

COLCHESTER SENIOR CENTER

October 2020



news

REOPENING OUR SENIOR CENTER Q & A SESSIONS

Thursday, October 1 & 8
1:30 p.m.

Join director, Patty Watts, as she discusses the Reopening Plans for the Colchester Senior Center on Zoom. During this time of COVID-19, we are challenged to reopen to meet the needs of our members, while doing our best to keep our members and staff safe and work towards a sense of normalcy. Bring your questions and concerns and see how we are working to address them.

UP CLOSE & PERSONAL

at the Mystic Aquarium
Wednesdays at 12:00 p.m.
October 7, 14, 21 & 28

Sponsored by AARP CT, enjoy this 4 part series which takes you behind the scenes at the Mystic Aquarium for an insider look. 10/7-Explore the Beluga Whale Program. 10/14-Learn more about the endangered African penguin. 10/21-See the three types of seals that the Mystic Aquarium cares for. And 10/28-Participate in a virtual guided tour of the aquarium. Visit <https://aarp.cvent.com> to register.



COLCHESTER SENIOR CENTER REOPENING DAY

Tuesday, October 13

After these many months, we are excited to be able to reopen our doors for those who feel comfortable to join. Tentative date, subject to change. The recommendation for those 65 and older remains: **Stay Home. Stay Safe.**

LIFE IN A SEAFARING VILLAGE

Monday, October 19
12:00 p.m.

What was life like in a seaport village during the last century for folks 50 and older? Join Mystic Seaport Museum's Director of Historical Interpretation, Erik Ingmundson, to find out on this interactive virtual tour of the museum's village. Sponsored by AARP CT and Mystic Seaport Museum. Please register by visiting the museum's website at www.mysticseaport.org.

TRIP PRESENTATION DISCOVER SWITZERLAND, AUSTRIA & BAVARIA

Tuesday, October 20
10:30 a.m.

Join Tracy O'Neill of Colette Tours to learn more about this international trip featuring the destinations of three European countries in 2021. Even if you don't plan to travel, you can join the Zoom session to see the incredible points of interest on this trip. Trip flyers are available and can be mailed at your request, by calling the office at 860-537-3911.

DRIVE-UP FLU CLINICS

Tuesday, October 20

3:00-5:30 p.m.

Thursday, October 22

9:00-11:00 a.m.

Flu season is upon us, and we don't want to forget about it just because of COVID-19. The Chatham Health District will be offering an outdoor flu vaccination clinics at St. Joseph's Polish Club's outdoor pavilion. Please bring your Medicare and Supplemental Insurance cards. Reservations are requested, please call the senior center at 860-537-3911. Please note the October 22nd date is for seniors only.

THE FABULOUS 40'S MUSIC & TRIVIA

Monday, October 26
1:30 p.m.

Michael Elliot has compiled wonderful video clips of film and song archives, which correspond to a fun and interesting themed trivia show. Watch the video clips and try to answer the trivia questions all about the Fabulous 40's. Join us via Zoom for this free, interactive program.

MEET THE CANDIDATES FORUM

Tuesday, October 27
2:00 p.m.

Every year, just before Election Day, our local chapter of AARP holds a Meet the Candidates Forum at the senior center. This year, with restrictions on gathering, they will hold that forum via Zoom. Join us to hear the candidates' positions and platforms, have an opportunity to ask questions and learn what you need to know before casting your ballot on November 3rd.

HALLOWEEN PIZZA PARTY PICK-UP

Friday, October 30
12:00 p.m.

Not Tricks—Just Treats! Social gathering looks different this year, but it doesn't mean we can't have a little fun. Get in your best Halloween attire (costumes encouraged but not required) and join us at our annual Halloween Pizza Party; this year with the meal to-go. Please purchase a ticket for \$5.00 which buys you 2 slices of cheese pizza, salad with Italian dressing, a bottle of water/can of soda and Halloween treats for dessert. Pre-register by Friday, October 23rd.

