

# COLCHESTER SENIOR CENTER

## November 2020



## news

### NOTES ABOUT OUR REOPENING

After these many months, we are excited to be able to reopen our doors, however, with a rise in positive cases it is not recommended that we do so. Chatham Health District is looking for the rates of positivity for testing to remain below certain benchmarks and be maintained for a period of time to become a reliable trend of stability. The recommendation for those 65 and older remains: **Stay Home. Stay Safe.**

### RIDES TO THE POLLS for Election Day

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

Tuesday, November 3<sup>rd</sup> is Election Day and as we all know, it's a Presidential Election year. Whether you've chosen to vote by absentee ballot or in person, know that every vote is important. We will be suspending regular transportation today so that we can run multiple shuttles to the polling places throughout the day. Please be sure to make a reservation for the bus by Monday, November 2<sup>nd</sup> by 12:00 noon.

### REOPENING OUR SENIOR CENTER Q & A SESSION

**Tuesday, November 3**  
10:30 a.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.

### SHOPPING TRIPS

**Thursday, November 5 & 12**  
10:30 a.m. departure

We have received many requests to resume our regular monthly shopping trips. Because we have a limited bus capacity, we are offering two opportunities to shop—each allowing for 5 walk-on passengers and one wheel chair passenger per trip. We ask that you only sign up for one of these trips to allow for everyone who may want to shop during the month. We will be shopping at Waterford Crystal Mall and Walmart both trips. Suggested donation is \$4.00. Please pre-register in the office.

### MAKE YOUR OWN HOLIDAY CARDS WORKSHOP

**Friday, November 13**  
9:30 a.m.

Join Barbara Gozzo in our Craft Room for this crafting session where you will make a set of cards for Thanksgiving and Christmas (Hanukkah, if requested) through Zoom. Please register by Monday, November 9th in the office and arrange to pick up the materials here. There is a \$4.00 fee.

### OPEN ENROLLMENT FOR MEDICARE

**Friday, November 13**  
9:00 a.m. to 2:30 p.m.

Open Enrollment falls between October 15-December 7, annually, and it's your opportunity to make changes to Medicare, especially Medicare C (Medicare Advantage Plans) or Medicare D (prescription Drug Coverage Plans.) Meet with a Certified CHOICES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Please call the office to schedule your appointment.

### MEET OUR NEW PROGRAM COORDINATOR

**Monday, November 16**  
1:30 p.m.

Join us on Zoom, as we officially welcome our new Program Coordinator to the Colchester Senior Center family. Get to know Ruth Reinwald as she shares about herself, her previous professional experience and the plans she has for new programs at our senior center. Share your good ideas with her, too. This program will be held via Zoom to allow for as many people to participate as possible.

### EDWARDS TWINS SHOW 2 BROTHERS—100 STARS

**Tuesday, November 17**  
6:30 p.m.

Twin brothers Anthony and Eddie Edwards are the country's premiere Celebrity Illusionists in this amazing, funny and entertaining 1 hour 15 minute show developed exclusively for Friendship Tours. All your favorite legendary superstars come alive in this unique show: Sonny & Cher, Billy Joel, Elton John, Neil Diamond, Lionel Ritchie, Barbra Streisand and more. Registration in advance is required to enjoy this Zoom based show.

### THANKSGIVING TO-GO

**Thursday, November 19**  
12:00 p.m.

Although it is sad not to be able to gather and celebrate the Thanksgiving holiday together, we can always find things to be grateful for. Top of that list are our friends at Chestelm Health and Rehab who are sponsoring a Thanksgiving meal in a convenient takeout style. Space is limited, so please reserve your meal early. Wear a mask and stay distanced when you pick up your meal from our Dining Room.

## 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 of Senior Services/M.A.  
[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

Ruth Reinwald  
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.  
[mbaum@colchesterct.gov](mailto: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

November marks the official start to the holiday season. Can you believe it? Although this year is admittedly a little different, we can still recognize that even in the midst of a global pandemic, we have so many things to be grateful for! 2020 has been a difficult year to plan around, never quite knowing what will be best or advisable when the date actually comes. I am a planner by nature; you probably know this about me. One of the things I've had to become more adept at is being flexible to take things as they come throughout this pandemic—we all have. Last month, you might recall that we were scheduled to reopen in mid-October and were advised by our local Health District to push that date back and we are in a bit of a holding pattern, waiting for the trend of more local positive cases of COVID to reverse. We are committed to a safe reopening, to following the recommendations of Chatham Health District and the reopening guidance from the State of CT and we promise good communication throughout the process. We all have to stay flexible. Thank you for your patience with us throughout this frustration process of starts and stops. No matter what, we will continue to do all that we can to serve our members safely.

