

# COLCHESTER SENIOR CENTER

January 2020



## news



**Wishing all of our senior center friends a Happy & Healthy New Year!**

**Fondly,  
Patty, Justine, Susan,  
Missy, Sheri, Ginny,  
Noella & Valerie**

### **INTERGENERATIONAL NEW YEAR'S BINGO** Tuesday January 7 2:30 p.m.

Join us for this special New Year's FREE Bingo with our young friends on the Colchester Youth Action Council, who will bring special prizes. Please sign up in the office by Friday, Jan. 3.

### **PHYSICAL THERAPY 101** Tuesday, January 14 10:30 a.m.

Please sign up for this in-service presented by Ross Benedict, PT, from Select Physical Therapy. He will discuss what physical therapy is and the importance of functional movement to prevent falls. Following the discussion will be an introductory joint mobility exercise, comprised of standing and seated activities that can be modified and practiced at home. Please pre-register by Friday, January 10<sup>th</sup>. Dress in comfortable clothing and sneakers.

### **LAUGH-LEARN-LUNCH** Wednesday, January 15 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 comic appeal will be here to help us beat those winter blues. Following her presentation, we will enjoy a luncheon featuring 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 Jan. 8 or sold out.

### **AARP SMART DRIVER COURSE** Friday, January 17 11:45 a.m. - 3:45 p.m.

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's challenging driving environment. Open to anyone age 50 and up. Cost is \$15 for AARP members and \$20 for non-members. Space is limited and registration is required.

### **COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN** Wednesday, January 22 10:00 a.m.

Come and join Mary Bylone, the newly-elected First Selectman of Colchester, as she spends time at the senior center to listen and engage in meaningful dialogue about Colchester and the concerns of its citizens. Mary plans to spend an hour every other month at the senior center to discuss various topics based on your interests, ideas and questions. Please sign up in the office, if you plan to attend.

### **DOWNTON ABBEY DAY LECTURE & TEA TIME** Friday, January 24 11:00 a.m.

We will start the festivities of this special day with a presentation by Susan Jerome, Historic Textile & Costume Collections Manager at URI. "Downton Abbey Style: Influences on Fashion 1912-1925, followed by an Afternoon Tea featuring small sweets, finger sandwiches, pastries and assorted teas. Tickets will be sold for \$8.00 and will include the speaker and lunch. Complimentary movie screening will follow, for those who are interested.

### **DOWNTON ABBEY DAY MOVIE SCREENING** Friday, January 24 1:00 p.m.

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. Following our High Tea style lunch, we will end our special 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. There is no fee for the movie screening.

### **HEARTFELT THANKS**

This year's Holiday Fair was a great success thanks to the efforts of our many wonderful staff and volunteers. This year \$2,635.90 was raised during the fair and our After-Sales Tables at the senior center. These funds will be used to provide programs & supplies for the senior center. To everyone who helped us in some capacity—we are truly grateful for your good work!

**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.  
[mbaumman@colchesterct.gov](mailto:mbaumman@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  
Linda Pasternak  
Full Member-Vacancy  
Alternate Member-Vacancy  
Alternate Member-Vacancy

**From the Director's Desk**

I'd like to wish everyone a very happy and healthy New Year. It seems almost unbelievable that the year 2020 is here. Is it only me that feels like time is accelerating, with each passing year? 2019 wasn't my favorite year, if I'm being honest. It was marked by a lot of changes, especially here at our center, so it is my heart's desire that 2020 might have a little more constancy and find a more regular rhythm.

Ordinarily, I'm not change-averse. I do realize that many changes can, in fact, be quite good. We're all a little different though—some people really dislike change, and yet others find it exhilarating. I probably fall somewhere in the middle of those extremes. No matter if your year was full of changes or even if it presented few challenges and was maybe even a little boring; I do enjoy thinking about the "fresh start" of a brand new year. 2020 seems to hold such promise, doesn't it?—ushering in an entirely new decade.

Have you ever considered that the Colchester Senior Center might be a great way to bring about some healthy changes in your life? Whether you have a goal of weight loss and better overall health, our variety of fitness classes just may help you achieve new levels of health and wellness. You can always get a healthy meal here through our Community Cafe, served at noon on Monday through Friday. For the bargain price of \$2.00, how could you go wrong? We also offer free community education presentations for a wide variety of subjects throughout the year. This month, you may want to consider attending Physical Therapy 101 to learn about the benefits of PT or come out and meet Russell Melmed, the Director of Health for Chatham Health District, who will be sharing about the valuable role of our Department of Public Health. We offer many opportunities to get and stay healthy—and when you come to the Colchester Senior Center, no matter what you choose to do, you can be guaranteed to do it in the company of wonderful people.

