

BUSY BEE BULLETIN
APRIL 2010
COLCHESTER SENIOR CENTER
“Proud To Be Part of the Community”

The Colchester Senior Center is an open door to the community.
Monday-Friday 8:00 a.m. – 4:30 p.m.
We enjoy everyone’s visit!

“Fill your paper with the breathings of your heart.”
~William Wordsworth

Dear Friends:

As some of you are aware, the Senior Center has recently been invited to partner with the students of Bacon Academy in a unique and inspiring writing project. The name of the endeavor is “Say It in Six Challenge.” The **Challenge** is to tell your story or memoir, and the **Catch** is to use exactly six words. You can write about anything you would like, and what is most exciting about the project, is that all of the entries written by Colchester’s senior citizens and students will be published in a book and posted on the school website. So, get out your pens and paper and get your creative juices flowing!!

As someone who writes a fair amount in the course of each day I find this project fascinating. And so I’ve decided to test my ingenuity, and come up with a few stories/memoirs that apply to my life experiences. See if you can envision what subjects I might be describing.

Troubled past, will you keep me?

Deep-rooted institution, bursting with promise.

Beloved daughter once filled with joy.

Every day we all draw on our life experiences to guide and ground us, and each of us follows a very personal and important journey. Whether it is raising a family as a stay at home mom, working as a professional, traveling the world, playing a musical instrument, gardening, or gently holding a small child’s hand; the roles we play make a significant difference in peoples lives, and how the world looks and feels.

Whatever your path has been or is now taking you on, I hope you will share parts of it with your friends and the young students at Bacon, through this meaningful intergenerational project.

Sincerely,
Patti White

“There is just one life for each of us: our own.”

Euripedes (c. 485-406 BC)

COMING EVENTS

CBA DINNER MEETING-will be held at the senior center on Tuesday, April 6th. Volunteers will be needed to help make and serve the meal.

MOVIE AFTERNOON-Come in and see a movie! We will show “Blind Side” on Wednesday, April 14th, at 12:00 on our big screen TV in the Activities Room. Sign up will be taken in the office. Lunch cost is \$4.00 at the time of sign up.

SPRING FLING- on Tuesday, April 20th at noon a fresh prep picnic lunch from TVCCA of Hotdogs, Baked Beans, Potato Salad, Peas and Carrots with dessert will be served. Then enjoy entertainment by Bob Mel! Please sign up at the dining room desk. Your *only* cost will be a suggested donation for the lunch of \$2.50. ***Deadline*** for signing up will be Monday, April 12th by noon.

“SNOW” PIZZA PARTY- on Wednesday, April 28th at 12:00. For those that ride Louise’s bus, sign up in the office. Enjoy games, Salad, Pizza, and Ice Cream Sundaes for dessert. For those who would like to participate, but do not ride the bus, the cost is \$5.00.

WII BOWLING-Come cheer on our Wii Bowling Team as they take on seniors in Lisbon on Friday, April 30th from 1-3pm.

“MAKING MEMORIES” Program- A Recreational Therapy program for individuals (and their caregivers) facing early signs of memory loss and/or impaired cognitive functioning is being offered at the senior center. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

AARP TAX AIDE-For low to middle income households. Taxes are done by trained AARP Volunteers. Dates and times: April 6th and 14th from 10:30 to 1:30.

GREEN TEAM-Calling all gardeners or want to be’s! Our garden program will be starting in May with seniors and children from Youth Services. We cultivate an herb, vegetable and flower garden. We have Master Gardeners that help out too. Volunteers are needed. Call and speak with Priscilla.

Important Notice

Tag Sale-Fundraiser for the Center

When: Sunday, June 13

Where: Colchester Senior Center

As the warm weather approaches, please start to think about things that you would like to donate for the tag sale.

Due to limited storage space we can not begin to collect items at this time.

Please do not bring the items to the center until we prepare the proper storage space and ask for the items.

Thank you for your cooperation.

Important

Please make out a new client card with your name, phone number and a contact name and phone number, as we are updating our files. Cards are available in the office.

BENEFITS CHECK UP

COME AND LEARN WHAT YOU MAY BE ENTITLED TO RECEIVE

A counselor from Senior Resources in Norwich will come to the center each month on the third and fourth Wednesday in the morning to assist seniors with finding programs and benefits that may help pay for some of your expenses. Learn about all the benefits you deserve and may be eligible for. The counselor will help you find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs. All appointments are confidential. To set up an appointment contact Donna. Dates are: Wednesday, April 21st and 28th from 9am-12pm.

WELLNESS PROGRAMS

FREE HEARING CLINIC-by appointment, on Wednesday, April 14th from 9:30-11:30. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a Connecticut licensed hearing instrument specialist and dispenser for nearly 20 years. Call to schedule your appointment at 537-3911.

