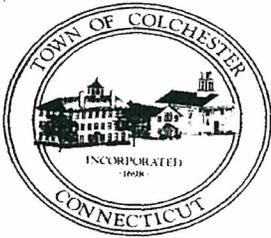


# COLCHESTER SENIOR CENTER

## NOVEMBER 2013

news



### PASTA DINNER FUNDRAISER

**Friday, November 1**  
**6:00-8:00 p.m.**

Please support Eagle Scout Candidate, Dalton Nelson, as he hosts a Pasta Supper to raise the funds needed for his Eagle Scout Project at the senior center. Menu includes pasta and sauce, meatballs, tossed garden salad, bread & butter, beverages and dessert. Tickets are available for \$12-adults; \$10-children under 12 and seniors; and can be purchased at the senior center. Bus transportation is available for seniors.

### VETERANS DAY PROGRAM

**Tuesday, November 5**  
**11:00 a.m.**

Join us as we take the time to remember those who have served our country, sacrificing to keep us safe and free. We invite you to join us for a special tribute which both honors and celebrates the local heroes who have done so much for our country and community.

### Wii BOWLING TOURNAMENT

**Thursday, November 7**  
**9:45 a.m.**

Please join us for a fun Wii Bowling Tournament which includes lunch at the East Hampton Senior Center. Please register in the office.

### FRAUD & SCAM PREVENTION

**Tuesday, November 19**  
**1:00 p.m.**

Mike Savinelli of BCI Financial, an expert in the credit industry, will be here to lead a free presentation about fraudulent schemes and scams developed to take advantage of seniors. Please pre-register for this informative program.

### THANKSGIVING LUNCHEON

**Thursday, November 21**  
**12:00-2:00 p.m.**

We here at the senior center are thankful for all of you and would like to invite you to join us for a Thanksgiving luncheon. Purchase a ticket for \$6.00, which will include your meal and special musical entertainment by vocalist, Bob Mel. Menu includes turkey with gravy, stuffing, mashed potatoes, green bean casserole, cranberry sauce and pumpkin pie.

### CREATE YOUR OWN HOLIDAY CARDS

**Tuesday, November 26**  
**1:00-2:30 p.m.**

Please join us for this free workshop with instructor Marie Sola, Recreation Therapist from Chestelm Adult Day Services. Marie will teach us how to create beautiful cards for the Holidays. You will walk away with two cards of your own to give to family and friends. No experience required. Please sign up in the office by Friday, November 22.

### AARP TAX-AIDE VOLUNTEER Q & A

**Friday, November 15**  
**10:00 a.m.**

We need your help! AARP Tax-Aide is the nation's largest free, volunteer-run tax assistance and preparation service. If you think you would like to help us out this tax season, please attend this no obligation informational session with Stuart Palmer from AARP.



**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

I want to officially welcome onto our staff, Becky Sullivan, our new Program Coordinator. We are very excited to have her join us at the Colchester Senior Center and it is such a pleasure to be fully staffed once again. Becky brings with her some excellent experience gained throughout her career serving seniors in a variety of settings including skilled nursing facilities, assisted living and independent living communities in Connecticut and the greater-Springfield area in Massachusetts. Beyond her experience, Becky has a genuine passion for working with seniors and she brings a lot of enthusiasm and new program ideas. For those who have met her already, I'm sure that you'll agree that she has a warm and friendly personality; and for those of you who have not yet had a chance to meet her, please stop by the senior center and get to know her.

Throughout the past few months, I have been focusing on one aspect of service that we provide at the Colchester Senior Center. We've looked at our nutrition programs, our social services, and our transportation services but this month (especially as we welcome our newest staff member) I thought it would be appropriate to highlight programs. Senior centers are known for the fun activities they offer, and the Colchester Senior Center is no different. But have you considered the senior center as a great place to experience lifelong learning (computer classes, special educational seminars), to stay fit and healthy (exercise classes, low vision support groups, quarterly nutritional counseling) or to socialize with others who share your interests? We like to think we offer plenty of options for everyone, and in the coming months, there will be even more. Come and try something new, you'll meet friends and have a lot of fun!

Sometimes our senior center doesn't have walls. What I mean by this is often the programs that we have take us beyond our building at 95 Norwich Avenue. Through the senior center you can go on fun outings, like our monthly lunch bunch group. It may mean you're traveling with other seniors through our trip opportunities, like the trip coming up this month to the Goodspeed to see "The Most Happy Fella" or even overnight trips to a variety of destinations. With so much to do...there's no excuse not to be as busy as you want.

