

**BUSY BEE BULLETIN
COLCHESTER SENIOR CENTER
MAY 2012**

“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!

Dear Friends:

Some of you may have noticed a slight difference in the formatting and design of our Busy Bee last month. This is because the publishing company that was printing the newsletter each month is no longer able to secure enough advertisement to cover their costs.

As a result, we now have a local company doing the job at a very reasonable price. Unfortunately however, the cost of printing the newsletter is not in our budget this year, and as such, we are asking for your help in making any donation that you can, whenever you can, to help us continue to produce the Busy Bee. As we attempt to keep our costs low, we may occasionally produce a newsletter that will cover two months of activities. No need to worry, it will continue to be filled with lots of great opportunities and interesting content.

We truly appreciate all that you do to support the center and the community as a whole. Colchester is truly blessed to have so many generous volunteers.

Best Wishes for a very happy Mother’s Day and a meaningful Memorial Day spent with family and friends.

Sincerely,

Patti White, Director

“All that I am, or hope to be, I owe to my angel mother.”

Abraham Lincoln

COMING EVENTS

MOTHER'S DAY LUNCH-Take time to celebrate this important holiday with a special lunch (Chicken Divan, Rice, Carrots, Salad and Dessert), on Friday May 11th, made just for you. Cost \$5.00.

PIZZA- On Friday May 18th TVCCA will hold its annual staff picnic. On that day pizza and salad will be available for lunch. Cost \$4.00 at the time of sign-up in the office. Deadline for sign-up is Monday May 7th.

SENIOR DAY AT CES - Wednesday, June 6th at 8:45- Spend a lovely spring morning celebrating older Americans with the students of Colchester Elementary School. The children will share stories, projects and songs with us as well as provide snacks. You will smile! Transportation will be provided. Sign up in the office with Donna.

OLDER AMERICANS MONTH/ MEMORIAL DAY PICNIC CELEBRATION- Join us on Thursday May 24th as we celebrate Older Americans Month and Memorial Day with a special picnic lunch and fun entertainment by Colchester's own "Roxie", aka Priscilla and her friends. Cost \$3.00.

SENIOR NUTRITION- Join us on Thursday May 31st in our dining room as a nutritionist from TVCCA tells us the importance of "Hydration" and answers the questions of how much do I need to drink daily and which fluids count?

SUMMER EVENING BINGO- Will begin on Wednesday June 6th. If you would like the light meal served at 4:00, please let Priscilla know the day prior. Bingo will be from 4:30 to 6:30. (.50 cents a card or 9 cards for \$4.00.)

TAG SALE-We will host our annual Tag Sale on Sunday June 10th from 9:00-1:00 on the same day as the Tag Sale on the Green. (**RAIN or SHINE**). Bring your friends and family and find a new treasure at a great price! (Donations can be brought in to the center from May 14th - June 4th)

CLOSING- The center will be closed on Monday May 28th in observance of Memorial Day.

START YOUR SUMMER OFF RIGHT AND POWER UP!!- Come join the fun and let's get movin with this 60 minute exercise program designed for the active older adult that includes a warm-up, low-impact aerobics, muscular conditioning and core strengthening for the abdominals and back. It will increase bone density, improve balance & coordination. Please remember to bring a mat & water bottle with you. Wednesday evenings from 6-7 beginning May 9th. (**\$12.00 for four weeks with full payment due by May 7th**). Sign up in the office with Donna.

SENIOR STRETCHERCIZE-Be good to yourself! Join this six week stretchercize class with Gina Schriver, to improve your balance and strength. Come to a free class on Monday May 7th at 10 am. Cost for the class is only \$15, payable the week before the class officially begins on Monday May 14th.

CENTER GOLF LEAGUE- The league will run for 16 weeks on Tuesdays at 9:00 am, from May 8th–August 21 at the Chantclair Golf Course in Colchester. Cost: \$160.00 for 16 weeks of 9 holes played. Payments can be made weekly in person on Mondays and Fridays at the senior center from or mailed to 95 Norwich Ave. Colchester, CT 06415. Make checks payable to the Colchester Senior Center (put Golf League in the memo).

Bring your own clubs or rent them for \$3.00 per 9 holes payable at the course. Golf Carts can be rented for \$6.00 per 9 holes payable at the course. Register now with Donna.

ACTIVITIES

DOO WOP- Oldies (music) singing group will practice on Mondays at 9:30.

GOLDEN GLOW-singers will practice on Mondays at 10:30. No practice on May 7th. Golden Glow ends its season of song on May 14th.

