

Willington Senior Center
20 Senior Way
Willington, Ct. 06279
860-429-8321

Button Shop Bugle

Monthly Newsletter

August 2022

Happy Summer

**Our Mission: to bring seniors together to provide and promote
needful social, educational, cultural and health programs.**

Senior Center Executive Board Members

President: Burt Zenowitz
1st Vice President: Dottie Wittenzellner
2nd Vice President: Linda Morse
Treasurer: Joseph Piatek
Assistant Treasurer: Betty Robertson
Secretary: *Vacant*
Assistant Secretary: *Vacant*

Senior Center Committees

Advisory and Suggestions: *Vacant*
Banquet: Burt Zenowitz, Joseph Piatek
Building: *Vacant*
Kitchen: Claudia D'Agata
Membership: Shirley Beyor
Programs: *Vacant*
Publications: Christine Swenson, Dorothy Wittenzellner, Lorraine Sedlock,
Linda Morse, Roxanne Navratil, Shirley Beyor
Publicity/Website: Jennie Arpin
Technology/Computers: Edward D'Agata
Transportation: Joseph Piatek
Trips: *Vacant*
Veterans: Joseph Rondeau

We are still looking for volunteers to fill vacant positions, or to help out in any way that you can, whenever you can. Please stop by the Senior Center or come to one of our General Meetings, which are held on the 3rd Wednesday of each month at 12:30 PM to discuss how you might be able to help us out. Thank you very much!

IMPORTANT PHONE NUMBERS

In an Emergency.....9-1-1
Dept. of Emergency Services & Public Protection.....1-860-685-8190
CT Poison Center.....1-800-222-1222
United Way Information Line.....2-1-1
Red Cross.....1-877-287-3327

Happy August!

I hope you all are having a great summer and that you are all doing well! I look forward to seeing you at the Banquet on August 17th. It will be catered by Country Butcher, as it has been in the past. I would like to take a moment to thank all of our volunteers who helped to make this possible. Enjoy the rest of your summer!

Burt Zenowitz,

President, Willington Seniors, Inc.

Hi Everyone!

Boy, things are busy for me. As you may know, this department also is responsible for our summer camp program along with Parks and Recreation. Therefore, I will be in and out of the office for most of the month! My faithful assistant, Nan, can always assist, and whenever you need to, please feel free to drop me a note and I will get back to you ASAP.

I look forward to seeing you all at the banquet and I hope the rest of your summer is happy and healthy!

Jennie,

Jennie Arpin, M.P.A, Director of Human Services, Town of Willington

Lunch Bunch

August 18, 2022

We will go to Abbott's Lobster in Noank, CT. The van will leave at 10:00 AM. The sign-up sheet is on the table.



Nan's News!

It's high summer! August is usually a busy month for me, with family visiting, school on the horizon, and our Back to School program in full swing. Tomatoes and eggplants are ripening in the garden and I may even get some watermelon this year. Our boat is finally in the water, and I'm excited to be spending some weekends on the Connecticut shoreline. I'm looking forward to the Senior Banquet and to meeting more of the seniors we serve.

Fun in the sun is a summer staple. As someone with very fair skin, I need to be careful about sun exposure, and I recommend you do, too! Be sure to wear your sunscreen and cover up when possible. As we get older, we need to remember that the sun can cause not only sunburn and uneven skin pigmentation, but also dark spots, lines, and wrinkles. Furthermore, sun exposure is the number one cause of skin cancer. There are many factors that contribute to issues from the sun's rays, so even if your skin normally tans, you are still vulnerable! I wear 50+ SPF sunscreen every day during these sunny months and I urge you to use a sunscreen of 30+ SPF, even if you'll only be outside for a short time. Protect your eyes with sunglasses, as the sun can also damage your eyes. Your skin, your eyes, and your health will thank you!

You can find out more about how to protect your skin and eyes from sun exposure on the American Cancer Society website at [cancer.org](https://www.cancer.org).

Have a fun and safe August!

Nan King

Happy Birthday & Happy Anniversary!