Throughout 2020, one of the things that I am most genuinely excited about is working with the newly formed Senior Center Building Committee. They began meeting in November, 2019, and are already looking at hiring an architect for the project. The dream of a new Colchester Senior Center is coming to fruition and I, for one, am thrilled! I've already begun to anticipate the many ways that we can continue to grow and serve our community's seniors with excellence with a larger building filled with modern conveniences. Just to know that we can offer different types of programs and host different types of events; to not have to worry about limiting the number of people because of room and parking constraints—how wonderful! Although I am grateful for our current center, thinking about an accessible building that was custom designed as a senior center will be quite a positive change. And it makes me very optimistic that 2020 is shaping up to be a wonderful year for us all!

Warmly,

*Patty*

**INCLEMENT WEATHER**

'Tis the season for snowy weather! Please watch WFSB Channel 3 for any announcements regarding delays or closures due to inclement weather. Even if the center is open programs, services, meals or transportation may be impacted. Postings will also be on the CSC Facebook Page.

**FRIDAY FILM**

**Friday, January 3**  
**10:00 a.m.**

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of The Town nightclub. Enjoy **Judy** (PG-13) starring Renee Zellweger in this month's film screening.

**SHOPPING TRIP**

**Thursday, January 9**  
**10:30 a.m.**

This month, we'll be traveling to Waterford, Walmart and Christmas Tree Shops. \$4.00 suggested donation for bus. Please sign up in office by January 6th.

**BINGO HOLIDAY LUNCHEON**

**Friday, January 10**  
**12:00 p.m.**

Come to our special Holiday Bingo luncheon to celebrate the New Year with friends. This event is exclusively for members who have played a minimum of 10 Bingo games in the past 6 months. Please pre-register in the office by Monday, January 6.

**PET THERAPY**

**Monday, January 13**  
**10:00 a.m.**

We invite our pet-loving members to come and get a little TLC from "Stitch" a certified therapy dog, with her owner, Mary Bylone.

**JEWELRY-MAKING WITH SANDRA: EARRINGS**

**Thursday, January 16**  
**9:30 a.m.**

Come join Sandra Gosselin, in her jewelry-making class. This month she has offered her talents and time, as well as her supplies to make earrings, for free. Please sign up in the office by Jan. 13<sup>th</sup>.

**STITCH & FIX W/ MARIA**

**Friday, January 17**  
**9:30 a.m.**

Volunteer, Maria Cusano helps mend and do simple alterations free of charge at this monthly program.

**MEET & GREET WITH THE DIRECTOR OF HEALTH**

**Friday, January 17**  
**10:00 a.m.**

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

**BOOK CLUB**

**Tuesday, January 21**  
**10:30 a.m.**

This month we will discuss *I'll Always Write Back*. This is a rescheduled date, as there was a cancellation due to weather.

**CRAFTING WITH "THE COURT"**

**Wednesday, January 22**  
**1:00 p.m.**

Please join Tricia Velte, Admissions Director from Harrington Court who will be joining us monthly to lead a fun make-and-take crafting session with ideas found on Pinterest. We will be starting off the New Year right, by designing your own journal for 2020! This activity is generously sponsored by Harrington Court and will be offered for free. Please sign up at the office by Friday, January 17<sup>th</sup>, space is limited.

**BIRTHDAY CELEBRATION**

**Tuesday, January 28**  
**12:00 p.m.**

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

**IN THE KNOW**

**Tuesday, January 28**  
**12:30 p.m.**

Gather at this informative monthly meeting with Patty Watts.

**MONTHLY MATINEE****PIZZA PARTY**

**Wednesday, January 29**  
**12:00 p.m.**

This month we will be showing **Overcomer** (Rated PG). Forced to take a new job, a high school basketball coach reluctantly agrees to coach cross-country, discovering an incredible talent in an unlikely troubled runner. With his outlook changing, John agrees to start training her for the biggest race of her life. "Heartwarming. Powerful, Inspiring." Cost is \$5.00, which includes 2 slices of pizza, soda, and snacks. Please sign up in the office by January 27<sup>th</sup>.

**LUNCH BUNCH TO ICHIBAN'S**

**Friday, January 31**  
**11:30 a.m.**

As the January weather can be frightful, we will stick close to home and patronize restaurants closer to home. This month's lunch bunch will be to Ichiban's in Colchester. Please sign up in the office by January 24<sup>th</sup>.

