

# Button Shop Bugle

Willington Senior Center

860-429-8321

October 2015  
Vol. IV No. 10

## President's Corner:

Being a volunteer has benefits. I have been doing some reading on the benefits of being a volunteer and would like to share the findings with you.

According to a recent study, seniors who volunteer in social programs not only maintain good brain function, but their brain function and cognitive ability may actually increase. In short, becoming a retired volunteer can actually make a senior citizen smarter!

A UCLA study suggests that productive activities may actually slow down the aging process for seniors as well. Previous scientific studies have come to the same conclusions. However, this study specifically suggests that volunteering seems to generate the best results. Interestingly enough, volunteering is the only productive activity proven to help prevent frailty among seniors.

Many seniors spend most of their time at home where they are comfortable. In fact, a recent article in the L.A. Times states that seniors currently spend between half and three-quarters of their time awake watching television. This social isolation helps explain why so many seniors suffer from depression, an estimated 6 to 6.5 million aged 65 years and older. Senior volunteers spend less time at home and more time in their communities, which helps them increase their social and support networks.

Your Senior Center offers many activities that you can get involved in. If you desire to volunteer to help at the senior center we have a variety of tasks ranging from setting up tables and chairs for one of our functions to working on crafts or the puzzles that we always have out. OR just come down and visit with friends.

So give us a try and reap the benefits.

*Ed*

## Flu Clinic **October 6<sup>th</sup>** **1:30 to 2:30 PM**

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### The Lunch Bunch

The Lunch Bunch will meet on October 15<sup>th</sup> at Basil's at 12:30 pm.

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

Please note: This is the third Thursday of the month.

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We need baked goods for the table at the

Spaghetti Supper. Can you help???



### HEALTH CLINIC

October 19<sup>th</sup> 1:30 PM to 3:30PM

Feet \$10.00

Ears \$10.00

Cholesterol \$10.00

Blood Pressure

Call for an appointment: (860-429-8321)

Get well wishes to:

