

# COLCHESTER SENIOR CENTER

## JANUARY 2014

news



### HOLIDAY FAIR UPDATE

A huge thank you goes out to all of our volunteers, staff & local businesses for your donation of time and goods for this wonderful fundraiser. We could not have done it without you! This year saw our largest number of basket raffle items and gift certificates, all graciously donated by local businesses and friends of the senior center. We made over \$2,200 which will help to fund more programs & entertainment, all for your benefit. Thank you once again for your support!



**We wish each of you a New Year full of good health & happiness!**

**Your friends,**

<b>Patty</b>	<b>Becky</b>
<b>Donna</b>	<b>Louise</b>
<b>Ginny</b>	<b>Noella</b>
<b>Steve</b>	<b>Jane</b>

### BEAT THE BLUES LUNCHEON

**Wed., January 15  
12:00 p.m.**

We'll brighten up our winter days with friends, fun and food! Don't know what to do with some of the gifts you received over the Holidays? Wrap them up and bring them to our re-gifting grab bag! Lunch menu includes oven baked chicken, squash casserole, sweet potatoes, biscuits and peach cobbler. Tickets are \$6.00 and are on sale through January 10 or until sold out.

### AARP SMART DRIVER COURSE

**Friday, January 17  
11:30 a.m. to 3:30 p.m.**

By taking a driver safety course, you'll learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time and may qualify for a discount from your insurance provider. Open to anyone 50 and over. Cost is \$15 for AARP members and \$20 for non-members. Space is limited to 25. Please register by calling the senior center at 860-537-3911.

### INTERGENERATIONAL NEW YEAR'S BINGO

**Tuesday, January 21  
2:30 p.m.**

Join us for this special afternoon of bingo with some young friends. We will play a New Year's themed bingo and have special prizes for the winners. This program is co-sponsored by Youth & Social Services.



### CHINESE NEW YEAR LUNCHEON

**Friday, January 31  
12:00 p.m.**

To celebrate Chinese New Year, we'll enjoy a catered Chinese food lunch buffet, including Chicken and Mixed Vegetables with Steamed Rice, Vegetable Lo Mein, Egg Roll, Wonton Soup & a Fortune Cookie. Learn about Chinese New Year traditions and after lunch, join us for a movie matinee of Rodger & Hammerstein's *Flower Drum Song*. Tickets for lunch are \$9.00 and on sale through Monday, January 27<sup>th</sup>.

## COLCHESTER SENIOR CENTER

95 Norwich Ave.  
Colchester, CT 06415

Phone: 860-537-3911

Fax: 860-537-5574

Email: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)

### HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.

Tuesday: 8:00 a.m.-4:00 p.m.

Wednesday: 8:00 a.m.-4:00 p.m.

Thursday: 8:00 a.m.-4:00 p.m.

Friday: 8:00 a.m.-4:00 p.m.

### SENIOR CENTER STAFF

#### **Patricia Watts**

Director/Municipal Agent

[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

#### **Becky Sullivan**

Program Coordinator

[rsullivan@colchesterct.gov](mailto:rsullivan@colchesterct.gov)

#### **Donna Paty**

Administrative Assistant

[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

#### **Steve Mekkelsen**

Rec. Therapy Coordinator

[smekkelsen@colchesterct.gov](mailto:smekkelsen@colchesterct.gov)

#### **Louise Plocharczyk**

Full-time Driver

#### **Ginny Stephenson**

Part-time Driver

#### **Noella Daigle**

Out-of-Town Driver

#### **Jane Moreno**

Nutrition Site Server

## From the Director's Desk

Can you believe the year **2014** has arrived? New Year's is a great time to set some new goals and determine what you may want to accomplish in the coming year. There is a well-known saying, "Those who fail to plan, plan to fail." Think about that. I believe goal setting and accomplishment are very important skills in life and even more strongly, I believe that it is never too late to develop and grow. The Colchester Senior Center can be a great resource in helping older adults identify and carry out whatever they set out to achieve.

Better health and fitness are often items on people's "to do" lists, especially at the start of a new year. The Colchester Senior Center offers excellent solutions to assist with these endeavors. We have a variety of exercise classes, which can help you increase strength, endurance and even promote balance to prevent falls and potential injuries. Our senior center offers classes customized to every ability and fitness level and with some classes that are free of charge, there is no excuse not to try. On our weekly schedule, you'll find such fitness classes as Line Dancing, Senior Yoga, Sit & Be Fit, Tai Chi, or Exercise or Stretchcize with Gina. We encourage you to attend one or more of our classes and see if it might be something you could incorporate into your weekly routine in this New Year.