**JANUARY'S SCHEDULE**

**CSC will be closed on**

**Wednesday, January 1**

New Year's Day

**Monday, January 20**

Martin Luther King Jr. Day

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
<b>ADULT COLORING</b> 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.	TUESDAYS 10:00 A.M.	4 CLASSES	NO FEE
<b>CHORAL GROUP</b> Sing along with your favorite tunes, as we prepare for our annual Holiday Show. See page 3 for schedule of shows!	MONDAYS 10:30 A.M.	3 CLASSES	NO FEE
<b>KNIT &amp; CROCHET</b> Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
<b>LINE DANCING</b> Line Dance Classes will return in the Spring, under new instruction. We thank Barbara McKelvey for her many years of guiding/teaching/leading this group!!	WILL RETURN IN THE SPRING	NO CLASSES	NO FEE
<b>SIT &amp; BE FIT VIDEO</b> Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video, featuring Becky Kowalczyk.	WEDNESDAYS & FRIDAYS 10:00 A.M.	9 CLASSES	NO FEE
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	4 CLASSES	NO FEE
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.</i></b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	8 CLASSES	PRE-PAID CARD
<b>SENIOR YOGA</b> Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	10 CLASSES	PRE-PAID CARD
<b>SITTERCIZE</b> Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	8 CLASSES	PRE-PAID CARD
<b>STRENGTH &amp; STRETCH</b> Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	5 CLASSES	PRE-PAID CARD

## 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, January 8**  
**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, January 3**

**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, January 6**

**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.*

## **WHAT MAKES US FALL?**

Have you ever wondered why people fall more when they get to be over 65? There are various reasons that seniors fall more often than their younger counterparts. Some reasons include: medical conditions, multiple medications, vision deficits, unsafe environments and lack of activity or mobility. What should we do?

1) If you or anyone you know has a fall it is important for their physician to be made aware. They may choose to refer you to a Physical Therapist.

2) If you are someone who doesn't exercise or move much, a Physical Therapist could help you get stronger or work on activities which promote balance which will prevent future falls.

3) If you are already someone who is active—keep moving! People who exercise and stretch regularly have a lower risk for falls.

4) If you have multiple prescriptions from different doctors, be sure to let your primary physician know all of the medications you're on (prescription and over-the-counter). Your physician can make sure that your medications are compatible and possible even reduce the medications you're on.

5) Get regular eye exams to prevent vision loss or glasses for clear vision.

6) Assess your environment for any potential hazards, especially on the floors. Keep pathways free from clutter. Keep a nightlight on in the bathroom. Add grab bars inside and outside of the tub to prevent slipping while bathing. Install grab bars beside the toilet to help with getting on/off of the toilet. Add railings to both sides of the stairs, if able, to decrease your risk for falling down the stairs. Lastly, remove area rugs.

Apple Rehab of Colchester



## SOCIAL SERVICES

### **CHOICES COUNSELING**

**Tuesday, January 14**

**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**

Tues., January 7 at 12:30 p.m.  
(Rescheduled Holiday Luncheon at Papa Z's Restaurant)

### **COMMISSION ON AGING**

Mon., January 13 at 8:30 a.m.

### **REG. OMBUDSMAN MEETING**

Tues., January 14 at 10:00 a.m.

### **CSC STAFF MEETING**

Wed., January 8 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.

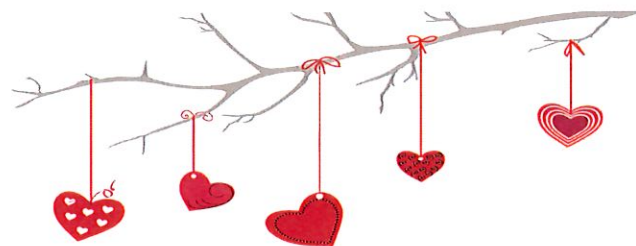


## VOLUNTEER OPPORTUNITIES

**VOLUNTEER CHORAL DIRECTOR AND/OR PIANO PLAYER:** We are searching for a volunteer to help lead and/or play piano for 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.

**LINE DANCING INSTRUCTOR:** Seeking someone who is able to lead a social and fun line dance class on Thursdays at 1:00 p.m. Time commitment is about 90 minutes per week. If we had multiple volunteers, you could share the job



## **LUNCH & LOVE WITH DAVE COLUCCI Wednesday, February 12 11:00 a.m.**

Come and feel the love and appreciation for being you with your friends at the Colchester Senior Center. We will start off at 11:00 a.m. with the "back by popular demand" talented crooner, Dave Colucci. Come sing along to your favorite love songs. Lunch will then be served at noon which will be a delicious Spaghetti and Meatballs, Garlic Bread, Garden Salad, Double Chocolate Cake, and Grape Juice. Tickets cost \$8.00 and will be available for purchase in the office until Wednesday, February 5<sup>th</sup> or sold out.