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

Patricia Watts
Director of Senior Services/M.A.
pwatts@colchesterct.gov

Hiring for Vacancy
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbaum@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 Mlodzinzi, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Geraldine Transue, Secretary
Sandra Gaetano
Linda Pasternak
Jean Stawicki

From the Director's Desk

Hello to our senior center members and friends. How we have missed you all! It feels like it has been way too long since we have dreamed of being able to see you in person. Back in mid-March, we closed our doors to the public due to the Governor's Executive Orders and recommended precautions, as the result of the Coronavirus pandemic. Although we were grateful to continue our work, with every staff member reporting for duty either at the senior center or for a brief time working from home, we are so happy to have HOPE of being able to re-open this month.

I wanted to do some expectation setting prior to your arrival, because I want everyone to understand that things will still be substantially different than how it used to be. COVID-19 still presents a risk to the community, and especially so to the demographic that we serve. The first thing that is imperative for you to understand is that even with our re-opening, the Governor's recommendation is still that those over the age of 65 or those with underlying health issues are at greatest risk of having a fatal outcome, if infected by the Coronavirus. The Governor's order remains to "Stay Home. Stay Safe," for individuals who fit those categories. You may come in, but please know that you are doing so at your own risk and against the State recommendations.

It is critically important for everyone to understand that our decision to reopen the Colchester Senior Center has been made with much deliberation, discussion and planning, but we need your cooperation for our reopening to be as safe as possible. The following are the precautions we can take to protect each other from www.ct.gov

Five Precautions We Are Taking to Protect You

1. Screening employees every day for symptoms
2. Ensuring that staff members stay home if they are sick
3. Washing our hands and making hand sanitizer available
4. Cleaning and disinfecting all surfaces, areas and equipment
5. Wearing face masks and posting social distancing signs

Five Actions You Can Take to Protect Us

1. Wear a face mask to cover your nose and mouth
2. Stay 6 feet apart from others and follow any posted signs
3. Do not enter if you are sick
4. Wash your hands/use hand sanitizer when you enter
5. Choose contactless payment options

The State of Connecticut released guidelines for senior centers to reopen. In this publication, there are recommendations which include that Congregate Meals are not advisable at this time. Until we hear otherwise, we will continue delivering meals to those who have been receiving them, as this has been deemed safest. They've also advised no in-person fitness classes due to increased respiration with exercise. Because of this, we will continue our virtual fitness classes, via Zoom, for the time being. There are restrictions such as no self-serve areas—meaning the coffee and baked goods that we usually offer will not be available. There will be many changes (even inconveniences) but they are all designed to keep you and the staff members safe. Working together, we can make our reopening a success.

Warmly,

Patty

PROGRAMS

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VIRTUAL MEDITATION

Mondays in October

11:00 a.m.

The medical establishment has agreed that the benefits of meditation is great. Please join us on Mondays for a half hour meditation. We will be using various meditation forums available online and live to foster a relaxed state of mind and being. Call the senior center to register and receive the Zoom link or call-in instructions.

CONFERENCE CALL BINGO

Tuesdays in October

1:30 p.m.

If you are interested in playing Conference Call Bingo, let us know and we will send you 2 reusable bingo cards and markers and provide the call-in information. There will be a prize for the Fill-The-Card round. Please note: long distance charges may apply. On October 27th, in order to not conflict with the Meet the Candidates Forum, Bingo will be cancelled.

WALKING GROUP

Wednesdays in October

10:00 a.m.

Got Sneakers? Weather permitting this group meets at the Airline Trail entrance on Route 85 at Amston. Please practice social distancing (6 ft. or more) and wear your mask. Please preregister.

VIRTUAL MOVIE CLUB

Friday, October 2

10:00 a.m.

Join our monthly Movie Club, via Zoom. This month, we will screen the film *The Prestige*, the twisting, turning story that, like all great magic tricks, stays with you. Stars Academy Award winning actors Hugh Jackman and Christian Bale. Rated PG-13.

COLCHESTER GARDEN CLUB

Monday, October 5

8:30 a.m.

Join the Colchester Garden Club volunteers as they meet up to offer some socially distanced garden maintenance for the front and side gardens of the Colchester Senior Center. No experience required.

HIGHLIGHTING COLCHESTER HISTORY: BACON ACADEMY

Friday, October 9

1:30 p.m.

