

BUSY BEE BULLETIN

~ COLCHESTER SENIOR CENTER ~

95 NORWICH AVENUE • COLCHESTER, CT 06415

“Proud to be Part of the Community”

Town of Colchester website - www.colchesterct.net

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DECEMBER 2012

The Colchester Senior Center is an open door to the community. Just a reminder... The Senior Center is open Monday - Friday at 8:00 a. m. - 4:00 p. m. for your convenience. We enjoy everyone's visit!



Season's Greetings from:

Priscilla Clesowich, Program Assistant
Donna Paty, Administrative Assistant
Steve Mekkelsen, Recreational Therapy Coordinator
Louise Plocharczyk, Driver
Ginny Stephenson, Driver
Noella Daigle, Driver
Jane Moreno, Elderly Nutrition Site Server

Priscilla

Donna

Louise

Ginny

Steve

Noella

Jane

COLCHESTER
COMMISSION ON AGING

Herb Davis

Marilyn Finnegan

Rob Gustafson, Alternate

Rose Levine, Chair

Goldie Liverant

Betty Ann Oppelt

Jean Stawicki

*We wish everyone a safe, healthy
and joyful holiday!*

We would like to take this opportunity to thank Patti White for her four years of time and energy dedicated to the Colchester Senior Center and to wish her the best in her new position in Glastonbury. The staff would like to reassure the seniors that programs will continue as usual in this time of transition. (Please take note that we will now close at 4:00 pm.)

COMING EVENTS

HOLIDAY HOMECOMING CELEBRATION- On Saturday, December 1st at 4:30 p.m. all are invited to the Town Green as Colchester welcomes the holiday season with our Holiday Homecoming celebration. You won't miss the Green beautifully lit with luminary bags and our arches! Join us as we sing along with the St. Andrew Young People's Choir. Santa will be arriving via Fire Truck, and will be available for pictures in the gazebo, so bring your cameras! The Historical Society will open Old Bacon Academy for you to browse and see the rich history of Colchester. There will be lots of complimentary cookies and refreshments for all. Join us by the toasty warm bon fire ...and it sounds like we are going to need it! The Lion's will be accepting donations of non-perishable food items for the Colchester Food Bank. The Colchester Police department will also have a big empty cruiser we are hoping the community will help fill with toys for Colchester's youth who need your support. This year many local businesses will once again have special evening hours to welcome in the season. Our ice sculptor will have a live demonstration. In addition, the 2012 commemorative ornament will be available for \$5.00 each at the Holiday Homecoming. The Colchester Civic Orchestra and Choir will close the event at the Colchester Federated Church from 6:00 PM - 7:00 PM with a free family-friendly concert featuring lots of holiday favorites. Thank you in advance for your generosity. If you have any questions or would like more information, please contact Parks & Recreation at 537-7297. We look forward to seeing you all and wish you a warm and happy holiday season.

AARP SAFE DRIVING COURSE- Monday, December 3rd from 12:30-4:30. Register by calling the senior center office at 537-3911. If you are an AARP Member tell us when you register and receive \$2 off the cost for materials. Payment due (\$12 for AARP Members - \$14 for non-members) the day of class.

CHRISTMAS SING-A-LONG- Everyone is invited to participate on Monday December 17th at 10:30. Let's reminisce as Bertie Hawkins leads us in a festive "Sing-A-Long". We'll sing all your favorites, join us! (Why not sign up to stay for lunch as we will have a special TVCCA Quiche lunch for \$5.00 that day.)

NEW YEAR'S EVE HOLIDAY BREAKFAST- Monday, December 31st from 9:00-11:00. Get ready to ring in the New Year with your friends! Come share a breakfast of Scrambled Eggs, French Toast, Sausages, Juice and Coffee. Enjoy our holiday gift to you. Sign up in the office.

ACTIVITIES

SCRABBLE-Mondays from 10:00-12:00.

POKENO- Thursdays at 9:00.

Wii BOWLING-Thursdays from 9:00-10:30.

RETIRED SENIOR VOLUNTEER PROGRAM-"RSVP"-the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

CARD GAMES- the Colchester Senior Center and its participants welcome new players.

Partners not required for card games.