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

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 BINGO-Mondays from 1:30 -3:30. (.50 cents a card or 9 cards for \$4.00.)

MAHJONG-Mondays at 1:30. The group is looking for new players, beginners welcome!

WELLNESS PROGRAMS

FREE HEARING SCREENING- from Eastern CT Ear, Nose & Throat, P.C. in Colchester with a Certified Audiologist, Elyse Kirschblum, M.A. , CCC-A. The next screening is Friday May 18th. Our vehicle can transport you (if in Colchester) and pick you up when you are done or you may drive yourself. Appointments are made by calling the senior center office.

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 11:30 -12:30 by calling ahead and making an appointment. Sign up in the office.

BLOOD PRESSURE CLINIC- Blood Pressure Screening is on Monday May 14th from 10:00-11:00. 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 (May 17th) at 10:30. This program is coordinated by Colchester Senior Center and the

Colchester Lions Club. Hear informative guest speakers and view low vision products that can help make every day living easier. We invite those 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.)

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.

LINE DANCING –Thursdays at 1:00. Enjoy all kinds of music as you move to the beat! No line dancing on Thursday the 24th.

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.

“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.

MEETINGS AT THE CENTER

AARP Chapter # 4019-will meet on Tuesday May 1st at 1:30.

SENIOR CENTER GROUP MEETING-Friday May 11th at 12:30.

COMMISSION ON AGING MEETING-Monday May 14th at 8:30.

TRIAD-Tuesday May 15th at 8:30.

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” can be made for Wednesday May 16th and 30th from 1:00-4:00 by calling the senior center office at 860-537-3911.

Adopt an Apartment for one of our Veteran Heroes

Support the efforts of Colchester’s Retired Senior Volunteer Program (RSVP) volunteers, by helping them to supply one single apartment for a veteran with needed items that would ***make a house a home***. Needed items include such things as new dishes, glassware and silverware for four, queen size bedding, and bathroom and kitchen supplies. Financial donations can be made by mail or in person at the Colchester Senior Center. This housing program is operated by the American Legion Veteran’s Housing, Inc. in Jewett City which will open 18 units of housing for veterans on June 1. Contact the office for more details.

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” - Margaret Mead.

Scam Alert

“Grandchild in Trouble”

(From www.seniorscamscreen.org)

One of the most common scams (it happened in Colchester too) targeting seniors in this country is the phone call from someone claiming to be the senior’s grandchild. In many cases, the person on the other end of the line knows the name of the real grandchild and the nickname the grandchild uses for the senior, such as “Grammie” or “Pop.” This scam relies on emotion and exploits the grandparent’s willingness to help the grandchild in any way possible.

The scam works as follows: The scammer calls the senior pretending to be the senior’s grandchild. They tell the victim that they are in trouble and need money. Commonly, the scammer will claim to have been in a car accident or have been arrested and are afraid to tell their parents. The grandparent will be asked to wire money, either by Western Union, Money Gram or some other wiring service. The scammer then calls the grandparent back for the wiring reference number. Unfortunately, it isn’t until the senior finally speaks with the actual grandchild that they learn that they were scammed. By then, the scammer is long gone and nearly impossible to track down. The situation is even more difficult when the money is wired to an out-of-state location.

If this happens to you, do not wire the money or provide the caller with any information. Call your grandchild or other family member to find out what is going on. Then call your local police department to report the scam.

TIPS TO AVOID A SCAM

1. **The Golden Rule:** *When an offer seems too good to be true, it probably is.*
2. **Keep Personal Info Private:** *Never give your bank account, social security, or credit card numbers to anyone you don’t know or trust.*
3. **Avoid High Pressure Sales:** *Say no to any offer or deal that is only available right now.*
4. **Never Pay for a Prize:** *If you are offered a prize but are asked to pay a “processing fee” or “taxes” in advance, it is likely a scam. You shouldn’t have to pay anything to win a free prize.*

If you are still not sure whether it’s a scam, call the Scam Hotline at 858-715-1648.

HAPPY BIRTHDAY **MAY 2012**

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate May birthdays on Wednesday the 30th at 12:00 noon. Enjoy a small token surprise; together we will all share a piece of birthday cake and sing happy birthday!

May....

2...Claudette Soucy	7...Theresa Alferi
7...Ruth Ciucias	13...Teresa Torres
16...Pat Corcoran	21...Patty Evans
24...Patti White	29...Betty Prestridge
31...Rosemarie Chicoine	

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.)

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 (**like homemade**) is now served Monday through Friday at the center. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade!

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.