This monthly series, led by members of the Colchester Historical Society, has been interesting and fun. This month, we turn our attention to a Town of Colchester treasure...Old Bacon Academy. Learn more about historical importance of education in Colchester and this magnificent building that proudly stands at the entrance of Norwich Avenue.

**CSC WILL BE CLOSED
COLUMBUS DAY
Monday, October 12th**

NOTES ABOUT REOPENING

Tuesday, October 13

Mask wearing and social distancing of six feet or more will be enforced, for the safety of all. Hand sanitizing stations will be conveniently located throughout the building. The "Stay Home. Stay Safe." recommendation remains in effect for those who are 65 years of age or older or at higher risk due to an underlying health condition. This date may need to be adjusted to later if there are an increased number of cases in the area.

COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

Friday, October 16

10:30 a.m.

Join Mary Bylone, First Selectman for the Town of Colchester, via Zoom, to engage in meaningful dialogue about all things Colchester. Mary always spends some time taking questions from the audience, too. The Zoom link can be found on the Zoom Program Tables that will be emailed out.

BOOK CLUB SOCIALLY- DISTANCED MEETING

Tuesday, October 20

10:30 a.m.

For the first time since our closure in March, Book Club will have an in-person meeting. Please practice social distancing and wear a mask for the duration of the program.

"FROM BOOMER 2 ZOOMER"

Friday, October 23

2:30- 3:30 p.m.

Society today is admittedly reliant on technology—especially Zoom videoconferencing for telehealth appointments and senior center programs. Don't be left behind! Learning how to use Zoom to participate in programs and connect with others is easy and fun. Schedule a personal appointment so you, too, will go from being a Boomer to a Zoomer.

IN THE KNOW

Wednesday, October 28

12:30 p.m.

Please join Patty, as she talks about the current happenings at the Colchester Senior Center and answers your questions.

CLASS	DAY & TIME	INFO	FEE
VIRTUAL MEDITATION A half hour of meditation, using various meditation forums available online and live to foster a relaxed state of mind and being.	MONDAYS 11:00 A.M.	ON ZOOM	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Please call the office if you are in need of Coloring Packets to be delivered to you, if in town.	TUESDAYS 11:00 A.M.	COLORING PACKETS AVAILABLE	NO FEE
CONFERENCE CALL BINGO Join your friends at this fun and lively weekly free Bingo Game Conference Call. Prizes available for the Fill Your Card round. (No BINGO on 10/27) Led by: Sheila Graham	TUESDAYS 1:30 P.M.	BINGO CARDS & MARKERS AVAILABLE	NO FEE
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard.	MONDAYS & THURSDAYS 9:00 A.M.	ON ZOOM	NO FEE
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.	ON ZOOM	NO FEE
SITTERCIZE This seated fitness class is a full-body workout and is safe for all levels of fitness or mobility. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ON ZOOM	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ON ZOOM	NO FEE
VIRTUAL MOVIE CLUB Screen a special monthly movie with your friends from the Colchester Senior Center. Movie selection and rating is listed on Page 3 of the monthly newsletter.	THURSDAY October 30 10:00 A.M.	ON ZOOM	NO FEE
WALKING GROUP Meet at the Airline Trail and walk with peers. Group Led.	WEDNESDAYS 10:00 A.M.	AIRLINE TRAIL	NO FEE

Until all restrictions on social gathering have been lifted, we will be using Zoom technology to teach a variety of your favorite classes. Please email Susan at csc@colchesterct.gov or call 860-537-3911 to be sent a link for any of the classes being taught through Zoom or assistance to address your questions about using Zoom technology.

ADULT COLORING PAGES

Adult Coloring is a relaxing past time that has been shown to reduce stress and anxiety, improve motor skills and vision and even improve your sleep. Prior to the closure, the Colchester Senior Center had a group that met on a weekly basis to **create** and share their art. Let us know if you would enjoy receiving Adult Coloring Sheets while at home, by calling us at 860-537-3911. No previous experience is required. Provide your own markers, crayons or colored pencils.

STAY-AT-HOME PRINTABLE ACTIVITIES

On the Town website at www.colchesterct.gov under the "Town Services" tab, click on "Senior Center" to navigate to our webpage, find "Stay-at-Home Printable Activities" and click it. There you will find a variety of mazes, word puzzles, crossword puzzles, Sudoku games, coloring pages and more! Those sheets have been posted for your enjoyment. Print them out and complete whichever ones are enjoyable to you, at a pace that is right for you. Keep that brainpower working to its maximum capacity and have fun!