I want to take this opportunity to say a special thank you to our Veterans, as we remember them this Veterans Day. And I sincerely wish you all every blessing this Thanksgiving. The Colchester Senior Center and all of the special people there—that's something I'm truly thankful for!

Warmly,  
*Patty*

## PROGRAMS

### **HOLIDAY CHORUS** **Mondays & Fridays** **1:00 p.m.**

If you love to sing, please join us for afternoons of music to prepare us for the Holiday season! We will be showing off our talents at the upcoming Holiday Open House & Fair and will participate in community service opportunities during December. Please see Becky with any questions.

### **HOLIDAY FAIR** **PLANNING MEETINGS** **Tuesdays, Nov. 12 & 26** **9:30 a.m.**

We need your help as we plan our upcoming Annual Holiday Fair (Sat. Dec. 7). We are looking for volunteers to help with the many aspects of our largest fundraiser of the year!



### **HOLIDAY SCHEDULE**

The Colchester Senior Center will be closed on:

**Veterans Day: Nov. 11**

**Thanksgiving: Nov. 28 - 29**

**Christmas Day: Dec. 25**

**New Year's Day: January 1**

### **THE CARBOHYDRATE-** **DIABETES CONNECTION** **Wed. November 13** **11:30 a.m.**

Please join Andrea Deedy, Registered Dietician from TVCCA, as she discusses this very important topic.

### **SHOPPING TRIP** **Thurs., November 14** **12:15 p.m.**

This month's shopping trip will be traveling to Norwich Walmart & Big Y. Suggested donation is \$3.00 for bus transportation. Sign up.

### **LUNCH BUNCH** **Friday, November 15** **11:15 a.m.**

Enjoy an Italian lunch at Rossini's in East Hampton, CT. The suggested donation is \$3.00 for bus transportation. Sign up.

### **BOOK CLUB** **Tuesday, November 19** **10:30 a.m.**

Pick up this month's Book Club selection at the Library and join the discussion.

### **GETTING TO KNOW YOU** **Wed., November 20** **12:30 p.m.**

Join this Town Hall-style meeting about our senior center, led by Patty Watts.

### **DONATIONS NEEDED**

We are seeking donations of the following items:

**\*5-6 foot pre-lit Christmas Tree (white lights)**

**\*Items to be sold at the Holiday Fair: Crafts, Jewelry, Holiday Décor, etc.**

**\*Small items for Children (\$1 in value) to be given out from Santa.**

Please see Becky or Patty for more information.

### **SOCK & UNDERWEAR** **DRIVE**

Our local Food Bank is in need of **new socks** and **underwear** for children and adults. If you wish to contribute to this cause, please drop off your items throughout the month of November through mid-December.

### **THANKSGIVING TO GO** **Wed., November 27** **pick up at 12:30 p.m.**

Our friends at Marlborough Health Care are offering a special *complimentary* lunch including a Gobbler Sandwich (turkey, stuffing & cranberry sauce on a roll) with a slice of pumpkin pie & side. Registration required by Friday, November 22.

# CLASS SCHEDULE

CLASS	DAY & TIME	START	SESSIONS	CLASS FEE
<b>CRAFT GROUP</b> Continue to work on selected craft projects like the Wadsworth Atheneum Tree. Leader: Patty Watts	<b>THURSDAYS</b> 1:00 P.M.	ONGOING	10 CLASSES	NO 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>NEW HOLIDAY CRAFT CLASS</b> Work on crafts for the upcoming Holiday Open House & Craft Fair Leader: Becky Sullivan	<b>WEDNESDAYS</b> 1:00 P.M.	ONGOING	4 CLASSES	NO FEE
<b>NEW 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. Group led.	<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>NEW 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** Tues-1:30 p.m. & Fri-10:00 a.m.

**BRAIN GAMES/TRIVIA** Wed-9:00 a.m.

**BRIDGE** Wednesday-12:45 p.m.

**MAH JONGG** Monday-12:30 p.m.

**PINOCHLE** Tuesday-12:45 p.m.

**POKENO** Thursday-9:00 a.m.

**RUMMIKUB** Friday-9:30 a.m.

**SCRABBLE** Monday-10:00 a.m.

**SVP** Wednesday-10:30 a.m.

**SETBACK** Monday-12:30 p.m.

**Wii BOWLING** Thursday-9:00 a.m.

### Creativity

Have you had a moment of creativity within  
 Sit right down and obey its every whim  
 That inspiration, that feeling whether its  
 poetry or art  
 Only needs the self control to sit right down  
 and start  
 If you're a writer, write,  
 Where thoughts your mind provokes  
 If you're an artist, paint, the ox before the  
 yoke  
 If you're a poet, compose a poem  
 That's all you have to do  
 And you will find out, as sure as can be  
 That creativity is for you.