November, for those who are enrolled in Medicare (aged 65 and up and/or disabled through Social Security), is a month that falls in the middle of open enrollment season, which is a critically important time. For those of you who are either enrolled in Medicare Part C (Medicare Advantage or Managed Care Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from October 15<sup>th</sup>-December 7<sup>th</sup>, where you are able to make changes to your coverage. It is also the time of year when the companies that manage the Part C & D plans make changes to their policies, such as their drug formularies—lists of prescriptions drugs that are covered or not. For this reason, it is important to take a look at those changes and make sure that the plan that you have elected will continue to be the one that best suits your needs, both in coverage and in cost. On Friday, November 13<sup>th</sup> and Friday, December 4<sup>th</sup>, the Colchester Senior Center will be hosting two Open Enrollment events, where you may schedule a personal and confidential appointment with a certified CHOICES counselor to review your plan. Appointments are required and can be made by calling us at 860-537-3911.

I want to express my deep gratitude to all of the Veterans, present and past, who have courageously served our country. Please note that all town offices, including the senior center, will be closed on **Wednesday, November 11<sup>th</sup>** in observance of the Veterans Day holiday. Of course, we also look forward to the Thanksgiving holiday at the end of the month. Town offices will be closed on **Thursday, November 26<sup>th</sup> and Friday, November 27<sup>th</sup>**, so that town employees may enjoy the Thanksgiving holiday with their loved ones. I find that I have more and more to be thankful for every year, not the least of which are the lovely people whom I am blessed to call my friends here at our senior center. Take a moment with me to count your blessings and fill your heart with gratitude—no matter what your circumstances may be. Wishing you, your friends and family a very Happy Thanksgiving!

With a Grateful Heart!

*Patty*

## PROGRAMS

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### VIRTUAL MEDITATION

**Mondays in November**  
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 November**  
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.

### WALKING GROUP

**Wednesdays in November**  
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. This will be the final month of this seasonal program.

### COLCHESTER GARDEN CLUB

**Monday, November 2**  
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. This will be the final cleanup of the season until spring.

### AARP CT WEBINAR

#### WEDNESDAY PROGRAMS

**Wednesday, November 4 & 18**

Every Wednesday, AARP of CT offers free weekly programs on a variety of interesting topics. See Page 9 of this newsletter for more information. Visit their website to register for these programs at this web address: <https://states.aarp.org/connecticut/>

### VIRTUAL MOVIE CLUB

**Friday, November 6**  
10:00 a.m.

Join our monthly Movie Club, via Zoom. This month, we will screen the film *The Imitation Game*, recipient of 8 Academy Award Nominations. Starring Benedict Cumberbatch & Keira Knightley, Rated PG-13.



### CSC WILL BE CLOSED FOR FOR VETERANS DAY

**Wednesday, November 11**  
&

### THANKSGIVING HOLIDAY

**Thursday, November 26 &  
Friday, November 27**



### BOOK CLUB ZOOM MEETING

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

Join other bibliophiles to discuss a mutually agreed upon monthly book selection, held on reserve at Cragin Memorial Library. Come join the discussion, having read the book and ready to share your thoughts. We will be selecting new books for the coming months and meet Ruth, our new Program Coordinator, at this month's meeting on Zoom.

### HIGHLIGHTING COLCHESTER HISTORY WITH CHS

**Friday, November 10**  
10:30 a.m.

Please join Gary Walter, from the Colchester Historical Society, as he gives an interesting presentation: "The Colchester Burying Ground: Combining History & Art, held via Zoom.

### FROM BOOMER 2 ZOOMER TECH HELP APPOINTMENTS

**Friday, November 20**  
2:30 to 4:00 p.m.

Zoom Videoconferencing has become important for telehealth appointments with your doctors, visiting with loved ones during the pandemic and even many senior center programs. Don't let new technology intimidate you—it is easy and fun, once you're taught how. Learn to use your smartphones, tablets or laptops and schedule a one-on-one training appointment with Patty.

### IN THE KNOW

**Tuesday, November 24**  
12:30 p.m.

Please join Patty, as she talks about the current happenings at the Colchester Senior Center and answers your questions. Stay in the know about YOUR senior center. Program held via Zoom.

### COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

**Wednesday, November 25**  
11:00 a.m.

Join First Selectman, Mary Bylone, via Zoom to engage in meaningful dialogue about all things Colchester. Mary always spends time addressing questions from the audience, too.

<b>CLASS</b>	<b>DAY &amp; TIME</b>	<b>INFO</b>	<b>FEE</b>
<b>VIRTUAL MEDITATION</b> A half hour of meditation, using various meditation forums available online and live to foster a relaxed state of mind and being.	<b>MONDAYS</b> <b>11:00 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<b>ADULT COLORING</b> 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.	<b>TUESDAYS</b> <b>11:00 A.M.</b>	<b>COLORING PACKETS AVAILABLE</b>	<b>NO FEE</b>
<b>CONFERENCE CALL BINGO</b> 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	<b>TUESDAYS</b> <b>1:30 P.M.</b>	<b>BINGO CARDS &amp; MARKERS AVAILABLE</b>	<b>NO FEE</b>
<b>EXERCISE WITH ANNE</b> Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard.	<b>MONDAYS &amp; THURSDAYS</b> <b>9:00 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<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	<b>THURSDAYS &amp; FRIDAYS</b> <b>11:00 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<b>SITTERCIZE</b> This seated fitness class is a full-body workout and is safe for all levels of fitness or mobility. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> <b>10:00 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<b>VIRTUAL MOVIE CLUB</b> 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.	<b>THURSDAY</b> <b>November 6</b> <b>10:00 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>
<b>WALKING GROUP</b> Meet at the Airline Trail and walk with peers. Group Led.	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	<b>AIRLINE TRAIL</b>	<b>NO FEE</b>

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](mailto: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](http://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](http://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](http://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**

**suspended until further notice**

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call HearUSA at 860-657-2286 to schedule an appointment with Dr. Cross.

### **BLOOD PRESSURE CLINIC**

**suspended until further notice**

When we have more information about when we can safely re-open this program, we will share it. Thank you for your understanding.

### **FOOT CLINIC**

**suspended until further notice**

Until we can safely resume this program in person, those with podiatric needs may call Dr. Morgan's office at 860-537-5520. If there is no one in the office, leave a message and they will get in touch with you.

## **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 feel 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.

## **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.

### **OPEN ENROLLMENT FOR MEDICARE**

Held annually from October 15-December 7<sup>th</sup>, check to see if you are getting the best coverage at the best price for your needs. Schedule an appointment at one of our upcoming events on November 14<sup>th</sup> or December 4<sup>th</sup>. Call 860-537-3911.

### **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 NOVEMBER**

### **COMMISSION ON AGING**

**Monday, November 9**

**8:30 a.m.**

### **CSC STAFF MEETING**

**Tuesday, November 10**

**2:30 p.m.**

### **SENIOR CENTER BUILDING COMMITTEE**

**Tuesday, November 10 & 24**

**7:00 p.m.**

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

## **HOLIDAY FAIR & OPEN HOUSE**

One of our most fun and exciting events of the year is also one of our most successful fundraising events—our Annual Holiday Fair & Open House. Unfortunately with COVID-19 this year, we have determined that we will not be able to host it. Between the many senior volunteers who are crucial to this event's success, to the limitations of social distancing in our space-limited building and having many small items which people pick up and handle, we have deemed our Holiday Fair to be unsafe this year. We look ahead to November 2021, when we are hopeful that we can hold it again.

### **HOLIDAY BOX PROGRAM**

Our long-standing Holiday Box Program has been a wonderful collaboration with the faculty and families at Jack Jackter Intermediate School, where approximately 25 needy seniors in the community are “adopted” by a classroom and given a box full of goodies to brighten their holidays. After careful consideration of the special aspects of COVID-19, the local spread of positive cases and the higher risk for people over the age of 65 or with underlying health conditions, we have made the mutual decision to suspend this program this holiday season.



### **HOLIDAY STOCKING PROJECT**

While our Holiday Box Program is on hold this year, it is important to make sure that community seniors are not going without. To that end, we will be taking monetary donations for an initiative that we're calling our “**Holiday Stocking Project.**” We will take your donations and go shopping for gift cards and other useful items to fill a Holiday Stocking which will be delivered to a senior in need within our community. We will take care to package and deliver the stockings with gloves, as to minimize the spread of any potential germs or viruses. Please send a check made payable to Colchester Senior Center with “Holiday Stocking Project” in the memo line. Thanks in advance for your generosity.





