

# COLCHESTER SENIOR CENTER

## December 2019



## news

### **MEDICARE OPEN ENROLLMENT EVENT**

**Friday, December 6  
9:00 a.m. to 3:00 p.m.**

Please note that this is the last Open Enrollment for 2019. Please schedule a one-hour appointment with a certified CHOICES Counselor to review and/or update your Medicare Part D (Prescription Drug Coverage) Plan. Changes can only be made to existing policies from October 15 to December 7. Don't miss your chance! Call 860-537-3911 to sign up.

### **BEAT THE WINTER BLUES**

**Wednesday, December 11  
10:30 a.m.**

The holidays aren't happy for everyone, and for some this "most wonderful time of the year" can be particularly difficult. Sara Walker from United Community Family Services (UCFS) will be here to discuss coping strategies for those who may be struggling during this season. Sign up by Dec. 9<sup>th</sup>.

### **COOKIE & ORNAMENT DECORATING WITH THE YOUTH FORCE GROUP**

**Tuesday, December 17  
2:15 p.m.**

Enjoy some intergenerational fun with Colchester's Youth Force Group, where together, you'll be decorating holiday cookies and ornaments. There will be a small cost of \$3.00, with which you'll make and take 2 cookies and 2 ornaments home. If you wish to participate, please register in the office by Thursday, December 12<sup>th</sup>.

### **WINTER WONDERLAND HOLIDAY LUNCHEON**

**Wednesday, December 18  
11:00 a.m.**

Sing along to live musical entertainment, featuring Keir White, in his return performance with us. Keir will be performing many of your favorite holiday songs. Following the show, feast on Herb-Roasted Prime Rib, Garlic Roasted Potatoes, Peas with Pearl Onions, Assorted Holiday Cookies and Apple Juice, while celebrating the holidays with your senior center friends. We'd love to have you join us. Tickets are on sale for \$8.00 through December 11<sup>th</sup> or until sold out.

### **HOLIDAY LIGHTS AT GOODWIN PARK TRIP**

**Thursday, December 19  
4:00 p.m.**

We'll be venturing to a beautiful drive-through the "Holiday Light Fantasia" at Goodwin Park in Hartford. You'll enjoy dinner on your own at Red Lobster beforehand. Cost is \$8.00 and includes park admission and senior bus transportation. Bus transportation is limited. Please sign up by Friday the 13<sup>th</sup>.

### **HANUKKAH PARTY**

**Friday, December 27  
11:00 a.m.**

We'll learn about the history and tradition of the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue and enjoy traditional potato latkes! Open to people of all faiths. Celebrate with us! Please pre-register by Friday, December 20<sup>th</sup>.

### **KINDNESS CARAVAN HOLIDAY CELEBRATION**

**Monday, December 30  
11:15 a.m.**

Colchester's Kindness Caravan is a group of families with children who are intentionally raising their families to know that there is more to the holidays than receiving and so much joy can come from giving and being kind to others. Please join them as they come to spread some seasonal joy with CSC members. They will be bringing in some baked goods and leading a quick sing-a-long of some Christmas carols together.

### **NEW YEAR'S BRUNCH 'n BASH**

**Tuesday, December 31  
10:00 a.m. to 12:00 p.m.**

Let's enjoy our annual tradition of delicious breakfast fare and wonderful musical entertainment, this year by Noah Lis, a local vocalist made famous by his appearance on "The Voice". Menu will include Broccoli, Bacon & Cheese Quiche, Turkey Sausage Patties, Home Fries, Fruit Salad, Orange Juice and (of course) a mock-champagne toast, right as the clock strikes 12:00 (noon). Tickets will be on sale until December 23<sup>rd</sup> or until sold out, at the cost of \$8.00 per ticket. Get your tickets early.





**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/M.A.  
[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

**Justine Kowinsky**  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Susan Plefka**  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto:mbauman@colchesterct.gov)

**Sheri Blesso**  
Full-time Driver

**Ginny Stephenson**  
Part-time Driver

**Noella Daigle**  
Out-of-Town Driver

**Valerie Webster**  
Nutrition Site Server

**COMMISSION ON AGING**

**Marjorie Mlodzincki**, Chair  
**Nan Wasniewski**, Vice Chair  
**Roberta Avery**, Treasurer  
**Jean Stawicki**, Secretary  
**Goldie Liverant**  
**Linda Pasternak**

**From the Director's Desk**

The holiday season—those crazy days between Thanksgiving and New Years'—remains a favorite of mine. I take great pleasure in decorating my home; preparing yummy foods enjoyed during the holidays; hearing Christmas Carols on the radio; reading holiday cards—warm greetings received from loved ones far away; seeing the innocence of the children as they anxiously await Santa's arrival...there's so much magic in this special time of year!

