

# BUSY BEE BULLETIN

## FEBRUARY 2012

### 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!*

***“The greatest wealth is health.” ~Virgil***

Dear Friends:

As we enter the second half of the winter of 2012, I’m beginning to wonder if we will ever have a typical New England winter. Would you believe that on the 6<sup>th</sup> of January I found Grape Hyacinth flowers blooming in my backyard. Amazing!! So sorry for all you snow lovers. Boo hoo....

As many of you may recall, February is a very important month in which we celebrate “***National Wear Red Day***,” which will take place on the 3<sup>rd</sup> this year. On that day, we hope you will once again join in with other women nationwide and demonstrate how wise you are, by showing off your favorite red sweater, scarf, or pin, to raise awareness that heart disease—the #1 killer of women—is largely preventable.

We also hope that you will make sure to talk to your doctor about the risk factors that may increase your chances of getting heart disease and the things you can do to prevent it through exercise and diet. And you should never hesitate to call 911 if you have any of the symptoms associated with having a heart attack, especially those affecting women!

According to the Mayo Clinic website, the most common heart attack symptom in women is some type of pain, pressure or discomfort in the chest. But it's not always severe or the most prominent symptom. Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as: neck, shoulder, upper back or abdominal discomfort, shortness of breath, nausea, sweating, lightheadedness or dizziness, or even unusual fatigue. We all know our bodies and how we normally feel. So when in doubt, get it checked out!!

We wish you a very healthy and happy Valentine’s month filled with much love and a smidgeon of chocolate!

Sincerely,

Patti White, Director

**“The best six doctors anywhere, and no one can deny it; are sunshine, water, rest, and air, exercise and diet. These six will gladly you attend, if only you are willing. Your mind they’ll ease, your will they’ll mend, and charge you not a shilling.”**

**Wayne Fields**

## **COMING EVENTS**

**LADIES VALENTINE TEA**-Tuesday February 14<sup>th</sup> at noon. Pamper yourself with an elegant tea and luncheon. Wear your prettiest red or pink blouse and enjoy a Fruit Cup, Quiche, Salad, Tea and Dessert. Please pay \$5.00 at the time of sign-up in the office.

**AARP TAX AIDE**-the nation's largest free, volunteer run tax assistance and preparation service available to taxpayers with low and middle income, with special attention to those age 60 and older. Appointments can be made by calling the senior center. Schedule as follows: 9:00-2:00 on Feb.14<sup>th</sup>, Feb. 21<sup>st</sup>, Feb. 28<sup>th</sup>, March 6<sup>th</sup>, March 13<sup>th</sup>, March 14<sup>th</sup> and March 21<sup>st</sup>.

**LATE AFTERNOON PIZZA PARTY**-Enjoy an early bird special-*pizza and salad*-on Monday February 27<sup>th</sup> at 4:00. Cost: \$3.00. Deadline to sign up: February 24<sup>th</sup>.

**FAT TUESDAY/ MARDI GRAS PARTY**-Tuesday February 21<sup>st</sup> – Celebrate by wearing your gold, green and purple and indulge in homemade pea soup, breads and decadent desserts. Cost \$4.00.

**CLOSING**-The senior center will be closed on Monday February 20<sup>th</sup> in observance of President's Day.

## **ACTIVITIES**

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

**DOO WOP**- Singing practice Mondays at 9:30.

**GOLDEN GLOW**-singing practice 10:30 on Mondays starting on February 6<sup>th</sup>.

**POKENO**- Thursdays at 9:00.

**Wii BOWLING**-Thursdays enjoy this interactive sport from 9:00-10:30.

**LINE DANCING** -Thursdays at 1:00.

**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

Phase 10-Tues. at 12:30 (sometimes Skippo/Rummy Cube)

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 activities room plays with many cards; the group that meets in the center's library plays with fewer cards. Join the game of your choice!

**Afternoon Winter Bingo**-Mondays 1:30 -3:30. (50 cents a card or 9 cards for \$4.00)

**MAHJONG**- Mondays at 1:30.

## **WELLNESS PROGRAMS**

**CHAIR MASSAGE**-with Sue McCaffrey our Yoga instructor (who is also a massage therapist). Fifteen minutes for \$10 (paid directly to the instructor) on Thursdays from

11:30 -12:30. Sign up in the office. The many benefits of massage include stress relief, blood pressure control, managing anxiety and a boost to your immunity.

(Benefits information from [www.mayoclinic.com](http://www.mayoclinic.com))

**FRIENDLY VISITORS**-provides “social visits” and /or phone calls by screened and trained volunteers to homebound seniors-or those in convalescent homes needing companionship. Volunteers will be matched with a senior for weekly visits/calls of approximately one hour. For more information, or to volunteer or request a friendly visitor/caller, please contact Patti White.

