

SENIOR COMMUNITY NEWS

* JULY * AUGUST * 2019

STAFF

Carrie Fabricius - Program Manager

Taylor Haynes - Health & Wellness Director

Jess Rumlow - Rec Center Interim Director



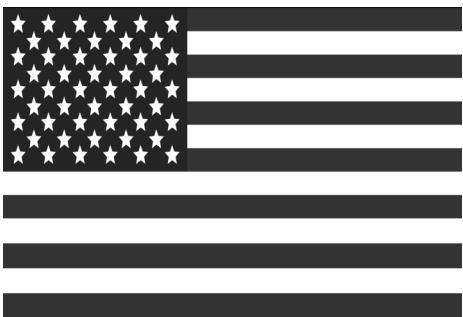
VOLUNTEERS

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

CONTACT INFO:

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From the Manager's Desk:

You may have noticed - the newsletter format has changed! I am trying to streamline information. I have also decided to publish newsletters every 2 months. There is so much information, squeezing in 3 months has become almost impossible in one newsletter.

Bear with me as we figure out what works and what doesn't. My goal is to make it easier to read, and easier to find information.

-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.

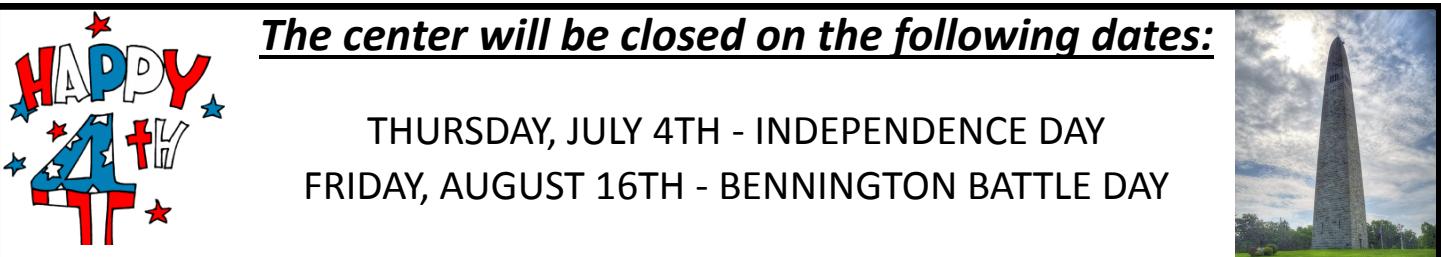
More information can be obtained by calling **(802) 447-3700**.

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.



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 otherwise 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

Beginner T'ai Chi: T'ai Chi is safe, relaxing, and easy to learn. The gentle movements can help you gain strength, improve balance, and increase flexibility. Instructor: Kim Bishop of SASH. **No Fee.**

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. **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! **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. **No Fee**

Ukulele: Strum along with others at this gathering of musically minded folks. Beginners to seasoned players, group also plays at community functions. Call instructor for more information. Instructor: Henry Simpatico (802) 379-6043 **No Fee**

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

Eat Smart, Spend Smart: New class focusing on healthy cooking on a budget. See longer description on page 12. Instructor: Taylor Haynes. **Fee: \$5/class**



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

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. **No Fee**

H.E.L.P.: 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.



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.

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! **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. **No Fee**

Jog Your Mind: Once a month class. Learn about the different types of brain games and exercises that maintain and/or improve your brain function. We will have a few laughs as we practice these anti-aging activities. Come join the fun! Instructor: Tracy Purdy-Martin. **No Fee**

THURSDAYS

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

DAY BY DAY

THURSDAYS continued

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 may work on a group project from time to time. **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.



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!



HEALTH & WELLNESS

BIKE LABYRINTH

Bike Labyrinth is a console which enables interactive bike tours through bustling cities, historic towns and picturesque landscapes around the world. After connecting to a stationary bike and television, you are transported into the tour!

For those who cannot cycle outdoors, Bike Labyrinth brings the sights and sounds of the outside world in.

Come in to the Senior Center and try it out!

For more information, call 442-1052 and ask about Bike Labyrinth!



AQUA T'AI CHI

T'ai Chi has been a martial art type of exercise for centuries, and has gained more popularity over the last several years. T'ai Chi helps lessen arthritis pain, build strength, and gain balance due to its slow, intentional movements. Bringing T'ai Chi into the water will allow you to exercise in an environment where the water supports your body's weight yet provides a gentle resistance.

Nancy Messina, a SASH coordinator, is a VT certified instructor in T'ai Chi. She has been hosting classes for three years, and will be leading this exercise class. It is open to anyone that wants to participate.

Fridays in July and August from 10:30 - 11:30 in the Recreation Center pool.

FREE for Rec Center Members

Non-Members \$2 per class

Eat Smart, Spend Smart

Cooking for yourself on a budget is hard and stressful, especially when it comes to grocery shopping! This class will break everything down so you know exactly what you are spending. You will learn lots, AND have fun doing it! Not to mention, you'll leave with a full stomach after each class.

1st and 3rd Mondays, starting on July 1st. \$5 per class

Please call 442-1052 to register for each class.

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 802-379-4638

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: 3rd Wednesday of the month

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

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

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

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.

First class begins April 4th. 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. Funky beats and dance moves will have you smiling while you break a serious sweat. 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) 681-3590 for more information.



TAKE A BREAK!

Lunch Break Fitness Class



Do you feel like you don't have time in your day to prioritize fitness? Join our lunch break workout class to fit in a quick but pulse quickening workout for all levels!