On the top of almost everyone's list of New Year's resolutions is to better manage their weight. Good and affordable nutrition for seniors is always a concern. Here at the Colchester Senior Center, we serve hot lunch daily, Monday through Friday. All of the meals, prepared and served by TVCCA, are planned by a Registered Dietician and meet the strictest criteria for healthy nutritional balance. Beyond the health benefits, eating at the senior center is a good financial decision. The Community Café meals (served Tuesday-Friday) are sold for a suggested donation of \$3.00. I don't know where else you can get such a good value for your noon-time meal. Best of all, the food served at the Colchester Senior Center is filling and delicious!

If your goal this year is to learn something new, the Colchester Senior Center can help you achieve that, too. Learn techniques to create art in a relaxed environment at our Open Art Studio class. Stimulate your brain with fun and challenging games like Mah Jongg, Bridge, Setback, Pinochle, Rummikub and Scrabble or have fun and enjoy the company of friends at activities like Pokeno and Bingo. Hope you make it a GOAL to come visit us at the senior center.

Warmly,  
**Patty**

**VOLUNTEER  
RECEPTIONIST  
MEETING**

**Tuesday, January 7  
10:30 a.m.**

This informational session will address any questions you may have about the responsibilities associated with being a volunteer receptionist at our senior center. Current volunteers as well as potential volunteers are encouraged to attend this session, which will be led by Becky Sullivan. A training session will be scheduled on Thursday, January 9 at 10:00 a.m.

**DONATIONS NEEDED**

Yarn for Knitting & Crochet are needed, especially in neutral colors like brown, tan, gray & black. Please bring your donations to Program Coordinator, Becky Sullivan.

**CARD MAKING CLASS**

**Tuesday, January 14  
10:00 a.m.**

Marie Sola from Chestelm Adult Day Center will be here to lead another card making class. There is no cost to participate and beginners are welcome. Please register in the office by Friday, January 10.

**NEW CHORAL GROUP**

Coming Soon! Watch for the February newsletter for more information regarding a new singing group that will be forming. We will rehearse on Tuesday mornings. No experience needed—just the desire to sing and have fun!

**SHOPPING TRIP**

**Thurs., January 16  
12:15 p.m.**

This month's shopping trip will be at Walmart or Kohl's in Rocky Hill. Suggested donation is \$5.00 for bus transportation. Please pre-register in the office.

**FROM FICTION TO FILM**

**Tuesday, January 21  
10:30 a.m.**

We are beginning a new Book and Film review group. The first book/film is *Water for Elephants* by Sara Gruen. Book discussion will be held on January 21 at 10:30 a.m. and film viewing and review will be held on January 28 at 9:30 a.m. Pick up the book at the Library and come prepared to join the discussion.

**GETTING TO KNOW YOU**

**Wednesday, January 22  
12:30 p.m.**

Attend this meeting with Patty to get answers to your questions & keep well-informed.

**LUNCH BUNCH**

**Friday, January 24  
11:15 a.m.**

Enjoy a delicious meal at Papa Z's in Westchester. The suggested donation is \$3.00 for bus transportation. Please pre-register to attend.



**INCLEMENT  
WEATHER POLICY**

If the Colchester Senior Center's schedule is impacted by the weather, it will be announced on WFSB Channel 3 (TV) and WICH, WCTY, WNLC and WKNL (Radio). If the senior center is open, but you do not feel safe to travel during a storm, we encourage you to exercise your best judgment to stay safe.

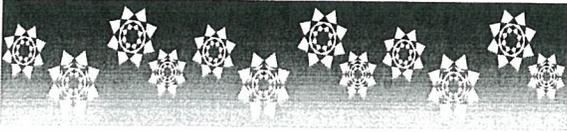


**TRIAD SAFETY CORNER**

Triad is a community-based advocacy group for seniors comprised of local senior center personnel, law enforcement, fire and safety agencies and local business organizations. TRIAD will be providing an article for our newsletter monthly, beginning in February to better educate seniors about safety-related topics.