In December, there are many ways to participate in all of the smells, sights and sounds that this season has to offer. Please sign up to decorate both Cookies and Ornaments with our young friends from Youth Force Group—a fun time to make-bake-and-take some seasonal delights. Please plan to join us for our Winter Wonderland Holiday Luncheon, featuring the lovely vocal talents of Keir White and a Prime Rib dinner provided by TVCCA. On the evening of December 19<sup>th</sup> we will hit the road for a nighttime outing to see the Lights at Goodwin Park with dinner at Red Lobster. You won't want to miss our Hanukkah Party with Rabbi Alter as we sing festive songs, learn about the celebration of Hanukkah and enjoy some homemade potato latkes, which you can even gather beforehand to make. This year we have a new community-based group who call themselves the Colchester Kindness Caravan and they will be spreading a little holiday cheer at our center. Probably the most exciting event of the season will be our New Year's Brunch 'n Bash, with the talented Noah Lis ringing in the New Year (and new decade) in high style! Other festive offerings this month include a Gingerbread Craft, where we will create and submit an entry for the Colchester Gingerbread House Contest, on display at Town Hall. We're going to attempt to construct a gingerbread senior center, complete with a senior bus...so fun! (I hope we win!!) Gather to decorate the senior center's Dining Room tree at our annual Tree Trim Party, complete with eggnog and cookies. We'll host a Special Holiday Bingo with great prizes; a viewing of the movie "Elf" with freshly popped popcorn; and numerous performances in the community for our "Senior Moments" Choral Group, because it truly is better to give, than to receive! It's going to be a busy, meaningful and fun-filled holiday season at the Colchester Senior Center. I hope you'll join us!

As busy as life can get, especially at this time of year, I like to pause to take stock of the many blessings in my life during the holidays. I am fortunate to enjoy good health; I have the love and comfort of good friends and family whom I cherish; and I am fortunate to have found a career which enables me to help others, build relationships with wonderful people and smile throughout my day. I am truly a blessed woman. I want to take this opportunity to invite you all to count your blessings too. No matter what your current circumstances, there are always things to be grateful for. We hope that you consider your "family" at the Colchester Senior Center among the many good things in your life. We offer season's greetings to you—and whether that means Happy Hanukkah, Merry Christmas or Happy Holidays...we wish you every blessing this busy, beautiful and festive season!

Warmly,

*Patty*



**"SENIOR MOMENTS"  
CHORAL GROUP HOLIDAY  
PERFORMANCE SCHEDULE**

**Monday, December 2**  
10:30 a.m. at Apple Rehab

**Monday, December 9**  
10:30 a.m. at Chestelm  
Health & Rehab  
Bus departs at 10:00 a.m.

**Monday, December 16**  
10:30 a.m. at Chestelm  
Adult Day Program  
Bus departs at 10:00 a.m.

**Monday, December 20**  
10:30 a.m. at Harrington Court

**INCLEMENT WEATHER**

If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding and delays or closures of programs, meals or transportation.

**HOLIDAY CRAFT**

**Wednesday, December 4**  
1:00 p.m.

In place of a Pinterest craft this month, we are going to work together to make a Gingerbread Senior Center (complete with a Gingerbread Senior Bus) for the Colchester Gingerbread House Contest. They will be displayed at Town Hall from December 9-20. Please sign up by December 2<sup>nd</sup> in the office. Pinterest Crafts will reconvene in January.

**TREE TRIM PARTY**

**Thursday, December 5**  
10:00 a.m.

Get into the Holiday spirit and enjoy festive music while we decorate the Christmas tree in our center's Dining Room for all to enjoy. Cookies and egg nog will be served, as we decorate.

**SPECIAL HOLIDAY BINGO**

**Tuesday, December 10**  
10:30 a.m.

Come share in the holiday spirit, playing a FREE Bingo for prizes. Sign up by Friday, December 6.

**MAKE YOUR OWN  
BRACELET**

**Thursday, December 12**  
9:30 a.m.

Come join CSC member, Sandra Gosselin, in her debut jewelry-beading class for us. She has offered her talents and time, as well as her supplies, for free, to make bracelets. Please sign up in the office by December 10<sup>th</sup>.

**SHOPPING TRIP**

**Thursday, December 12**  
10:30 a.m.

This month, we'll be traveling to Willimantic to shop at Walmart and Kohl's. \$5.00 suggested donation for bus. Please sign up in office by December 10<sup>th</sup>.

**SANTA LUCIA CELEBRATION**

**Friday, December 13**  
12:00 p.m.

A local family is celebrating their Swedish heritage by stopping by to share homemade saffron buns and some traditional music in celebration of Santa Lucia Day. Please sign up by December 11<sup>th</sup>.

**MEET & GREET**

**Friday, December 13**  
10:00 a.m.

Come meet Russel Melmed, the new Director of Health at Chatham Health District. He will be here to discuss how Chatham Health is available to us and to the Colchester community.