RENT REBATE PROGRAM

Basic Information and Requirements

RENT REBATE- The program is offered to those 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2011). The applicant must have rented in Connecticut for the "2011" year or part of that year. **Income guidelines as follows: unmarried applicants must not exceed \$32,300 and married applicants must not exceed \$39,500 for the 2011 filing year.** If an 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.

Please bring proof of the following for 2011.

- _____ All taxable income including:
 - Social Security (**SSA1099 Form only**), for **disabled individuals bring a document stating that you are disabled** and what you receive for the **whole year** from Social Security. All interest, dividends, pensions, wages, lottery winnings, IRA's, Veterans Pensions and Veterans Disability payments are needed.
- _____ **Income must be provided for each adult living in the home.**
- _____ Rent: A print-out or cancelled checks for 12 months.
- _____ Utilities: A print-out or cancelled checks, showing **verification of payment** for water, electric, oil and gas (propane) for 12 months.
- _____ If an income tax was filed we will need to make a copy of the signed form.

You can apply for this program from May 15th until September 15th by calling the Colchester Senior Center for an appointment (537-3911). (You must apply in the town that you live in.) People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, but **may not apply for both programs.**

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

Marlborough Health Care: 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. 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 transportation are accepted by mail or you may bring your donations to the senior center office.

TRAVEL

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

Sign Up Policy

We now ask that you pay for the full cost of a trip or activity at the time of sign up when there is a cost involved, and we will no longer be able to take these reservations over the phone. This will enable us to deposit the funds from you and requisition checks for payments in a timely manner and better plan for lunch events where we need to buy enough food etc... We will also require that you sign up by the posted deadline.

Examples of this would be a trip to the Goodspeed Opera House event, or our Taste of Thursday and other special meals here at the center.

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.) This policy does not apply to TVCCA meals.

SHOPPING TRIP- Wednesday May 9th to Lisbon Landing. Transportation is a suggested donation of \$4.00.

LUNCH OUTING- Wednesday May 16th to the Yankee Clipper in Niantic. Transportation is a suggested donation of \$5.00.

A CULTURAL ODYSSEY-May 29th visit the Slater Museum in Norwich with lunch at Friendly's in Norwichtown. (Located on the campus of Norwich Free Academy, the Slater Museum awakens visitors to the richness and diversity of the human experience through art and history. Deadline for sign-up is May 21st. Cost \$5.00 includes admission and transportation.

LOBSTER BASH-Tuesday July 17th at Amarante's Sea Cliff. The menu features a Welcome Reception on arrival with a leisurely lunch overlooking Long Island Sound. Then sit back and enjoy Viva Las Vegas with Jimmy Mazz's musical journey as he sings the songs of Frank Sinatra, Dean Martin, Sammy Davis, Tony Bennett and more! A check to Landmark Tours and Cruises for \$75 with a check to the senior center or cash for \$3.00. Deadline for sign-up is June 29th.

GOODSPEED'S CAROUSEL-August 16th-This musical has captivated audiences around the world with the powerful love story of an innocent young millworker and swaggering carousel barker. Experience one of the most celebrated musicals of all time after a leisurely lunch at the beautiful Gelston House in East Haddam. Cost- A check to the Goodspeed for \$64 plus \$6 in cash or check to the Colchester Senior Center. Deadline for sign-up is July 9, 2012.

EDWARDS TWINS- Tuesday, September 25 – These talented identical twin brothers impersonate over 100 different entertainers and spent years performing on the Vegas strip. Entertainment and a delicious meal await you at the Log Cabin in Holyoke, Ma. Cost: \$79.00. Deadline for sign-up is August 27th.

ITALIAN FEST-Thursday, October 11, 2012 – Ciao Italia! Be magically transported to Italy as Micheal Castaldo performs songs from Andrea Bocelli and others after you have enjoyed a family style Italian meal at The Grand Oak Villa in Oakville, CT. During the breaks there will be an Olive Oil Tasting & Demo of his family's organic, extra-virgin olive oil straight from his family's estate in Calabria. Cost: \$70.00 Deadline for sign-up is September 10th.

SHOWTIME IN PENN DUTCH- Oct. 25th-27th – Experience "Jonah" at the Sight & Sound Theatre, a guided tour of Amish Country, an Amish Wedding Feast dinner, and a Broadway-style musical performance at the Dutch Apple Dinner Theatre. En route home we'll visit Hershey for a tour of Chocolate World and a visit to the Milton Hershey School. Cost: \$391.00. Deadline for sign-up is September 21st.

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AFRICA-Kenya Wildlife Safari- 15 Days- Departure March 7th-20th, 2013.

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.

