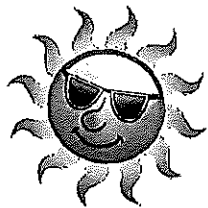


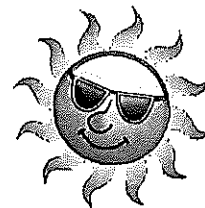
# SENIOR COMMUNITY NEWS

\* JULY \* AUGUST \* 2021 \*



## STAFF

**Carrie Fabricius - Program Manager**



## VOLUNTEERS

Noreen Bourdon, Cheryl Conklin, Myriam Elwell, Ron Elwell, Bette Harmon, Lily Houran, Eleanor Mattison, Linda Moxley, Dona Raymond, Henry Simpatico, Debby Smith, Steve Smith, Rose Telford, Caroline Thorpe & Stan Williams

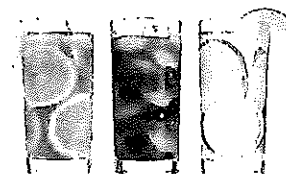
### CONTACT INFO:

Bennington Senior Center  
124 Pleasant Street  
Suite 3  
Bennington, VT 05201

Phone 442-1052 or  
802-447-9714  
[cfabricius@benningtonvt.org](mailto:cfabricius@benningtonvt.org)



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## ***From the Manager's Desk:***

Thank goodness.

It's finally happening. With the lifting of COVID restrictions, we can open our doors and start seeing friends and family again.

If you are fully vaccinated, masks are optional. In light of the increased risk for people age 65+, ***please wear a mask if you are unvaccinated or not fully vaccinated.***

We are so very glad to see you again!

-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)	(866) 690-1944
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** - Free food and nutrition education for those in need.

**Greater Bennington 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 cancers and cardiovascular disease, as well as education and encouragement of healthy lifestyles for women.

**Bennington Oral Health Coalition** - Education and outreach about improving oral health outcomes using a grass-roots organizing model.

**Food Fit Bennington** - Food, nutrition, cooking and exercise programming in a group setting that allows participants to take leadership roles.

**The Dr. G. Richard Dundas Free Clinic** - Access to primary medical care and health insurance for uninsured adults.

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.

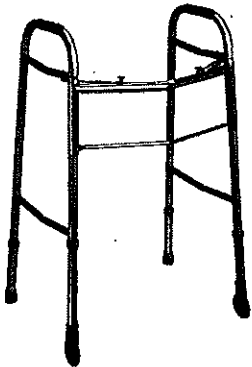
**Regular operating hours are: Monday—Friday, 8 AM—4 PM**

The office phone is not always covered. Please leave a message on the machine. We will return your call ASAP.

**The center will be closed on the following dates:**



MONDAY, JULY 5th - INDEPENDENCE DAY (OBSERVED)  
MONDAY, AUGUST 16th - BENNINGTON BATTLE DAY



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.

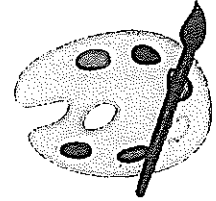
## **CHANGE IN TRIP POLICY**

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! 1 - 3 mile aerobic walking video. The class is great for those in need of light to moderate movement and great fun with friends. The class is tailored to the needs/wants of the group each day. 9:00 am. **No Fee**

**Cards & Games:** Group decides the game. It may be cards, board games, Yahtzee.... the possibilities are nearly endless! 1:00 pm **No Fee**

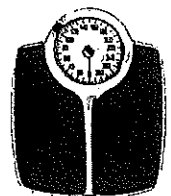


## TUESDAYS



**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**

**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

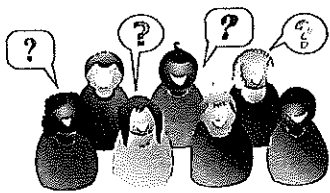


# DAY BY DAY

## WEDNESDAYS

**Coffee Talk:** Just what it says! A time to come in and enjoy some conversation in the company of others. Beverages provided. 8:00 - 9:30 **No Fee**

