

SENIOR COMMUNITY NEWS

* MARCH * APRIL * 2020 *

STAFF



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Taylor Haynes - YMCA Health & Wellness Director

VOLUNTEERS

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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
Showtime	pg	13
Overnight Trips	pg	14

From the Manager's Desk:

SPRING SPRING SPRING! The Spring Equinox is early this year, on March 19th.

That's where my head is at. Starting seeds, organizing garden tools, planning garden beds - it's really the adult, socially acceptable way to play in the dirt. There is something gratifying about planting and growing things. Spring smells like earth and sunshine and new life and possibilities, all rolled into one.

Please notice there is a survey at the back of the newsletter. I urge you to fill it out; it will help guide the direction of the center. It can be returned to the center or to the town office. Name is optional, but please fill in age and zip code.

Wishing all good things to you this spring. -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)	(800) 772-1213
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 and Saturdays from 10AM to 12 noon.

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

You 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. 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. 1:00 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** **NOTE: No class on February 22nd**



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 March 10th

Man of Kent in Hoosick Falls, NY 11 - 2

Thu March 26th

Southern Vermont Arts Center
MOW lunch & time in the galleries 11 - 2

Mon April 13th

Renee's Diner in North Adams, MA
AND Ocean State Job Lot 11 - 2

REMEMBER: Renee's is CASH ONLY

Delicious!



WEDNESDAYS

At the Bennington Senior Center

March 11 11:30 - ?

April 8 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.

MARCH

THURSDAY 5th
COLONIE CENTER

MONDAY 23rd
WILTON MALL

APRIL

TUESDAY 7th
COLONIE CENTER

THURSDAY 23rd
CROSSGATES MALL

In-House Programs

MARCH is National Nutrition Month!

Join Joyce Huang, R.D. on Thursday, March 12th at 1pm

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

More and more research shows that proper nutrition is the most important factor in staying healthy. Learn strategies and habits that lead to better nutrition and healthier, more active life!

Limited seating - Please pre-register
Call the senior ctr. @ (802)442-1052

A message from Henry Simpatico -

If you have a ukulele that was provided by the Senior Center but are no longer participating in the group, please return it so that others may give it a try! Thank you.



Are you interested in GARDENING?



Would you like to grow some of your own plants and vegetables this summer? Maybe you have trouble with physical limitations and think you can't spend time in the garden anymore.

Come to the Bennington Senior Center on **Monday, March 16th at 1pm** to learn about options, and to meet other gardeners. A member from the Bennington Community Garden will also be here to discuss WHAT the community garden is and HOW you can participate. Sign-up @ 442-1052.



In-House Programs



Coffee with the Chief



Have you ever met our Chief of Police? Do you know what he looks like? Chief Paul Doucette had so much fun here in January, he's coming back for another visit! Get to know him and, ask questions, and bring up concerns in an informal "Meet & Greet" setting. Coffee and light refreshments will be provided.

Wednesday, March 25th

10:30 - 11:30am

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

SASH Flower Arranging

Wednesday, April 15th

1:00 - 3:00pm **Cost is \$10.**

Sign up and payment due by April 8th. 442-1052



Join ***People's United Bank***
at the **Bennington Senior Center** on
Wednesday, May 6th at 3:00pm

Need help learning on-line banking? Is your bank going paper-free? Learn the basics of keeping tabs on your accounts online. Bring questions (and your laptop, tablet, or smartphone if you have one) with you .

Limited Seating - Please register by calling (802)442-1052

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

****Pool schedules available at the Senior Center.****

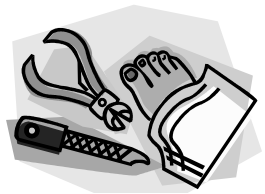
FOOT CARE and BLOOD PRESSURE CLINIC

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



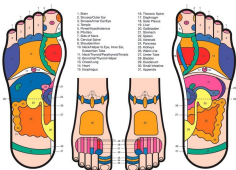
SENIOR FOOT REFLEXOLOGY by Laurie Jesseman, Certified Reflexologist

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 Mar. 11 & Apr. 8

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 @ 379-7216 or 442-1052

Boston Flower Show

Saturday, March 14th

SEATS STILL AVAILABLE!!!

\$67/pp

Departs from: Bennington Station @ 7:00am

new Williams Inn @ 7:20am

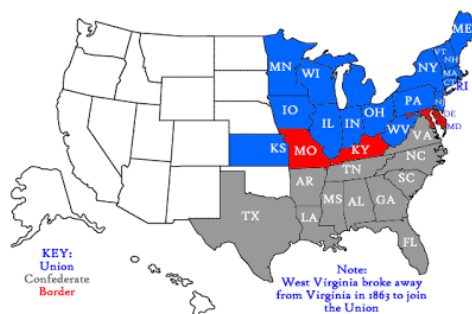
Departs from Boston for return trip @ 5:00pm



Lancaster & Gettysburg

April 16 - 18

Leaving Bennington Station @ 7:00am



CATS

at

PROCTORS

Thursday, April 30th

Leaving Bennington Station @ 11:15am



SHOW TIME!!

Mac-Haydn Theatre



Thursday, May 21st

10:30am - 6:00pm

**Lunch (on your own) at
Whitestone Café**

There's magic to do when a young man learns the true meaning of glory, love and war in this iconic and unforgettable masterpiece. *Pippin* searches for true happiness and fulfillment on the battlefield, in the temptations of the flesh and the intrigues of political power. In the end, Pippin finds that happiness lies not in extraordinary endeavors, but in the ordinary moments that happen every day.

Call the Senior Center @ 442-1052 to sign up.

\$60/pp paid to Bennington Senior Center due by Tuesday, April 21st

BARRINGTON STAGE co.



Wednesday, July 1st

10:30am - 6:00pm

Lunch on your own in Pittsfield, MA

Set on an idyllic South Pacific island during World War II, *South Pacific* intertwines the themes of romance, duty and prejudice to create a story that is at once hilarious, heartbreaking and thought-provoking. Featuring an extraordinary score — including “Some Enchanted Evening” and “I’m Gonna Wash That Man Right Outa My Hair” — *South Pacific* is an unparalleled and timely classic.

Price TBA after March 9th

Payment made to Eleanor Mattison

Call Eleanor @ 379-7216 OR the Senior Center @ 442-1052 to sign up.

Cape May, New Jersey

June 7th - 9th

Transportation by
Green Mountain Lines "Joe Bus"



Trip Includes:

- 2 nights lodging at the *Grand Hotel*
- 2 breakfasts
- 2 Dinners, including *Elaine's Dinner Theatre*
- Carriage House Exhibit
- Tour of the Physick Estate
- Trolley Tour of Historic District
- Shopping on Washington Street Mall
- Dolphin Watch Boat Cruise
- Towne of Historic Smithville
- Souvenir gift
- Luggage handling
- All taxes and meal gratuities



\$479 pp/double

Call after March 9th for single rates

Final payment due May 1st

Call Eleanor for more information
@ (802)379-7216 or (802)442-1052

PICKUPS AT :

Bennington Station	7:00am
Latham	8:00am

