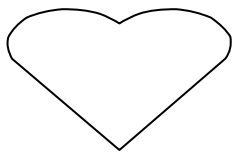


Button Shop Bugle

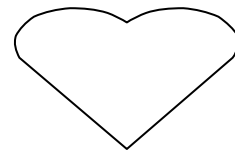


Wilmington Senior Center --

860-429-8321

February 2016

Vol. VII No.2



The Lunch Bunch

The Lunch Bunch will meet on February 11th at Red Rock at 12:30 pm.

Please call Claire 860-429-1041 if you wish to join us. Regulars please call if you cannot make it.

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Computer Classes

The classes will start January 26th at 10 am and last 1 hour. After that they will be held every second and fourth Tuesday. You must sign-up.

The sheet is on the table or call Jean at 420-8321.

HEALTH CLINIC

February 29th	1:30 PM to 3:30 PM
Feet	\$10.00
Ears	\$10.00
Cholesterol	\$10.00
Blood Pressure	
Call for an appointment: (860 429-8321)	

Pinochle players are needed. Come join us every Friday at 12:30pm for a fun afternoon.

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Our Craft room at the center is open all day every day. We have hand knit items and more. Hope you come and visit.

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Get well wishes to:

Frank Luchon
Virginia Thorsen
Dottie Jensen
Dois Forgette
Charles Busse
Robert Wieceński

President's Corner:

The Holiday is over and now we start a new year. What better way to start the New Year than to make one of your resolutions to join one of the many activities that we have put together for you. We are looking for members that are interested in doing craft projects. If you have a specialty please let us know. The table that we had at the Federated Church Christmas Bazaar was very successful. It was so successful that we need to replenish the crafts that we sell. So if you are interested in learning or teaching us some new crafts get hold of myself or Jean and let us know. The Holiday Banquet was a great success. We had 92 in attendance and all had a great time.

Ed

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Chair Yoga

We have found an Instructor for Chair Yoga. She is available on Tuesday afternoon at 2:00 pm. This will be a 6 week session for \$15.00. We would like to start the sessions on February 9th. If you have questions, please call the Center at 860-429-8321.

Also, call to sign up.

Betty Robertson

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**We now offer Notary Service
free of charge to members.**

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Our condolences to:

Barbara Smith on the loss of her Sister.

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Wii Bowling

We bowl every Monday and Thursday at 12:30 pm. Come and join the fun. All are welcome.

**Wii BOWLING**

	<u>12/17</u>	<u>1/4</u>	<u>1/7</u>	<u>1/14</u>	<u>1/18</u>
Jim LeFavre	202	219	224	257	235
Betty Robertson			202		237
Claire Pelletier	207	214	188	198	
Jean LaFramboise	269	236		244	256
Loretta Carlson		238	277	229	266

**SETBACK RESULTS**December 19, 2015

Joe Piatek/	High
Ernie Morris	
Clair Pelletier	Most "0"
Joe Piatek /	Bid 4/Made 4
Ernie Morris	

December 26, 2015

Syd Goodrich	High
Cory Passardi	2 nd High
Ellen Wittmer/	Most "0"
Dorothy Daley	

January 2, 2016

Syd Goodrich	High
Cory Passardi	2 nd High
Clair Pelletier/	Most "0"
Joe Piatek	

**PINOCHLE****SCORE**December 18, 2015

First Place	Dennis	1552
Second Place	John	1720

January 8, 2016

First Place	Dennis	1423
Second Place	John	1378

January 15, 2016

First Place	Ellie	1476
Second Place	Dennis	1359

**February 2016****BIRTHDAYS AND ANNIVERSARIES**

Flower---Violet

Birthstone---Amethyst

Reporter---Donna Hardie 860-684-4808

BIRTHDAYS:

1 -	Jean LaGasse
2 -	Shirley McCaughey
3 -	Deborah Tulis
7 -	Jane Works
10 -	Carol Ouellette
11 -	Betsy Gunn
13 -	Margery Thompson
24 -	Mary Ann Simpson
24 -	Laurel Millex
24 -	Fred Passardi
27 -	Wilhelmina Gore

ANNIVERSARIES:

11 -	Frank & Mary Jane Shoemaker
19 -	Raymond & Shirley McCaughey

THE COMPUTER CORNER**Windows 8 Keyboard Shortcuts**

- Press the **Windows key + D** to open the Windows Desktop
- Press the **Windows key + X** to open the power user menu
- Press the **Windows key + C** to open the Charms
- Press the **Windows key + I** to open the Settings
- Press and hold the **Windows key + Tab** to show open apps
- Press the **Windows key + Print Screen** to create a screen shot, which is automatically saved into your My Pictures folder
- Press the **Windows key + .** to pin and unpin Windows apps on the side of the screen
- Press the **Windows key** to open the Start screen or switch to the Desktop

Have fun with these.

ED



BIRTHDAY / ANNIVERSARY **PARTY**

Our January 6th party was attended by 17 members. Birthdays were celebrated by DALE DYER and JERRY HALL. No Anniversaries were celebrated.

