

THE GOLDEN BANNER

October 2014

The Monthly Newsletter of The Wellington Seniors Club, Inc.

Issue 221

<http://www.wellingtonfl.gov>

To Inform and Amuse

info@wellingtonseniorsclub.org



The Wellington Seniors Club, Inc.
2014

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Entertainment Chair Sunny Meyer
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QUOTE OF THE MONTH

TWO THINGS TO REMEMBER IN LIFE:

"Take care of your thoughts when you are alone", and
"Take care of your words when you are with people."

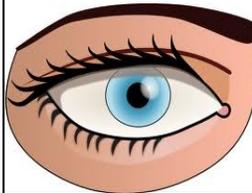


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Your Eye Health....

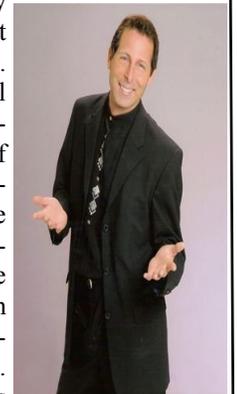
The eyes may be the window to the soul, but they are also the window to our overall health. Diabetes, high blood pressure and cholesterol can all be revealed during a basic eye exam, which medical experts recommend annually after age 40. Skipping key nutrients in the diet puts your eyes at risk, potentially causing premature damage. However, it's easy to reduce this risk if you exercise good eye nutrition. Omega-3 rich seafood like salmon, sardines, tuna, and anchovies can decrease your risk of age-related macular degeneration (AMD) by 42 percent according to a published study in Archives of Ophthalmology. Fish-oil supplements are also loaded with antioxidants that help prevent the damage from free radicals that can cause diseases like AMD. Carotenoids, found in green leafy vegetables, are critical to eye health.



Research published this year by the National Institutes of Health National Eye Institute shows lutein and zeaxanthin are the real superstars of the carotenoids. The study specifically researched a supplement combination using 10 mg of lutein, 2 mg of zeaxanthin, plus omega-3 fatty acids and zinc. The participants who took the combination supplement had an 18 percent lower risk of progressing to advanced AMD compared to those who took a beta-carotene supplement with no lutein or zeaxanthin. Learn more by visiting www.coopercomplete.com.

Membership Meeting

Would you believe it's almost October? Welcome in the Fall at The Wellington Seniors Club luncheon on Wednesday, October 15th at 12:00noon at the Wellington Community Center on Forest Hill Boulevard. After a brief business meeting, our Entertainment Chair Sunny Meyer is pleased to present The Wayne L. Experience. His unique blend of musical repertoire and audience participation make him one of the most sought after entertainers in the business. He currently has the longest running one man show at the Hollywood Beach Theatre in Florida and has been a headliner on many cruise ships. As always, our Trip Leaders will be available to take your reservations for our future programs. See you all there!



Discount Prescription Cards

Florida residents can obtain a free card that entitles you to discounts on prescriptions at most pharmacies. The Florida Discount Drug Card can also be used to get a discount of 5 to 42 percent on medications that are not covered by your prescription drug plan formulary. To print a card go to: <http://www.floridadiscountdrugcard.com>. You can also request a card by calling 1-800-341-8894. There is a \$1.50 fee for printing and mailing the card.

Our Sunshine Lady

If you know of any club member who is recovering from an illness, hospitalization, or has suffered the loss of a family member, please call our **Sunshine Lady, Mae Loglisci at 792-5707**. An appropriate card will be sent on behalf of the membership.



THE GOLDEN BANNER is published monthly except July and August by the Wellington Seniors Club, Inc., a social club, for residents of The Village of Wellington, who are 55 and over. Articles to be included in the next newsletter must be received by Howard Trager, 1801 Corsica Drive, Wellington, Florida, 33414, 333-8885. e-mail: info@wellingtonseniorsclub.org, no later than the tenth of each month. For membership information, please call Membership Chair, Sally Schwartz at 793-8735

The Club House

**Bridge Club...Marge O'Grady 795-9403,
Elizabeth Graham 798-9413**



The Bridge Club meets Mondays at 12:00-4:00 PM, WCC



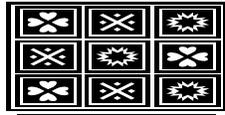
Computer Club.....John Strippoli 784-3731

The club meets on the 4th Tuesday of the month, 1:00-4:00PM, at the Wellington Library.

The Wellington Quilters...

Audrey Blobaum 333-2708

The Wellington Quilters will meet on Thursdays at 9:30 am-12:00 noon, WCC



Duplicate Bridge.....Jim Kinard 753-5982

Every Tuesday and Thursday, join us at 12:30-4:00 PM for ACBL sanctioned Duplicate Bridge, WCC

Singles Supper Club.....Faye Ford 790-7625

Seniors without partners meet at a different restaurant every week for dinner, a few laughs, food and friendship.