**FREE HEARING CLINIC**-by appointment, on Wednesday February 8<sup>th</sup> from 10:00-12:00. 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 February 13<sup>th</sup> from 9:00-10:00. Please sign in at the dining room desk and get your number/ticket. Provided by Wendy Pizzoferrato RN, from “Housecalls”.

**LOW VISION SUPPORT GROUP**- will meet on the third Thursday of the month (February 16<sup>th</sup>) at 10:30. This program is coordinated by Colchester Senior Center and the Colchester Lions Club. We invite those with all levels of vision impairment. Hear informative guest speakers and view low vision products that can help make every day living easier.

**TAI CHI STYLE EXERCISE**-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.) A slow moving, breathing exercise with benefits that include reducing anxiety and depression, improves balance, flexibility and muscle strength and improved sleep quality. (Benefits information by [www.mayoclinic.com](http://www.mayoclinic.com).)

**EXERCISE CLASSES**-Exercise classes with a certified instructor. Schedule: M,Th,F 9:00 am. Cost \$3.00 per class if paid for the full month, prior to the first of the month or \$4.00 for drop-ins.

**SENIOR YOGA**- Thursdays at 10:30 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. Yoga is said to improve core strength which helps posture and balance.

**“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. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

### **Jan’s Friendship Group**

In keeping with the tradition started by much beloved Jan Dawnorowitz, “**Jan’s Friendship Group**” will continue to meet on the first Friday of the month, 4:00 at Family Pizza. All are welcome to join at any time.

## **MEETINGS AT THE CENTER**

**SENIOR CENTER GROUP** – Friday February 10<sup>th</sup> at 12:30.

**COMMISSION ON AGING**- Monday February 13<sup>th</sup> at 8:30 am.

**AARP**-No meeting in February.

**TRIAD**- Third Tuesday of the month at 8:30 am.

## **Benefits Counseling**

You may qualify for fuel assistance, health insurance, food stamps, the Medicare Savings Plan or other service programs and not even know it!

**This month appointments can be made with Sue Greeno from Senior Resources Area Agency on Aging from 1:00-4:00 on Wednesday February 8<sup>th</sup> and 22<sup>nd</sup> by calling the senior center office for an appointment.**

## ***February is National Chocolate Lovers Month***

*(From AARP Bulletin)*

Good news for chocolate lovers, a Harvard study finds that eating a small square of dark chocolate daily can help lower blood pressure for people with hypertension. The study joins the growing research regarding the heart-healthy benefits of flavonoids. Flavonoids are compounds found in tea, fruits and vegetables as well as unsweetened chocolate and it causes the dilation of blood vessels. The study also found that chocolate can increase insulin sensitivity good for lowering diabetes risk. It also appears to affect cholesterol. Research evidence has found dark chocolate decreases the LDL or bad cholesterol and shows a significant increase in HDL or good cholesterol. The best advice for consumption is to choose chocolate that has the lowest amount of sugar and the highest amount of cocoa (at least 70%). And of course moderation is the key!

## **Temp Your Valentine with...**

*([www.realsimple.com](http://www.realsimple.com))*

### **Chocolate Fudge Pie**

#### **Ingredients:**

Basic flaky piecrust or store bought piecrust for a 9 inch pie plate.  
6 oz semi sweet chocolate, chopped, plus more shaved for topping  
½ cup unsalted butter (1 stick)  
3 large eggs  
1/8 teaspoon kosher salt  
½ cup plus 3 tablespoons granulated sugar  
1 ½ cups heavy cream

#### **Directions:**

Heat oven to 375 degrees. Place the pie plate on a baking sheet. Prick crust with a fork and line with foil. Fill to top with pie weights or dried beans. Bake until the edges are firm, 20-25 minutes. Remove the foil and weights and bake until just golden. 8-10 minutes.  
Reduce oven temperature to 325 degrees. In a heatproof bowl set over a saucepan of simmering water, melt the chocolate and butter.  
Using an electric mixer, beat the eggs, salt, and ½ cup of the sugar until fluffy, 4 to 5 minutes.

Fold a third of the egg mixture into the chocolate mixture, then fold in the remainder. Pour the combined mixture into the crust and bake until puffed and beginning to crack, 20 to 25 minutes. Cool for 1 hour, then chill. Beat cream with remaining sugar until soft peaks form and loosely cover with plastic wrap, for up to 2 days. Top it with the whipped cream and shaved chocolate and refrigerate uncovered for up to 6 hours. ENJOY!

## **HAPPY BIRTHDAY** **FEBRUARY 2011**

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate February birthdays on Wednesday the 29<sup>th</sup> at 12:00 noon. Enjoy a small token surprise. Together we will all share a piece of birthday cake and sing happy birthday!

### ***February...***

1....Lillian Lavech	12....Betty Ann Oppelt
12...Joann Riddell	12....Rob Mader
13....Harriet Risley	14...Lillian Brown
18....Jean Vigezzi	18...Marge Ely
19... Ann Fitzgerald	21...Lillian Winakor
27...Mary Starratt	

Birthday's get posted in the newsletter by letting the office know that you would like to be put on the birthday list.