Donna Hardie

Frank Luchon

Harry Young

~~~~~

Our condolences to Alice Cassells on the loss of Robert Johnson who passed away September 2<sup>nd</sup>.

🎯 **Wii BOWLING** 🎯

Every Monday and Thursday  
12:30pm Come join in the fun. All are welcomed.

7/27 8/6 8/10 8/20 8/21 8/27

9/9

|                  |     |     |     |     |     |
|------------------|-----|-----|-----|-----|-----|
| Loretta Carlson  | 248 | 249 | 280 | 278 | 253 |
| Claire Pelletier | 189 | 201 | 204 | 246 | 199 |
| Jean LaFramboise | 247 | 278 | 229 |     | 257 |
| Betty Robertson  | 232 |     | 210 | 225 | 234 |
| Jim LeFavre      | 247 | 214 | 248 | 238 | 225 |
|                  |     |     |     | 247 | 245 |

♠ ♣ ♥ ♦ **PINOCHLE RESULTS** ♠ ♣ ♥ ♦

Pinochle players needed.

Come join us every Friday at 12:30 PM.

A fun afternoon.

|                        |          |              |
|------------------------|----------|--------------|
| <u>August 14, 2015</u> |          | <b>SCORE</b> |
| First Place            | Nancy L. | 1505         |
| Second Place           | John G.  | 1274         |

|                        |                  |      |
|------------------------|------------------|------|
| <u>August 21, 2015</u> |                  |      |
| First Place            | Ellie G          | 1335 |
| Second Place           | Nancy L. /Dennis | 1293 |

|                        |          |  |
|------------------------|----------|--|
| <u>August 28, 2015</u> |          |  |
| First Place            | Nancy L. |  |
| 1292                   |          |  |
| Second Place           | John G.  |  |
| 1099                   |          |  |

|                          |          |  |
|--------------------------|----------|--|
| <u>September 4, 2015</u> |          |  |
| First Place              | John G.  |  |
| 1433                     |          |  |
| Second Place             | Nancy L. |  |
| 1258                     |          |  |

♠ ♣ ♥ ♦ **SETBACK RESULTS** ♠ ♣ ♥ ♦

|                      |                      |  |
|----------------------|----------------------|--|
| <u>July 29, 2015</u> |                      |  |
| Syd Goodrich         | High                 |  |
| Joe Piatek           | 2 <sup>nd</sup> High |  |
| Ellen Wittmer        | Most "0"             |  |
| Dorothy Daley/       |                      |  |
| Cory Passardi        | Bid 4/ Made 4        |  |

|                          |                      |  |
|--------------------------|----------------------|--|
| <u>September 5, 2015</u> |                      |  |
| Dorothy Daley            | High                 |  |
| Joe Piatek               | 2 <sup>nd</sup> High |  |
| Cory Passardi            | Most "0"             |  |
| Dorothy Daley/           |                      |  |
| Sophia Hainline          | Bid 4/ Made 4        |  |

September 12, 2015

|                 |                      |
|-----------------|----------------------|
| Syd Goodrich    | High                 |
| Dorothy Daley   | 2 <sup>nd</sup> High |
| Janet Glenister | Most "0"             |
| Joe Piatek/     |                      |
| Dorothy Daley   | Bid 4/ Made 4        |



## October 2015



### BIRTHDAYS AND ANNIVERSARIES

Flower---Calendula

Birthstone---Opal

Reporter---Donna Hardie 860-684-4808

#### BIRTHDAYS:

|      |                     |
|------|---------------------|
| 4 -  | Madelyn Mackovich   |
| 6 -  | Loretta Zigmond     |
| 7 -  | Mary Busse          |
| 10 - | Evelyne Parizek     |
| 11 - | Frank Shoemaker     |
| 14 - | Juliane Hanine      |
| 18 - | Claire Pelletier    |
| 23 - | Irene Gantick       |
| 23 - | Margaret Wasilewski |
| 24 - | Alice Cassells      |
| 24 - | Mary Wieceński      |
| 27 - | George Pippin       |

#### ANNIVERSARIES:

10 - Bill & Donna Hardie

♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦

**Our Craft Room at the Center is open all day every day. We have hand knit items and more. We hope you come and visit.**



♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦ ♠ ♣ ♥ ♦

#### **Food Food Food**

We collect all year round for the needy. Help us fill the box. It's on the table at the Center.

# Thank you



**BIRTHDAY /**  
**ANNIVERSARY PARTY**  
**September 2, 2015**



The September Birthday/Anniversary Party was celebrated on September 2<sup>nd</sup> with 20 members attending. Members who attended with birthdays in September were MAURICE STAPLETON, DOROTHY MAREK, ISABEL DROBNEY and NORMAN WILSON. No members with anniversaries attended. We had a guest member; young Tyler Millix. We hope he comes again. Betty had an article about Lynn and Marjorie Brown. It is on the table. The 50/50 was won by Maurice Stapleton who turned his winnings back to the Center. Thanks Maurice. We all enjoyed a delicious cake thanks to Debbie Luchon.

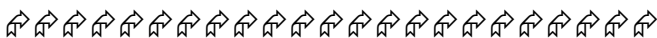


**HIGHLIGHTS OF THE**  
**SEPTEMBER 16<sup>TH</sup> GENERAL MEETING**

The General Meeting was held on September 16<sup>th</sup> with 18 members attending. We had a short meeting, then enjoyed refreshments supplied by Carol Noyes, Doris Forgette, Pat Piatek, Maryann Simpson and Joan Taraskiewicz. Delicious peach shortcake was served.