Canasta... Marlene Sacks..791-0054

Mah Jongg.. Sandra Zolotorofe.. 792-8903

The Canasta club meets Mondays at 12-4:00 PM and the Mah Jongg club meets Tuesdays at 12-4:00PM.



Older Than Dirt Quiz!

Count all the ones that you remember not the ones you were told about. Ratings at the bottom (don't peek).

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar water
3. Candy cigarettes
4. Soda pop machines that dispensed glass bottles
5. Coffee shops or diners with table side juke boxes
6. Home milk delivery in glass bottles with cardboard stoppers
7. Party lines on the telephone
- 8 Newsreels before the movie
9. P.F. Flyers
10. Butch wax
11. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. There were only 3 channels... if you were fortunate
12. Peashooters
13. Howdy Doody
14. 45 RPM records
15. S& H green stamps
16. Hi-fi's
17. Metal ice trays with lever
18. Mimeograph paper
19. Blue flashbulb
20. Packards
21. Roller skate keys
22. Cork popguns
23. Drive-ins
24. Studebakers
25. Wash tub wringers

If you remembered 0-5 = You're still young

If you remembered 6-10 = You are getting older.

If you remembered 11-15 = Don't tell your age,

If you remembered 16-25 = You're older than dirt!

What Fast Food?

'Someone asked the other day, 'What was your favorite fast food when you were growing up?' "We didn't have fast food when I was growing up," I informed him. "All the food was slow." "C'mon, seriously. Where did you eat?" " It was a place called 'at home'", I explained. "Mom cooked every day and when Dad got home from work, we sat down together at the dining room table and if I didn't like what she put on my plate I was allowed to sit there until I did like it."

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it. Some parents NEVER owned their own house, never wore Levis, never set foot on a golf course, never traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears Roebuck. Or maybe it was Sears & Roebuck. Either way, there is no Roebuck anymore.

My parents never drove me to soccer practice. This was mostly because we never heard of soccer. I had a bicycle that weighed probably 50 pounds and only had one speed, (slow). We didn't have a television in our house until I was 10. It was, of course, black and white and the station went off the air at midnight, after playing the national anthem and a poem about God. It came back on the air at about 6 a.m. and there was usually a locally produced news and farm show on, featuring local people.

I was 19 before I tasted my first pizza, it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that too. It's still the best pizza I ever had. I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home but milk was. All newspapers were delivered by boys and all boys delivered newspapers. My brother delivered a newspaper, six days a week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6AM every morning. On Saturday he had to collect the 42 cents from his customers. His favorite customers were the ones who gave him 50 cents and told him to keep the change. His least favorite customers were the ones who seemed to never be home on collection day. Movie stars kissed with their mouths shut. At least, they did in the movies. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything of offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust a gut laughing. Growing up isn't what it used to be, is it?

**You know you're getting older
when Happy Hour is a nap**

Senior Bumper Sticker Of The Month

THE GOLDEN BANNER
Steppin' Out Program 2014



PLEASE NOTE: Due to conditions beyond our control, The Island Breeze Casino Cruise has been cancelled. In it's place, we are going to The Hard Rock Casino in Hollywood, Florida.

The Hard Rock Casino

The Hard Rock is a haven for fans of music, food, and great times. Whether you are down for a Legendary Burger, live music, slots or table games, there's something for everyone. Won't you join us for an entertaining afternoon on Friday, October 10? The cost will be \$10.00 pp., for members and \$15.00 pp., for guests. Our coach will spot at 9:15am and depart at 9:30pm.

Please make checks payable to The Wellington Seniors Club. For reservations, please call...

Trip Leader Estelle Rubin 333-8885
1801 Corsica Drive Wellington 33414

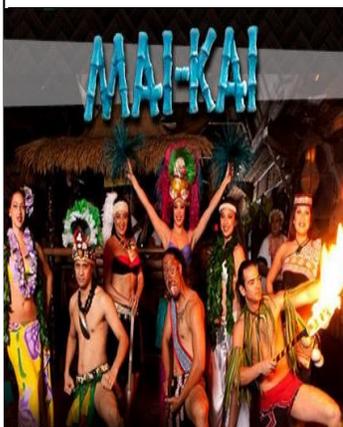


Ft. Myers-Overnight

Ok, pack your bags and get ready for a fabulous overnight to Ft. Myers on Friday, October 24-25th. We depart at 9:00am for shopping at the Miromar Mall, (lunch on your own). Then on the Marriott Fairfield Inn to check-in and freshen up for a wine and cheese party before departing for The Broadway Palm Dinner Theater for a wonderful buffet dinner. Our show for this trip

is The Buddy Holly Story. Buddy's original sound and dazzling talents are highlighted with live renditions of his greatest hits. After breakfast at the hotel, we depart at 9:00am for the Immokalee Seminole Casino where a new PLAYPASS Promotion Booklet will be available. We re-board our coach at 2:00pm and head for home for an estimated 4:30 arrival time. Your cost for this wonderful weekend is \$107.00 pp., for members, \$132.00 pp., for guests, based on double occupancy, (\$28.00 single supplement). Please make checks payable to The Wellington Seniors Club. For reservations, call...