**BOOK CLUB**

**Tuesday, December 17**  
10:30 a.m.

This month's selection will be **I Will Always Write Back: How One Letter Changed Two Lives**, by Caitlin Alifirenka. The books are on reserve at Cragin Memorial Library. Please come having read the book and ready for lively discussion.

**STITCH & FIX W/ MARIA**

**Friday, December 20**  
9:30 a.m.

Volunteer, Maria Cusano helps mend and do simple alterations free of charge.

**HOLIDAY MOVIE**

**Monday, December 23**  
10:00 a.m.

**Elf**

(Rated PG)

A classic Christmas Comedy about a man who discovered he was a human after being raised as an elf at the North Pole. He goes to New York City to find his real father. Starring Will Farrell. Fresh popped popcorn will be provided.

**LATKES COOKING GROUP**

**Thursday, December 26**  
1:00 p.m.

Come help Justine make traditional latkes for the Hanukkah Party to be served the following day.

**BIRTHDAY CELEBRATION**

**Monday, December 30**  
12:00 p.m.

Help us celebrate our members and staff who were born in the month of December. Birthday cake will be served to all who attend.

**IN THE KNOW**

**Monday, December 30**  
12:30 p.m.

Gather at this informative monthly meeting where Director, Patty Watts shares important information about the Colchester Senior Center.



**HOLIDAY SCHEDULE**

**CSC will close at 12:00 p.m.  
on the following days:**

**December 24<sup>th</sup> & 31<sup>st</sup>**

**CSC will be closed  
on the following days:**

**December 25<sup>th</sup> & January 1<sup>st</sup>**



| <b>CLASS</b>  | <b>DAY &amp; TIME</b>                              | <b>SESSIONS<br/>PER MONTH</b> | <b>FEE</b>               |
|---|--|-------------------------------|--------------------------|
| <b>ADULT COLORING</b><br>Color beautiful, intricate patterns in a social and creative atmosphere. Bring your own supplies. However, If you forget your supplies or are in need, please let us know. | <b>TUESDAYS<br/>10:00 A.M.</b>                     | <b>4<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b>CHORAL GROUP</b><br>Sing along with your favorite tunes, as we prepare for our annual Holiday Show. See page 3 for schedule of shows!  | <b>MONDAYS<br/>10:30 A.M.</b>                      | <b>4<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b>KNIT &amp; CROCHET</b><br>Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own.<br>Leader: Madeleine Downey                              | <b>THURSDAYS<br/>1:00 P.M.</b>                     | <b>4<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b>LINE DANCING</b><br>Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Barbara McKelvey & Kathy Pasay   | <b>THURSDAYS<br/>1:00 P.M.</b>                     | <b>4<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b>SIT &amp; BE FIT VIDEO</b><br>Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video, featuring Becky Kowalczyk.  | <b>WEDNESDAYS<br/>&amp; FRIDAYS<br/>10:00 A.M.</b> | <b>7<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b>TAI CHI</b><br>A mind/body practice known as "moving meditation."<br>Leader: Steve Arbuckle  | <b>TUESDAYS<br/>9:45 A.M.</b>                      | <b>3<br/>CLASSES</b>          | <b>NO FEE</b>            |
| <b><i>FITNESS CLASSES REQUIRE A<br/>PRE-PAID CARD, VALID FOR 10 SESSIONS<br/>AVAILABLE IN THE OFFICE FOR \$30.00.</i></b>   |  |                               |                          |
| <b>EXERCISE WITH ANNE</b><br>Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard   | <b>MONDAYS &amp;<br/>THURSDAYS<br/>9:00 A.M.</b>   | <b>9<br/>CLASSES</b>          | <b>PRE-PAID<br/>CARD</b> |
| <b>SENIOR YOGA</b><br>Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey                       | <b>THURSDAYS<br/>&amp; FRIDAYS<br/>11:00 A.M.</b>  | <b>6<br/>CLASSES</b>          | <b>PRE-PAID<br/>CARD</b> |
| <b>SITTERCIZE</b><br>Exercise your entire body while seated.<br>Instructor: Anne Beauregard   | <b>MONDAYS,<br/>THURSDAYS<br/>10:00 A.M.</b>       | <b>9<br/>CLASSES</b>          | <b>PRE-PAID<br/>CARD</b> |
| <b>STRENGTH &amp; STRETCH</b><br>Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard                            | <b>FRIDAYS<br/>9:00 A.M.</b>                       | <b>4<br/>CLASSES</b>          | <b>PRE-PAID<br/>CARD</b> |