The 50/50 drawing was won by Maurice Stapleton, who turned his winnings over to the Center. Thank you Moe.

We all enjoyed a delicious birthday cake thanks to Frank Luchon Jr..

HIGHLIGHTS OF THE JANUARY 20TH MEETING

We had twenty three members in attendance. There was a short meeting followed by refreshments supplied by Lorraine Roy, Yvette Dionne and Joan Tarakiewicz. Thank you. The 50/50 was won by Maurice Dionne. It was good to see Frank Luchon at the meeting. Afterwards we were entertained by Nicky D with songs we all know. There were several requests from members. Thanks Marilyn and your group.

Program for February

After the general Meeting in February, the Storrs Community Center people will be here to talk to us about the importance of senior physical fitness with hands-on exercises for us to try. We all need more exercise so be sure to come.

Marilyn

FOOD FOOD FOOD

We collect food all year round for the needy. Help us fill the box in the craft room.

Thanks to everyone who brings food for the food bank.

Do you know any shut-ins that would like a visit?? Please call Jean if you do at 429-8321.

Empty Medicine bottles?? We collect them. The box is on the table.



February Travel News...

February 9th, Tuesday - Walmart
Leave Center at 12:00.

February 22nd, Monday - Trip to Golden Corral, West Springfield, MA for buffet lunch. \$7/\$8 range includes beverage per online specials for seniors.
Leave Center at 10:30am.

February 25th, Thursday - Trip to Mohegan Sun Casino.
Leave Center at 9:30am.

Sign-up sheets for these trips are at the Center. Please consider joining us.

Laurel

BUTTON SHOP BUGLE is published monthly for distribution to Willington Seniors.

Editorial: Marilyn Parizek, Yvette Dionne, Jean LaFramboise, MaryJane Shoemaker, Bette Smith & Joan Taraskiewicz

Layout: Roxanne Navratil

Copy Machine: Betty Robertson

Naturalist's Notebook: White-tailed deer

Finally, winter has arrived! When it turns cold we bundle up in warm jackets and hats but what happens to the animals that live in our woods?

Everyone in Willington has to be familiar with white-tailed deer; they are loved by some, and cursed by others (especially gardeners.) In any case, deer are able to survive winter's cold by special adaptations. In winter their fur grows thicker, especially the undercoat. This is about 5 times denser than the outer coat (in sheep it is about 4 times denser). The undercoat traps air which is a good insulator. A down jacket is warm for a similar reason.

Deer store fat under their skin and around their internal organs throughout the summer and fall. This provides them with a source of energy when food becomes scarce in the winter. A deer's metabolism (the rate at which it uses energy) slows down dramatically in winter. As a result, deer do not have to eat as much or as often as they do in warmer seasons. A deer's stomach changes in bacterial content when the weather cools down. Now they are able to digest more woody material than in summer. This is why they love your shrubbery in winter!

Shelter is important in winter survival. A stand of white pine or hemlock in a sheltered area provides cover during snowstorms. Snow, itself, is insulating when it traps pockets of air. I have run across places in the woods where the deer seem to sleep close together to stay warm.

Bundle up. Keep warm. Think of our furry friends as they face the winter ahead.

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A Joke a Day Keeps the Doctor Away

One day, a well-to-do lady visited a mental hospital. As she was walking around, a distinguished-looking man offered his services as a guide on her tour. In the course of several hours of careful inspection, the lady became impressed by the knowledge and intelligence of her guide. She was pleased by his

gentle manners and obvious good breeding. In taking her leave, she thanked him and expressed her belief that the hospital was in good hands.

"Oh, but I am not a hospital official," the man said. "I'm a patient." He then told her how he had been unjustly committed by greedy members of his family who only had designs on his personal fortune. His detailed and reasonable account of the conspiracy touched the society woman's heart. She thought that it was a terrible wrong for the man to have been committed. She promised to get help and go to a judge to correct whatever injustice had been done. The kindly man thanked her for her warm kindness.

As she turned to go down the steps, she received a vigorous kick in the bottom. This caused her to stumble and nearly fall down the entire flight of stairs.

Gasping in shock, she turned toward the man and demanded "Why did you do that? I might have been seriously hurt."

The patient smiled gently. "I didn't want to hurt you. I did that so you would not forget to tell the judge about my case."

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♥ ♥ WHITE CHOCOLATE ♥ ♥

CHERRY COOKIES

1 stick butter
½ cup light brown sugar
½ cup granulated sugar
2 eggs
1 tsp. vanilla
2 cups flour
½ tsp. Salt
1 tsp. baking powder
2 Tbsp. milk
1 cup white chocolate (I used chips)
1 cup Macadamia nuts
1 cup candied cherries

Cream butter and sugars. Beat in eggs and vanilla. Sift in flour, salt and baking powder. Add remaining ingredients. Grease cookie sheet. Make round balls (don't flatten). Bake at 375 degrees for 12 minutes.