

BUSY BEE BULLETIN

~ COLCHESTER SENIOR CENTER ~

NORWICH AVENUE • COLCHESTER, CT 06415

“Proud to be Part of the Community”

Town of Colchester website - www.colchesterct.net

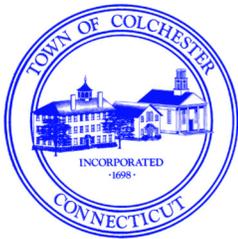
TEL. (860) 537-3911

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FAX. (860) 537-5574

JULY 2012

The Colchester Senior Center is an open door to the community. Just a reminder... The Senior Center is open Monday - Friday at 8:00 a. m. - 4:30 p. m. for your convenience. We enjoy everyone's visit!



Patti White..Director/Municipal Agent

Priscilla Clesowich, Program Assistant

Donna Paty, Administrative Assistant

Steve Mekkelsen, Recreational Therapy Coordinator

Louise Plocharczyk, Driver

Ginny Stephenson, Driver

Noella Daigle, Driver

Jane Moreno, Elderly Nutrition Site Server

Maureen Shelto, Easter Seals Program Aide

COLCHESTER COMMISSION ON AGING

Herb Davis

Marilyn Finnegan

Rob Gustafson, Alternate

Rose Levine, Chair

Goldie Liverant

Betty Ann Oppelt

Jean Stawicki

“A good memory is one that can remember the day's blessings and forget the day's troubles”

Irish Blessing

Dear Friends:

When I was growing up, my mother would often counsel me to count my blessings. Over the years, I have tried to follow her advice through different phases of my life. This past week was one of those times when her simple words spoke volumes.

As I have written about in previous editions of the Busy Bee, the community of Colchester is truly an inspiring and caring town filled with many wonderful and generous people. I have felt blessed to be a part of it since day one.

Although the budget process is not yet over for this year, it was truly amazing to see the show of solidarity and concern expressed by so many of the town's residents over possible cuts to essential services.

On another but related matter, I would like to thank those of you who either donated to the senior center's annual tag sale or helped with the set up or staffing on the day it was held. With your dedication and hard work, we raised nearly \$1,400.00, which will greatly help us with our programming needs at the center during these difficult economic times.

I would like to give a special shout out to the two key organizers of the tag sale, Louise Murzyn and Joann Wallowitch. Once again, these two ladies worked quietly and tirelessly for months to make it happen. I would also like to thank those individuals who were instrumental in its success, especially Bernie Gursky, Bea Fieldstadt and Betty Courtenay, as well as our devoted staff and many other volunteers who always pitch in when asked or needed, and of course those of you who bought items at the sale. You are awesome! Thank you once again for all that you do.

Sincerely,

Patti White, Director



Happy Independence Day!

“Alone we can do so little; together we can do so much.”

Helen Keller

COMING EVENTS

PICNIC LUNCH- Friday July 6th – If you didn't get to go to a picnic for July 4th, here's your chance. Hotdogs and potato salad with all the fixins - in the comfort of the great indoors - plus great entertainment with old time love songs! Prizes for the ring toss game and ice cream sundaes or a root beer float for dessert! Cost \$5.00. Deadline for sign-up is Monday July 2nd.

SING A LONG WITH NORMA- Monday July 9th at 10:45; request your favorite song and sing a long! Everyone welcome!

FRIDAY NIGHT KAREOKE- Friday July 13th 4:00-6:00. When is the last time you went out on a Friday night? Follow the words (Country and Rock and Roll) on our big screen and dance if you feel like it. Smiles provided free of charge. Sandwiches and drinks available if ordered ahead. Cost: \$4.00. Transportation provided. Deadline for sign-up is Friday July 13th by 10 am!!

MOVIE AND PIZZA- Come enjoy a movie (The War Horse) with popcorn, pizza and friends in the air-conditioned senior center from 4:00-6:00 pm on Tuesday July 31st.

Cost for the food is \$5.00. Transportation provided. Deadline for sign-up is July 30th.

COMPUTER CLASS- (Six Week Course) Learn computer basics of how a computer operates as well as how to access the internet, and send and receive e-mails. Classes will be held on Mondays from 3:00-4:30, July 9th through August 13th. No fee, but prior registration is required by calling the center, as class size is limited.

ACTIVITIES

DOO WOP- Oldies (music) singing group will practice on Mondays at 11:00.

No Doo Wop on July 9th.

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

SUMMER BINGO- Wednesdays from 4:30-6:30 pm. If you would like the light supper meal served at 4:00 pm, please let the office know the day prior.

BINGO- Friday mornings 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.

