

COLCHESTER SENIOR CENTER



news

December 2020

HOLIDAY TRADITIONS CARE & SHARE HOUR

**Wednesday, December 2
1:00 p.m.**

Pour yourself a hot chocolate with extra whipped cream and break out the holiday decorations for an hour of fun and merriment! Join us as we share our most cherished holiday traditions over Zoom. During this hour you can show off your Christmas tree, holiday lights, and decorations, sing carols, and share your favorite special recipes!

OPEN ENROLLMENT FOR MEDICARE

**Friday, December 4
9:00 a.m. to 3:00 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 and will help screen you for the best and most affordable coverage for you. Please call the office to schedule your appointment.

HANDMADE ORNAMENT CRAFT

**Wednesday, December 9
10:30 a.m.**

What's better than a handmade gift? Check someone off of your holiday gift buying list by making an easy and impressive DIY ornament. Ruth will be demonstrating how to make two ornaments:



a mini winter hat and a nail and string star.



Pre-registration is required and materials will be provided to you.

HANUKKAH PARTY ON ZOOM

**Friday, December 11
1:00 p.m.**

This year we will be holding a virtual Hanukkah celebration with Rabbi Alter. The Rabbi will join us for a very special candle lighting and prayer followed by a Hanukkah story.

LEARN TO SIGN WITH RUTH Mondays, beginning December 14 11:00 a.m.

Have you ever wanted to learn sign language? Now you can! This introductory course requires no previous experience and will teach you the basics of how to communicate using sign. In this hour long session you will train your brain, improve hand eye coordination, and learn about deaf culture, all while having fun and learning something new. As an added benefit, learning new languages is very good for brain health.

COPING WITH PANDEMIC STRESS DURING THE HOLIDAYS

**Wednesday, December 16
10:30 a.m.**

Holidays can be a stressful time for some people—and many are finding this year particularly tough with new worries and challenges. The 2020 holiday season is certainly unprecedented but we shouldn't let COVID dash all of our holiday cheer. Sara Walker from UCFS will share some strategies for coping with the any added stress the pandemic may bring. This will be a virtual webinar held through Zoom. Please pre-register by calling the office at 860-537-3911.

WINTER WONDERLAND LUNCH TO-GO PICK UP **Wednesday, December 16 12:00 p.m.**

Enjoy the decorations and greet the CSC staff as they hand out a boxed lunch from TVCCA of herb roasted prime rib, garlic potatoes, squash, peppers and carrots, a dinner roll with margarine, and assorted holiday cookies. If you cannot attend the walk through our ever-generous bus drivers will deliver your meal locally. Cost of lunch is \$8.00, payable as you arrive (exact change or checks preferred). Please call to register by December 9th to reserve your spot.

"IT'S A WONDERFUL LIFE" VIRTUAL HOLIDAY BASH Friday, December 18 1:00 p.m.

Join the Senior Centers of Connecticut for a state wide virtual holiday bash. This event will feature VIP greetings from around the state, holiday music, and very special performances. You do not want to miss this very exciting one time only event! Pick up your free goodie bag at the senior center between 12/14-18. Pre-registration required by November 23rd.

FAREWELL 2020 CELEBRATION ON ZOOM Thursday, December 31 10:00 a.m.

2020 is almost over: now that's something to celebrate! Join us as we welcome in the New Year with goody bags, a year in review presentation, and plenty of laughs! Pre-register for this event by December 24th to receive your "Goodbye 2020" gift bag.

Happy  Holidays!

**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/M.A.
pwatts@colchesterct.gov

Ruth Reinwald
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
Linda Pasternak
Sandra Gaetano
Jean Stawicki

From the Director's Desk

The holiday season—the days between Thanksgiving and New Years'—remain a favorite of mine. I take great pleasure in decorating my home; preparing yummy food enjoyed only on special occasions; hearing Christmas Carols on every channel of the radio; taking care to select presents to bless the people I love; reading Christmas cards—warm greetings received from loved ones far away...there's so much magic in this special time of year and I for one will not let a global pandemic steal my joy!

In December, there are many ways to participate in all of the smells, sights and sounds that this season has to offer. This year, we have made some adaptations to our typical holiday season to try to fit in some safe (but still fun) opportunities to get your fill of holiday cheer. We're starting the month with a chance to share your special traditions with others at the Holiday Traditions Care & Share Hour; join us also to make some adorable Handmade Ornament Crafts; Hanukkah is early this year and Rabbi Alter from Congregation Ahavath Achim will be adapting his usual Hanukkah Party to a virtual format; you'll find ways to better manage holiday stress; a tasty Winter Wonderland Prime Rib Lunch; a statewide Holiday celebration with friends from other senior centers and probably best of all, a time to say Farewell to the Year 2020—good riddance, right?

Admittedly, COVID-19 has impacted nearly every aspect of our lives this year. Still I believe that our happiness is not entirely determined by our circumstances. I believe that we can make a choice to be happy, and sometimes the feelings will follow suit. When I was a small child, I remember learning the simple chorus "Count your blessings, count them one by one, count your blessings—see what God has done..." Certainly, I am blessed in many ways! I am fortunate to enjoy good health; I have the love and comfort of good friends and family whom I cherish; and I am fortunate to have found a career which enables me to help others, build relationships with wonderful people and hopefully make a difference for the better in this world.