The 50/50 was won by Sophie Parizek who turned her winnings back to the Center. Thanks Sophie.

After the meeting we were entertained by musicians "Still Pickin." Everyone enjoyed the country singing. Thanks Marilyn and your group.



**Program**

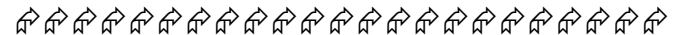
After the General Meeting on October 21<sup>st</sup> Robert Rodriquez from the New Britain Social Security office will be talking to us about the radical changes and deep cuts some of our elected officials are considering that would undermine current and future benefits. To help defend Social Security and Medicare earned benefits, come and listen to what he has to say.

Don't forget the **Spaghetti Supper** on October 18<sup>th</sup>!

The group "Still Pickin" will entertain us with background music from 5:30 to 6:30 and their concert from 6:30 to 7:30.

Don't miss it.

*Marilyn*



Recipe of the month from Ed D'Agata's Kitchen

**A New Twist on Eating Vegetables**

Are you sick of eating the same old vegetables over and over again? Well try this next time.

Cut up your vegetables and put them in a large bowl. Coat them with olive oil, sea salt and pepper. If you would like, add a little chopped basil or thyme.

Toss it well in the bowl so all of your veggies are coated.

Put them on a cookie sheet then put into a 400 degree oven for about 10 minutes. Turn them when they start to get crisp on the bottom. Put them back in the oven for another 5 to 10 minutes until the other side browns. There is natural sugar in almost all veggies and they will caramelize and the results are yummy.

This works with almost any veggie.

Enjoy.

*Ed*

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

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

**Layout:** Roxanne Navratil

**Copy Machine:** Betty Robertson

## October Travel News.....



### October 8<sup>th</sup>, Rescheduling of Lighthouse Cruise

Leave Center at 10:30 am  
One and one-half hour cruise.  
Late lunch at Capt'n Jacks on your own.

The list of attendees for the 1<sup>st</sup> cruise is at the Center . If you cannot join us on the 8<sup>th</sup>, please call either Jean (860-429-8321) or Laurel (860-684-5368) and ask that your name be deleted. Your money will then be refunded. We welcome any additional folks too.

Please note: After collecting the cruise cost of \$28, the cost was reduced to \$27.

Therefore, those who signed and paid for the first cruise will be due \$1.00. This will be taken care of by October 8<sup>th</sup>. Thank you for understanding.

### October 13<sup>th</sup>, Tuesday, Walmart.

Leave Center at noon.

### October 19<sup>th</sup>, Monday—Aqua Turf for

Cruisin' Through the 50's"

Cost is \$39.

Leave Center at 9:30

Menu: Salad & pasta, Chicken

Katherine, Roast pork loin,

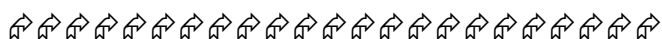
vegetable, potato, dessert.

Deadline is October 9th.

### November 22, Sunday – Coast Guard Concert with late lunch stop.

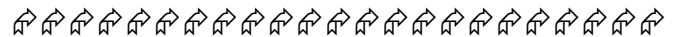
Consider joining us.

*Laurel*



“The advantage of being eighty year old is that one has had many people to love.”

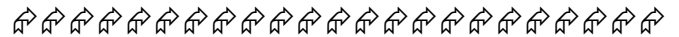
*Jean Renoir*



Brandy: I saw a psychiatrist today about my memory lapses.

Candy: Oh really? What did he say?

Brandy: He said I'd have to pay my bill in advance.



## The Computer Corner

Today some tips and tricks for our iPad users.

### How to Maximize Your iPad Battery Life

So you got yourself a shiny new Apple device, but you're so addicted that the battery is running out way too soon-what you need is a couple of tips to keep your battery running for a long as possible, and we've got them here.

#### -Keep Your iPad Out of the Sun

Whatever you do, don't leave your iPhone or iPad sitting in a hot car- heat kills batteries faster than any other factor, and your device that used to keep a charge for hours will eventually barely hold a charge, and you'll have to pay Apple to get it replaced. The same thing holds true for any really hot environment: try and store your device in a cool place.

#### -Make Sure the Screen Locks Quickly

Even if you've adjusted the screen brightness, there's still no substitute for having it turn off quickly when you're not using it. Head into General->Auto-Lock to set the screen lock to happen as quickly as your device will let you. This makes a big difference if you are always picking up your phone and putting it back into your pocket without turning the display off.

I will post two more of these ways next month.

*Ed*

# **WILLINGTON SENIOR CENTER**

## **October 2015 Highlights**

|                                       |                                            |                 |
|---------------------------------------|--------------------------------------------|-----------------|