Setback-Mon. at 12:45

Pinochle-Tues. at 12:45

Card Games-Tues. at 12:30 (sometimes Skippo/Rummy Cube)

Bridge-Wed. at 12:45

BINGO-every Friday morning at 10:00.

MAHJONG-Mondays at 12:30.

BOOK/FILM CLUB-will meet on the third Tuesday of the month (Dec. 18th) at 10:30. This month's read is "Heart in the Right Place" by Carolyn Jourdan. New members welcome.

MOVIE-Tuesday, December 4th at 10:00 am "White Christmas" with Bing Crosby, Danny Kaye and Rosemary Clooney.

Light refreshments served, there is no cost. Please sign up ahead of time in the office.

ARTISTIC DOODLING CLASS-with Irene Watson-Learn how to make drawings using repetitive patterns that are fun and easy to learn. This is an activity that does not require you to have artistic talent, and you cannot do it "wrong". You'll be pleasantly surprised at what you will

be able to create. Paper and pens will be provided. Schedule as follows: Mondays January 8th and 22nd at 10:30 am. Then enjoy Open Art Studio with Irene on Tuesday January 15th and 29th at 10:30 am.

BEGINNER COMPUTER/INTERNET CLASS- (Six week course) Learn the basics of how a computer operates as well as how to access the internet and send and receive e-mails. Classes will be held for six weeks on Mondays from 2:30-4:00 beginning on Wednesday January 9th, 16th, 23rd, 30th, February 6th, and 13th. No fee but advanced registration is required and class size is limited to six students at a time.

WELLNESS PROGRAMS

EXERCISE CLASSES-Invigorating exercise classes are offered every Monday, Thursday and Friday mornings with a certified instructor at 9:00 am. Pay for classes by the month (before the 1st of the month) at \$3.00 per class or \$4.00 for drop ins.

STRETCHERCIZE- Movement that improves your balance and strength on Mondays and Thursdays at 10:00. (Check in the office for details).

LINE DANCING -Thursdays at 1:00. Line dance to all kinds of music! No Charge.

FREE HEARING SCREENING- Friday January 18th from 9:00-12:00 at Eastern CT Ear Nose and Throat in Colchester. Call the senior center to schedule your appointment. We can provide transportation if you call the day prior by noon.

CHAIR MASSAGE-with Sue McCaffrey (our Yoga instructor) a massage therapist. Enjoy a relaxing massage. Fifteen minutes for \$10 (paid directly to the instructor) on Thursdays from 12:00-1:00 by calling ahead and making an appointment in the office.

BLOOD PRESSURE SCREENING- Please call the senior center for a schedule.

TAI CHI STYLE EXERCISE-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.)

LOW VISION SUPPORT GROUP-will meet on Thursday December 20th at 10:30.

SENIOR YOGA- Thursdays at 11:00. We offer Hatha style Yoga with a certified instructor. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate seated in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

“MAKING MEMORIES” PROGRAM- A Recreational Therapy program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act.

MEETINGS AT THE CENTER

AARP Chapter # 4019- Tuesday December 4th Christmas Dinner, Papa Z's Restaurant, cocktails 12:30, dinner served at 1:00.

COMMISSION ON AGING MEETING- Tuesday December 11th at 8:30 at the town hall.

COLCHESTER TRIAD- No meeting until January.

Benefits Counseling

You may qualify for fuel assistance, health insurance, Food Stamps, Rent Rebate, the Medicare Savings Plan or other service programs and not even know it!

Appointments for a “Benefit’s Check-up” with Sue Greeno from Senior Resources Area Agency on Aging, can be made for Wednesday December 12th and 26th from 1:00-4:00 by calling the senior center office at 860-537-3911.

MEDICARE SAVINGS PROGRAM 2012 ARE YOU ELIGIBLE?

THESE ARE THE BENEFITS:

1. The state pays the \$99.90 cost of Medicare Part B.
2. The state pays the cost of a drug premium on specific plans.
3. You pay a reduced cost for your medications such as:

Brand name drugs cost \$6.50

Generic drugs cost \$2.50

INCOME ELIGIBILITY:

Single persons can make up to \$2,308 monthly.

Married persons can make up to \$3,127.28 monthly.

There are no asset limits for this program.

If you are interested or would like the paperwork to apply contact the office.