## SPECIAL INTEREST GROUPS

**BINGO** Tuesdays & Fridays at 1:30 p.m.  
(Doors open at 1:00 p.m.)

**CHAIR MASSAGE** by appt. Thursdays  
beginning at 12 p.m.

**CHARITABLE CRAFTS** Wednesdays at 10:30 a.m.

**MAH JONGG** Mondays at 12:30 p.m.

**MEXICAN TRAIN DOMINOES** Thursdays at 12:30 p.m.

**FRI. FILM SERIES** Fridays at 10:00 a.m.

**PINOCHLE** Tuesdays, Wednesdays  
& Fridays at 12:30 p.m.

**SETBACK** Mondays at 12:30 p.m.

**Wii BOWLING** Thursdays at 10:00 a.m.



### **“ASK THE TECH GEEKS”**

**Wednesday, December 4**

**2:30 to 4:00 p.m.**

Got a computer question? We have the answer! Ron Vasquez, a senior center member, and Bacon Academy students, Owen Mocksfield and Nate Kowinsky are our new Tech Volunteers who are here monthly to assist you with your computer, tablet, or smart phone. Pre-register for your free 20-minute appointment. Bring your equipment and they will help you and answer your questions.

## 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 can be made during office hours Monday-Friday. Please note that the office is closed daily from 12:30-1:00 p.m. for lunch. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up on or after the first day of the month. 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 at any time.



## HEALTH & WELLNESS

### **HEARING SCREENINGS**

**Friday, December 6**

**10:30 a.m. – 11:30 a.m.**

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call to schedule at 860-537-3911.

### **BLOOD PRESSURE CLINIC**

**Monday, December 2**

**9:30 a.m. – 10:15 a.m.**

Have your blood pressure checked by Liz Muller, L.P.N. from Chestelm Adult Day Services at this free monthly clinic.

### **FOOT CLINIC**

**Tuesday, February 4**

**1:00 – 2:00 p.m.**

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

## MAKING MEMORIES

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment.

**The Making Memories Program is scheduled at the Colchester Senior Center on:**

**Mon. 9:00 a.m.-1:00 p.m.**

**Tues. 9:00 a.m.-1:00 p.m.**

**Wed. 9:00 a.m.-1:00 p.m.**

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator 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.*

## **CREDIT FRAUD WARNING TIPS DURING THE HOLIDAYS**

With the upcoming holiday season, residents are encouraged to take the following steps to protect themselves from identity theft and credit fraud.

- Report lost/stolen cards immediately
- Keep your personal information in a secure place
- Never give out personal information over the phone, through the mail or over the internet unless you know and trust the business you are dealing with
- Do not put personal information such as social security numbers or birth dates on checks
- Do not use obvious passwords or PIN numbers such as dates of birth or last 4 digits of SS#
- Never click on links in unsolicited emails. Use computer firewalls and anti-spyware/anti-virus software.
- Guard your mail against theft, remove delivered mail from your mailbox promptly
- Shred sensitive paperwork containing personal information
- Monitor financial accounts and billing statements for unexplained charges or fraud

If you suspect you are a victim of identity theft or credit fraud, take the following steps immediately:

- Contact your creditors or bank immediately
- Change PIN numbers and passwords immediately
- Contact a credit bureau to place a "Fraud Alert" on your credit reports
- Contact your local police (Colchester Police 860-537-7270)

**From the Office of the  
Colchester Resident Trooper**

## SOCIAL SERVICES

### **CHOICES COUNSELING**

**Tuesday, December 10**

**12:30 p.m. – 3:30 p.m.**

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

### **ENERGY ASSISTANCE**

**(September 1 - May 1)**

Beginning this year, Energy Assistance appointments will be offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255.

### **COLCHESTER FOOD BANK**

**Thursdays by appointment**

The Colchester Food Bank is located on the third floor of Town Hall at 127 Norwich Avenue. Its mission is to provide relief for those experiencing food insecurity. For more information, please contact Amber in Youth & Social Services at 860-537-7255.

## MEETINGS IN NOVEMBER

### **AARP CHAPTER #4019**

December 3 at 1:00 p.m.  
(Meeting off site at Papa Z's)

### **COMMISSION ON AGING**

December 9 at 8:30 a.m.

### **REGIONAL OMBUDSMAN MEETING**

No meeting this month

### **CSC STAFF MEETING**

December 11 at 2:30 p.m.



## **DINING OPTIONS**

*Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.*

### **COMMUNITY CAFÉ MEALS**

Served Monday-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 \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

### **MEALS ON WHEELS**

Meals can be delivered daily to home-bound residents. Age eligibility for this program is age 60 and above. A suggested donation of \$2.00 is requested for each home delivered meal. To register for this program, please call TVCCA at 860-934-1006.

## **VOLUNTEER OPPORTUNITIES**

**MEALS-ON-WHEELS DRIVERS:** Serve as a substitute volunteer to deliver meals to home-bound residents; training provided. This position requires a valid driver's license and use of a personal vehicle.