| <b>Food Share:</b>                    | October 7 <sup>th</sup> , 21 <sup>st</sup> | 11:00 AM        |
| <b>Wii Bowling:</b>                   | Mondays + Thursdays                        | 12:30 PM        |
| <b>Men's Pool:</b>                    | Tuesdays + Thursdays                       | 6:30 PM         |
| <b>Tai Chi:</b>                       | Tuesdays + Fridays                         | 10:00 AM        |
| <b>Pinochle:</b>                      | Fridays                                    | 12:30 PM        |
| <b>Birthdays/Anniv:</b>               | October 7 <sup>th</sup>                    | 12:30 PM        |
| <b>Bingo:</b>                         | October 7 <sup>th</sup>                    | 1:30 PM         |
| <b>Bingo:</b>                         | October 28 <sup>th</sup>                   | 12:30 PM        |
| <b>Lunch Bunch:</b>                   | October 15 <sup>th</sup>                   | 12:30 PM        |
| <b>Setback:</b>                       | Every Saturday                             | 7:00 PM         |
| <b>Walmart:</b>                       | October 13 <sup>th</sup>                   | 12:00 PM        |
| <b>Executive Board:</b>               | October 14 <sup>th</sup>                   | 12:30 PM        |
| <b>Casino:</b>                        | October 15 <sup>th</sup>                   | 10:30 AM        |
| <b>Health Clinic:</b>                 | October 19 <sup>th</sup>                   | 1:30 PM         |
| <b>Spaghetti Supper:</b>              | October 17 <sup>th</sup>                   | 5:00 to 7:00 PM |
| <b>Halloween Children in Costume:</b> | October 30 <sup>th</sup>                   | 12:00 Noon      |

(Some events require sign-up)  
(Check the calendar for other events)



October

2015



| Sunday    | Monday                                                          | Tuesday                                                                                                  | Wednesday                                                                                                        | Thursday                                                                    | Friday                                                                                     | Saturday                                                    |
|-----------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|           |                                                                 |                                                                                                          |                                                                                                                  | <b>1</b><br><br>11:30 Lunch<br><br>12:30 Wii Bowling<br><br>6:30 Men's Pool | <b>2</b><br><br>10:00 Tai Chi<br>11:30 Lunch<br>12:30 Pinochle                             | <b>3</b><br><br>7:00 Setback                                |
| <b>4</b>  | <b>5</b><br><br>10:00 Yoga<br><br>1:30 to Health<br>3:30 Clinic | <b>6</b><br>10:00 Tai Chi<br>11:30 Lunch<br>1:30 to <b>Flu Clinic</b><br><br>2:30<br><br>6:30 Men's Pool | <b>7</b><br><br>11:00 Food Share<br>11:30 Lunch<br>12:00 Advisory Bd.<br><br>12:30 Birth/Anniv<br><br>1:30 Bingo | <b>8</b><br><br>10:30 Casino<br><br>12:30 Wii Bowling<br>6:30 Men's Pool    | <b>9</b><br><br>10:00 Tai Chi<br>11:30 Lunch<br><br>12:30 Pinochle                         | <b>10</b><br><br>7:00 Setback                               |
| <b>11</b> | <b>12</b><br><br>10:00 Yoga                                     | <b>13</b><br>10:00 Tai Chi<br>11:30 Lunch<br>12:00 Walmart<br><br>6:30 Men's Pool                        | <b>14</b><br><br>11:30 Lunch<br><br>12:30 Exec. Bd.                                                              | <b>15</b><br><br>10:30 Casino<br><br>12:30 Out to Lunch<br>6:30 Men's Pool  | <b>16</b><br><br>10:00 Tai Chi<br>11:30 Lunch<br><br>12:30 Pinochle                        | <b>17</b><br>5:00 to <b>Spaghetti</b><br>7:00 <b>Supper</b> |
| <b>18</b> | <b>19</b><br><br>1:30 to Health<br>3:30 Clinic<br><br>Aqua Turf | <b>20</b><br>10:00 Tai Chi<br>11:30 Lunch<br><br>6:30 Men's Pool                                         | <b>21</b><br><br>11:00 Food Share<br>11:30 Lunch<br>12:30 General Mtg                                            | <b>22</b><br><br>11:30 Lunch<br><br>12:30 Wii Bowling<br>6:30 Men's Pool    | <b>23</b><br><br>10:00 Tai Chi<br>11:30 Lunch<br><br>12:30 Pinochle                        | <b>24</b><br><br>7:00 Setback                               |
| <b>25</b> | <b>26</b>                                                       | <b>27</b><br>10:00 Tai Chi<br><br>11:30 Lunch<br><br>6:30 Men's Pool                                     | <b>28</b><br><br>11:30 Lunch<br><br>12:30 Bingo                                                                  | <b>29</b><br><br>11:30 Lunch<br>12:30 Wii Bowling<br>6:30 Men's Pool        | <b>30</b><br>10:00 Tai Chi<br>11:30 Lunch<br>12:00 Halloween<br>Children<br>12:30 Pinochle | <b>31</b><br><br>7:00 Setback                               |