COLCHESTER PARKS & REC

To learn more about what virtual programs they have available, go to the town website at www.colchesterct.gov, under "Town Services" listing, click on "Recreation Department" to navigate to their webpage and explore all that they have to offer.

CRAGIN MEMORIAL LIBRARY

Resources and programs are available on On the town website at www.colchesterct.gov, under the "Town Services" tab, click on "Cragin Memorial Library" to navigate to their webpage and explore some of the great links, virtual programs and more!

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 mailed into the Colchester Senior Center office.

REGISTRATION POLICIES

Registration at this time is **MAIL-IN ONLY** to limit personal contact, until we reopen the building to the public. Please make checks payable to "Colchester Senior Center" and mail to Colchester Senior Center 95 Norwich Avenue, Colchester, CT 06415 attn: Susan Plefka. Payment is required at the time of sign up, unless otherwise stated in the newsletter. Some meals, trips, classes or programs may have limited availability. 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, November 6
10:30 – 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, November 2
9:30 – 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

Date TBD in November

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.

Due to COVID-19, the Making Memories Program will not be meeting in person until further notice. MMP Coordinator, Missy Bauman, will be hosting weekly Zoom programs, calling all class members and providing activities via email and delivery (in town only) for those who are interested. You can reach Missy 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.

COVID-19 HEALTH TIPS

Take preventative action to protect yourself.

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Watch for symptoms and emergency warning signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feels like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs—*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

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SOCIAL SERVICES **CHOICES COUNSELING** **(by appointment only)**

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.

RENTERS REBATE **(April 1 to October 1)**

Beginning this year, Renters' Rebate 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. Stephanie Turbes, Social Services Coordinator will begin taking appointments in person, please bring a mask.

ENERGY ASSISTANCE **(September to May)**

Energy Assistance is 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. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN OCTOBER **COMMISSION ON AGING**

Tuesday, October 13
8:30 a.m.

CSC STAFF MEETING
Wednesday, October 14
2:30 p.m.

SENIOR CENTER
BUILDING COMMITTEE
Tuesday, October 13 & 27
7:00 p.m.

Zoom links to join Committee or Board Meetings are posted on the Town website at: www.colchesterct.gov

DINING OPTIONS

MEAL DELIVERY PROGRAMS

At this time of COVID-19, our on-site dining program will be suspended until further notice. It has been determined that contact-free meal deliveries are deemed to be the safest option during this period. Please read below to see how TVCCA and the Colchester Senior Center have responded to this unprecedented crisis.

MEALS ON WHEELS

TVCCA has done a terrific job of adapting to this challenge in several ways. Funding has been added to provide additional resources for Meals on Wheels and some of the previous requirements have been relaxed to allow more people to qualify for services. At this time, we have a record number of meal deliveries going out to our patrons on Tuesdays through Fridays. We are deeply grateful to our Meals on Wheels volunteers and our bus drivers Sheri and Ginny for their hard work to keep this program functioning. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.

COMMUNITY CAFÉ MEAL DELIVERIES

For those who would typically be coming to the Colchester Senior Center for the Community Café Meals, TVCCA is providing a once-weekly meal delivery which includes 5 meals (lunches for Monday through Friday), bread, fruit and milk. For more information on this, please contact Valerie Webster, Nutrition Site Server at 860-537-3911.

COLCHESTER FOOD BANK

During this challenging time, if you need assistance through the Colchester Food Bank, please call 860-537-7255 to schedule a food pick up at Town Hall. Those with compromised immunity or other conditions which makes this a hardship, the senior center can deliver Food Bank items to your door. Just let the Food Bank know your needs and they will coordinate a drop-off with us for you.

RIDE TO THE POLLS ON ELECTION DAY

Tuesday, November 3
9:00 a.m.-2:30 p.m.

