

COLCHESTER SENIOR CENTER



news

March 2020

LIVE WELL WORKSHOPS

Weds, March 4 – April 8

1:00 p.m. – 3:30 p.m.

The Live Well Program is a FREE evidence-based program that teaches techniques and strategies to those who are dealing with, or may be caring for someone, with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety, etc. Vickie Han and Nancy McAuliffe from Chatham Public Health lead this supportive, informative workshop. Sign up in the office.

COMMUNITY VOICES “SENIORS TO SENIORS”

Monday, March 9

10:30 a.m.

How powerful can 6 words be? Powerful enough to tell your story. The Bacon Academy Library is publishing the 2nd edition of *Community Voices*, a compilation of 6-word memoirs from the Bacon Academy Class of 2020 and the senior community. Please join Lynette Dimock and Geri Dineen for this wonderful workshop to create a piece of community history together. Please sign up in the office by March 5th.

2020 CENSUS INFO Wednesday, March 11 10:30 a.m.

The 2020 Census counts every person living in the 50 states, District of Columbia and 5 U.S. territories, which provides critical data that lawmakers use to direct federal funding. Please come and join Cragin Library Director, Kate Byroade, for a presentation on details about the 2020 Census. Please sign up in the office.

AARP SMART DRIVER COURSE

Wednesday, March 11

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.

LUCK O' THE IRISH LUNCHEON

Wednesday, March 18

11:00 a.m.

For our St. Patrick's Day celebration, we're all a "wee-bit" Irish! Join us for our annual luncheon which includes corned beef & cabbage, steamed parsley potatoes, carrot coins, dinner roll & margarine, Irish soda bread and apple juice. Before lunch, musical entertainment by the talented John Banker will get us all "dancin' a jig"! Tickets are \$8.00 and are on sale through Wednesday, March 11th or until sold out.

AARP SMART DRIVERTEK® WORKSHOP

Thursday, March 19 from

1:30 p.m. to 3:00 p.m.

Smart DriverTEK is a brand-new, state of the art, 90-minute FREE interactive workshop to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register in the office by Friday, March 13th.

MEDICARE SAVINGS PROGRAM

Wednesday, March 25

11:00 a.m.

Come to this informative program presented by Laura Crews, Director of Benefits Access with Senior Resources Area Agency on Aging, to see if you might be eligible for this beneficial program that helps with Medicare premiums and co-insurance. Please pre-register.

STROKE AWARENESS PRESENTATION

Thursday, March 26

10:30 a.m.

Don't miss this important FREE presentation by Brad Fowler, with Middlesex Hospital's Paramedic Program, will be here to bring his extensive knowledge and experience to share about stroke prevention information, including knowing the warning signs, the importance of acting quickly to get help, and the role of stroke centers in better outcomes for recovery. Please sign up.

HEART HEALTHY COOKING DEMO

Thursday, March 26

1:30 p.m.

This month, we will focus on snacks with low sodium by making Easy Hummus and Baked Cucumber Chips, which you can sample and make again for yourself at home. These recipes are diabetic-friendly, low sodium, and gluten-free. Please pre-register in the office by March 20. The cost of this program is \$1.00 to defray the cost of ingredients. Each person will get food samples to try and a copy of the recipe.

**COLCHESTER SENIOR
CENTER**

95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574

Email: 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

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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
Sandra Gaetano
Linda Pasternak
Geraldine Transue

From the Director's Desk

March is a month of transitions. You know the saying, "in like a lion—out like a lamb." For all of the predictions in this year's *Farmer's Almanac* which forecasted a terrible winter with deep snowfall totals—I think we got pretty lucky. Although I still hold out hope for one deep, beautiful snowstorm this season, I understand why others would dread that! No matter how long or short the winter season was, we always look forward to the promise of spring, which is sure to show itself toward the end of this month. At least that's what the calendar says; March 19th is the official start of spring! As the warmer weather emerges, so do many opportunities for different programs and activities. Like our furry friends coming out of hibernation, when the weather improves, we tend to see our center become its busiest.