MON	TUE	WED	THUR	FRI
<p>(3) 9:00 Memories 9:00 Exercise 10:00 Stretcherize 12:00 Bistro Lunch 12:30 AARP Safe Driving Course 12:30 Mahjong 12:45 Setback</p>	<p>(4) 9:00 Memories 10:00 Tai Chi 10:00 Movie 12:30 Card Games 12:30 AARP Christmas Dinner Papa Z's 12:45 Pinochle</p>	<p>(5) 9:00 Memories 10:15 RSVP 12:45 Bridge</p>	<p>(6) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing</p>	<p>(7) 9:00 Exercise 10:00 Bingo 1:00 Mystic Lights and Mohegan Sun Casino</p>
<p>(10) 9:00 Memories 9:00 Exercise 10:00 Scrabble 10:00 Stretcherize 12:00 Bistro Lunch 12:30 Mahjong 12:45 Setback</p>	<p>(11) 9:00 Memories 10:00 Tai Chi 12:30 Card Games 12:45 Pinochle</p>	<p>(12) 9:00 Memories 10:15 RSVP 12:00 Birthdays 12:15 Shopping Trip 12:45 Bridge 1:00-4:00 Benefits Check-up</p>	<p>(13) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing</p>	<p>(14) 9:00 Exercise 10:00 Bingo 11:30 Lunch Outing</p>
<p>(17) 9:00 Memories 9:00 Exercise 10:00 Scrabble 10:00 Stretcherize 10:30 Christmas Sing-A-Long 11:00 Holiday Grocery Trip 12:00 Special TVCCA Lunch 12:30 Mahjong 12:45 Setback</p>	<p>(18) 8:30 COA 9:00 Memories 10:00 Tai Chi 10:30 Book Club 12:30 Card Games 12:45 Pinochle</p>	<p>(19) 9:00 Memories 10:15 RSVP 12:45 Bridge</p>	<p>(20) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 10:30 Low Vision Support Group 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing</p>	<p>(21) 9:00 Exercise 10:00 Bingo</p>
<p>(24) 9:00 Memories 10:00 Scrabble No exercise Senior Center Closing at Noon Christmas Eve</p>	<p>(25) Merry Christmas! Senior Center Closed</p>	<p>(26) 9:00 Memories 10:15 RSVP 12:45 Bridge 1:00-4:00 Benefits Check-up</p>	<p>(27) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing</p>	<p>(28)</p> <p>9:00 Exercise 10:00 Bingo</p> 
<p>(31) 9:00 Memories 9:00-11:00 New Year Brunch No exercise New Year's Eve Senior Center Closes at Noon</p>				

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD.



TVCCA SENIOR COMMUNITY CAFE DECEMBER 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Clam Chowder Chicken Salad Sandwich Dessert</p> 	<p>4 Chicken Marsala Rice Pilaf Mixed Vegetables Orange Juice Oatmeal Cookie <u>Ethnic Celebration</u></p>	<p>5 Swedish Meatballs Buttered Noodles Peas & Carrots Applesauce Cup</p>	<p>6 Hearty Pork Stew Roasted Potatoes Capri Vegetable Medley Fresh Orange</p>	<p>7 Chicken Cacciatore Rice Pilaf Normandy Vegetable Medley Pineapple Cup</p> 
<p>10 Meatloaf Mashed Potatoes Green Beans Apple Crisp</p> 	<p>11 Maple Mustard Glazed Ham Mashed Sweet Potatoes Green Beans Fresh Fruit <u>Ethnic Celebration</u></p>	<p>12 Chicken Florentine Seasoned Rice Stewed Tomatoes Orange Juice Cupcake <u>Happy Birthday</u></p>	<p>13 Beef Stroganoff Buttered Noodles Broccoli Fruit Cocktail</p>	<p>14 Crispy Fish Nuggets Macaroni & Cheese Capri Vegetable Medley Pears w/ mandarin oranges</p>
<p>17 Quiche Garden Salad Peach Cobbler</p>	<p>18 Penne Pasta & Meatballs Italian Vegetable Medley Peas Applesauce Cup</p>	<p>19 Lemon Butter Cod Roasted Potatoes Broccoli Fresh Fruit</p>	<p>20 Savory Chicken Stew Rice Pilaf Long Bean Medley Pears w/ mandarin oranges</p> 	<p>21 Christmas Celebration Salisbury Steak w/ Gravy Mashed Potatoes Sugar Snap Peas & Carrots Grape Juice Christmas Cookie <i>First Day of Winter</i></p>
<p>24 <u>Program Closed</u></p> 	<p>25 <i>Merry Christmas</i> <u>Program Closed</u></p>	<p>26 Sloppy Joes w/ Bun Buttered Noodles Chuck Wagon Vegetable Medley Pears w/ mandarin oranges</p>	<p>27 Cheese Manicotti Broccoli Carrots Apple Juice Chocolate Chip Cookie</p>	<p>28 Chicken Parmesan Penne Pasta w/ marinara Italian Vegetable Medley Fresh Orange</p>
<p>31 Holiday Breakfast 9:00 - 11:00 New Years Eye</p>	<p>NEW 24 Hour Reservation System. See Café staff for details</p> 			

