30-2:00 by appointment **ONLY**     **Cost:** \$14.00

**Call for your appointment:** (802)442-9404 or (802)733-6249





## ***HEALTH & WELLNESS***

### ***BENNINGTON BELEDI TRIBAL BELLY DANCE***

#### **BELLY DANCING**



Thursdays 5:30 - 7:30 PM for Beginners

Mondays 4 - 6 PM for Experienced Dancers by invitation

Cost is \$8.00/class. Senior rate is \$5.00/class. All fees payable to instructor.

#### ***TRIBAL DANCE WORKOUT CLASS***

THURSDAYS FROM 5:00-5:30pm.

Wear anything you can move in and your choice of either barefoot or indoor gym sneakers. Come join us for a super fun and challenging variety of tribal dance moves jam packed into a fiery 30 minute cardio workout. Get ready to have fun, work out, and learn tribal dance all in one! \$5.00/class, or \$20 for a calendar month.

You may drop in for one free class. Please call Kathleen McBrien 442-5118 or Julz Irion (802) 681-3399 for more information.

### **AT THE RECREATION CENTER**



#### **Senior Swim**

Monday / Wednesday 11:00 - 11:30am

Tuesday / Thursday / Friday 11:30am - noon

#### **Water Exercise Class**

Tuesday / Thursday 10:30 - 11:30am

#### **AQUA TAI CHI**

Fridays in Sept/Oct from 10:30 - 11:30 in the Recreation Center pool.

**Rec Center Members: No Charge**

**Non-Members: \$2**

**For more information, call the Recreation Center @ 442-1053**

## ***HEALTH & WELLNESS***

### **New Class - CHAIR YOGA!!**

This class can be performed either sitting OR using the chair for support while standing. Yoga helps with balance, core stability, and mental focus.



Tuesdays 2-3pm beginning Sept. 10th

**FREE CLASS - LIMITED SEATING - PLEASE SIGN UP!**

(802)442-1052

Instructor: Taylor Haynes

## **HALLOWEEN BASH**



**Thursday, October 31st**

- 11:00am Join us for a costume parade around the block
- 11:30 Spooky Buffet lunch at the Bennington Café  
(\$4 suggested donation)
- 12:30 Desserts and dancing **\*\*AND\*\*** judging for the  
costume contest -- upstairs at the  
Bennington Senior Center

**Please sign up - (802)442-1052**

**Come for the spookiness,  
Stay for the fun!!**



**PARTY!**

# IN HOUSE PROGRAMS

Provided in partnership with SASH



## Jewelry Making



BECKY from SASH will be holding a jewelry making workshop

Monday, September 23rd from 1-3 PM. \$10 per person.

Pre-registration is required by Sept. 18th Call (802)442-1052



## Flower Arranging

BECKY from SASH will be holding a flower arranging workshop

Thursday, October 17th from 1-3 PM. \$10 per person.

Pre-registration is required by Oct. 11th Call (802)442-1052

## ADVANCE DIRECTIVES

Do you want to have a say in your end of life plans?

How about medical care? What ARE Advance Directives?

An Advance Directive is a written statement of a person's wishes regarding medical treatment, often including a living will, made to ensure those wishes are carried out should the person be unable to communicate them to a doctor.

**Becky Arbella** of SASH will discuss how to develop your own advance directives.

**TUESDAY, OCTOBER 22nd 1:00pm No Fee**

Please register for this program by calling (802)442-1052



## AARP DRIVING COURSE

**WED, NOVEMBER 13TH, 2019 8:30am - 1:30pm**

**Instructor: Kim Bishop of SASH**



**COST FOR THE COURSE IS : AARP MEMBERS \$15 / NON-MEMBERS \$20**

**Due to limited seating, registration is required for this course.**

**REGISTRATION/INFORMATION: CALL 442-1052 .**

## IN HOUSE PROGRAMS

Join ***People's United Bank***

at the Bennington Senior Center

# For **FRAUD ALERT!**

**Learn about fraud and scams that target seniors, how to recognize them, and how to avoid them!! Protect yourself!**

**THURSDAY, SEPTEMBER 19th 2:00pm**

**NO FEE Please register by calling (802)442-1052**

### **DID YOU KNOW...**

- One in four Americans aged 65+ falls each year.
- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs.
- Every 11 seconds, an older adult is treated in the emergency room for a fall .\*



Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. \*

**Heidi from At Home Senior Care** will be discussing

## **FALL PREVENTION**

**Friday, October 4th 10:30 - 11:30am**

**Please register by calling (802)442-1052**

\*Statistics from US Centers for Disease Control and Prevention

# POT LUCKS / OUT TO EAT/ SHOPPING

## ***OUT TO EAT!***

*Delicious!*

**Monday**      **September 16th**      Olive Garden/Red Lobster

**Thursday**      **October 17th**      Bob's Country Kitchen



**the  
potluck  
club**

## **WEDNESDAYS**

**At the Senior Center**

**September 11      11:30 - ?**

**October 16      11:30 - ?**

**At the Bennington Firehouse**

**November 20      11:30 - ?      RECIPE SWAP**

**December 18      11:30 - ?      UGLY SWEATER PARTY!!**



*These shopping trips are sponsored by the  
Southwestern Vermont Council on Aging,  
who provides funding to cover 80% of the transportation cost.  
Transportation by Green Mountain Express.*

*Sign up at the Senior Center for these shopping trips  
and pay the fee at the Senior Center front desk on the day of  
the trip. Transportation \$3*

**9:30am - 4:00pm.**

## **SEPTEMBER**

**THURSDAY 5th**  
**COLONIE CENTER**

**WEDNESDAY 25th**  
**CROSSGATES MALL**

## **OCTOBER**

**MONDAY 7th**  
**COLONIE CENTER**

**TUESDAY 29th**  
**CROSSGATES MALL**

## DAY TRIPS

TRANSPORTATION PROVIDED BY GREEN  
MOUNTAIN LINES "JOE BUS"



These trips leave from the Bennington Station Restaurant parking lot.

Call ELEANOR MATTISON for more information or for other stops at (802)442-1052 or  
(802)379-7216

Just a reminder for those signed up...

### BURLINGTON

Tuesday, September 10th

leaves @ 7am

### BIG E

Wednesday, September 18th

leaves @ 8am



It's BACK!! Our Annual

## Mystery Ride!!!

Tuesday, October 8th

\$30 p/p

leaves @ 8am

Where are we going? Only "Joe Bus" knows for sure!

Call to sign up - (802)442-1052

### Radio City Music Hall and Carmine's

Thursday, December 5th

Leaves @ 7am

\$172 p/p

Time to shop in your own, Radio City Music Hall to see the Rockettes Christmas Spectacular, and then dinner at Carmine's Restaurant. Payment due by Oct. 15

### New York City



Saturday, December 7th

Leaves @ 7am

\$45 p/p

**SATURDAY!!** A day on your own in NYC. **WHEEEEEEE!!** If you would like to plan a Broadway show in your day, you need to choose a Matinee.

Call to sign up - (802)442-1052

# **OVERNIGHT TRIPS**

## **CHRISTMAS TIME IN BRANSON, MISSOURI**

**FEATURING 8 FANTASTIC CHRISTMAS SHOWS**

**NOVEMBER 2-10, 2019**

**9 DAYS - 8 NIGHTS**



### **PACKAGE INCLUDES:**

**8 NIGHTS LODGING**

**8 BREAKFASTS**

**4 DINNERS , INCLUDING SHOW BOAT BRANSON BELLE DINNER CRUISE**

**8 SPECTACULAR CHRISTMAS SHOWS**

**TOUR OF "THE COLLEGE OF THE OZARKS"**

**GRAND VILLAGE SHOPPES**

**HISTORIC DOWNTOWN BRANSON LANDING**

**CHRISTMAS LIGHT TOUR AT BRANSON'S GIFT OF LIGHTS**

**INDIANAPOLIS MOTOR SPEEDWAY MUSEUM & TRACK**

**GATEWAY ARCH TRAM RIDE IN ST. LOUIS**

**\*\*\*AND MUCH MORE!!!\*\*\***

### **Price**

**Double p/p \$1235**

**Single \$1595**



***\$100 deposit request on sign up. Periodic payments can be made as long as final payment is paid by October 2nd.***

**For Information and Reservations, Contact:**

**Eleanor Mattison 802 379 7216 or 802 442 -1052**

**WE STILL HAVE ROOM! IT'S NOT TOO LATE!**



**BENNINGTON SENIOR CENTER**  
**124 PLEASANT STREET, SUITE 3**  
**BENNINGTON, VT 05201**