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

BOOK CLUB- Tuesdays at 11:00 am-12:00. Let's inspire each other to read more and enjoy each other's company and insights. Sign up in the office.

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, July 20th. 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 July 9th 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 (July 19th) 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.

STRETCHERCIZE- Movement that improves your balance and strength, Mondays at 10:00 with Gina Schriver. Join this six week class from July 9th through August 20th for \$15.00. Sign up in the office by Monday July 9th.

LINE DANCING- Thursdays at 1:00. Enjoy all kinds of music as you move to the beat!

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- No meeting in July. Will resume meeting in the fall.

SENIOR CENTER GROUP MEETING- Friday July 13th at 12:30.

COMMISSION ON AGING MEETING- Monday July 9th at 8:30 at town hall.

TRIAD- Tuesday July 17th 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!

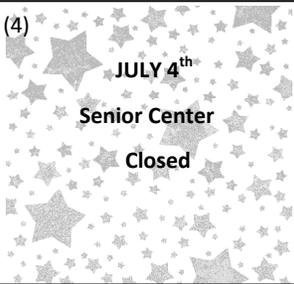
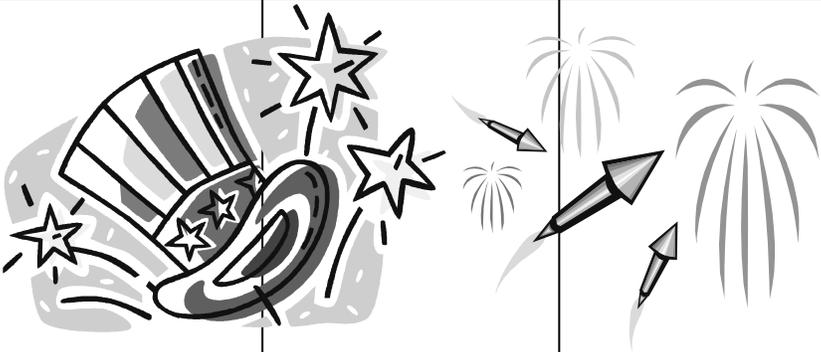
Appointments for a “Benefit’s Check-up” can be made for Wednesday July 11th and 25th from 1:00-4:00 by calling the senior center office at 860-537-3911.

Scam Alert

Property Tax Scam

Recent reports of a property tax scam in San Diego County should keep homeowners aware! People report of receiving official-looking documents in the mail claiming to be from the Assessor’s Office. They have included the Assessor’s ID number and the address of the real property as well as the assessed value of the real property. The forms state that for a fee, your property value can be reassessed, but only if you comply by the imposed due date. After the said date, a late fee will be added. These letters look official, but are not. If you receive any of this mail, call your local Assessor’s Office and your local police department.

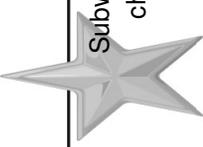


MON	TUE	WED	THUR	FRI
(2) 9:00 Exercise 9:00 Memories 10:00-12:00 Scrabble 11:00 Doo Wop 12:45 Setback 1:30 Mahjong	(3) 9:00 Memories 10:00 Tai Chi 11:00 Book Club 12:30 Card Games 12:45 Pinochle	(4)  JULY 4 th Senior Center Closed	(5) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:30 Yoga 11:30-12:30 Chair Massage 1:00 Line Dancing	(6) 9:00 Exercise 10:00 Bingo 12:00 Picnic Lunch 1:00 Cribbage
(9) 8:30 COA 9:00 Exercise 9:00 Memories 10:00 BP Clinic 10:00 -12:00 Scrabble 10:00 Stretchcize 10:45 Sing A Long w/Norma 11:00 Doo Wop 12:45 Setback	(10) 9:00 Memories 10:00 Tai Chi 11:00 Harkness Park 11:00 Book Club 12:30 Card Games 12:45 Pinochle	(11) 9:00 Memories 10:15 RSVP 12:15 Shopping Trip 12:45 Bridge 1:00-4:00 Benefits Ck-up 4:30 Bingo	12) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:30 Yoga 11:30 Chair Massage 1:00 Line Dancing	(13) 9:00 Exercise 10:00 Bingo 12:30 Senior Center Group Meeting 1:00 Cribbage 4:00-6:00 Friday Night Kareoke
(16) 9:00 Exercise 9:00 Memories 11:00 Doo Wop 10:00-12:00 Scrabble 10:00 Stretchcize 12:45 Setback 1:30 Mahjong 3:00 Computer Class	(17) 8:30 TRIAD 9:00 Memories 10:00 Lobster Bash 10:00 Tai Chi 11:00 Book Club 12:30 Card Games 12:45 Pinochle	(18) 9:00 Memories 10:15 RSVP 12:45 Bridge 4:30 Bingo	(19) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:30 Yoga 11:30 Chair Massage 1:00 Line Dancing	(20) 9:00 Exercise 9:00-12 Hearing Screening at E. CT Ear Nose and Throat 10:00 Bingo 1:00 Cribbage
(23) 9:00 Exercise 9:00 Memories 10:00-12:00 Scrabble 10:00 Stretchcize 11:00 Doo Wop 12:45 Setback 1:30 Mahjong 3:00 Computer Class	(24) 9:00 Memories 10:00 Tai Chi 11:00 Book Club 12:30 Card Games 12:45 Pinochle	(25) 9:00 Memories 10:15 RSVP 12:45 Bridge 1:00-4:00 Benefits Ck-up 4:30 Bingo	(26) 9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:30 Yoga 11:30 Chair Massage 12:00 Birthday's 12:00 Taste of Thursday 1:00 Line Dancing	(27) 9:00 Exercise 10:00 Bingo 11:00 Lunch Outing 1:00 Cribbage
(30) 9:00 Exercise 9:00 Memories 10:00-12:00 Scrabble 10:00 Stretchcize 11:00 Doo Wop 12:45 Setback 1:30 Mahjong 3:00 Computer Class	(31) 9:00 Memories 10:00 Tai Chi 11:00 Book Club 12:30 Card Games 12:45 Pinochle 4:00-6:00 Movie and Pizza			