Scam Alert

Credit Card Scams

Con artists love credit cards. They snatch receipts, personal identification numbers, dive through dumpsters and share information on the Internet. Scammers are creative.

We can lower your interest rate! The caller gives you the good news. You can get a lower interest rate on your card. The basic premise: For an upfront charge, sometimes as much as \$500, the caller promises a deal and you can simply put the fee on your card!

Don't fall for this one.

HAPPY BIRTHDAY

December 2012

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate December birthdays on December 12th at noon. Together we will all share a piece of birthday cake and sing happy birthday!

December....

- 8.... Ann Marie Speer
- 11....Madolyn Bryant
- 13....Evelyn Schutz
- 16....Anna Neilson
- 18....Vicki Domenick
- 27....John Stackowski

Birthday's get posted in the newsletter by letting the office know that you would like to be put on the birthday list. (It is not automatic due to the fact that there are those who do not wish to have their names listed.)

*** Lunch at the Senior Center***

Lunch is served Tuesday through Friday at noon for a **suggested donation of \$3.00.**

Meal reservations need to be made in advance by 10:00 am the day before. Also the Monday Bistro lunch (sandwiches/soups) will be provided by the catering arm of TVCCA and will include many new yummy options. Dec. 3rd –Clam Chowder, with a Chicken Salad Sandwich and Dessert. Dec. 10th Meatloaf, Mashed Potatoes, Green Beans and Apple Crisp. Dec. 17th – Quiche, Garden Salad and Peach Cobbler. Cost for these meals is \$5.00.

ENERGY ASSISTANCE PROGRAM

The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households. Call the senior center for more information or for an appointment (537-3911). **(Last day for deliverable fuel is March 15th.)**

Transportation Services

For in town shopping and appointments please call before 12 noon to secure your reservations for the following day. For out of town medical transportation please try to give as much notice as possible. All rides are on a first come first served basis.

Donations for transportation are greatly appreciated.



MYSTIC LIGHTS AND MOHEGAN SUN CASINO-

Friday December 7th- 1:00- Sneak in some holiday shopping and have lunch on your own while enjoying the decorations at Mohegan Sun Casino. Then on to the Festival of Lights in Old Mystic Village. Walk through over 4,000 luminaries lighting the walkways. Enjoy complimentary refreshments in the Meeting House with carolers and holiday music. Suggested transportation donation is \$5.00.

SHOPPING TRIP-Lisbon Landing, Wednesday December 12th at 12:15. Transportation is a suggested donation of \$4.00.

LUNCH OUTING- "The Uncommon Kitchen" at Windham Tech School will delight us with their delicious holiday meal on Friday December 14th at 11:30. Cost \$15 plus a suggested transportation of \$3.00. Space is limited, sign up in the office.

HOLIDAY GROCERY SHOPPING- at Big Y or Shop Rite in Norwich on Monday December 17th, leaving at 11:00. Transportation is a suggested donation of \$3.00.

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Beginning in January you can sign up for:

AN IRISH PUB DAY-Thursday, March 14th at the Log Cabin Inn. Listen to the songs of Gerry Malone and the Lads as they take you through their Irish Pub routine as you dance and laugh! Enjoy a Hors d'oeuvre Welcome Tray, Beef Barley Soup and your choice of a Traditional Corned Beef Dinner, Chicken Marsala or Baked Scrod,

Chef's choice of Potato and Vegetable and dessert. Cost \$77 per person.