**Wednesday Movie:** Twice a month, come in and enjoy a movie. Check calendar for dates. 1:00 pm **No Fee**



**Trivia with Tracy:** Enjoy some good-hearted competition as you and your team vie for the title of 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. 1:00 pm July 14, Aug. 11 & 25 **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. Quilting, crocheting, knitting, weaving, decoupage, coloring, the options abound! We have sewing machines available to use. You bring the materials, we supply the space, coffee, tea, and fellowship. 1:00 pm **No Fee** **Special Project August 12—Rock Painting**



## FRIDAYS

**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. Beverages provided; feel free to bring snacks to share! 1 - 3 pm

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>7</b>	<b>25</b>	<b>44</b>	<b>57</b>	<b>62</b>
<b>15</b>	<b>22</b>	<b>40</b>	<b>50</b>	<b>70</b>
<b>11</b>	<b>30</b>	<small>FREE SPACE</small>	<b>46</b>	<b>74</b>
<b>2</b>	<b>28</b>	<b>37</b>	<b>55</b>	<b>68</b>
<b>10</b>	<b>27</b>	<b>39</b>	<b>59</b>	<b>75</b>

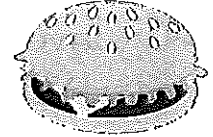
## POT LUCKS / OUT TO EAT/ SHOPPING

### ***OUT TO EAT!***

*Delicious!*

*Thurs July 15th* Falls Diner in Hoosick Falls, NY  
11:30am - 2pm

*Wed August 4th* The Burger Den in Cambridge, NY  
11am - 2:30pm



## **PIZZA PARTY & ICE CREAM SOCIAL**



**PIZZA DOWNSTAIRS  
STARTING AT 11:30am**



**ICE CREAM UPSTAIRS  
STARTING AT 12:30am**

**ENTERTAINMENT BEGINNING AT 1:00pm**

***Wednesday, August 18th***

**Seating Limited—call 442-1052 to register**



*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.*

**JULY**

**TUESDAY 27th  
COLONIE CENTER**

**AUGUST**

**TUESDAY 17th  
CROSSGATES MALL**

# (Mostly) In-House Programs

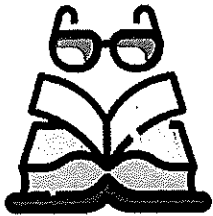


## Coffee with the Chief



Have you ever met our Chief of Police? Do you know what he looks like? Come meet Paul Doucette, Bennington's Chief of Police, as well as Lieutenant Camillo Grande. Get to know them, ask questions, and bring up concerns in an informal "Meet & Greet" setting. Coffee and light refreshments will be provided.

**Wednesday, September 1st 10:30 - 11:30am**  
Sign up at the Bennington Senior Center - (802)442-1052



## Third Thursday Readers

A virtual Book Club for adults 60+ years young! Meetings are held monthly, every Third Thursday at 10am on Zoom. You can join using your table, computer, or phone, including dialing in on your phone! If you are not sure how to join just ask.

For more information, please contact Lenora Volkmer, GMRSVP Volunteer coordinator, 447-1546 or [lvolkmer@svcoa.net](mailto:lvolkmer@svcoa.net), or Karson Kiesinger, Reference Adult Services Librarian, 442-9051 or [reference@bfli.org](mailto:reference@bfli.org).

Updates for the Third Thursday Readers book club may also be found at [www.benningtonfreelibrary.org](http://www.benningtonfreelibrary.org).