**Discover Switzerland, Austria & Bavaria, April 23-May 2, 2021:** Highlights of the trip with Collette Tours include Bern, Cheese Making Demonstrations, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Austrian Alps, Choice on Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria and Neuschwanstein Castle. Airfare, lodging and all points of interest are included. \$3,729.00 p.p. Double occupancy, \$4,229.00 p.p. Single occupancy.

**TRAVELING SAFETY PROTOCOLS FROM FRIENDSHIP TOURS****Know Before You Go**

- Smaller Groups: Tours will be limited to fewer passengers. Empty seats on the coach will allow travelers to space out for a more comfortable experience.
- Use of Face Masks: Face masks will be required when on the coach as well as in the indoor establishments we will visit while on tour. Drivers, Tour Directors, servers, and hospitality staff will wear them as well.
- Two (2) signed forms will be required to travel: a Wellness Declaration Form and a Travel Liability Waiver. The forms will be provided prior to your departure and must be submitted to us before travel.
- If you are not feeling well, have symptoms or have been exposed to COVID-19, we ask that you NOT travel. Your wellness and the health of everyone on board is dependent on this commitment we make to each other.
- For overnight tours, we strongly recommend the purchase of travel insurance protection. Travel insurance protection will reimburse penalties if a cancellation is due to illness or accident. For further peace of mind, we are excited to offer "Cancel for Any Reason" trip protection at time of deposit.

**On Your Tour**

- All motorcoaches will be disinfected prior to every trip. All surfaces will be sanitized often, including regular cleaning of high touch areas. Peter Pan Bus Lines is the first coach company in the US to utilize CDC-approved PermaSafe, a protective coating, to continuously kill viruses, including COVID- 19, bacteria, germs, and mold on contact.
- The front row on both sides of the coach will be left empty for your and the Drivers' added safety.
- A hand sanitizer station will be available as you board the coach. Tour Directors will have an additional supply of sanitary wipes and hand sanitizer.
- Frequent rest stops will be made accordingly to ensure the comfort of our passengers. Bathrooms onboard the coach will be available for emergency purposes only.
- We are committed to delivering a memorable and fulfilling travel experience. We will work closely with our vendor partners to ensure physical distancing during meals and sightseeing. We will also partner with accommodations, restaurants, and sightseeing venues that adhere to the highest standards of safety & cleanliness protocols.
- Some attractions will require us to submit a confidential list of passenger names/phone numbers/ emails solely for the purpose of contact tracing and passenger protection.
- Keep an eye on your health throughout your trip. If you do not feel well, your Tour Director is available and trained on how to support you. Please speak up.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  Daylight Saving Time Ends	<b>2</b> 8:30 Garden Club 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation	<b>3</b> 8:30-2:30 Rides to the Polls for Election Day 9:45 Tai Chi on Zoom 10:30 Reopening Q&A on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo	<b>4</b> 10:00 Making Memories on Zoom 10:00 Walking Group at the Airline Trail 7:00 AARP CT Webinar Wednesdays: "It's A New World"	<b>5</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Waterford 11:00 Senior Yoga on Zoom	<b>6</b> 10:00 Virtual Movie Club: The Imitation Game (PG-13) 11:00 Senior Yoga on Zoom	<b>7</b>
<b>8</b>	<b>9</b> 8:30 CoA Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation	<b>10</b> 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 2:30 CSC Staff Meeting 7:00 Sr. Center Bldg. Committee on Zoom	<b>11</b> <b>CSC closed in observance of Veterans Day</b> <small>Veterans Day Remembrance Day (Canada)</small>	<b>12</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Waterford 11:00 Senior Yoga on Zoom	<b>13</b> 9-2:30 Open Enrollment Event for Medicare, by appointment 9:30 Make Your Own Holiday Cards with Barbara Gozzo 11:00 Senior Yoga on Zoom	<b>14</b> 
<b>15</b>	<b>16</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation 1:30 Meet our New Program Coordinator on Zoom	<b>17</b> 9:45 Tai Chi on Zoom 10:30 Book Club Socially-Distanced Meeting 11:00 Adult Coloring 1:30 Conference Call Bingo 6:30 Edwards Twins Variety Show on Zoom	<b>18</b> <b>NO Making Memories Class</b> 10:00 Walking Group at the Airline Trail 7:00 AARP CT Webinar Wednesdays: "From Harvest to Table" Clean Food Cooking Demo	<b>19</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 12:00 Thanksgiving To-Go Pick Up	<b>20</b> 10:30 Highlighting Colchester History with CHS 11:00 Senior Yoga on Zoom 2:30 From Boomer 2 Zoomer Tech Help Appointments	<b>21</b>
<b>22</b> 	<b>23</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation	<b>24</b> 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 12:30 In the Know with Patty 7:00 Sr. Center Bldg. Committee on Zoom	<b>25</b> <b>NO Making Memories Class</b> 10:00 Walking Group at the Airline Trail 11:00 Community Conversations with the First Selectman	<b>26</b> <b>CSC closed for Thanksgiving Holiday</b> <small>Thanksgiving Day (US)</small>	<b>27</b> <b>CSC closed for Thanksgiving Holiday</b>	<b>28</b>
<b>29</b>	<b>30</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation					