This month I'd like to focus on the many different travel excursions available to our members. You will see that although we tend to schedule very few winter trips, due to the uncertainty of the New England weather, when springtime arrives we offer many different options. March is the start of a very busy travel season for us. If you've never taken a trip with the senior center before, indulge me in a chance to inform you of the many different trips, designed to suit every interest and even most budgets. The most affordable options are trips which utilize our senior bus. This could include a shopping trip—with different stores offered every month, or maybe a Lunch Bunch, where we travel to local eateries. Sometimes we include Mystery Trips on the calendar of events, where only the driver knows the final stop. We also partner with local travel and touring companies to an assortment of destinations and attractions. Some of these are day trips and some are extended trips with one or more overnight stays as part of the trip itinerary. The most extravagant trips we offer are "trips of a lifetime" which include either domestic or international travel destinations.

There are many benefits to traveling with the Colchester Senior Center. First of all, it's easy; we take care of all of the arrangements and reservations. For an affordable price our trips include comfortable transportation, wonderful points of interest and many times, depending on the destination, your meal is included. Traveling with others is a great way to meet friends who share your interests, too. So whether you enjoy a visit to our local Casinos; or you want to take in a world class musical at the Goodspeed Opera House; or you crave adventures in Mother Nature's finest, like you'll find at our Canadian Rockies & Glacier National Park or our daytrip to The Bronx Zoo; we pride ourselves in offering something for everyone. Please see **page 8** of this newsletter to see what wonderful trips we have planned—there are many new ones highlighted this month. We even developed a "sneaker key" to help you pick travel destinations that match your desired level of activity. So get ready for adventure....and travel with us!

Warmly,

Patty

PROGRAMS

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AARP CHAPTER #4019 MEETING

**Tuesday, March 3
1:30 p.m.**

All Senior Center members are welcome to join this month's AARP meeting to hear our very own beloved members, Wally and Anna Karrenberg, share their experience living in Alaska while Wally was stationed there. Please sign up in the office.

PET THERAPY

**Monday, March 9
10:00 a.m.**

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

SHOPPING TRIP

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

This month, we'll be traveling to Norwich Walmart and Shoprite. Please sign up in office by March 11th or until full. \$4.00 suggested donation for bus transportation.

LUCKY BINGO

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

Wear Green for Good Luck. Join us for a fun, FREE bingo game with St. Patrick's Day-themed prizes sponsored by Generations Family Health Center. Please sign up by March 9th.

BOOK CLUB

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

This month we will discuss *Pachinko*, written by Min Jin Lee. All are welcome to join our Book Club. We meet every 3rd Tuesday of the month at 10:30 a.m. Please come having read the book and ready for discussion

MONTHLY MATINEE PIZZA PARTY

**Tuesday, March 17
12:00 p.m.**

For this month's pizza party matinee, we will be showing *The Good Liar* (R-rated). This is a 2019 American crime thriller about a career con artist who meets a wealthy widow online. His plan to steal her fortunes meets an unexpected roadblock. Starring Ian McKellen and Helen Mirren. Cost is \$5.00, which includes 2 slices of pizza, soda, and snacks. Please sign up in the office by Friday, March 13th.

RUBBER STAMPING

**Thursday, March 19
9:00 a.m.**

Join Marie Sola from Chestelm Health & Rehab for this FREE Rubber Stamping and card-making activity. Please register by March 12th in the office.

STITCH & FIX W/ MARIA

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

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

COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

**Tuesday, March 24
1:00 p.m.**

Join Mary Bylone, Colchester's First Selectman, 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.

JEWELRY-MAKING WITH SANDRA: BEADING

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

Come join Sandra Gosselin, in her jewelry-making class. This month, she will assist in various beaded jewelry of your interest. Sign up in the office by March 13th.

CRAFTING WITH "THE COURT"

**Wednesday, March 25
1:00 p.m.**

Please join Tricia Velte, Admissions Director from Harrington Court who will be leading a FREE, fun make-and-take crafting session. This month's activity will be a Kitchen Counter Herb Garden. Please sign up at the office by Wednesday, March 18th. Space is limited.

LUNCH BUNCH

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

This month's lunch bunch will be to the highly requested Cracker Barrel Restaurant in East Windsor. Remember there is an adjoining gift shop store. Please sign up in the office by March 20th. Cost is \$5.00 for senior bus transportation. Space is limited.

BIRTHDAY CELEBRATION

**Tuesday, March 31
12:00 p.m.**

Help us celebrate our members who were born in the month of March, with a cake generously baked by our friend, Alex from the Bacon Academy Transitions Program.