**VOLUNTEER CHORAL DIRECTOR AND/OR PIANO PLAYER:** We are searching for a volunteer to help lead and/or play piano our fun choral ensemble, "Senior Moments" on Mondays from 10:30 a.m. to 12:00 p.m. Assist the group to prepare for concerts at several local nursing homes and performances right here at our senior center!

**SUBSTITUTE BINGO CALLER:** Set up and call Bingo games, as needed on Tuesday or Friday afternoons and clean up afterward. Training will be provided.

## **LAUGH-LEARN-LUNCH**

**Wednesday, January 15 at 11:00 a.m.**

Come enjoy a lovely afternoon with filled with friends, laughter, and plenty of great information. Pam Atwood, a motivational speaker with a comic appeal will be here to help us beat those winter blues. Following we will enjoy a special luncheon menu of Meat Lasagna, Brussel Sprouts, Squash Vegetable Blend, Dinner Roll & Butter and Pudding for dessert. Tickets, at \$8.00 each, will be available for purchase in the office until sold out.

## **DOWNTON ABBEY DAY**

**Friday, January 24 at 11:00 a.m.**

Come take a step back in time as we devote an entire day to this PBS Phenomenon! Downton Abbey is a period drama that follows the lives of the Crawleys, the aristocratic family who lives in Downton Abbey and the dramatic lives of the servants downstairs. We will start the festivities with a presentation called "Downton Abbey Style: Influences on Fashion 1912-1925, from Susan Jerome, Collections Manager of the Historic Textile and Costume Collection at the University of Rhode Island. Next we will have a High Tea Lunch at noon, featuring finger sandwiches, small sweets and pastries and, of course, tea. Following our tea, we will end our day with a screening of the Downton Abbey movie, where we see the Crawley family as they ready the estate for a Royal visit from the King and Queen. Tickets will be sold for \$8.00 and will include the speaker, lunch and the movie screening.

## **WINTER SNOW REMOVAL ASSISTANCE**

For Colchester residents who are financially and/or physically constrained, removal of snow from town-owned sidewalks and front walks is being offered, anonymously and free of charge from students through a civic club at Bacon Academy. Pre-registration before snow storms is required. For those who may need help clearing their driveways of snow, there are Colchester residents who are offering to plow the driveways of Colchester seniors. This program requires pre-registration at the beginning of the winter season. For more information or to register for these services, please contact Patty at 860-537-3911.



## NEW FOXWOODS CASINO



**Wednesday, April 29, 2020, 9:30 a.m.**

Enjoy a full day at one of the state's great casino resorts! Cost is \$22.00 per person and includes \$10 meal voucher, \$10 bonus slots, motor coach bus transportation & driver gratuity. **Must sign up by Friday, April 3<sup>rd</sup>.**

## NEW SOUTH PACIFIC at the GOODSPEED



**Wednesday, May 27, 2020, 11:00 a.m.**

Before the show, enjoy lunch at the Gelston House, conveniently located next the Goodspeed Opera House. Meal choices will be announced. The spring production at the Goodspeed is the famous "South Pacific" and we will be enjoy a matinee performance together. On a lush tropical island during World War II, battles of the heart are center stage in the Goodspeed premiere of the soaring Rodgers & Hammerstein classic. Lovestruck nurse Nellie Forbush falls for a French planter. Lieutenant Joe Cable is drawn to a native girl. In an exotic world of risk and romance, prejudice clouds their potential paradise. Be swept away by twin love stories and a rapturous score that includes "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "Bali Ha'i" and more. Cost is \$85.00 per person and includes senior bus transportation, a lunch package at the Gelston House and tickets to the show. **Please register by May 1<sup>st</sup>.**

## MANGIA, MANGIA!



**Wednesday, June 24, 2020, 7:00 a.m.**

Spend the day in Italy without needing a passport! Boston's Little Italy testifies to the age-old immigrant experience in the new world. Spend the day in one of our country's oldest neighborhoods. This walking tour is like a cooking class on foot. You'll discover the panetteria (bakery), pasticceria (pastry shop), the greengrocer, the deli, an enoteca (wine shop) and a spice and confection store. Once the tour is finished, there will be free time for you to grab lunch on your own, or do some shopping in the markets visited during the tour, so you can get stocked up on all of those authentic Italian ingredients. In the afternoon, you'll head to Sam Adams where you will take a tour, learning about the beer making process and enjoy a sample. Cost is \$129 per person. **Please register by May 29<sup>th</sup>.**



= Light Walking



= Moderate Walking



= Mostly Walking

## NEW SOUNDS OF THE 60'S



**Tuesday, October 6, 2020, 7:15 a.m.**

Take a trip back in time, to the 1960's. This trip will take you to the Bethel Woods Center for the Arts, a performing arts center and museum located at the site made famous by the 1969 Woodstock festival. Enjoy a docent-led tour of the museum and explore the main exhibit's immersive multi-media experience which tells the story of the "The Sixties" and Woodstock. After touring the museum, you'll head over to the Dancing Cat Saloon for a buffet-style lunch (see trip flyer for details). Enjoy a tour and tasting at the Catskill Distilling Company. The last stop of the day is the Stray Cat Gallery, which showcases the talents of local artists. This trip includes roundtrip motor coach transportations, a professional tour director, lunch, admission to all points of interest on the itinerary, taxes and gratuities. Cost for this trip is \$138 per person. **Register by September 11<sup>th</sup>.**