M/W/F 12:00 - 12:30pm FREE for Rec members, or \$5/class drop in fee

Questions? Contact Taylor Haynes at thaynes@bfymca.org

HARDCORE WORKOUT Boot Camp Fitness

Tue/Thu 5:30 - 6:30pm Willow Park Upper Pavilion

Get a high-intensity workout that will build strength and fitness through a variety of exercises. It will test your abilities and make you want to keep coming back!

FREE with a Recreation Center membership, or purchase a 12-session punch card for \$50 at the Bennington Recreation Center.



Contact Taylor Haynes at thaynes@bfymca.org

for more information.



IN HOUSE PROGRAMS



Flower Arranging

BECKY from SASH will be holding a flower arranging workshop
Tuesday, July 9th from 2-4 PM. \$10 per person.

Pre-registration is required by July 3rd. Call (802)442-1052



AARP DRIVING COURSE

JULY 10TH, 2019 9am - 1pm



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 .

Come Join

PAULA HAYTKO, Diabetes Educator from SVMC

for a presentation and discussion about

TYPE 2 DIABETES

When you have diabetes, seemingly simple daily decisions—including meal planning and exercise—can have big impact on your health. If you have ever been told you have Type 2 Diabetes, elevated blood sugar, or Metabolic Syndrome (or you know someone who has), THIS is the talk for you.

Topics include:

- Understanding diabetes
- How to monitor your blood glucose level
- The importance and impact of nutrition
- Healthy lifestyle choices



MONDAY, JULY 22nd 3:00 - 4:00pm

Please call 442-1052 to register. Program is FREE

POT LUCKS / OUT TO EAT/ SHOPPING

OUT TO EAT!

Monday

JULY 15th

CRACKER BARREL

Wednesday

AUGUST 21st

HIGHLAND RESTAURANT /
FREDDIE'S PLACE

Delicious!



Save the Date!!



Senior Center Annual Picnic at Lake Shaftsbury

Wednesday, July 17th

11am - ??pm

\$6.00

A Green Mountain Pass for Vermont seniors 62+ can be obtained at your town clerk's office; it grants access to all VT State Parks free of charge!

Please call 442-1052 by July 15th if you will need transportation to Lake Shaftsbury.



*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.

JULY

WEDNESDAY 10th

COLONIE CENTER

THURSDAY 25th

CROSSGATES MALL

AUGUST

MONDAY 5th

CLIFTON PARK CENTER

TUESDAY 13th

COLONIE CENTER



SHOWTIME!!



MAC-HAYDN THEATRE

THURSDAYS

10:30AM-6:30PM

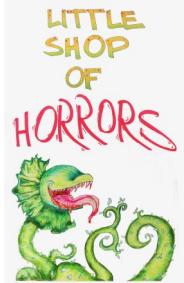
TICKET PRICE \$55

INCLUDES TRANSPORTATION PROVIDED BY GREEN MOUNTAIN LINES ("JOE BUS")

Payment due 30 days prior to show date

Little Shop Of Horrors AUG. 15TH

GET READY FOR THIS BELOVED AND OUT-OF-THIS-WORLD COMEDY. DOWN ON SKID ROW WE MEET THE MEEK AND LOVEABLE SEYMOUR KRELBORN, WHO DISCOVERS A CARNIVOROUS PLANT THAT NEEDS MORE THAN PLANT FOOD TO GROW - IT NEEDS BLOOD. IT ALSO HAS PLANS FOR TOTAL WORLD DOMINATION! THIS SMASH HIT SCI-FI MUSICAL WILL CRASH LIKE A METEORITE ONTO THE STAGE AND SATISFY EVERY APPETITE.



TICKETS ARE STILL AVAILABLE!

Bennington's very own Oldcastle Theatre Company

has very generously offered discounted tickets to our seniors for their Matinee shows. All you have to do is say, "I'm from the Bennington Senior Center!" and you will pay only \$20. They are regularly \$39!! What a bargain!

Every Thursday and Sunday, and the first Saturday of each show.
Matinees are at 2:00pm

Let's buy and support local business!

DAY TRIPS

A white and green bus with "GREEN MOUNTAIN LINES" printed on the side.

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.

(802)442-1052 or (802)379-7216

LOBSTER FEAST at the LOG CABIN RESTAURANT

JULY 16, 2019 8:00 AM- 3:30PM \$80

REMINDER - the bus leaves at 8:00am from the Bennington Station.
If you are bringing home a lobster, remember to bring a cooler. *There are still a couple of seats available.*

*These trips are sponsored by the
Southwestern Vermont Council on Aging,
who provides funding to cover the transportation cost.*

HAMPTON BEACH Monday, August 26th (raindate August 27th)

Enjoy the day with family and/or friends. Cost: \$5. Leaving at 7:00am

BURLINGTON

Tuesday, September 10th

A beautiful luncheon cruise on Lake Champlain and time for shopping! There will be a dinner or snack stop on the way home at Rosie's in Middlebury. Order off the menu, as this is on your own. Cost: \$29, due by August 15th. Leaving Bennington at 7:00am

BIG E

Wednesday, September 18th

Have fun at the fair! Cost: \$12 admission needs to be paid by Friday, August 30th. Leaving Bennington at 8:00am

Looking Forward....

Upcoming day trips to New York City! Save the dates!



December 5th Thursday Radio City Music Hall and Carmine's

December 7th SATURDAY!! A day on your own in NYC. WHEEEEEEE!!

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

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