BLOOD PRESSURE CLINIC- Blood Pressure screening is on Monday, April 12th from 10:30-12 at the senior center. Please sign in at the dining room desk and get your number/ticket. (Subject to change- please call ahead.)

LOW VISION SUPPORT GROUP- will meet on Thursday, April 15th at 10:30. The support group is sponsored by the senior center and Colchester Lions Club. Guest speakers are available. Learn new vision techniques and enjoy the camaraderie of others with all levels of vision impairment.

TAI CHI STYLE EXERCISE-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.) Enjoy gentle repetitive movements that promote wellbeing.

EXERCISE CLASSES-The exercise programs are offered on Mondays, Tuesdays, Wednesdays and Thursdays at 9:00 with a certified instructor. At this time we will offer classes at a cost of \$3.00 per class or at a discounted rate of \$2.00 per class if you pay by the month. Payment for April will need to be paid by Thursday, April 1st.

ACTIVITIES

GOLDEN GLOW- Monday mornings at 10:30. All levels of singers are welcome!

SENIORS AND BA – Seniors go to Bacon Academy on Mondays at 12:30 and discuss together the differences of life today and yesterday with students. No meeting April 5th.

Wii SPORTS- Wii sport games are played on Tuesday mornings at 11:00. Games include badminton, racing, curling and snowboarding to name a few.

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

LINE DANCING – Thursdays at 1:30. Have fun with this group and get healthy! No line dancing on Thursday, April 1st and 8th.

DUST BUSTERS- Bring in up to five items (dust collectors) to the center on Monday, April 12th from 9:30 -10:30. Go home with a new treasure! Call Priscilla for details.

RETIRED SENIOR VOLUNTEER PROGRAM-“RSVP”-the group will meet 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

Phase 10- Tues. at 12:30

Bridge- Wed. at 12:45

Cribbage- Fri. at 1:00

BINGO- every Friday at 10:00. We have two groups of play. The group that meets in the craft room plays with many cards; the group that meets in the senior center library plays with fewer cards. Join the game of your choice!

COLLECTING- The Colchester Senior Center accepts used hearing aids, eyeglasses and cell phones. Used postage stamps and pull tabs are collected too. Collection boxes are in the office. We appreciate the donation of redeemable bottles and cans; please make sure they are washed and clean. The can and bottle donation can be left at the top of the ramp in the back of the senior center.

MEETINGS

AARP Chapter # 4019- on April 6th at 1:30 at the senior center. At 2:00 the public is invited to a presentation by the Department of Public Utility Control with updates regarding the cost savings of different utility companies and how to utilize them.

SENIOR CENTER GROUP MEETING- Friday, April 9th at 12:30. Join us to discuss ways to improve and support the activities of the center. All are welcome!

COMMISSION ON AGING MEETING –Members will meet on Monday, April 12th at 1:00 at the senior center.

SENIOR CENTER STUDY GROUP-April 8th at 5:30 at the senior center.

VERY IMPORTANT

PLEASE LET US COUNT YOU IN!

Please remember to sign in at the table in the hallway outside the dining room.

Temp Your Taste Buds with...

Éclair Cake

Ingredients:

1 cup water

1 stick margarine or butter

Dash salt

4 eggs

1 cup flour

*1 large or 2 small vanilla instant pudding
3 cups milk
1 medium cool whip
1 8 oz. cream cheese
Hershey chocolate syrup*

Bring water, salt and margarine (or butter) to a boil. Remove from heat, add flour and mix well. Add eggs one at a time mixing well after each. Grease a 9 x 13 inch pan and spread dough. Bake 30 minutes at 400 degrees.

Mix pudding according to package directions; using 3 cups of milk if small packages. Mix in softened cream cheese. Spread over cool pastry. Cover with cool whip and drizzle chocolate syrup on top. Keep refrigerated. ENJOY!

Word Game **Alphabetic Extractions**

The words below have each had a different letter removed wherever it occurs in the word. One word has had two or more A's extracted, one word has had two or more B's extracted and so on. Thus FLUFFY for example, might appear as LUY.

1. VRGRN
2. RYTM
3. INIU
4. NGRM
5. IETEE
6. ARLIN

HAPPY BIRTHDAY *April 2010*

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate April birthdays on Wednesday, April 28th at 12:00 noon. Enjoy a small token surprise; together we will all share a piece of birthday cake and sing happy birthday!

April....

1.....Catherine Palmer	5.....Millie Fiondella
8.....Jane Dangler	8.....Priscilla Clesowich
15....Louise Plocharczyk	18....Jan Dawnorowitz
26....Pat Semkow	29....Barbara Pennington
29....Alice Dias	30....Jackie Fontaine

If your birthday is not listed please let Donna know, so she can add you to our list!