SWING INTO SPRING- at Chez Josef on Thursday April 18th with the Abletones (a full 18 piece Big Band) including female vocalist Amanda Carr. Tunes will include "In the Mood", "Song of India", "Night Train" to name a few. Enjoy the delicious meal choices of Burgundy Beef Brisket, Baked Scrod, or Apple & Sage Stuffed Chicken with a salad, potato, vegetable and dessert. Cost \$69 per person.

HISTORIC SALEM CROSS INN- with a luncheon show and Oakwood Farm on Tuesday, May 21st. Begin the day at the Oakwood Farm, home of the Apple Dumpling. Then on to the Salem Cross Inn built in 1705. The Inn retains an extensive collection of American antiques, 200 year old portraits and tools. Experience the traditional New England fare, all homemade! Dance and sing along with our ragtime pianist who gives an uplifting performance with audience participation filled with fun and laughter. Complete the day with a stop at Oakwood Farm Christmas Barn. Cost \$62 per person.

ELVIS IN BLUE HAWAII-at the Tekoa Country Club in Westfield, MA, June 13th.

See Brian Weldon perform as Elvis in Blue Hawaii with authentic costumes, and all the famous songs you remember. He even hands out scarves! The chef has prepared a family style menu with coffee and snacks upon arrival. After the fabulous show our coach will take us on a short ride to Stanley Park where we'll view the spectacular rose gardens. Cost \$64 per person.

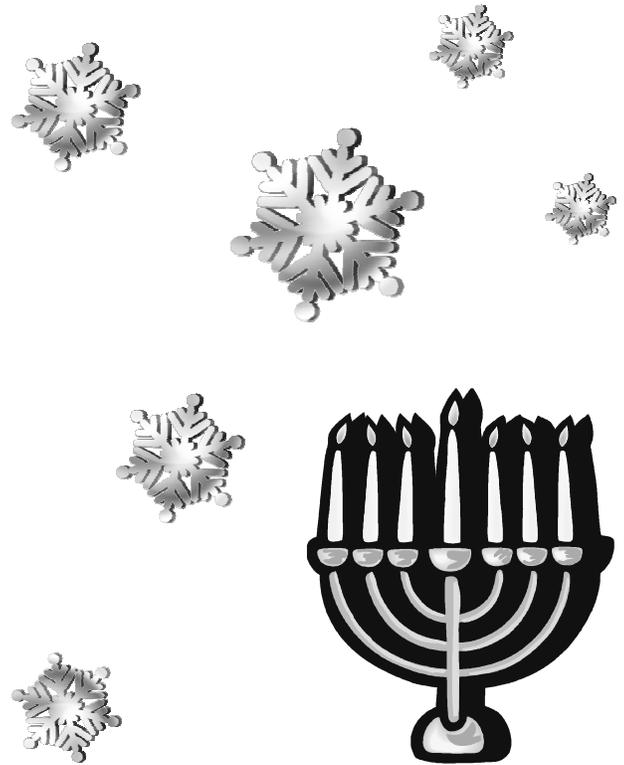
THE BEST OF PORTUGAL-April 19-May 1, 2013-13 Days- 19 Meals- featuring the Estoril Coast, Azores and Madeira Islands. Double per person \$3999.

Sign Up Policy

Payment for full cost of a trip or activity is due at the time of sign up and by the posted deadline. Please let us know if this presents a hardship for you at any time. You can still phone in to sign up for the monthly shopping trips and lunch outings. **(Please remember that all sign up activities should be done on Mondays and Fridays.)**



Please Note: When going on an all day or extended trip with the center please make an effort to either get a ride to the center, ask us for transportation, or park in the bank or office complex parking lots located on either side of our property. This allows those who are coming to the center for other activities to have a place to park. Thanks very much for your cooperation. If this presents a hardship for anyone please let us know in the office.



**Please join us to celebrate the New Year!
Our gift to you, a holiday breakfast on
December 31st from 9:00am - 11:00am.
Enjoy eggs, sausage, toast, coffee
and juice with your friends.**



**Happy New Year to You!
may every great new day
bring you sweet surprises—
a happiness buffet.
Happy New Year to You!
and when the new year's done,
may the next year be even better,
full of pleasure, joy and fun.**

(Author Unknown)