

# SENIOR COMMUNITY NEWS

\* JANUARY \* FEBRUARY \* 2020 \*

## STAFF



**Carrie Fabricius - Program Manager**

**Taylor Haynes - YMCA Health & Wellness Director**

## VOLUNTEERS

Noreen Bourdon, 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](mailto: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 - 6
Pot Lucks, Out To Eat & Shopping	pg	7
In House Programs	pg	8 - 9
Health & Wellness	pgs	10 - 11
Day Trips	pg	12
Overnight Trips	pg	13

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

A New Year, and full of possibilities....

If you make a New Year's resolution this year, don't set yourself up for failure by setting an unattainable goal. Make *improvement* the goal. Many small gains and improvements add up to big accomplishments. Or in other words, *Rome wasn't built in a day*.

In other business, while we plan events and trips for January and February, the weather doesn't always cooperate. I try to keep travel distances shorter. If I cancel a trip due to weather, I will do my best to reschedule. My main concern is for your, and the driver's, safety.

-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.*** serves people 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**

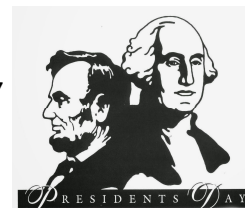
The office phone is not always covered. Please leave a message on the machine. We will return your call ASAP.



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

MONDAY, JANUARY 20th - MARTIN LUTHER KING, JR. DAY

MONDAY, FEBRUARY 17th - PRESIDENTS' 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. 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**

**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**

**NOTE: First Tuesday of the month, class will be at 3:00pm**

**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



# **DAY BY DAY**

## **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. 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. 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**

## **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**



## **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	

# POT LUCKS / OUT TO EAT/ SHOPPING

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

**Tues January 14th**

Moonlight Diner in Williamstown, MA

11 - 2

**Wed February 19th**

Foggy Notions ("The Bog") in Cambridge, NY

11 - 2

*Delicious!*



**the  
potluck  
club**

## **WEDNESDAYS**

**At the Bennington Senior Center**

**January 15    11:30 - ?**

**February 12    11:30 - ?**

*Keep bringing those recipes!*

**PLEASE SIGN UP AT THE SENIOR CENTER, OR BY CALLING 442-1052**



*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.**

## **JANUARY**

**MONDAY 6th**

**COLONIE CENTER**

**THURSDAY 23rd**

**Wilton Mall & Golden Corral**

**(9:30 - 4:30)**

## **FEBRUARY**

**TUESDAY 4th**

**COLONIE CENTER**

**MONDAY 24th**

**CROSSGATES MALL**



# (Mostly) In-House Programs



## Coffee with the Chief



Have you ever met our Chief of Police? Do you know what he looks like? Come meet Paul Doucette, Bennington's Chief of Police, as well as Lieutenant Camillo Grande. Get to know them, ask questions, and bring up concerns in an informal "Meet & Greet" setting. Coffee and light refreshments will be provided.

**Wednesday, January 22nd 10:30 - 11:30am**

Sign up at the Bennington Senior Center - (802)442-1052

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

*(In partnership with the Bennington Senior Center)*

at the Main Street Branch (401 Main Street)

For **FRAUD ALERT!**

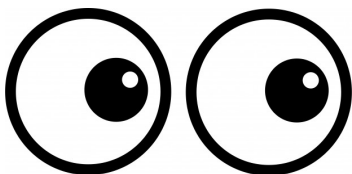
Learn about fraud and scams that target seniors, how to recognize them, and how to avoid them!! Protect yourself!

**TUESDAY, FEBRUARY 11th 3:00pm NO FEE**

Please register by calling (802)442-1052

## **SASH Flower Arranging**

We will have a class in February, but do not have a final date yet.



**Keep a lookout!**

**We will post the date at the Center.**



# **(Mostly) In-House Programs**

## **\*\*\*BEGINNER CROCHET\*\*\***

Have you ever wanted to learn to crochet? Have you tried to learn from books only to be frustrated? Here is your opportunity!

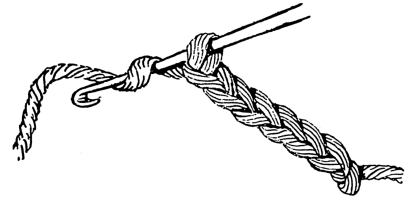
**Meridy Capella of Evergreen Alterations** will be holding a Beginner Crochet class at the Senior Center. The class is two 2-hour sessions; March 12 and March 19th, both from 2:30 - 4:30pm. You will make a hat while you learn the very basics of crochet.

\$25 per person includes both 2-hour sessions of group instruction as well as project materials, pattern, and your own crochet hook.