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.



TVCCA SENIOR COMMUNITY CAFÉ JULY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Pizza, salad & dessert 2	Swedish Meatballs Buttered Egg Noodles Broccoli Cranberry Juice Chocolate Chip Cookie 3	Independence Day  Senior Nutrition Program Closed 4	Lemon Butter Cod Macaroni & Cheese Green Beans Applesauce Cup 5	All Beef Hot Dog w/Bun Baked Beans Cole Slaw Pears w/ mandarin oranges 6
 Assorted Wraps/fresh fruit & dessert  9	Eggplant Rolette Penne Pasta w/Marinara Italian Vegetable Medley Fruit Cocktail 10	Beef Stew w/ Potatoes Broccoli Cauliflower <u>or Chicken Caesar Salad</u> Danish Apple Juice 11	Chicken Dijonaise Rice Pilaf Capri vegetable Medley Pears w/ mandarin oranges 12	Stuffed Cabbage Casserole Mashed Potatoes Baby Carrots Fresh Banana <i>Ethnic Meal</i> 13
Seafood Salad Boats & dessert 16 	Chicken Florentine Rice Pilaf Peas & Carrots Pears w/ mandarin oranges 17	Maple Mustard Pork Loin Mashed Potatoes Capri Vegetable Medley <u>or Tuna Salad Plate</u> Fresh Orange 18	Cheeseburger Noodle Casserole Peas Carrots Applesauce Cup 19	Chicken Cacciatore Seasoned Rice Italian Vegetable Medley Orange Juice Cupcake Happy Birthday 20
 Subway Sandwiches, chips & dessert 23	Penne Pasta & Meatballs Broccoli Baby Carrots Fresh Fruit 24	Cod Newburg Rice Pilaf Peas & Carrots <u>or Egg Salad Plate</u> Pears w/ mandarin oranges 25	Taste of Thursday Chicken Salad Roll, Pasta Salad & Dessert 26	Herb Braised Pork Loin w/Gravy Scalloped Potatoes Green Beans Pineapple Cup 27
 Italian Subs & dessert  30	Multigrain Crusted Fish Au Gratin Potatoes Garden vegetable medley Applesauce Cup 31	SALAD CHOICE MEAL Every Wednesday  Suggested Donation for Salad Meals \$ 3.50	26	All Meal Reservations should be made 72 hours in advance. 1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.

HAPPY BIRTHDAY

July 2012

Join us as we celebrate July birthdays on Thursday July 26th at 12:00 noon. Together we will all share a piece of birthday cake and sing happy birthday!

July....

- 3... Grace Coburn
- 4...Clara Erickson
- 4...Lillian Stefanowicz
- 4...Shirley Whitesell
- 6...Hilda Lane
- 7...Zola Giles
- 8...Betty Koes
- 14...Beverly Popowich
- 15...Henny Simon
- 15...Louise Murzyn
- 24...Reggie Corey

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.)