August Birthdays

Birthstone – *Peridot*

Flower – *Gladiolus*

August 2 David Dion
August 10 Ginny Brousseau
August 12 Frances Pippin
August 13 Paul Plunkett
August 15 Betty Robertson
August 17 Paul Chicoine
August 17 Roger Wilson
August 19 Marion Ogden
August 20 Doreen Maloney
August 21 Joseph Piatek
August 21 Marlene Wilson

August 22 Nora Claus
August 22 Victoria Santi
August 24 Shirley French
August 25 Marci DiCarli
August 27 Rick Beyor
August 27 Nancy King
August 28 Kathy Rup
August 29 Marion Parkes
August 30 Gloria Passardi
August 30 Marge Pippin
August 31 Debra Linares

August Anniversaries

August 15 Philip & Jeanne Monty
August 16 Joseph & Betty Cydylo
August 19 Herb & Lucille Arico
August 27 David & Anne Sylvia
August 30 Roger & Marlene Wilson

All members are welcome to join us for cake and ice cream on Wednesday, August 3rd at 12:30 PM to celebrate the August birthdays and anniversaries!

Reminder -- Membership dues for the period July 1, 2022 thru June 30, 2023 are due! Membership cards were mailed out in July to all members who have either paid their dues or are exempt from payment because of Honorary status. If you did not receive your card and feel this is an error, please leave me a message at the Center, and I will check my records and return your call. Thank you.

Shirley Beyor, Membership Chair

WALMART TRIP Tuesday, August 9th, 9:30 am.

Arranging trip(s) to the Benton Museum & the Dodd Center for Human Rights at UCONN in August.
Please sign up on the sheet at the Senior Center!

We send our very best wishes to Wilbur Gangaway and Bob Wicewski. Both Wilbur and Bob are currently at Evergreen Health Care Center, which is adjacent to Johnson Memorial Hospital, 205 Chestnut Hill Road in Stafford Springs. They miss everyone and would love to have you stop by and say hello.



DID YOU FORGET TO SIGN UP FOR THE WILLINGTON SENIOR CENTER BANQUET?

YOU CAN STILL SIGN UP BELOW!!!

WEDNESDAY, AUGUST 17, 2022 – 12 NOON - \$12 members, \$17 nonmembers

ENJOY GREAT FOOD, GET REACQUAINTED WITH OLD FRIENDS AND WITNESS THE INSTALLATION OF OFFICERS FOR 7/1/22-6/30/23.

MENU

**Sliced roast beef in gravy, Sliced pork in gravy, Chicken parmigiana, Sausage, peppers and onions, Oven roasted potatoes, Mixed vegetables, Tossed salad
Dessert: Apple Crisp - Drinks: Coffee, Lemonade, Iced Tea, Bottled Water**

Please sign up below by August 10, 2022 AND RETURN with your enclosed check payable to Wellington Seniors, Inc. You may return it to the front door senior center drop box or mail box inside next to office.

NAME: _____ MEMBER: _____ NON MEMBER: _____ TOTAL ATTENDING: _____

SAVE THE DATE - COMING SOON

SENIOR CENTER BREAKFAST

SATURDAY, SEPTEMBER 17, 2022

8:30 am-10:30 am

MENU CHOICE FOR THE LOW PRICE OF \$5!!!

BACON, CHEDDAR CHEESE, PEPPERS, ONIONS OMELET; HAM, CHEDDAR CHEESE, PEPPERS, ONIONS OMELET ; SCRAMBLED EGGS; BLUEBERRY OR PLAIN PANCAKES; TEXAS TOAST OR RAISIN BREAD FRENCH TOAST; HASH BROWN POTATO PATTIES; SAUSAGE LINKS

REGULAR COFFEE, DECAF COFFEE, HOT TEA, ORANGE JUICE, BOTTLED WATER



SEA CREATURES



Find all the hidden words that are listed below.
Words can be up, down, or for ward. 🔍