## OVERNIGHT TRIPS

### NEW VIRGINIA BEACH, VA & THE OUTER BANKS, NC



**September 28-October 2, 2020, Departure TBD**

Head south for sunny Virginia Beach and the Outer Banks of North Carolina on this 5 day adventure! Enjoy waterfront views for 4 nights at the Oceanfront Inn, with private balconies that overlook the Atlantic Ocean. This trip will include the amazing show "Swingtime in the Skies" at the Military Aviation Museum and even interact with Rosie the Riveter. The third day offers a full day tour to discover the Outer Banks with a native tour guide, including Cape Hatteras Lighthouse and the Wright Brothers National Memorial. This trip includes 4 nights hotel stay, 4 breakfasts, 4 dinners, admission, a professional trip escort, motor coach transportation and all gratuities. Cost is \$729 per person, for double occupancy. **A deposit of \$300 by July 6, 2020 secures you place.**

### CANADIAN ROCKIES & GLACIER NATIONAL PARK



**June 16-22, 2020, Departure TBD**

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required.



| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|---|---|--|--|--|
| <div>1</div> <div>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>9:30-10:15 BP Clinic<br/>10:00 Sittercize<br/>10:30 Choral Group<br/>Performance at Apple Rehab<br/>12:30 Mah Jongg<br/>12:30 Setback</div> | <div>2</div> <div>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>9:30-10:15 BP Clinic<br/>10:00 Sittercize<br/>10:30 Choral Group<br/>Performance at Apple Rehab<br/>12:30 Mah Jongg<br/>12:30 Setback</div>  | <div>3</div> <div>9:00 Making Memories<br/>NO Tai Chi<br/>10:00 Adult Coloring<br/>12:30 Pinochle<br/>12:30 AARP Holiday Party @ Papa Z's<br/>1:30 Bingo</div>                                | <div>4</div> <div>9:00 Making Memories<br/>9:15 Rockwell Christmas Trip Departs<br/>10:00 Sit &amp; Be Fit<br/>10:30 Charitable Crafts<br/>12:30 Pinochle<br/>1:30 Holiday Gingerbread Craft<br/>2:30-4:30 Ask the Tech Geeks</div> | <div>5</div> <div>6:30 Nashville Trip departs<br/>9:00 Exercise w/ Anne<br/>10:00 Wii Bowling<br/>10:00 Tree-Trim Party<br/>10:00 Sittercize<br/>11:00 Yoga<br/>12:00 Chair Massage<br/>12:30 Dominoes<br/>1:00 Line Dancing<br/>1:00 Knit &amp; Crochet</div> | <div>6</div> <div>9:00-3:00 Medicare Open Enrollment Event<br/>9:00 Strength &amp; Stretch<br/>10:00 Sit &amp; Be Fit Video<br/>NO Friday Film<br/>10:30-11:30 Hearing Clinic<br/>11:00 Yoga<br/>12:30 Pinochle<br/>1:30 Bingo</div>             | <div>7</div> <div>Open Enrollment for Medicare Ends Today<br/>New Plans will take effect January 1, 2020</div>   |
| <div>8</div>   | <div>9</div> <div>8:30 COA Meeting<br/>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>10:00 Sittercize<br/>10:00 Choral Group<br/>Performance at Chestelm Health &amp; Rehab, bus departs<br/>12:30 Mah Jongg<br/>12:30 Setback</div>   | <div>10</div> <div>9:00 Making Memories<br/>9:45 Tai Chi<br/>10:00 Adult Coloring<br/>11:00 Special Holiday BINGO<br/>12:30 Pinochle<br/>12:30-3:30: CHOICES Counseling<br/>1:30 Bingo</div>  | <div>11</div> <div>9:00 Making Memories<br/>9:30 Newport Playhouse Trip departs<br/>10:00 Sit &amp; Be Fit<br/>10:30 Charitable Crafts<br/>10:30 Beat the Winter Blues<br/>12:30 Pinochle<br/>2:30 Staff Meeting</div>              | <div>12</div> <div>9:00 Exercise w/ Anne<br/>9:30 Bracelet Making<br/>10:00 Sittercize<br/>10:00 Wii Bowling<br/>10:30 Shopping Trip<br/>11:00 Yoga<br/>12:00 Chair Massage<br/>12:30 Dominoes<br/>1:00 Line Dancing<br/>1:00 Knit &amp; Crochet</div>         | <div>13</div> <div>9:00 Strength &amp; Stretch<br/>10:00 Sit &amp; Be Fit Video<br/>10:00 Meet &amp; Greet with the Director of Chatham Health District<br/>11:00 Yoga<br/>12:00 Santa Lucia Celebration<br/>12:30 Pinochle<br/>1:30 Bingo</div> | <div>14</div>  |
| <div>15</div>  | <div>16</div> <div>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>10:00 Sittercize<br/>10:00 Choral Group<br/>Performance at Chestelm Adult Day, bus departs<br/>12:30 Mah Jongg<br/>12:30 Setback</div>  | <div>17</div> <div>9:00 Making Memories<br/>9:45 Tai Chi<br/>10:00 Adult Coloring<br/>10:30 Book Club<br/>12:30 Pinochle<br/>2:15 Cookie Decorating with Youth Force Group<br/>NO Bingo</div> | <div>18</div> <div>9:00 Making Memories<br/>10:00 Sit &amp; Be Fit<br/>NO Charitable Crafts<br/>11:00 Winter Wonderland Holiday Luncheon with Keir White<br/>12:30 Pinochle</div>   | <div>19</div> <div>9:00 Exercise w/Anne<br/>10:00 Wii Bowling<br/>10:00 Sittercize<br/>11:00 Yoga<br/>12:00 Chair Massage<br/>12:30 Dominoes<br/>1:00 Line Dancing<br/>1:00 Knit &amp; Crochet<br/>4:00 Holiday Lights at Goodwin Park Trip</div>              | <div>20</div> <div>9:00 JJS Holiday Box Program &amp; Deliveries<br/>9:00 Strength &amp; Stretch<br/>9:30-12:00 Stitch &amp; Fix<br/>10:00 Sit &amp; Be Fit Video<br/>11:00 Yoga<br/>12:30 Pinochle<br/>1:30 Bingo</div>                         | <div>21</div> <div>Winter Begins</div>   |
| <div>HAPPY HANUKKAH</div> <div></div>  | <div>23</div> <div>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>10:00 Sittercize<br/>10:00 Movie &amp; Popcorn: Elf (Rated PG)<br/>NO Choral Group<br/>12:30 Mah Jongg<br/>12:30 Setback</div> <div>First Day of Hanukkah</div>   | <div>24</div> <div>9:00 Making Memories<br/>9:45 Tai Chi<br/>10:00 Adult Coloring<br/>11:00 Lunch Served<br/><b>CSC Closes at 12:00 Noon</b></div>  | <div>25</div> <div><b>CSC Closed</b><br/><br/>Christmas</div>   | <div>26</div> <div>9:00 Exercise w/ Anne<br/>10:00 Wii Bowling<br/>10:00 Sittercize<br/>NO Yoga<br/>NO Chair Massage<br/>12:30 Dominoes<br/>1:00 Line Dancing<br/>1:00 Knit &amp; Crochet<br/>1:00 Latkes Cooking Group<br/>Kwanzaa Begins</div>               | <div>27</div> <div>9:00 Strength &amp; Stretch<br/>10:00 Sit &amp; Be Fit Video<br/>11:00 Hanukkah Party with Rabbi Alter<br/>NO Yoga<br/>12:30 Pinochle<br/>1:30 Bingo</div>  | <div><br/>Happy Kwanzaa</div>  |
| <div>29</div>  | <div>30</div> <div>9:00 Making Memories<br/>9:00 Exercise w/ Anne<br/>10:00 Sittercize<br/>10:30 Choral Group<br/>Perform at Harrington Ct.<br/>11:15 Kindness Caravan Holiday Celebration<br/>12:00 Birthday Celebration<br/>12:30 In the Know<br/>12:30 Mah Jongg<br/>12:30 Setback</div> | <div>31</div> <div>NO Making Memories<br/>NO Tai Chi<br/>10:00 New Year's Brunch &amp; Bash with Noah Lis<br/>NO Adult Coloring<br/><b>CSC Closes At 12:00 Noon</b><br/>New Year's Eve</div>  | <div>December 2019</div>  |  |  | <div></div> <div>PAGE 9</div> |





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, RD, MPH.