## **AARP TAX AIDE TAX PREPARATION ASSISTANCE Fridays in February–March 2020**

Tax time is just around the corner. AARP Tax Aide Counselors will be available by appointment on Fridays from February 7<sup>th</sup> through March 27<sup>th</sup> to assist you with your free tax preparations. Please call 860-537-3911 to schedule your appointment, beginning on January 2<sup>nd</sup>. Please schedule your appointment early. First-come, first served and we fill up every year.

## **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.

**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>.**

**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

**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 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. 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**

**VIRGINIA BEACH, VA & THE OUTER BANKS, NC**



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

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 your place.**

**NEW WASHINGTON D.C.**



**October 16-18, 2020, Departure TBD**

Explore our Nation's Capital on this 3 Day Trip. A Welcome Dinner marks your arrival on Night One. Tour of the city with a local Tour Guide highlighting the Vietnam & Korean War Memorials, FDR, WWII Memorial and the MLK Jr. National Memorial. Free time at the museum known as "America's Attic", the world-famous Smithsonian! Dinner on night 2 followed by a "Washington by Night" tour. The morning of day 3 includes the US Holocaust Memorial Museum—a powerful living memorial. 2 night's accommodations, motor coach transportation, 2 breakfasts, 2 dinners, admissions, trip escort & all gratuities. Cost is \$525 per person, double occupancy. **A deposit of \$200 by June 12<sup>th</sup> is required to secure your reservation.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> CSC is Closed for New Year's Day Welcome 2020! New Year's Day	<b>2</b> 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	<b>3</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:00 Friday Film: Judy (Rated PG-13) 10:30 Hearing Screenings 11:00 Yoga 12:30 Pinochle 1:30 Bingo	<b>4</b>
<b>5</b>	<b>6</b> 9:00 Making Memories 9:00 Exercise w/ Anne 9:30-10:15 Blood Pressure Clinic 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	<b>7</b> 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:30 Pinochle 12:30 AARP Holiday Lunch @ Papa Z's Restaurant (snow date) 2:30 Special Bingo w/ Youth Action Council	<b>8</b> 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 2:30 Staff Meeting 2:30-4:00 Ask the Tech Geeks	<b>9</b> 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip: Waterford Walmart/Xmas Tree Shop 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	<b>10</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:00 Yoga 12:00 Bingo Holiday Luncheon 12:30 Pinochle 1:30 Bingo	<b>11</b>
<b>12</b>	<b>13</b> 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Pet Therapy 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	<b>14</b> 9:00 Making Memories 9:45 Tai Chi 10:00 Ombudsman Mtg. 10:00 Adult Coloring 10:30 Phys. Therapy 101 12:30 Pinochle 12:30-3:30: CHOICES Counseling 1:30 Bingo	<b>15</b> 9:00 Making Memories 10:00 Sit & Be Fit NO Charitable Crafts 11:00-1:00 Laugh-Learn-Lunch with Guest Speaker Pam Atwood 12:30 Pinochle 2:00-4:00 Garden Club in Craft Room	<b>16</b> 9:00 Exercise w/Anne 9:30 Jewelry-Making with Sandra: Earrings 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	<b>17</b> 9:00 Strength & Stretch 9:30 Stitch & Fix w/Maria 10:00 Sit & Be Fit Video 10:00 Meet & Greet w/the Director of Health 11:00 Yoga 11:45 AARP Smart Driver 12:30 Pinochle 1:30 Bingo	<b>18</b>
<b>19</b>	<b>20</b> CSC Closed in Observance of Martin Luther King, Jr. Day Martin Luther King Day	<b>21</b> 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 10:30 Book Club 12:30 Pinochle 1:30 Bingo	<b>22</b> 9:00 Making Memories 10:00 Sit & Be Fit 10:00 Community Conversations with the First Selectman 10:30 Charitable Crafts 12:30 Pinochle 1:00 Crafting with "The Court"	<b>23</b> 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	<b>24</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:00 Yoga 11:00 Downton Abbey Presentation & Tea Time 1:00 Downton Abbey Movie Screening (PG) 12:30 Pinochle NO Bingo	<b>25</b> Chinese New Year
Activity Professionals Week <b>26</b>	<b>27</b> 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback Australia Day (observed)	<b>28</b> 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:00 Birthday Celebration 12:30 In The Know 12:30 Pinochle 1:30 Bingo	<b>29</b> 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:00 Monthly Matinee Pizza Party: Overcomer (Rated PG) 12:30 Pinochle	<b>30</b> 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	<b>31</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:30 Lunch Bunch: Ichiban 11:00 Yoga 12:30 Pinochle 1:30 Bingo	 <b>PAGE 9</b>



# TVCCA SENIOR CAFÉ MENU JANUARY 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Inclement weather watcher:**  
If severe inclement weather is in the forecast, delivery schedules are subject to change.