# CLASS SCHEDULE

CLASS	DAY & TIME	START	SESSIONS	CLASS FEE
<b>EXERCISE CLASS</b> Gentle aerobics with a focus on improving flexibility and strength Instructor: Gina Schriver	<b>MONDAYS, THURSDAYS, FRIDAYS</b> 9:00 A.M.	ONGOING	12 CLASSES	\$3.00 PER CLASS/MO. \$4.00 FOR DROP-INS
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group. Group led.	<b>FRIDAYS</b> 1:00 P.M.	ONGOING	8 CLASSES	NO FEE
<b>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome. No experience required. Instructor: Priscilla Clesowich	<b>THURSDAYS</b> 1:00 P.M.	ONGOING	4 CLASSES	NO FEE
<b>OPEN ART STUDIO</b> Enjoy creating art in a relaxed environment. Bring your own supplies. We support/critique each other with our projects. Instructor: Irene Watson	<b>TUESDAYS</b> 10:30 A.M.	ONGOING	5 CLASSES	NO FEE
<b>SENIOR YOGA</b> Gentle massage, simple Hatha Yoga postures & deep breathing. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	<b>THURSDAYS</b> 11:00 A.M.	ONGOING	4 CLASSES	\$4.00/CLASS PAID TO INSTRUCTOR
<b>SIT &amp; BE FIT</b> Chair exercises that focus on all areas of the body. Beginner level. 30 minutes. Leader: Becky Sullivan	<b>WEDNESDAYS</b> 10:00 A.M.	ONGOING	8 CLASSES	NO FEE
<b>STRETCHERCIZE</b> Movement to improve your strength & balance. Instructor: Gina Schriver	<b>MONDAYS, THURSDAYS</b> 10:00 A.M.	ONGOING	8 CLASSES	\$2.50 PER CLASS/MO. \$3.00 FOR DROP-INS
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Slow/gentle movement. Group led.	<b>TUESDAYS</b> 10:00 A.M.	ONGOING	5 CLASSES	NO FEE



## SPECIAL INTEREST GROUPS

**BINGO** Tuesdays at 1:30 p.m.  
Fridays at 10:00 a.m.

**BRAIN GAMES & TRIVIA**  
Wednesdays at 11:30 a.m.

**BRIDGE** Wednesdays at 12:30 p.m.

**MAH JONGG** Mondays at 12:30 p.m.

**PINOCHLE** Tuesdays at 12:45 p.m.

**POKENO** Thursdays at 9:00 a.m.

**RUMMIKUB** Fridays at 9:30 a.m.

**SCRABBLE** Mondays at 10:00 a.m.

**SVP** Wednesdays at 10:30 a.m.

## **SENIOR VOLUNTEER PROGRAM**

**SETBACK** Mondays at 12:45 p.m.

**Wii BOWLING** Thursdays at 9:00 a.m.

Jean Maurice S. (one of our Wii Bowlers) bowls a perfect score of 300 at one of the Thursday morning practices. Congratulations!



## TRANSPORTATION SERVICES

Bus Transportation is available for seniors living in Colchester. We provide transportation services Monday through Friday to and from the Colchester Senior Center, local and out-of-town medical appointments, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

In order to best serve you, we require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. Please call to make out-of-town medical transportation arrangements as soon as you know the date of your appointment. All rides are on a first-come-first served basis.

We do not charge for bus transportation. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be made in the Colchester Senior Center office.

## REGISTRATION POLICIES

Registration for any programs, activities, meals or trips which require payment should be made on **Mondays or Fridays**. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment during business hours.

**HEALTH & WELLNESS**

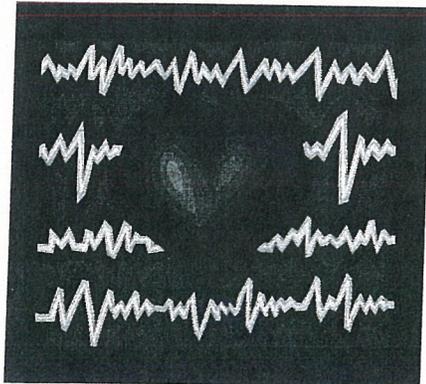
**LOW VISION  
SUPPORT GROUP**  
Thursday, January 16  
10:30 a.m.

Sponsored by the Colchester Lions Club this group is intended for anyone coping with low vision issues, including macular degeneration.

**BLOOD PRESSURE  
CLINIC**

Monday, January 6  
9:00-10:00 a.m.

Liz Muller, LPN from Chestelm Adult Day Services will be available to check your blood pressure at this new monthly clinic.



**COMING SOON**

**HEALTH & WELLNESS CORNER**

This new feature in our newsletter will be provided by Colchester Backus Health Center and is shared for the purposes of education about health, wellness, safety and related issues.