~Ruth Hotyckey Cuicias, Age 84

## 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****CHAIR MASSAGE****Thursdays, 12:00-1:00 p.m.**

Sue McCaffrey, certified Massage Therapist, schedules 15 minutes sessions. A \$10 fee is payable directly to Sue. Please call 860-537-3911 for an appointment.

**LOW VISION  
SUPPORT GROUP****Thursday, November 21  
10:30 a.m.**

Sponsored by the Colchester Lions Club this group is intended for anyone coping with low vision issues, including macular degeneration. This month we will have a visit with a Registered Dietician who will share with the group healthy optimal food choices for those with low vision. Care-givers and loved ones are welcome to attend.

**EYEGLOSS COLLECTION**

The Colchester Lions Club has a collection box for unwanted prescription glasses, located in the Dining Room sign-in area.

**FREE HEARING CLINIC****Friday, November 22  
9:00 a.m. – 12:00 p.m.**

Please call 860-537-3911 to schedule an appointment for this free service provided by Certified Audiologist Elyse Kirschblum of Eastern CT Ear, Nose & Throat.

**MAKING MEMORIES**

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 participants enjoy a beautiful day at the CT River Museum in Essex.

**Making Memories  
Program is scheduled on****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****Thursday, November 7  
9:00 a.m.-12:00 p.m. &  
Monday, November 25  
9:00 a.m.-2:00 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.

**ENERGY ASSISTANCE**

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. Call the Colchester Senior Center for more information, including eligibility criteria, a list of required paperwork for the application and to schedule an appointment. Please note: Thursday, November 15, is the first day for deliverable fuel.



Lunch is served daily at 12:00 p.m. in the Dining Room of the Colchester Senior Center.

### **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.



### **HAPPY BIRTHDAY TO YOU!**

Join us to honor people celebrating November birthdays on **November 27 at 12:00 noon** and enjoy birthday cake provided by our friends at Apple Rehab!

11/1 JOHN KOES  
11/2 LUCY MUSZYNSKI  
11/8 MARY KENDZIOR  
11/8 JEAN HILL  
11/11 SHELLEY GARTENBERG  
11/18 FAY WOLTAG  
11/21 TERRY STACKOWSKI

## 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? Volunteers serving 50 hours or more during the year are recognized at an annual Volunteer Appreciation Event in April. Call 860-537-3911 for more information.*

**AARP TAX-AIDE VOLUNTEER:** Plan to attend our Info Session if you're interested in finding out what's involved to learn to prepare taxes for seniors, as a trained AARP Tax-Aide volunteer. (see article on front page)

**CLASS INSTRUCTORS:** Share a special talent or skill with others by teaching a class.

**DÉCOR & MORE:** Create and install monthly, seasonal and special event decorations to beautify the senior center.

**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 to play piano for our musical groups, restarting in the near future. Please call Becky.

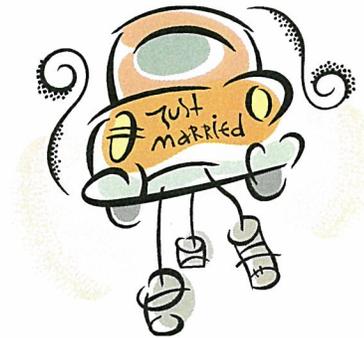
**STAFF MEETING RECEPTIONIST:** Responsible for answering telephone calls and address client needs while staff attend monthly meeting. Training provided. Must be able to provide own transportation.

**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

**NEWPORT PLAYHOUSE & CABARET**  
**November 6**

The Newport Playhouse is featuring the play "The Perfect Wedding." Buffet lunch includes Pasta with Marinara Sauce & Meatballs, Roasted Chicken, BBQ Chicken, Glazed Ham, Sausage & Peppers, Corned Beef, Roast Pork and Baked Scrod. Cost is \$82.00 per person. Bus will depart from the Colchester Senior Center at 9:00 a.m.