Earth Day

(from ourearth.org)

Earth Day celebrates forty years this year on April 22nd! While climate change is one of the greatest challenges of our time, it also presents the greatest opportunity to build a healthy, prosperous, clean energy economy now and in the future. How can you do your part? Start small by these examples:

Reduce by turning off the tap when brushing your teeth or shaving. You can save more than 200 gallons of water per month. Unplug unused electronics, recycle (and buy recycled items when shopping), look for the “energy star labels” when buying appliances, electronics and windows, and fix leaks in your home (A leaky toilet can waste up to 200 gallons of water every day). To determine if you have a leak, place a drop of food coloring into the tank. If it appears in the bowl without flushing, you have a leak). Buy local, organic foods. Frozen foods require ten times more energy to produce. Organic foods are good for your health since synthetic hormones, most conventional pesticides, as well as other hazardous practices are not used.

TVCCA COMMUNITY CAFÉ

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50.

Come try the **new TVCCA fresh prep menu** every Tuesday and Thursday in the dining room! Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh every Tuesday and Thursday. Like homemade!

Salads are back! Wednesdays a Tuna Salad Plate is offered and on Fridays enjoy a Cobb Salad for the month of April.

You must be a registered participant in the café program to enjoy the meals. If you are not registered, please ask the site server (Jane) how you can register.

TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.

If you are getting a meal, please check in at the dining room desk when you first enter the senior center so that the kitchen knows early that you will be here for your meal.

Thinking of You

People want to know where their friends are, so we try to pass this information along. If there is a change in anyone's status, please let us know.

Apple Rehab of Colchester: Connie Wright, Dot Shiff, Armand Robert

Harrington Court: Anni Kaven, Edie Wax, Helen Hayden, Mimi Patterson,
Millie Fiondella, Katherine Hlavaty, Edmond Fontaine

Marlborough Health Care: Kathy Tischoffer, Mary Raicik

Rent Rebate Program

The Rent Rebate Program is offered to those who are 65 years of age and older and those people under 65 who are receiving Social Security Disability Benefits. The applicant must have rented in Connecticut for the “2009” year or part of that year. Proof is required for “2009” of taxable income, rent, utilities, (Proof of payments by printout or canceled checks for 12 months is required.) and a copy of your signed income tax, if you filed. If a monetary amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut. The program will begin May 15th and continue until September 15th. Call in May for an appointment.

TRANSPORTATION

In Town Transportation:

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

Out of Town Transportation:

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

TRAVEL

Payments are being taken for these trips. Call the Colchester Senior Center for additional information (537-3911).

Trip sign-up policy- Please come in to sign up for a trip and pay the transportation cost or cost of the trip to hold your reservation.

Reservations will not be made over the phone.

Join us for the “Brown Bag Series.” We will be offering mini day outings for the next six months. We’re calling it the “Brown Bag Series” because you will bring your own lunches and picnic at different locations. Enjoy sightseeing at local attractions! Each month a new destination will be highlighted. Look for transportation costs as each trip may differ. Sign up will be taken at the first of each month.

The following are the “Brown Bag Series.”

April – Friday the 23rd – travel to Salem Herb Farm and gift shop then stop for Scottie’s Frozen Custard before going home. Transportation cost is \$2.00 at the time of sign up.

May- Harkness Park-enjoy games or relax by the ocean

June-Elizabeth Park Rose Garden in Hartford, CT

July-Buttonwood Farms, sunflowers and ice cream

August-Take a leisurely cruise on the Steamboat Sabino along the Mystic River.

September-Connecticut Trolley Museum in East Windsor

Shopping Trip- on Wednesday, April 7th we will travel to Lisbon Landing, leaving the senior center at 12:15. \$2.00 for transportation is payable at the time of sign-up.

Lunch Outing- at Gilbertie’s Place in Colchester on Friday, April 16th. See Priscilla.

PENN DUTCH-May 10-12, 2010-Enjoy the Plain & Fancy Restaurant’s Demonstration

Kitchen with a dinner theatre. A tour of the Amish countryside with lunch in an Amish home. Reserved seating at the Millennium theatre with its new production of "Joseph." Time at the Kitchen Kettle Village with 42 shops and restaurants jammed full of Lancaster County's simple pleasures! Cost \$401 per person twin. A few seats left!

BRANSON MUSICAL GETAWAY- September 24-29, 2010- Fly to Branson, see the Hughes Brothers, Titanic Museum, Dutton Family Theatre, Twelve Irish Tenors, #1 Hits of the 60's, Doug Gabriel Show, Yakov Smirnoff and Six. Cost 1,799 per person twin.

REFLECTIONS OF ITALY-November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00.

On April 20th we will have a presentation on the Italy trip at 6:00 pm at the senior center. The public is welcome to attend. Mark your calendars!

Answers to Word Game "Alphabetic Extractions"

1. Evergreen
2. Rhythm
3. Minimum
4. Anagram
5. Nineteen
6. Gargling