IN THE KNOW

**Tuesday, March 31
12:30 p.m.**

Gather at this informative monthly meeting with Director, Patty Watts, to hear about the latest in senior center news.

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING 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.	5 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes. We will prepare for a Spring Concert at local rehabilitation and nursing centers.	MONDAYS 10:30 A.M.	5 CLASSES	NO FEE
KNIT & CROCHET 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.	4 CLASSES	NO FEE
LINE DANCING 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
SIT & BE FIT VIDEO Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video, featuring Becky Kowalczyk.	WEDNESDAYS & FRIDAYS 10:00 A.M.	8 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	5 CLASSES	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.</i>			
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	9 CLASSES	PRE-PAID CARD
SENIOR YOGA 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.	8 CLASSES	PRE-PAID CARD
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	9 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	4 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 Will resume in mid-April

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, March 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 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, March 13****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, March 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, April 14****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.

FILE OF LIFE

A File of Life is a miniature health history which fits into a magnetic sleeve and placed on an individual's refrigerator and in their wallet. It is a phenomenal program which can and has saved lives by putting vital information about health history, medication and insurance information into the hands of emergency personnel. All Police, Fire, and EMS personnel are trained to look for this information, while responding to emergencies.

It is the hope of the Colchester TRIAD to bring awareness to this important program and to provide through the Colchester Senior Center, Colchester Hayward Fire Department and senior and congregate housing communities, a File of Life kit for every senior (ages 55 and up) living in the Town of Colchester, free of charge.

The Colchester Senior Center gives out a File of Life kit as part of the Welcome Packet of every new membership registration. With your kit, you will receive a large F.O.L. in a magnetic sleeve for your refrigerator, a small F.O.L. in a plastic sleeve for your wallet and a form with tips on how to use your FOL kit. If you do not already have a File of Life kit, please stop in to the senior center and get one today!

**SOCIAL SERVICES****CHOICES COUNSELING****Tuesday, March 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 MARCH**AARP CHAPTER #4019**

Tuesday, March 3 at 1:30

COMMISSION ON AGING

Monday, March 9 at 8:30 a.m.

REG. OMBUDSMAN MEETING

Tuesday, March 10 at 10:00 a.m.

CSC STAFF MEETING

Wed., March 11 at 2:30 p.m.

SAVE THE DATES FOR APRIL

SPRING FLING LUNCHEON

Wednesday, April 8

11:00 a.m.

Let's celebrate the beauty of the season of renewal and growth at our Spring Fling Luncheon. We will be entertained by the talented singer, John Paolillo. Followed by a hearty lunch of Baked Ham, Mashed Potatoes, Green Beans, Dinner Roll and Carrot Cake. Please join us! Tickets are \$8.00 and can be purchased in the office until April 3rd or until sold out.

MEDICARE BOOTCAMP

Wednesday, April 22

5:00 p.m.

If you collect Social Security Benefits, have turned 65 or are new Medicare, this is the event can offer important information for you. Come learn about Medicare Part A, B, C, and D, when to enroll to avoid penalties, alternative Medicare options, and Medicare Assistance Programs. This FREE evening presentation will be led by Laura Crews, Director of Benefits Access with Senior Resources Area Agency on Aging. Please register to attend.



AN OPPORTUNITY TO GIVE BACK...

During the month of March, we will have a collection bin located in the Dining Room of the Colchester Senior Center to support the Diabetic & Hypertension Relief Center in Petit-Goave, Haiti to help men, women and children. L'Amour (who delivers meals for TVCCA) and his family are closely connected to this charity and are asking for assistance from anyone who is able by collecting the following important items.

- ♥ Toothbrushes
- ♥ Toothpaste,
- ♥ Motrin, Tylenol, Advil & Multi-Vitamins
- ♥ Hygiene items

We thank you in advance for your generosity and willingness to help others.



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

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 have multiple capable volunteers, you could share the job.



DAY TRIPS

SOUTH PACIFIC at the GOODSPEED

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

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 1st.**

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. Cost is \$129 per person. **Please register by May 29th.**

BRONX ZOO

Thursday, September 10, 2020, 6:45 a.m.