# TVCCA SENIOR CAFÉ MENU—DECEMBER 2019


**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|  |   |  |   |  |
|--|---|--|---|--|
| <p><b>2</b></p> <p>Applesauce &amp; Sage Glazed Pork Loin w/ Root Vegetables<br/>Rice Pilaf<br/>Broccoli<br/>Diced Peaches</p>                   | <p><b>3</b></p> <p><u><b>Birthday Celebration</b></u><br/>Swedish Meatballs<br/>Egg Noodles<br/>Zucchini, Peas, &amp; Carrots<br/>Birthday Sweet<br/>Grape Juice</p>  | <p><b>4</b></p> <p>Pork Sausage &amp; Gravy w/ Biscuit<br/>Tater Tots<br/>Mixed Vegetables Medley<br/>Applesauce Cup</p>   | <p><b>5</b></p> <p>Stuffed Green Peppers<br/>Carrot Coins<br/>Cauliflower<br/>Pineapple Tidbits</p>   | <p><b>6</b></p> <p>Teriyaki Chicken<br/>Steamed Rice<br/>Japanese Vegetable Blend<br/>Fresh Orange</p> <p><u>Add-On: Corn Chowder Soup</u></p>   |
| <p><b>9</b></p> <p>Stuffed Chicken Cordon Bleu<br/>Glazed Sweet Potatoes<br/>Brussel Sprouts<br/>Fruit Cocktail</p>                              | <p><b>10</b></p> <p>Haddock w/ Lemon Dill Sauce<br/>Steamed Parsley Potatoes<br/>Squash Mix w/ Carrots &amp; String Beans<br/>Diced Peaches</p>   | <p><b>11</b></p> <p>Chicken Fajita w/ Cheddar Cheese &amp; Flour Tortilla<br/>Spanish Rice<br/>Corn w/ Onions &amp; Peppers<br/>Fresh Fruit</p>  | <p><b>12</b></p> <p>Salisbury Steak w/ Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables Medley<br/>Pineapple Tidbits</p>  | <p><b>13</b></p> <p><u><b>Ethnic Celebration</b></u><br/>Baked Ham<br/>Turnips w/ Herbs<br/>Glazed Carrots<br/>Sweet Treat &amp; Orange Juice</p> <p><u>Add-On: Broccoli, Potato, &amp; Cheddar Soup</u></p> |
| <p><b>16</b></p> <p>Stuffed Shells w/ Marinara<br/>Garlic Bread<br/>Squash Mix w/ Carrots &amp; String Beans<br/>Cauliflower<br/>Diced Pears</p> | <p><b>17</b></p> <p>Chicken Chili<br/>w/ Cheddar Baked Potato<br/>Green Beans<br/>Corn w/ Onions &amp; Peppers<br/>Fresh Orange</p>   | <p><b>18</b></p> <p><u><b>Winter Wonderland Luncheon</b></u><br/>Herb Roasted Prime Rib<br/>Garlic Roasted Potatoes<br/>Peas &amp; Pearl Onions<br/>Assorted Holiday Cookies<br/>Apple Juice</p> <p><b>Ticket Cost: \$8.00</b></p> | <p><b>19</b></p> <p>Stuffed Haddock w/ Shellfish<br/>Carrot Coins<br/>Broccoli<br/>Fruit Cocktail</p>   | <p><b>20</b></p> <p>Braised Beef Tips<br/>Herb Roasted Potatoes<br/>Mixed Vegetables Medley<br/>Pineapple Tidbits</p> <p><u>Add-On: Minestrone Soup</u></p>  |
| <p><b>23</b></p> <p>Chicken Cacciatore<br/>Egg Noodles<br/>Green Beans<br/>Sweet Treat<br/>Grape Juice</p>                                       | <p><b>24</b></p> <p>Pork Stir Fry<br/>Steamed Rice<br/>Japanese Vegetable Blend<br/>Pears w/ Mandarin Oranges</p> <p><i>(SERVED AT 11:00 AM)</i></p> <p>CSC Closes at 12:00 Noon</p>  | <p><b>25</b></p> <p>CSC Closed for Christmas Day</p> <p><u>Merry Christmas!</u></p>  | <p><b>26</b></p> <p>Italian Sausage &amp; Peppers<br/>Penne Pasta w/ Marinara<br/>Green &amp; Waxed Beans<br/>Fresh Fruit</p>   | <p><b>27</b></p> <p>Crispy Cod<br/>Macaroni &amp; Cheese<br/>Stewed Tomatoes<br/>Diced Pears</p> <p><u>Add-On: Chicken Noodle Soup</u></p>   |
| <p><b>30</b></p> <p>Cheese Pierogis<br/>Kasha (Groats w/ Roasted Vegetables)<br/>Sugar Snap Peas<br/>Fresh Orange</p>                            | <p><b>31</b></p> <p><u><b>New Year's Brunch 'n Bash</b></u><br/>Broccoli, Bacon &amp; Cheese Quiche, Turkey Sausage<br/>Home Fries<br/>Fruit Salad &amp; Orange Juice</p> <p><b>Ticket Cost: \$8.00</b></p> <p>CSC Closes at 12:00 Noon</p> |    | <p>TVCCA Senior Nutrition Program<br/>81 Stockhouse Road<br/>Bozrah, CT 06334<br/>860-886-1720</p> <p>(24hr voice mail available)</p> <p><a href="http://www.tvcca.org">www.tvcca.org</a></p> | <p>1% milk and whole grain bread are served with each meal.<br/>Menu is subject to change without notice.</p>  |