## **TVCCA COMMUNITY CAFÉ**

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50. The **TVCCA fresh prep menu** is being served on *Tuesdays, Wednesdays and Thursdays* in the dining room. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade! Check the menu in this newsletter to see the new choices.

*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 easily 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.*

**Taste of Thursday**-join us for a special lunch of Shepherd's Pie on February 23<sup>rd</sup> at noon. Pay \$2.50 at the time of sign-up in the office.

## **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 an appointment (537-3911) and/or to find out what paperwork is needed to apply. **Last day for deliverable fuel is March 15<sup>th</sup>**.

## **February Trivia Quiz**

1. In 1950, the Famous Brinks Robbery netted \$2.8 million. Where did it occur?
2. Catcher in the Rye's portrayal of Holden Caulfield's 16 year old life was a huge success. Who wrote the book?
3. What accomplishment in 1953 made Edmund Hilary and Tenzing Norgay famous?
4. What did Francis Watson and James Crick become famous for discovering?
5. What was the name of the new company formed when Nash-Kelvinator and Hudson Motor Car Company merged?

## **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:** Dot Shiff

**Harrington Court:** Millie Fiondella, Edmond Fontaine

**Marlborough Health Care:** Kathy Tischoffer, Mary Raicik

## **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.

*Donations for both in town and out of town are accepted by mail or you can bring your donations to the senior center office.*

## **TRAVEL**

**RETAIL SHOPPING TRIP-** Wednesday February 8<sup>th</sup> to Willimantic Walmart and Kohl's. Transportation is a suggested donation of \$3.00.

**LUNCH OUTING-** Friday February 24<sup>th</sup> at the Hung Won Asian Grille in Colchester. Transportation is a suggested donation of \$2.00.

**ST. PATTY'S DAY CELEBRATION-**starring the McTougas Brothers and the Black Velvet Band at White's of Westport. Located between the beautiful Watuppa Lakes in Westport MA this family owned establishment has a reputation for excellence. Following a luncheon of Corned Beef & Cabbage or Baked Scrod, enjoy the best in Irish entertainment. Listen to favorite ballads plus some rollicking pub tunes, a wee bit of Irish

comedy, audience participation and a few Irish jigs too! Please make your check to Landmark Tours & Cruises for \$64 plus \$6.00 in cash or check to the Colchester Senior Center. Deadline for sign-up is February 6<sup>th</sup>.

**AMERICAN BANDSTAND REVUE**-Tuesday April 17<sup>th</sup> at the Venus de Milo in Massachusetts. Following a luncheon choice of Baked Stuffed Shrimp or Jr. Roast Prime Rib enjoy the American Bandstand Revue from Atlantic City with 50's and 60's music and costumes from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Connie Francis and more! Cost- a check to Landmark Tours and Cruises for \$73.00 plus cash of \$6.00. Deadline for sign-up April 2<sup>nd</sup>.

**TASTE OF PROVIDENCE**- Tuesday May 22<sup>nd</sup>-USA Today named it "one of the Top Ten Little Italy's in America." First stop Geppetto's an upscale pizzeria located on famous Federal Hill. The chef will entertain and delight the group with his table side demonstration and techniques as he prepares a full course luncheon. Then stroll across the plaza to Venda Ravioli's Italian Food Emporium to find special treats. We'll then meet a professional Guide who will step aboard our coach for a 90 minute tour of Little Italy. Before returning home we'll visit Scialo Brothers Italian Bakery, take a tour and select a piece of pastry to enjoy with coffee or tea. A check for \$65 to Landmark Tours & Cruises plus \$6.00 cash or check to Colchester Senior Center gets you a ticket for this great trip! Deadline for sign-up is April 16<sup>th</sup>

**PILGRIM BELLE**-Wednesday June 20<sup>th</sup> -Visit Flax Pond Farms for a bogside chat about cranberry farming. And stop by the gift shop with many unique foods and gifts. Cruise Plymouth Harbor in style and comfort aboard the Pilgrim Belle a Mississippi style paddlewheeler with a narrated account of this historic town. Enjoy lunch at Isaac's Restaurant, a favorite of the locals, located on the waterfront with spectacular views! Cost: A check to Landmark Tours & Cruises for \$72 plus a check to Colchester Senior Center or cash of \$6. Deadline for sign-up is May 18<sup>th</sup>.

**NATIONAL PARKS**-12 Days September 8<sup>th</sup> -19<sup>th</sup>.

**AFRICA**-Kenya Wildlife Safari-14 Days- Departure February 28<sup>th</sup> - March 13<sup>th</sup>, 2013. Optional 4-night Tanzania Post Tour Extension- 33 meals included.

**Call the Colchester Senior Center for additional information (537-3911).**

### **Answers to February Trivia Quiz**

1. Boston
2. J.D. Salinger
3. Summit Mt. Everest
4. The "double helix" of DNA
5. American Motors