This program is sponsored by:

 **Bennington Free Library**

AND

Connecting Volunteers Age 65 and Older to Service Opportunities in  
Bennington, Windham, and Windsor Counties

[www.rsvpvt.org](http://www.rsvpvt.org)



**volunteer**  
*do good, feel good*



**AmeriCorps**  
Seniors



# ***HEALTH & WELLNESS***

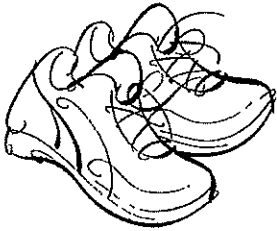
## **INDOOR WALKING**

***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.

**\*\*Please note: the parish hall is NOT air conditioned\*\***

**➔ To keep floors clean, please bring a change of shoes. ➔**



***Sponsored by the Bennington Senior Center*** at the River Street  
Firehouse  
MON/WED/FRI 8:15—9:15 AM ***starting September 1st, 2021***

## **FOOT CARE and BLOOD PRESSURE CLINIC**

Sponsored by ***BENNINGTON AREA VNA & HOSPICE.***

**FIRST TUESDAY** of each month (**NO JULY**) 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



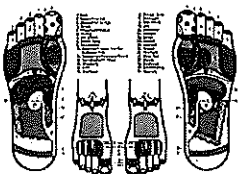
## **SENIOR FOOT REFLEXOLOGY** by Laurie Jesseman, Certified Reflexologist

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:** August 4th & September 1st

**Time:** 9:30-12:30 by appointment **ONLY**    **Cost:** \$14.00

**Call for your appointment:** (802)442-9404 or (802)733-6249



# **HEALTH & WELLNESS**



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **AT BENNINGTON RECREATION CENTER**

655 Gage Street

Bennington, VT 05201

Phone: 802-442-1053

**Facility Hours:** Monday, Wednesday, Friday > 6:00 AM - 8:00 PM

Tuesday, Thursday > 8:00 AM - 8:00 PM

Saturday > 8:00 AM - 2:00 PM

Closed Sunday

### **Summer Programming**

#### *Summer Camp*

Camp Green Mountain begins June 28th and will run until school begins this fall! We have 9 weeks of themed weeks planned to make this summer engaging and enriching for all of our participants. We are excited to be partnering with the Bennington Museum, Bennington Police Department, Abbey Food Group, Dufour and so many other amazing community organizations to make this the best summer!

We are excited to offer THREE locations for our summer camp this year at the Bennington Rec Center, the new Benn High space on Main St and at Willow Park in partnership with SVSU's recovery program.

We still have openings, but weeks are filling fast!

#### *Youth Programs*

In addition to our summer program, we will be running other youth offerings. Registrations for summer ball and swim lessons are open and we are excited to have a packed summer schedule! Keep a look out for additional youth programs like private lessons and the return of Kid's Night Out!

#### *Adult Programming*

We are excited to welcome another instructor to our calendar! Tracy Purdy-Martin has just begun her Strength & Balance class at Benn High and is excited to get going with more offerings soon. We have a full fitness calendar with options for all. We are lucky to have our summer instructors back to offer some pop-up classes throughout the summer months! Keep a look out on Facebook for pop up classes coming soon!

**FOR MORE INFORMATION ABOUT THE BENNINGTON RECREATION CENTER  
AND/OR YMCA PROGRAMS:**

**CALL THE REC CENTER AT 802-442-1053**

**EMAIL KAYLA BECKER, BRANCH MANAGER: [KBECKER@BFYMCA.ORG](mailto:KBECKER@BFYMCA.ORG)**

**EMAIL TAYLOR HAYNES, PROGRAMS MANAGER: [THAYNES@BFYMCA.ORG](mailto:THAYNES@BFYMCA.ORG)**

**ON THE NET AT [WWW.BFYMCA.ORG](http://WWW.BFYMCA.ORG)**

**ON FACEBOOK AT [BENNINGTON REC CENTER](#)**



# SHOWTIME!!



## MAC-HAYDN THEATRE

THURSDAYS

10:30AM-6:30PM

**TICKET PRICES TO BE ANNOUNCED**

**INCLUDES TRANSPORTATION PROVIDED BY "JOE BUS"**

Payment due upon sign-up

Call Senior Center @ 802-442-1052



**August 5th**

There's magic to do when a young man learns the true meaning of glory, love and war in Stephen Schwartz's iconic and unforgettable musical masterpiece. *Pippin* is in search of the secret to true happiness and fulfillment.