**"THE MOST HAPPY FELLA"**  
**GOODSPEED OPERA HOUSE**  
**November 25**

Abbodanza! From the composers of *Guys and Dolls* comes a vibrant musical that blossoms in the vineyards of Napa Valley. Your heart will be warmed by the May-December romance when a city bride is wooed by an aging Italian grape farmer who nearly botches everything until his true goodness shines through. Favorite songs include "Standin' on the Corner" and "Somebody, Somewhere." Don't miss it! Cost is \$39.00 per ticket, which includes cost for transportation. Space is limited. Please also bring a non-perishable item for the Food Bank. Enjoy lunch on your own at La Vita Gustosa. Bus will depart from the Colchester Senior Center at 11:15 a.m.

**NORMAN ROCKWELL MUSEUM**  
**December 3**

This trip features a lunch stop at the Red Lion Inn in Stockbridge, MA. Meal choice includes: Yankee Pot Roast or Broiled Sole with Lemon and Capers. Cost is \$82.00 per person. Bus will depart from the Colchester Senior Center at 8:30 a.m.

PARKING INSTRUCTIONS  
FOR TRAVELERS

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.

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**  
(No meeting in November)

**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.

<p><u>SUNDAY</u></p> <p><b>November 2013</b></p> <p>(All programs subject to change)</p>	<p><u>MONDAY</u></p>	<p><u>TUESDAY</u></p>	<p><u>WEDNESDAY</u></p>	<p><u>THURSDAY</u></p>	<p><u>FRIDAY</u></p> <p>1</p>	<p><u>SATURDAY</u></p> <p>2</p>
<p>3</p> <p><b>DAYLIGHT SAVINGS TIME ENDS</b></p>	<p>4</p> <p>9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback 1:00 Holiday Chorus</p>	<p>5</p> <p><b>ELECTION DAY</b></p> <p>9:00 Memories 10:00 Tai Chi 10:30 Open Art Studio <b>11:00 Veterans Program</b> 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>6</p> <p><b>9:00 Newport Playhouse Trip</b> 9:00 Memories 9:00 Brain Games &amp; Trivia 10:00 Sit &amp; Be Fit 10:30 SVP 12:45 Bridge 1:00 Holiday Craft Class</p>	<p>7</p> <p>9:00 Exercise 9:00 Pokeno <b>9:00-12:00 Benefits Check</b> <b>9:45 Wii Bowling Tournament</b> 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing 1:00 Craft Group</p>	<p>8</p> <p>9:00 Exercise 9:30 Rummikub <b>10:00 AARP Tax-Aide Q &amp; A</b> 10:00 Bingo 1:00 Knitting &amp; Crochet 1:00 Holiday Chorus</p>	<p>9</p>  <p><i>Turn Your Clocks Back!</i></p>
<p>10</p>	<p>11</p> <p><b>COLCHESTER SENIOR CENTER CLOSED FOR VETERANS DAY</b></p>	<p>12</p> <p>9:00 Memories <b>9:30 Holiday Fair Planning Meeting</b> 10:00 Tai Chi 10:30 Open Art Studio 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>13</p> <p>9:00 Memories 9:00 Brain Games &amp; Trivia 10:00 Sit &amp; Be Fit 10:30 SVP <b>11:30 Carbohydrate &amp; Diabetes Connection</b> 12:45 Bridge 1:00 Holiday Craft Class 2:30 Staff Meeting</p>	<p>14</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>12:15 Shopping Trip to Walmart &amp; Big Y</b> 1:00 Line Dancing 1:00 Craft Group</p>	<p>15</p> <p>9:00 Exercise 9:30 Rummikub 10:00 Bingo <b>11:15 Lunch Outing to Rossini's</b> 1:00 Knitting &amp; Crochet 1:00 Holiday Chorus</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>8:30 COA 9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback 1:00 Holiday Chorus</p>	<p>19</p> <p>8:30 TRIAD Meeting 9:00 Memories 10:00 Tai Chi 10:30 Open Art Studio 10:30 Book Club 12:30 Games 12:45 Pinochle <b>1:00 Fraud/Scam Prevention</b> 1:30 Bingo</p>	<p>20</p> <p>9:00 Memories 9:00 Brain Games &amp; Trivia 10:00 Sit &amp; Be Fit 10:30 SVP <b>12:30 Getting to Know You</b> 12:45 Bridge 1:00 Holiday Craft Class 3:00 Thanksgiving Decorating</p>	<p>21</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize <b>10:30 Low Vision Support Group</b> 11:00 Yoga 12:00 Chair Massage <b>12:00 Thanksgiving Luncheon</b> <b>1:00 Bob Mel Sings</b></p>	<p>22</p> <p>9:00 Exercise <b>9:00-12:00 Free Hearing Clinic</b> 9:30 Rummikub 10:00 Bingo 1:00 Knitting &amp; Crochet 1:00 Holiday Chorus</p>	<p>23</p>
<p>24</p> 	<p>25</p> <p>9:00 Memories 9:00 Exercise <b>9:00-2:00 Benefits Check</b> 10:00 Stretcherize 10:00 Scrabble <b>11:15 Trip to the Goodspeed</b> 12:30 Mah Jongg 12:45 Setback 1:00- Holiday Chorus</p>	<p>26</p> <p>9:00 Memories 9:30 Holiday Fair Planning Meeting 10:00 Tai Chi 10:30 Open Art Studio 12:30 Games 12:45 Pinochle <b>1:00 Create Your Own Holiday Cards</b> 1:30 Bingo</p>	<p>27</p> <p><b>HANUKKAH BEGINS</b></p> <p>9:00 Memories 9:00 Brain Games &amp; Trivia 10:00 Sit &amp; Be Fit 10:30 SVP 12:00 Birthday Party 12:45 Bridge 1:00 Holiday Craft Class</p>	<p>28</p> <p><b>COLCHESTER SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY</b></p> <p><b>Happy Thanksgiving!</b></p>	<p>29</p> <p><b>COLCHESTER SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>30</p>