**MAKING MEMORIES**



*Friends in the Making Memories Program celebrate with a Yankee Gift Swap at their annual Holiday Party followed by a Carol Sing and some seasonal refreshments.*

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss and/or dementia with the goal of helping each participant reach and maintain their optimal level of functioning in a structured and supportive atmosphere. Transportation included for participants who live in the Town of Colchester.

**Making Memories meets:**

- Monday 9 a.m.-1 p.m.
- Tuesday 9 a.m.-1 p.m.
- Wednesday 9 a.m.-1 p.m.

Please call Recreational Therapy Coordinator, Steve Mekkelsen at 860-537-3911 for more information.

This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

**SOCIAL SERVICES**

**BENEFITS  
COUNSELING**

Mondays  
January 13 & 27  
9:00 a.m.-12:00 p.m.

Do you qualify for a Rent Rebate, Energy Assistance, Food Stamps, a Medicare Savings Plan or other helpful programs? Confidential counseling is provided at the Colchester Senior Center by Loretta Anderson of Senior Resources Area Agency on Aging. Call 860-537-3911 to schedule your appointment.

**AARP TAX-AIDE  
PREPARATION  
SERVICES**

AARP Tax-Aide Counselors will be available on Tuesdays starting February 18-April 8 to assist you with you taxes, free of charge. Please call 860-537-3911 to schedule an appointment.

**ENERGY ASSISTANCE**

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. Call for more information, including eligibility criteria, a list of required paperwork for the application & to schedule an appointment at 860-537-3911.

## DINING OPTIONS

### MONDAY BISTRO

Lunches are available at a cost of \$5.00. Menus change weekly and are published in the senior center newsletter. Sign up required by the previous Wednesday. There are no age restrictions on these meals.

### COMMUNITY CAFÉ MEALS

Served Tuesday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$3.00 is requested, but no one will be turned away based on ability to pay. Please make meal reservations in advance by 10:00 a.m. the day before. These meals are available for people over the age of 60.

### MEALS ON WHEELS

Meals can be delivered daily to home-bound residents. To register for this program or inquire about eligibility, please call TVCCA at 860-886-1720 ext. 11.



Join us to honor people celebrating January birthdays on January 22 at 12:00 noon and enjoy birthday cake provided by our friends at Apple Rehab!

- 1/1 ANNA KOC
- 1/3 PAM MALLEY
- 1/4 BERNIE GURSKY
- 1/7 JEAN TREDOR
- 1/8 SELMA NIRENSTEIN
- 1/12 GINNY STEPHENSON
- 1/19 JANE MORENO
- 1/19 BLANCHE BASS
- 1/20 ELSIE HAYES
- 1/27 DEL CORMIER

## VOLUNTEER OPPORTUNITIES

*We couldn't offer all that we do without the dedication of our volunteers. Looking for a way that you can help too? Call 860-537-3911 for more information.*

**FINE ART CLASS INSTRUCTORS:** We are looking for volunteers interested in teaching classes or workshops centered around specific mediums of art—watercolors, oil, acrylic, etc.

**COMPUTER CLASS INSTRUCTORS:** Would you like to teach a class on navigating Facebook or creating a Twitter account? Could you instruct a workshop on Shutterfly or Photoshop? We're looking for instructors for small workshops in these areas (or any others you may have a skill in!).

**HOSPITALITY COMMITTEE:** Provide assistance to set up and serve special refreshments for programs and help with clean-up afterwards. Occasional baking for special events

**MEALS-ON-WHEELS DRIVERS:** Deliver meals to home-bound residents; training provided. Requires a vehicle.

**PIANO ACCOMPANIST:** We are looking for a volunteer accompanist to play piano for our musical choral group.

**STAFF MEETING RECEPTIONIST:** Responsible for answering telephone calls and address client needs while staff attend monthly meeting. Training provided. Must be able to provide own transportation.

**VOLUNTEER RECEPTIONIST:** Answer incoming calls throughout the day, greet participants and provide them with information. Coverage needed Monday-Friday, on a shift-by-shift basis. Training provided.

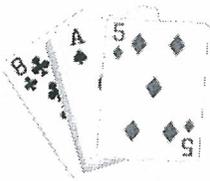
**DAY TRIPS**



**CROWN MAPLE SYRUP**

**Monday, March 31**

Tour includes Crown Maple Syrup Visitor's Center in the historic Hudson River Valley with a "farm to table" luncheon and a tour and tasting at Harney & Sons Fine Teas in Millerton, NY. Cost is \$77.00 per person.



