



PORTLAND SENIOR CENTER NEWS

JULY, 2010

I am trying to get a jump on this month's newsletter because the last week of June will be busy with all our Camp Waverly activities. I should rephrase that: our "Award Winning Camp Waverly" activities. Yes, for the second year in a row, one of our programs has been honored by CASCP, the CT Association of Senior Center Personnel. I am simultaneously proud and humbled by the recognition. I can't do what I do without all of you and I appreciate the support and positive feedback. Let's keep working together to make this an even better place for our maturing population. -Mary

Important Information

Phone (860) 342-6760

Fax (860) 342-6762

Hours Monday – Friday

9:00am – 4:00pm

Community Café Monday – Friday 12:00 noon (Reserve in advance)

Food Bank Monday and Thursday 9:00a.m-12:00noon (860) 342-6795

Transportation: Red Cross Dial a Ride (860) 347-3313 24 hour notice

Senior Van (860) 342-6760 (advance notice)

ITN (860) 346-RIDE (7433)

7 Waverly Avenue, Portland

Email: mflood@portlandct.org

crevicki@portlandct.org

Meals on Wheels (860)347-4465

WAVERLY GALLERY OPENING

If you've been in the multi-purpose room in the last month or so you've seen some photos and watercolors adorning the walls from our senior artists. We held an opening of the new "Waverly Gallery" on June 4 and had a lot of people come to meet and greet the artists and enjoy some delicious refreshments.



In September, we will focus our attention on the youth photographers that Nancy Goodrich will be working with this summer.

Be sure to stop by then and see what's hanging!



Connie McBrien in front of her portrait by her daughter Nancy McBrien.

JULY SPECIAL EVENTS

June 1 and 2	Camp Waverly winds up
July 7	Monthly Birthday Party
July 8	ARTVan
July 9	Shopping trip to Stop and Shop and Expect
July 14	Boston Ducks Trip
July 18	Tanglewood Trip
July 19	Men's Breakfast
July 27	Dining Out

WELLNESS PROGRAMS

July 7	Blood Pressure Checks	10:00 – 11:30am
July 21	Blood Pressure Checks	10:00 – 11:30am

A Beltone Representative will come to the center by appointment for free hearing screenings and onsite repair of most make/model hearing aids. Call the center for more information.

UPCOMING EVENTS

August 4	Monthly Birthday Party
August 12	ARTVan
August 21	Rhode Island Lighthouse Tour
August 16	Men's Breakfast
August 24	Dining Out



Happy 4th of July!

ANGEL FOOD MINISTRIES



An Angel Food menu for July is attached to this newsletter. Orders must be placed by July 10th at noon with pick up on July 26th. (dates tentative; call to verify)

See Mary or Ruth at the center to place an order. Payment must be made in cash.

CAN YOU HELP?

As always, if you can help the Portland Food Bank, they will appreciate your donations. Needed items are listed below.

1 lb. boxes of sugar

Mayonnaise

Canned juice

Beef stew

Paper Goods: Napkins, Paper Towels, Toilet Paper

Personal Care Items: Toothpaste, shampoo, Cream Rinse, Soap, Shaving Cream, Razors, Deodorants

Ketchup

Mustard

Canned ham

A REMINDER

The Portland Senior Center is on Facebook. I try to post reminders of activities and photos from past activities on the page. Even if you're not on the internet, tell your families to "friend" the Senior Center page so they can see what we're up to.



RENTER REBATE TIME

The state's Renter Rebate program is underway again. The application period runs from May 15 to September 15. Renters 65 and over or those younger who are totally disabled are eligible for a rebate on their rent and utilities for 2009. If you wish to apply, please call the Senior Center at (860) 342-6760 to set up an appointment. You will need to provide a statement or rent receipts showing rent paid for 2009, utilities paid for 2009, proof of income (preferably a tax return) and your most recent bank statement. **PLEASE DO NOT MAKE AN APPOINTMENT UNTIL YOU HAVE ALL THE NECESSARY DOCUMENTATION.** If you are under 65 and disabled, you must provide proof of your disability from social security.

MEMOIR WRITING

In cooperation with the library and their Tom Sawyer related activities the Senior Center held a memoir writing group in May. Facilitated by Sheila Murphy we met once a week to write and share our work. Some of us have continued to meet informally and would like to invite others to join us. Think about how much you would enjoy memoirs if you had them from your parents or grandparents. Do your children and your grandchildren a favor. Come join us and get your memories down on paper. Call the center for more information.



CONGRATULATIONS

There was a contest for the members of the aforementioned memoir writing group. The winner was announced at the Riverfront Park Fun Day on June 19. And the winner was.... Peter Kushkowski for his story about chivalry in the classroom. Congratulations to Peter and everybody who took part.

“Most people rust out due to lack of challenge. Few people rust out due to overuse.”

-Unknown

“Never bear more than one trouble at a time. Some people bear three kinds; all they have ever had, all they have now and all they expect to have.”

-Edward Everett Hale