He seeks it in the glories of the battlefield, the temptations of the flesh and the intrigues of political power. In the end, though, Pippin finds that happiness lies not in extraordinary endeavors, but rather in the unextraordinary moments that happen every day.

**August 19th**



Considered by many to be the most charming musical ever written, *She Loves Me* is a warm romantic comedy with an endearing innocence and a touch of old-world elegance.

Set in a 1930s European perfumery, two feuding shop clerks both respond to a "lonely hearts advertisement" in the newspaper. They now live for the love letters that they exchange, but the identity of their admirers remains unknown. Join Amalia and Georg to discover the identity of their true loves... and all the twists and turns along the way!

# DAY TRIPS

TRANSPORTATION BY "JOE BUS"

For more information, call Eleanor Mattison  
@ 379-7216 or 442-1052

## Hampton Beach



*Enjoy the day on your own!*



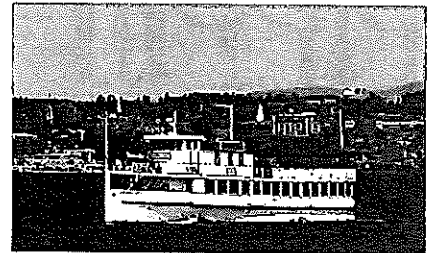
**Monday, August 23rd 7am - 9pm**

**Raindate August 24th**

**\$15 per person - due by August 6th**

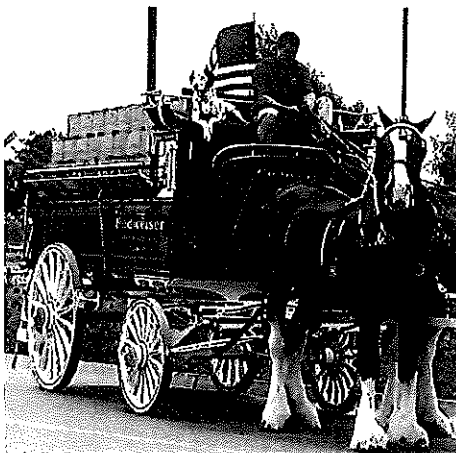
## Burlington, VT

Luncheon Cruise on Lake Champlain, time to shop  
on Church Street, and dinner stop at Rosie's  
Restaurant in Middlebury.



**Wednesday, September 8th 7am—9pm**

**\$50 per person - due by August 20th**



## BIG E

**Monday, September 20th**

**8am - 8pm**

Have fun at the fair!

\$12 admission to be paid by Friday, September 10th.

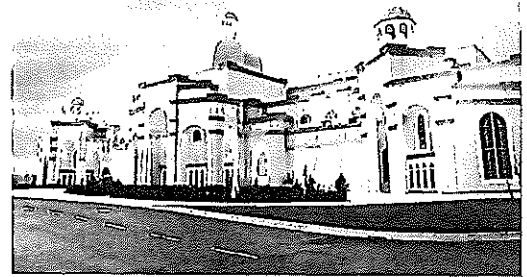
# Lancaster, Pennsylvania

November 11th - 13th

Transportation by "Joe Bus"

## Trip Includes:

- 2 night stay at *Country Inn of Lancaster*
- 2 full breakfast buffets at the Inn
- 2 dinners at area restaurants
- Guided tour of backroad countryside & farmlands with several stops along the way
- Stop in Intercourse, PA for lunch on your own and to explore the stores
- American Music Theatre to see "Winter Wonderland" show
- *Sight 'n' Sound Theatre* to see "Queen Esther"
- A stop at *Bird in Hand Farmers' Market*
- Stop at the casino in Bethlehem, PA on the way home



**SINGLE \$575/pp      DOUBLE \$455/pp**

Final payment due October 22nd

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

### PICKUP TIMES:

7:00am      Bennington Station  
8:00am      Latham