**FOXWOODS CASINO**

**Tuesday, April 8**

Enjoy a full day at one of the state's great casino resorts. Trip includes \$10 meal voucher & \$10 bonus slots. Cost is \$18.00 per person.

**"DAMN YANKEES (THE RED SOX VERSION)"  
AT GOODSPEED OPERA HOUSE**

**Wednesday, April 30**

Don't miss this updated version of the popular musical! More details coming soon!

**OVERNIGHT TRIPS**



**TREASURES OF IRELAND  
September 29-October 7, 2014**

9 Day Tour Includes: 1 Night Clontarf Castle Stay, 2 Nights in Dublin, 2 Nights in Killarney, City tours of Dublin, Limerick, Adare & Galway, Cliffs of Moher, Ring of Kerry Tour. Stops at Bunratty & Blarney Castles, Muckcross House & Gardens and more. Open to anyone 18 years & older. Please contact the senior center for more information, including pricing.

**COMMISSION ON AGING**

Rose Levine, Chair

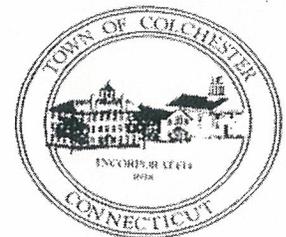
Rob Gustafson

Goldie Liverant

Joe Menhart

Gary Siddell

Jean Stawicki



**MEETINGS AT THE  
COLCHESTER SENIOR  
CENTER**

**AARP CHAPTER # 4019**

1<sup>st</sup> Tuesday at 1:30 p.m.

**COLCHESTER TRIAD**

3<sup>rd</sup> Tuesday at 8:30 a.m.

**COMMISSION ON AGING**

2<sup>nd</sup> Monday at 8:30 a.m.

**CSC STAFF MEETING**

2<sup>nd</sup> Wednesday at 2:30 p.m.

**Parking Instructions:** While attending Colchester Senior Center trips, we ask you to park either at the bank or office complex located on either side of our property. This allows adequate parking availability for people coming to other senior center activities. Thank you for your cooperation.

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u> 1	<u>THURSDAY</u> 2	<u>FRIDAY</u> 3	<u>SATURDAY</u> 4
<b>January 2014</b> (All programs subject to change)			<b>CSC Closed for New Year's Day</b>  <b>Happy New Year!</b>	9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>NO</b> Line Dancing	9:00 Exercise 9:30 Rummikub 10:00 Bingo 1:00 Knitting & Crochet	
5	6 9:00 Memories 9:00 Exercise <b>9:00-10:00 Blood Pressure Clinic</b> 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback	7 9:00 Memories <b>10:00 Volunteer Receptionist Meeting</b> 10:00 Tai Chi 10:30 Open Art Studio 12:30 Games 12:45 Pinochle 1:30 Bingo 1:30 AARP Meeting	8 9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:30 Brain Games & Trivia 12:30 Bridge 2:30 Staff Meeting	9 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize <b>10:30 Volunteer Receptionist Training</b> 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing	10 9:00 Exercise 9:30 Rummikub 10:00 Bingo 1:00 Knitting & Crochet	11
12	13 8:30 COA Meeting 9:00 Memories 9:00-12:00 Benefits Check 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback	14 9:00 Memories <b>10:00 Card Making Class</b> 10:00 Tai Chi 10:30 Open Art Studio 12:30 Games 12:45 Pinochle 1:30 Bingo	15 9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:30 Brain Games & Trivia <b>12:00 Beat the Blues Luncheon</b> 12:30 Bridge	16 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize <b>10:30 Low Vision AARP Smart Driver Class</b> 11:00 Yoga 12:00 Chair Massage <b>12:15 Shopping Trip Walmart/Kohls</b> 1:00 Line Dancing	17 9:00 Exercise 9:30 Rummikub 10:00 Bingo <b>11:30-3:30 AARP Smart Driver Class</b> 1:00 Knitting & Crochet	18
19	20 <b>CSC Closed for Martin Luther King, Jr. Day</b>	21 8:30 TRIAD 9:00 Memories 10:00 Tai Chi 10:30 Fiction to Film-Book Rev. 10:30 Open Art Studio 12:30 Games 12:45 Pinochle <b>2:30 Intergener. New Year Bingo</b>	22 9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:30 Brain Games & Trivia 12:00 Birthday Party <b>12:30 Getting to Know You</b> 12:30 Bridge	23 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize <b>NO</b> Yoga <b>NO</b> Chair Massage 1:00 Line Dancing	24 9:00 Exercise 9:30 Rummikub 10:00 Bingo <b>11:15 Lunch Outing to Papa Z's</b> 1:00 Knitting & Crochet	25
26	27 9:00 Memories 9:00 Exercise 9:00-12:00 Benefits Check 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback	28 9:00 Memories 9:30 Fiction to Film-Film Review 10:00 Tai Chi 10:30 Open Art Studio 12:30 Games 12:45 Pinochle 1:30 Bingo	29 9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:30 Brain Games & Trivia 12:30 Bridge	30 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing <b>1:00 Craft Group: Chinese NY Favors</b>	31 9:00 Exercise 9:30 Rummikub 10:00 Bingo <b>12:00 Chinese New Year Luncheon</b> <b>1:00 Movie Matinee: Flower Drum Song</b> 1:00 Knitting & Crochet	