Trip Leader Howard Trager 333-8885
1801 Corsica Drive, Wellington 33414



An Evening At The Mai-Kai

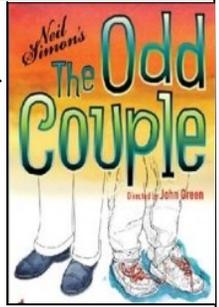
Are you ready for adventure? Then join us on Friday, November 7 for an amazing evening at the Mai Kai. Start with an extraordinary Polynesian dinner, followed by their world famous Polynesian Show including authentic dances and demonstrations from Tahiti, Samoa, Hawaii, and more. After the show, take a walk around the Mai- Kai gardens which features tikis, tropical foliage and a scenic waterfall, perfect for photographs. The cost for this Polynesian

adventure is \$40.00 pp., for members and \$60.00 pp., for guests. Our coach will spot at 4:00pm and depart at 4:15pm. Please make checks payable to The Wellington Seniors Club. For reservations, call....

Trip Leader Estelle Rubin 333-8885
1801 Corsica Drive, Wellington 33414

The Odd Couple

This classic comedy opens as a group of the guys assembled for cards in the apartment of divorced Oscar Madison. Late to arrive is Felix Unger who has just been separated from his wife. As the action unfolds Oscar becomes the one with murder on his mind when the clean-freak and the slob ultimately decide to room together. This evening preview performance at the Lake Worth Playhouse with dinner before at the famous Brogue's Down Under restaurant, is scheduled for Thursday, November 20th. The cost will be \$45.00 pp., for members and \$64.00 pp., for guests. **Please note that pick-up and parking will be at The First Baptist Church, 12700 Forest Hill Blvd.** Our coach will spot at 5:00pm and depart at 5:15pm. Please make checks payable to The Wellington Seniors Club. For reservations, call...



Trip Leader Peggy Caliendo 792-2343
156 Berenger Walk, Wellington, 33414



The Fort Lauderdale Christmas Pageant

features a festive opening scene with familiar carols in a turn-of-the-century setting, a concert of inspirational contemporary songs, and a musical drama of the nativity and life of Jesus. Join us on Sunday, December 7th, with dinner at the Banana Boat Restaurant. The cost to members is \$60.00 pp., and \$86.00 pp., for guests. This trip will be limited to 1 motor coach for 57 passengers. The coach will spot at 11:45am and will depart at 12:noon. Please make checks payable to The Wellington Seniors Club. For reservations, call...

Trip Leader Mary Alfalla 784-0119
10733 Lake Shore Drive, Wellington, 33414

The Wellington Seniors Club

Cordially invites you to join them on
Friday evening, December 12
6 PM o'clock at
The Wanderer's Club
1900 Aero Club Drive
Wellington, FL
for their Annual Holiday Dinner Dance
& Installation of Officers and Directors

Entertainment by The Whitestone
Complimentary Valet service
Members \$30 Guests \$42
Event Coordinator Eileen Kuhnzel 791-2971
746 Lake Wellington Drive
Wellington, FL 33414



OCTOBER

		Wed	Thu	Fri	Sat	
		1 Executive Board Meeting 10:00am 	2 Quilters 9:00am Dup/Bridge 12:30PM	3	4 Yom Kippur	
5	6 Canasta 12:00 noon Bridge 12:30PM	7 Mah Jongg 12:00 noon Dup/Bridge 12:30 PM	8	9 Quilters 9:00am Dup/Bridge 12:30PM	10 	11
12	13 Canasta 12:00 noon Bridge 12:30PM	14 Mah Jongg 12:00 noon Dup/Bridge 12:30 PM	15 Membership Luncheon 12:00noon 	16 Quilters 9:00am Dup/Bridge 12:30PM	17	18
19	20 Canasta 12:00 noon Bridge 12:30PM	21 Mah Jongg 12:00 noon Dup/Bridge 12:30 PM	22	23 Quilters 9:00am Dup/Bridge 12:30PM	24 	25
26	27 Canasta 12:00 noon Bridge 12:30PM	28 Mah Jongg 12:00 noon Dup/Bridge 12:30 PM	29	30 Quilters 9:00am Dup/Bridge 12:30PM	31 	