Election Day will be here before you know it and we anticipate having many seniors in the community who may need a ride to the polls. For this reason, we will be suspending rides for other reasons and just providing shuttles to the polls. Please know which poll location is yours, based on your address. Due to the COVID-19 protocols and limited bus capacity, buses will be running all day. Please contact the senior center at 860-537-3911 to make your bus reservation by Monday, November 2nd by Noon. Thank you for your understanding and cooperation.



DONATIONS GRATEFULLY APPRECIATED

I wanted to say a heartfelt thank you to everyone who has made generous donations to the senior center during this time when our building is shut down to the public. Whether your donations were made out of appreciation for what we are doing or was identified for a specific purpose, like supporting programs, we are grateful for your thoughtfulness and generosity. Financially for our program account, this year of COVID is a challenging one for us. The commissions that we get from the travel companies for the trips that we sponsor provide an enormous amount of funding for our programs. Given that travel has shut down for the foreseeable future, our program account, which has seen steady growth even with the increase in programs, is dwindling. It's also likely that we will not be able to hold our Holiday Fair, our largest fundraiser of the year. To those who have contributed monetary donations, please know that they will go a long way to get us through this challenging year, so we can continue to provide the programs you've come to enjoy. We are deeply grateful!

Sincerely,

Patty Watts

Director of Senior Services



We have partnered with our Travel Vendors for some exciting **Virtual Travel Opportunities**. Please see page 1 of our newsletter for programs hosted by Collette Tours. They have been very innovative in offering **Virtual Special Events** and **Virtual Travel Experiences** via Zoom for their patrons during this time, when actual travel plans have ceased. We hope that you will avail yourself of these opportunities. It's a great way to stay involved in the world around you, from the comfort and safety of your own home.

TRAVEL UPDATES FOR TRIPS SCHEDULED IN 2020

Sounds of the 60's, October 6, 2020: This trip is cancelled. At the time of cancellation, we did not have anyone registered for it.

Washington DC, October 16-18, 2020: This trip is cancelled and refunds have been made.

Ride & Dine Bistro October 21, 2020: This trip is cancelled and refunds have been made.



Newport Playhouse Holiday Play, December 7, 2020: This trip is cancelled and refunds have been made.

TRAVEL UPDATES FOR TRIPS SCHEDULED IN 2021

At this point in time, we have made the decision to cancel all trips which were scheduled for 2020 and issue refunds to anyone who had registered for one of these trips. We are starting to plan for our travel year 2021, and look forward to offering many safe and fun ways to experience the world—in your backyard and beyond.

Please understand that the travel schedule may not be as robust as it has in years past. Groups will likely have to be smaller to maintain safe distances on the buses and we cannot predict when the recommendations for wearing masks might be lifted. We have been in constant communication with our travel partners and would not be offering these trips if we believed they were at all unsafe. Still, as always, our members who travel do so at their own risk.

Join Tracy O'Neill from Collette Tours on Tuesday, October 20 at 10:30 a.m., as she promotes the **Discover Switzerland, Austria & Bavaria Trip departing on April 23-May 2, 2021**. This will be a virtual meeting on Zoom. Contact the senior center if you would like additional information about the trip and we can mail a trip flyer to you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4	5	6	7	8	9	10
8:30 Garden Club 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation	9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	10:00 Making Memories on Zoom 10:00 Walking Group at the Airline Trail 12:00 Up Close & Personal at the Mystic Aquarium: Beluga Whales	9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:30 Reopening Our Senior Center Q&A	11:00 Senior Yoga on Zoom 1:30 Highlighting Colchester History: Bacon Academy on Zoom	10:00 Virtual Movie Club: <i>The Prestige</i> (Rated PG-13) 11:00 Senior Yoga on Zoom	Sukkot Begins
11	12	13	14	15	16	17
CSC Closed in observance of Columbus Day Columbus Day (US) Thanksgiving Day (Canada)	REOPENING DAY! (Tentative Date) 8:30 CoA Meeting 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO 7:00 Sr. Center Bldg. Committee on Zoom	10:00 Making Memories on Zoom 10:00 Walking Group at the Airline Trail 12:00 Up Close & Personal at the Mystic Aquarium: Penguins 2:30 CSC Staff Meeting	9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	10:30 Community Conversations with the First Selectman 11:00 Senior Yoga on Zoom	10:30 Community Conversations with the First Selectman 11:00 Senior Yoga on Zoom	Simchat Torah Begins
18	19	20	21	22	23	24
9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation 12:00 Life in a Seafaring Village	9:45 Tai Chi Zoom 10:30 Book Club 10:30 Discover Switz, Austria & Bavaria on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO 3-5 Drive-Up Flu Clinic at Polish Club	10:00 Making Memories on Zoom 10:00 Walking Group at the Airline Trail 12:00 Up Close & Personal at the Mystic Aquarium: Seals	9:00 Exercise with Anne on Zoom 9-11 Drive-Up Flu Clinic at Polish Club 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	11:00 Senior Yoga on Zoom 2:30 From Boomer 2 Zoomer Tech Help Appointments	11:00 Senior Yoga on Zoom 2:30 From Boomer 2 Zoomer Tech Help Appointments	
25	26	27	28	29	30	31
9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation 1:30 The Fabulous 40's Music & Trivia	9:45 Tai Chi on Zoom 11:00 Adult Coloring NO Conference Call BINGO 2:00 Meet the Candidates w/ AARP on Zoom 7:00 Sr. Center Bldg. Committee on Zoom	10:00 Making Memories on Zoom 10:00 Walking Group at the Airline Trail 12:00 Up Close & Personal at the Mystic Aquarium: Aquar. Tour 12:30 In the Know on Zoom	9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	11:00 Senior Yoga on Zoom 12:00 Halloween Pizza Party Pick-Up	11:00 Senior Yoga on Zoom 12:00 Halloween Pizza Party Pick-Up	 Halloween