# TVCCA SENIOR COMMUNITY CAFE JANUARY 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>1% Milk and Whole Grain Bread are served with each Meal. Menu is subject to change without notice.</p>	<p><b>HAPPY NEW YEAR</b></p>	<p><b>1</b> NEW YEARS DAY CSC IS CLOSED</p> <p><b>HAPPY NEW YEAR 2014!</b></p>	<p><b>2</b> Stuffed Shells w/Marinara Sauce Broccoli Carrots Fresh Fruit</p>	<p><b>3</b> Beef &amp; Bean Chili Seasoned Rice Chuck Wagon Veggie Medley Pineapple Cup <b>Ethnic Celebration</b></p>
<p><b>6</b> <b>BISTRO MEAL</b> Meatloaf w/Gravy Mashed Potatoes Green Beans Fudge Brownie \$5.00</p>	<p><b>7</b> Egplant Rolette Penne w/Marinara Green Beans Pears w/Mandarin Oranges</p>	<p><b>8</b> Tuscan Beef &amp; White Bean Stew Buttered Noodles Capri Vegetable Medley Applesauce Cup</p>	<p><b>9</b> Chicken Marsala Roasted Potatoes Long Bean Vegetable Medley Fruit Cocktail</p>	<p><b>10</b> Crispy Cod Patty Macaroni &amp; Cheese Peas &amp; Carrots Fresh Orange</p>
<p><b>13</b> <b>BISTRO MEAL</b> Spaghetti &amp; Meatballs Caesar Salad Garlic Bread Chocolate Chip Cookie \$5.00</p>	<p><b>14</b> All Beef Hot Dog w/Bun Baked Beans Chuck Wagon Vegetables Grape juice Danish</p>	<p><b>15</b> <b>Beat the Blues Winter Party</b> Oven Baked Chicken Squash Casserole Sweet Potatoes Biscuits Peach Cobbler <b>\$6.00 Ticket Required</b></p>	<p><b>16</b> Braised Pork Loin w/Gravy Sweet Potatoes Green Beans &amp; Diced Peppers Peach Cup</p>	<p><b>17</b> Baked Ziti w/ Sweet Chicken Sausage Broccoli Carrots Fruit Cocktail</p>
<p><b>20</b> <b>MARTIN LUTHER KING DAY</b> CSC IS CLOSED</p>	<p><b>21</b> Baked Cod w/ Tomato Garlic Compote Seasoned Rice Italian Vegetable Medley Fresh Orange</p>	<p><b>22</b> Cheese Manicotti w/Marinara Peas Carrots Pineapple Cup <b>BirthDay Celebration</b></p>	<p><b>23</b> Swedish Meatballs Buttered Noodles Mixed Vegetables Applesauce Cup</p>	<p><b>24</b> Hungarian Chicken Paprika Rice Pilaf Green Beans Orange Juice Cupcake</p>
<p><b>27</b> <b>BISTRO MEAL</b> Chicken Marsala Rice Pilaf Peas &amp; Carrots Apple Crisp \$5.00</p>	<p><b>28</b> Lazy Man's Lasagna Broccoli Carrots Fruit Cocktail</p>	<p><b>29</b> Cod Newberg Mashed Potatoes Green Beans &amp; Tomatoes Cranberry Juice Chocolate Chip Cookie</p>	<p><b>30</b> Chicken Cacciatore Rice Pilaf Italian Vegetable Medley Applesauce Cup</p>	<p><b>31</b> <b>Chinese New Year Luncheon</b> Chicken &amp; Mixed Vegetables Vegetable Lo Mein Egg Roll Wonton Soup Fortune Cookie <b>\$9.00 Ticket Required</b></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.