\*Scheduled programs are subject to change



# TVCCA SENIOR CAFE MENU~NOVEMBER 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>2</b></p> <p>Pancake w/Turkey Sausage &amp; Egg Sweet Potato Tater Tot Corn w/Peppers &amp; Onions Diced Peas</p>	<p><b>3</b></p> <p>Pork Loin w/ Mushroom Gravy Roasted Garlic Rice Squash Mix w/ Carrots &amp; String Beans Sweet Treat Grape Juice</p>	<p><b>4</b></p> <p>Swedish Meatballs Egg Noodles Mixed Vegetables Medley Fresh Orange</p>	<p><b>5</b></p> <p>French Style Chicken w/ Wine Sauce Turnips w/ Herbs Zucchini &amp; Yellow Squash Diced Peaches</p>	<p><b>6</b></p> <p>Cod w/ Herbs &amp; Tomatoes Rice Pilaf Cauliflower, Carrots, &amp; Snap Peas Tropical Fruit Cup</p>
<p><b>9</b></p> <p>Cheese Pierogies Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Fruit Cocktail</p>	<p><b>10</b></p> <p>Shepherd's Pie Corn Peas Mandarin Oranges</p>	<p><b>11</b></p> <p><u>Veterans Day Holiday</u>  Senior Nutrition Program Closed</p>	<p><b>12</b></p> <p>Seafood Stew Steamed Rice Brussels Sprouts Fresh Fruit</p>	<p><b>13</b></p> <p><u>Birthday Celebration</u> Meatballs Marinara Penne Pasta Green &amp; Waxed Beans Birthday Treat Grape Juice</p>
<p><b>16</b></p> <p>Braised Beef Tips Egg Noodles Peas &amp; Pearl Onions Pears w/ Mandarin Oranges</p>	<p><b>17</b></p> <p>Stuffed Cod Garlic Roasted Potatoes Broccoli Mixed Fruit Cup</p>	<p><b>18</b></p> <p><u>Celebration Meal</u> Roasted Turkey w/ Gravy Stuffing Mashed Potatoes Green Beans Sweet Treat Orange Juice</p>	<p><b>19</b></p> <p>Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Tropical Fruit Cup</p>	<p><b>20</b></p> <p>Stuffed Pepper Casserole Lima Beans Carrot Coins Fresh Orange</p>
<p><b>23</b></p> <p>Crispy Cod Macaroni &amp; Cheese Brussel Sprouts Sweet Treat Apple Juice</p>	<p><b>24</b></p> <p><u>Ethnic Celebration</u> Chicken Fajita "Bowl" w/ Cheddar Cheese Yellow Rice &amp; Black Beans Zucchini Fresh Orange</p>	<p><b>25</b></p> <p>Salisbury Steak w/ Gravy Herb Roasted Potatoes Peas &amp; Carrots Fruit Cocktail</p>	<p><b>26</b></p> <p><u>Thanksgiving Day Holiday</u>  Happy Thanksgiving</p>	<p><b>27</b></p> <p><u>Thanksgiving Holiday</u>  Happy Thanksgiving</p>
<p><b>30</b></p> <p>Pork Stir Fry Steamed Rice Oriental Vegetable Blend Fresh Fruit</p>			<p>Senior Nutrition Program Closed</p>	<p>Senior Nutrition Program Closed</p>
<p><b>30</b></p> <p>Pork Stir Fry Steamed Rice Oriental Vegetable Blend Fresh Fruit</p>		<p>TVCCA 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><b>PAGE 10</b></p>		