**Inclement weather closings will be announced on local radio stations and TV Channels 3 & 8.**

**Senior Nutrition Program**  
81 Stockhouse Road  
Bozrah, CT 06334  
860-886-1720  
(24hr voice mail available)  
1% milk and whole grain bread served with each meal. Menu is subject to change without notice.  
[www.tvcca.org](http://www.tvcca.org)

**6**  
Philly Cheesesteak w/ Roll  
Tater Tots  
Corn w/ Peppers & Onions  
Applesauce Cup



**13**  
Chicken Parmesan  
Farfalle Pasta w/ Marinara  
Green Beans  
Pineapple Tidbits

**7**  
**Birthdays Celebration**  
Chicken Cacciatore  
Pasta Shells w/ Marinara  
Green & Yellow Squash  
Birthday Treat  
Grape Juice

**14**  
Baked Ham w/ Pineapple Glaze  
Turnips w/ Herbs  
Broccoli  
Fruit Cocktail

**15**  
**LIVE-LAUGH-LUNCH**  
Meat Lasagna  
Brussel Sprouts  
Squash Mix w/ Carrots & String Beans  
Whole Grain Dinner Roll & Margarine  
Pudding & Apple Juice  
Ticket Cost: \$8.00



**8**  
Beef Stew  
Herb Roasted Potatoes  
Broccoli  
Fresh Fruit

**16**  
Pork Sausage & Gravy  
Biscuit  
Tater Tots  
Corn w/ Peppers & Onions  
Mandarin Oranges



**9**  
Crispy Cod  
Macaroni & Cheese  
Brussel Sprouts  
Diced Peaches

**17**  
Chicken Marsala  
Garlic Roasted Potatoes  
Zucchini, Peas, & Carrots  
Fresh Orange

**Add-on: Corn Chowder Soup**

**10**  
Pork Dumplings  
w/ Shredded Cabbage & Carrots  
Steamed Rice  
Japanese Vegetable Blend  
Pears w/ Mandarin Oranges

**Add-on: Corn Chowder Soup**

**2**  
Salisbury Steak w/ Gravy  
Mashed Potatoes  
Mixed Vegetables Medley  
Pineapple Tidbits



**1**  
New Year Holiday  
**Happy New Year!**  
Program Closed

**3**  
**Ethnic Celebration**  
Hungarian Goulash  
Egg Noodles  
Broccoli, Waxed Beans, & Carrots  
Sweet Treat & Grape Juice

**Add-on: Split Pea & Ham Soup**

**20**  
Dr. Martin Luther King Jr. Holiday



**Program Closed**

**21**  
Meatloaf w/ Gravy  
Mashed Potatoes  
Brussel Sprouts  
Fresh Fruit

**22**  
Stuffed Chicken Kiev  
Rice Pilaf  
Green & Waxed Beans  
Sweet Treat & Orange Juice

**23**  
Italian Sausage & Peppers  
w/ Grinder Roll & Mozzarella Cheese  
Peas & Pearl Onions  
Pineapple Tidbits

**24**  
Stuffed Haddock w/ Shellfish  
Squash Mix w/ Carrots & String Beans  
Broccoli  
Fruit Cocktail

**Add-on: Chicken Noodle Soup**

**27**  
Pork Loin w/Mushroom Gravy  
Roasted Garlic Potatoes  
Mixed Vegetable Medley  
Fresh orange

**28**  
Meatballs Marinara  
Penne Pasta  
Green Beans  
Applesauce Cup

**29**  
Fisherman Stew  
Parsley Potatoes  
Cauliflower, Carrots, & Snap Peas  
Pineapple Tidbits

**30**  
Cheese Pierogis  
Kasha (Groats w/ Roasted Vegetables)  
Broccoli  
Sweet Treat & Apple Juice

**31**  
Chicken Fajita w/ Cheddar Cheese  
& Flour Tortilla  
Yellow Rice & Black Beans  
Corn w/ Onions & Peppers  
Tropical Fruit Cup

**Add-on: Minestrone Soup**

**PAGE 10**