I L B J E L L Y F I S H W D
L S T L Y I I S S H A R K C
E R E I K W S S H W H A L E
S H S H R E L L N P S S E I
U I E H L S O A E M R Q A A
P U H S L E B U C I O U P B
O S D R L A S L H R R I H A
T A O H I H T Y E H O D K I
C H L Y O O E I E S P O B W
O N P I N R R H S K H A O D
S N H S F S L E E N R S E H
R H I U I E A H O C A R L P
R S N O S S S R L E S E S R
N L U O H L E K I T R S F W

Words to find:

- DOLPHIN
- SHRIMP
- WHALE
- EEL
- LOBSTER
- SQUID
- SHARK
- CRAB
- SEAHORSE
- JELLYFISH
- OCTOPUS
- LIONFISH

August is a very popular month for birthdays. Here is a short list of so many famous people from all walks of life who share August birthdays. Check it out and see who was born on your special day!

08/02 – James Baldwin, wrote the novel *Go Tell it on The Mountain*
08/03 – Tom Brady, football quarterback
08/04 – Barack Obama, 44th President of the United States
08/05 – Neil Armstrong, 1st person to walk on the moon
08/06 – Lucille Ball, actress and comedienne
08/07 – Sidney Crosby, ice hockey player
08/08 – Roger Federer, tennis player
08/09 – Whitney Houston, R & B artist
08/10 – Herbert Hoover, 31st President of the United States
08/12 – Pete Sampras, tennis player
08/13 – Alfred Hitchcock, film director
08/14 – Magic Johnson, greatest point guard of all time
08/15 – Julia Child, chef
08/15 – Napoleon Bonaparte, French Emperor
08/16 – Madonna, “Queen of Pop music”
08/17 – Robert DeNiro, actor
08/18 – Patrick Swayze, actor
08/18 – Roberto Clemente, baseball player
08/19 – Bill Clinton, 42nd President of the United States
08/20 – Al Roker, weather forecaster
08/21 – Kenny Rogers, country music artist
08/21 – Usain Bolt, Olympic athlete
08/21 – Wilt Chamberlain, basketball player
08/22 – Valerie Harper, actress
08/23 – Kobe Bryant, basketball player
08/24 – Rocky Johnson, professional wrestler
08/24 – Sofia Richie, model/fashion designer and daughter of Lionel Richie
08/25 – Billy Ray Cyrus, American singer/songwriter
08/25 – Sean Connery, actor
08/26 – Mother Teresa, Saint
08/26 – Macauley Culkin, actor
08/27 – Lyndon B. Johnson, 36th President of the United States
08/28 – LeAnn Rimes, country music singer
08/28 – Shania Twain, singer
08/29 – Michael Jackson, “King of Pop music”
08/30 – Cameron Diaz, actress
08/31 – Richard Gere, actor



August 2022



Wilmington Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:00 Tai Chi	3 11:00 Food Share 10 to 12 Ladies Pool 12:30 Birthday/Anniv 1:30 Bingo 7:00 Men's Pool	4 1 to 3 Craft Social	5 10:00 Tai Chi 1:00 Wii Bowling	6 7:00 Setback
7	8	9 10:00 Tai Chi <i>WALMART 9:30</i>	10 10 to 12 Ladies Pool 12:30 Executive Bd. 7:00 Men's Pool	11 1 to 3 Craft Social	12 10:00 Tai Chi 1:00 Wii Bowling	13 7:00 Setback
14	15	16 10:00 Tai Chi	17 11:00 Food Share 10 to 12 Ladies Pool 12:00 BANQUET 7:00 Men's Pool	18 10:00 Lunch Bunch Abbott's Lobster 1 to 3 Craft Social	19 10:00 Tai Chi 1:00 Wii Bowling	20 7:00 Setback
21	22	23 10:00 Tai Chi	24 10 to 12 Ladies Pool 12:30 Bingo 7:00 Men's Pool	25 1 to 3 Craft Social	26 10:00 Tai Chi 1:00 Wii Bowling	27 7:00 Setback
28	29	30 10:00 Tai Chi	31 11:00 Food Share 10 to 12 Ladies Pool 12:30 Bingo 7:00 Men's Pool			