Daily Lunch at the Senior Center

The TVCCA Community Café serves a hot lunch at noon Tuesday through Friday and fresh salads on Wednesdays. The suggested donation for the meal is \$2.50. *You must be a registered participant in the café program to have lunch. If you are not yet 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.

On **Mondays** lunch is provided by the senior center and includes pizza, grinders or wraps. (See the monthly menu for details).

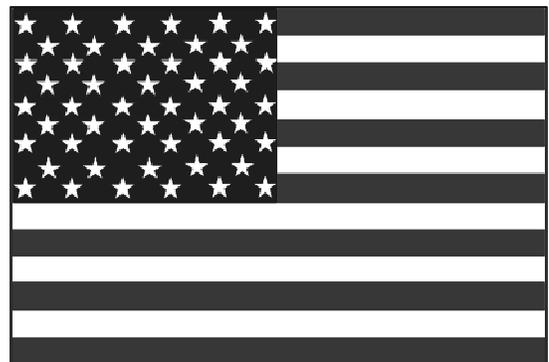
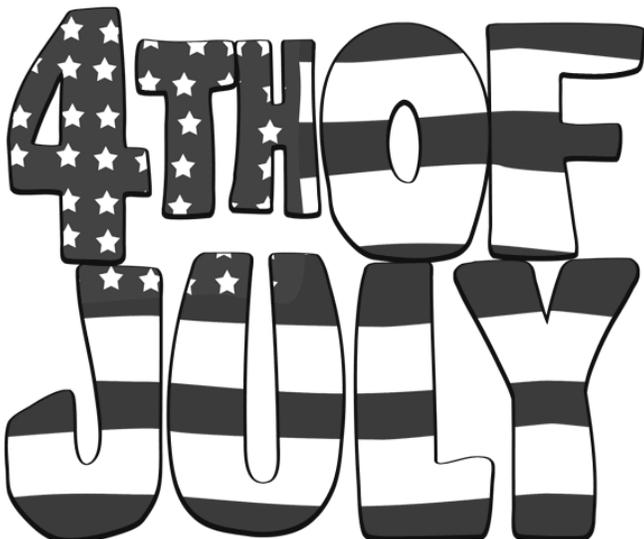
Taste of Thursday- Last Thursday of the month! Join us on July 26th for Chicken Salad on a roll with Pasta Salad and Dessert. Cost \$3.00.

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.

You can apply for this program until September 15th by calling the Colchester Senior Center for an appointment (537-3911) or for more information. (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.

Sign Up Policy

Payment for full cost of a trip or activity is due at the time of sign up and by the posted deadline. This enables 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... 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. Please contact the director if this presents a hardship for you at any time. 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.)**

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

BROWN BAG- Tuesday July 10th- Make a lunch and travel with us to Harkness Park. Enjoy a leisurely stroll near the water, have your lunch under a shade tree while enjoying the sights in this picturesque park! The suggested donation for transportation is \$5.00.

SHOPPING TRIP- Wednesday July 11th to Lisbon Landing. Transportation is a suggested donation of \$4.00.

LUNCH OUTING- Friday July 27th to Hilltop Barbeque in Moodus. Transportation is a suggested donation of \$3.00. Deadline for sign up is July 23rd.

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. (Check to see if space is available).

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 a suggested transportation donation of \$5. Deadline for sign-up is July 9, 2012.

MYSTIC RIVER CRUISE- August 31st- Ride aboard one of the oldest wooden, coal-fired steamboats still in operation. After stopping for an early bird dinner we will enjoy a 90 minute cruise along the scenic Mystic River. Cruise ticket is \$13 with a suggested donation of \$5 for transportation. Deadline for sign-up is August 17th.

THIMBLE ISLAND CRUISE- September 12th- Board the Sea Mist, a 44 foot vessel designed for a comfortable cruise through shallow waters as we embark on a journey through the famous Thimble Islands. Relax and enjoy a 45 minute narrated cruise. Dine at the U.S.S. Chowder Pot III and on the way stop at Lyman Orchards and its farm market. Cost \$69. Deadline for sign-up is August 31st.

EDWARDS TWINS- September 25th –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- 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- October 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: \$379.00 to Landmark Tours and Cruises and \$7 to the senior center.

Deadline for sign-up is September 21st.

COUNTRY MUSIC JAMBOREE- November 13th- the Crooked Ledge Band promises to get your on your feet for a rocking country good time. A family-style menu with coffee and snacks on arrival at the Castle of Knights in Chicopee, MA. Cost \$59. Deadline is October 15, 2012.

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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.

**COLCHESTER SENIOR CENTER
95 NORWICH AVENUE
COLCHESTER, CT 06415**