Come experience life of the wild side! The Bronx Zoo's boasts world-class exhibits. Bring your lunch or grab a tasty snack at one of the many food vendors. Cost is \$86.00 per person and includes motor coach transportation, all entrance fees and gratuities. **Please register by July 31st.**

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. 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 11th**

NEW AUTUMN BISTRO TRAIN-NEWPORT

Wednesday, October 21, 2020, 9:00 a.m.

All aboard for a nostalgic train ride along the Aquidneck Island with views of beautiful Narragansett Bay. Ride & dine on vintage streamlined era passage cars for a fun lunch train experience. See how the railroad helped to build Newport into the premier destination that it is today. Gourmet Bistro Lunch with seasonal soup, choice of Roast Turkey, Pot Roast of Baked Butternut Squash Penne. Cost is \$102 per person and includes roundtrip motor coach transportation, admission fees and lunch. **Please register by September 11th.**

NEW NEWPORT PLAYHOUSE

Monday, December 7, 2020, 9:30 a.m.

Clara Nowak and her family have always known they were special, ever since the miraculous night when the Blessed Mother appeared to Grandpa in his barbershop! Since then, the neighborhood has looked upon the Nowak's 20 foot commemorative shrine as a beacon of hope and faith amidst the urban rubble...heartfelt & hilarious! Cost is \$96 per person and includes buffet dinner, play, cabaret show and round trip motor coach transportation and all fees and gratuities. **Please register by October 30th.**

OVERNIGHT TRIPS

LANCASTER IN STYLE

June 9-11, 2020, 7:00 a.m.

Our travels take us to Pennsylvania Dutch Country with historic accommodations for both nights of the journey. Enjoy a private wine, cheese and paint party, followed by dinner. Day two begins with a full breakfast buffet followed by a hands-on experience at Kitchen Kettle Village. Later in the day, we'll take our seats at Sights & Sounds Theatre for their brand new production of "Queen Esther." Dinner will be served at Miller's Smorgasbord. After breakfast, we will say goodbye to Lancaster and continue to the Mount Hope Estate and Winery for a light lunch and beer and wine tasting before traveling back home with great memories. This trip includes roundtrip motor coach transportations, 2 nights' accommodations, 6 meals, tickets and admissions to all attractions, a professional tour director and gratuities for the tour director and bus driver. Cost for this trip is \$565 per person, double occupancy. **A \$50 deposit is required at sign up with final payment by April 28, 2020.**

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. 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.**




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 12th is required to secure your reservation.**

 = Light Walking

 = Moderate Walking

 = Mostly Walking

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 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	3 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:30 Pinochle 1:30 Bingo 1:30 AARP Ch. #4019 Meeting: Wally & Anna Karrenberg	4 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:00 Live Well Workshop 2:30-4:00 Ask the Tech Geeks, by appointment	5 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	6 9:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:00 Yoga 12:30 Pinochle 1:30 Bingo	7
8 	9 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Pet Therapy 10:00 Sittercize 10:30 Community Voices: "Seniors & Seniors" 12:30 Choral Group 12:30 Mah Jongg 12:30 Setback Purim Begins	10 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 10-12 Regional Ombudsman Meeting 12:30 Pinochle 12:30-3:30 CHOICES Counseling, by appt. 1:30 Bingo	11 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 10:30 2020 Census Info 11:45 AARP SMART Driver Class 12:30 Pinochle 1:00 Live Well Workshop 2:30 Staff Meeting	12 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip: Norwich Walmart 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	13 9:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:00 LUCKY Bingo 10:30 Hearing Clinic 11:00 Yoga 12:30 Pinochle 1:30 Bingo	14
15 	16 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	17 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 10:30 Book Club: Pachinko 12:00 Monthly Pizza Matinee: The Good Liar 12:30 Pinochle 1:30 Bingo St. Patrick's Day	18 9:00 Making Memories 10:00 Sit & Be Fit No Charitable Crafts 11:00 Luck O' The Irish Luncheon 12:30 Pinochle 1:00 Live Well Workshop 2:00 Colchester Garden Club: Crafting for MOW	19 9:00 Exercise w/Anne 9:00 Rubber Stamping 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Pinochle 12:30 Dominoes 1:00 Knit & Crochet 1:30 AARP Drivertek ® Spring Begins	20 9:00 AARP Tax Aide 9:00 Strength & Stretch 9:30 Jewelry Making with Sandra: Beading 9:30 Stitch & Fix w/Maria 10:00 Sit & Be Fit Video 11:00 Yoga 12:30 Pinochle 1:30 Bingo	21 
22 	23 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	24 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:30 Pinochle 1:00 Community Conversations w/ the First Selectman NO Bingo	25 9:00 Making Memories 10:00 Sit & Be Fit NO Charitable Crafts 11:00 Medicare Savings Program 12:30 Pinochle 1:00 Crafting with "The Court": Kitchen Counter Herb Garden 1:00 Live Well Workshop	26 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Stroke Awareness 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 1:30 Heart Healthy Cooking Demo	27 9:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:00 Yoga 11:00 Lunch Bunch to Cracker Barrel 12:30 Pinochle 1:30 Bingo	28
29 	30 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	31 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				