# TVCCA SENIOR COMMUNITY CAFE NOVEMBER 2013

<p><b>MONDAY</b> 1% Milk and Whole Grain Bread are served with each Meal. Menu is subject to change without notice.</p>	<p><b>TUESDAY</b> </p>	<p><b>WEDNESDAY</b>  Happy Thanksgiving</p>	<p><b>THURSDAY</b> </p>	<p><b>FRIDAY</b> 1 Spanish Beef Stew Seasoned Rice Bean Medley Pears w/Mandarin Oranges</p>
<p><b>4</b> <b>BISTRO LUNCH</b> Meatloaf with Gravy Mashed Potatoes Caesar Salad Fudge Brownie \$5.00</p>	<p><b>5</b> Stuffed Chicken w/Broccoli &amp; Cheese Seasoned Rice Mixed Vegetables Fruit Cocktail</p>	<p><b>6</b> Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Pineapple Cup</p>	<p><b>7</b> Baked Chicken Riganato Rice Pilaf Stewed Tomatoes Pears w/ Mandarin Oranges</p>	<p><b>8</b> Cheese Ravioli Broccoli &amp; Carrots Fresh Fruit</p>
<p><b>11</b> <b>VETERANS DAY HOLIDAY</b> Colchester Senior Center Closed</p>	<p><b>12</b> Sloppy Joe's Buttered Noodles Peas &amp; Carrots Applesauce Cup</p>	<p><b>13</b> Cod Florentine Seasoned Rice Italian Vegetable Medley Fresh Orange</p>	<p><b>14</b> Stuffed Shells w/ Marinara Broccoli Carrots Peach Cup</p>	<p><b>15</b> Braised Pork w/ Gravy Sweet Potatoes Mixed Vegetables Pineapple Cup</p>
<p><b>18</b> <b>BISTRO LUNCH</b> Tuna Salad on a Kaiser Roll Clam Chowder Chocolate Chip Cookie \$5.00</p>	<p><b>19</b> Chicken Marsala Mashed Potatoes Capri Vegetable Medley Fresh Fruit</p>	<p><b>20</b> Cheeseburger Noodle Casserole Buttered Noodles Broccoli Peach Cup</p>	<p><b>21</b> <b>Thanksgiving Celebration</b> Roasted Turkey with Gravy Stuffing, Mashed Potatoes Green Bean Casserole Cranberry Sauce Pumpkin Pie <b>\$6.00-Ticket Required</b></p>	<p><b>22</b> Baked Cod w/ Tomato Garlic Compote Roasted Potatoes Mixed Vegetables Fruit Cocktail</p>
<p><b>25</b> <b>BISTRO LUNCH</b> Ham &amp; Cheese Quiche Chicken Noodle Soup Garden Salad Peach Cobbler \$5.00</p>	<p><b>26</b> Eggplant Rolette Penne w/ Marinara Green Beans &amp; Tomatoes Pineapple Cup</p>	<p><b>27</b> Meatloaf w/ Gravy Roasted Potatoes Peas &amp; Carrots Cupcake Grape Juice <b>Birthdays Celebration</b></p>	<p><b>28</b> <b>THANKSGIVING HOLIDAY</b> Colchester Senior Center Closed</p>	<p><b>29</b> <b>THANKSGIVING HOLIDAY</b> Colchester Senior Center Closed</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.