Pre-registration is REQUIRED for this class.

Class limited to 10 participants.

Please sign up at the Senior Center,  
or call (802)442-1052.



## **Did you know...?**

### **Bennington Free Library**

has a "Borrow a Pass" program. If you have a membership in good standing, you can "borrow" passes to several area museums, as well as Prospect Mountain!

Library membership is free to residents of Bennington, North Bennington, Woodford, and Shaftsbury. Non-residents may purchase library membership at the following yearly rates: \$25.00 per Family, \$19.00 per Individual, \$5.00 per student (Grade 12 and under).

For a full list of passes available, go to [www.benningtonfreelibrary.org](http://www.benningtonfreelibrary.org).

The library is located at 101 Silver Street in Bennington.

Phone: (802)442-9051

# ***HEALTH & WELLNESS***

## **AT THE RECREATION CENTER**



### **Senior/Therapy Swim**

Monday / Wednesday/Friday 11:00 - 11:30am

Tuesday / Thursday 11:30am - noon

### **Water Exercise Class**

Tuesday / Thursday 10:30 - 11:30am

**Rec Center Members: No Charge**

**Non-Members: \$2**

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

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

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

**FIRST TUESDAY** of each month at 1:00PM upstairs at the Bennington Senior Center. 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 fees:** \$10.00 for foot care

\$3.00 for blood pressure



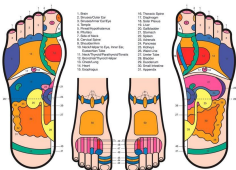
## **SENIOR FOOT REFLEXOLOGY by Laurie Jesseman, Certified Reflexologist**

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 Jan. 15 & Feb. 12**

**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  
Cost is \$8.00/class. Senior (50+) rate is \$5.00/class.  
All fees payable to instructor.



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

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 (802)442-5118 or Julz Irion (802) 681-3399 for more information.



#### **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.***



# DAY TRIPS

## TRANSPORTATION BY "JOE BUS"

### GREEN MOUNTAIN LINES



For more information, call Eleanor Mattison  
@ 442-1052 or 379-7216  
or sign up at the Bennington Senior Center.

## Boston Flower Show

*Saturday, March 14th*

Departs from: Bennington Station @ 7:00am  
new Williams Inn @ 7:20am

**\$67/pp** due by Fri, Feb 14th

Departs from Boston for return trip @ 5:00pm



Stay at the Flower Show  
for the day, spend the  
day in Boston on your  
own, or split your time  
between both. Your day,  
your way!



# CATS

at **PROCTORS**

Thursday, April 30th    \$57/pp

Leaving Bennington Station @ 11:15am  
Stopping for dinner (on your own) after the show.

Winner of 7 Tony Awards® including BEST MUSICAL, original score by Andrew Lloyd Webber.  
Audiences and critics alike are rediscovering this beloved musical with breathtaking music,  
including one of the most treasured songs in musical theater—"Memory".

Payment due by Friday, March 20th.

## OVERNIGHT COACH TRIPS

# Lancaster & Gettysburg

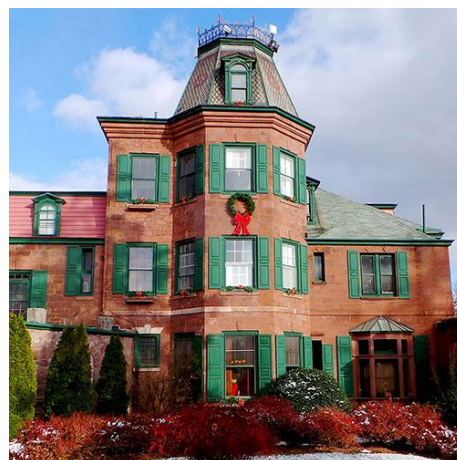


April 16th - 18th

Transportation by  
Green Mountain Lines "Joe Bus"

### Trip Includes:

- 2 night stay at *Country Inn of Lancaster*
- 2 full breakfast buffets at the Inn
- 2 Dinners:
  - 1 at *Mount Hope Mansion* (with a show)
  - 1 at *Good & Plenty Restaurant*
- Day in Gettysburg, which includes:
  - The Gettysburg Museum
  - Cyclorama depicting *Pickett's Charge*
  - Historic Battlefields Tour
- *Bird in Hand* dinner theatre
- *Sight 'n' Sound Theatre* to see "Queen Esther"



**SINGLE \$581/pp    DOUBLE \$456/pp**

Final payment due March 27th

Call Eleanor for more information @ (802)379-7216 or  
at the Senior Center (802)442-1052

**PICKUP TIMES:**    7:00am    Bennington Station  
                                 8:00am    Latham



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