*Scheduled programs are subject to change



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 ~ OCTOBER 2020





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>		<p>1 Salisbury Steak w/ gravy Herb Roasted Potatoes Brussels Sprouts Diced Pears</p>	<p>2 Crispy Cod Macaroni & Cheese Broccoli Mixed Fruit Cup</p>
<p>5 Pork Sausage & Gravy Tater Tots Peas & Pearl Onions Pears w/ Mandarin Oranges</p>	<p>6 Broccoli & Cheese Stuffed Chicken Glazed Sweet Potatoes Squash Mix w/ Carrots & String Beans Fruit Cocktail</p>	<p>7 <u>Birthday Celebration</u> Meatballs Marinara Penne Pasta Green & Waxed Beans Birthday Sweet Grape Juice</p>	<p>8 Stuffed Cod Garlic Mashed Potatoes Broccoli Mixed Fruit Cup</p>	<p>9 Chicken Fajita w/ cheddar cheese Yellow Rice & Black Beans Zucchini Fresh Orange</p>
<p>12 <u>Columbus Day Holiday</u> <i>Program closed</i></p> 	<p>13 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Fresh Fruit</p>	<p>14 <u>Oktoberfest Ethnic Celebration</u> Bratwurst w/ Sauerkraut German Potato Salad Raised Braised Cabbage Sweet Treat Apple Juice</p>	<p>15 Chicken Cacciatore Pasta Shells w/ Herbs Zucchini Tropical Fruit Cup</p>	<p>16 Western Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Fruit Cocktail</p>
<p>19 Pancake w/ Turkey Sausage & Egg Sweet Potato Tater Tots Corn w/ Onions & Peppers Fresh Fruit</p>	<p>20 Pork Loin w/ Mushroom gravy Roasted Garlic Rice Broccoli Sweet Treat Prune Juice</p>	<p>21 French Style Chicken w/ Wine Sauce Turnips w/ Herbs Squash Mix w/ Carrots & String Beans Applesauce Cup</p>	<p>22 Seafood Stew Steamed Rice Mixed Vegetables Medley Mandarin Oranges</p>	<p>23 Braised Beef Tips Mashed Potatoes Brussels Sprouts Diced Pears</p>
<p>26 Swedish Meatballs Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup</p>	<p>27 Shepherd's Pie Corn Peas Tropical Fruit Cup</p>	<p>28 Cod w/ Herbs & Tomatoes Rice Pilaf Cauliflower, Carrots, & Snap Peas Fresh Orange</p>	<p>29 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Pineapple Tidbits</p>	<p>30 Pork Stir-Fry Steamed Rice Oriental Vegetable Blend Sweet Treat Orange Juice</p>