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, LDN.



TVCCA SENIOR CAFE MENU ~ MARCH 2020

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<p>2</p> <p>Stuffed Chicken Cordon Bleu Tater Tots Green Beans Pineapple Tidbits</p> 	<p>3</p> <p>Baked Haddock w/ Herbs & Tomatoes Rice Pilaf Green & Yellow Squash Diced Peaches</p>	<p>4</p> <p>Beef Stew Herb Roasted Potatoes Broccoli Fresh Fruit</p>	<p>5</p> <p>Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</p>	<p>6</p> <p>Fisherman Stew Parsley Potatoes Peas & Pearl Onions Sweet Treat & Grape Juice</p> <p><u>Add-on: Chicken Noodle Soup</u></p>
<p>9</p> <p>Meatballs Marinara Penne Pasta Cauliflower, Carrots & Snap Peas Diced Pears</p>	<p>10</p> <p>Pork Loin w/ Mushroom Gravy Garlic Roasted Potatoes Green Beans Mandarin Oranges</p> 	<p>11</p> <p><u>Birthday Celebration</u> Chicken Cacciatore Pasta Shells w/ Marinara Green & Yellow Squash Birthday Sweet Grape Juice</p> 	<p>12</p> <p>Philly Cheese Steak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Fresh Orange</p> 	<p>13</p> <p>Crispy Cod Macaroni & Cheese Brussel Sprouts Pineapple Tidbits</p> <p><u>Add-on: Broccoli, Potato & Cheddar Soup</u></p>
<p>16</p> <p>Cheese Pierogies w/ Shredded Cabbage Kasha (Groats w/ Roasted Veggies) Broccoli Diced Peached</p> 	<p>17</p> <p>Italian Pork Sausage & Peppers w/ Grinder Roll & Mozzarella Cheese Cauliflower, Carrots, & Snap Peas Fruit Cocktail</p>	<p>18</p> <p><u>Luck 'o the Irish Luncheon</u> Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread & Apple Juice Ticket Cost: \$8.00</p> 	<p>19</p> <p>Stuffed Chicken Kiev Herb Roasted Potatoes Brussel Sprouts Diced Pears</p>	<p>20</p> <p>Cheese Manicotti w/ Marinara Garlic Bread Green & Yellow Squash Lima Beans Fresh Fruit</p> <p><u>Add-on: Split Pea & Ham Soup</u></p>
<p>23</p> <p>Chicken & Broccoli Steamed Rice Oriental Vegetable Blend Sweet Treat & Orange Juice</p>	<p>24</p> <p>Meatloaf w/ Gravy Mashed Potatoes Zucchini, Peas, & Carrots Fresh Orange</p> 	<p>25</p> <p>Chicken Marsala Rice Pilaf Brussel Sprouts Tropical Fruit Cup</p>	<p>26</p> <p>Baked Ham w/ Pineapple Glaze Turnips w/ Herbs Green & Waxed Beans Mandarin Oranges</p>	<p>27</p> <p>Stuffed Haddock w/ Shellfish Broccoli Mixed Vegetables Medley Fruit Cocktail</p> <p><u>Add-on: Minestrone Soup</u></p>
<p>30</p> <p>Pork Sausage & Gravy w/ Biscuit Tater Tots Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>31</p> <p>Chicken Fajita w/ Cheddar Cheese & Flour Tortilla Yellow Rice & Black Beans Corn w/ Onions & Peppers Sweet Treat & Grape Juice</p>	<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 www.tvcca.org</p> <p>(24hr voice mail available)</p>		
<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>				<p>PAGE 10</p>