I want to take this opportunity to invite you all to count your blessings too. We hope that you consider your "family" at the Colchester Senior Center among the many good things in your life. We offer season's greetings to you—and whether that means Happy Hanukkah, Merry Christmas or Happy Holidays...we wish you every blessing this festive season! Let's hope that as we usher in a new year, that we will enjoy good health and happiness.

Warmly,

Patty

PROGRAMS

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AARP WEBINAR WEDNESDAYS

Wednesdays in December
7:00 p.m.

Every Wednesday, AARP of CT offers free weekly programs on a variety of interesting topics. See page 9 of this newsletter for more information. Pre-registration is required to participate. Register at states.aarp.org/connecticut

BLACK FRIDAY CONFERENCE CALL BINGO

Friday December 4
1:30 p.m.

This will be a Bingo you won't want to miss! Each winner of our Black Friday Bingo games will receive a gift card. Get some extra money for your holiday shopping and have fun doing it! Pick up a Special Bingo Card to play the game (delivery for Colchester only). Sponsored by Norwichtown Rehab & Care Center.

COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

Monday December 7
1:00 p.m.

Join Mary Bylone, the First Selectman of Colchester, via Zoom, to engage in meaningful dialogue about Colchester. Mary will keep you up-to-date on COVID in Colchester, town-wide events and answer any questions which you may have.

VIRTUAL MOVIE CLUB

Friday December 11
10:00 a.m.

Join our monthly Movie Club, via Zoom. This month, we will watch an interesting holiday film which you may not be familiar with: *The Man Who Invented Christmas*. It tells the story of how Charles Dickens was inspired to write his enduring classic which for generations has defined the true meaning of "Christmas Spirit."

SHOPPING TRIPS

Thursday December 10
& Thursday, December 17
10:30 a.m. departure

The buses are running on limited capacity, therefore we are offering two opportunities to shop in December. 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 the Waterford Crystal Mall and Wal-Mart both trips. Suggested donation is \$4.00. Please pre-register in the office.

BOOK CLUB DISCUSSION ON ZOOM

Tuesday December 15
10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is *The Day the World Came to Town: 9/11 in Gander, New Foundland* by Jim DeFede. Copies are held on reserve at Cragin Memorial Library. Everyone is welcome. Please come having read the book and prepared for a lively discussion.

HIGHLIGHTING COLCHESTER HISTORY WITH CHS

Friday, December 18
10:30 a.m.

Please join the Colchester Historical Society, as they share a virtual tour of the Colchester History Museum, located right on Linwood Avenue. This session will be held on Zoom, with the link to join found on the Monthly Zoom Links table.

HOLIDAY STOCKING PROJECT DELIVERIES

Tuesday December 22
10:30 a.m.

Thanks to donations from the community we were able to put together some lovely stockings for some of our local seniors. We will use this time to spread some holiday cheer and deliver the stockings to their new homes.

REOPENING OUR SENIOR CENTER Q & A

Wednesday, December 23
10:30 am

Join CSC director, Patty Watts, as she discusses the reopening plans for the Colchester Senior Center on Zoom. During this time of COVID 19 we are 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.

IN THE KNOW

Tuesday, December 29
12:30 pm

Please join Patty, as she discusses the current happenings at the Colchester Senior Center. Learn about the new senior center project, plans for reopening and more in this monthly Zoom session.

COFFEE TALK WITH RUTH

Wednesday, December 30
9:30 am

Spend your morning with Ruth on Zoom enjoying a cup of java and a discussion of current events, local happenings, and what's new and exciting in the lives of our members. Start your day off the right way with laughter and good friends.

CSC HOLIDAY SCHEDULE

Thursday, December 24
Closed at 12 Noon

Friday, December 25
CSC Closed

Thursday, December 31
Closed at 12 Noon

Friday, January 1
CSC Closed

CLASS	DAY & TIME	INFO	FEE
LEARN TO SIGN This beginner's course will show you the basic of American Sign Language (ASL). No experience is necessary. Led by Ruth Reinwald	MONDAYS 11:00 A.M. begins 12/14	ON ZOOM	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Please call Ruth 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 led by Ruth Reinwald. Prizes available for the Fill Your Card round.	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

Until the building can reopen fully, we will be using Zoom technology to teach a variety of your favorite classes. Please email Ruth at cscprograms@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.

***FITNESS CARDS FOR EXERCISE CLASS**

Effective on January 1, 2021, we will be reinstating the class fees for our Fitness Programs with paid instructors. Originally when we launched our Zoom based fitness programs, we wanted there to be no barriers to participation, but the longer this pandemic forces our continued use of virtual programs, subsidizing our fitness classes is no longer sustainable. Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. We will keep track of the amount of classes through attendance and notify you when you need a new card.

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

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.

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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.

OPEN ENROLLMENT FOR MEDICARE

Held annually from October 15-December 7th, 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 December 4th. 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, December 14
8:30 a.m.**

CSC STAFF MEETING

**Wednesday, December 9
2:30 p.m.**

SENIOR CENTER

BUILDING COMMITTEE

**Tuesday, December 8 & 22
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.



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.

INCLEMENT WEATHER ANNOUNCEMENTS

'Tis the season for snowy weather! Please watch WFSB Channel 3 for any announcements regarding delays or closures due to inclement weather. Even if the center is open—programs, services, meals or transportation may be impacted. The posting will be found under "Colchester Senior Center." We do not follow the school schedule for closings.



WINTER SNOW REMOVAL ASSISTANCE

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

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
	6 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 1:00 Community Conversation with the First Selectman on Zoom	7 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 7:00 Senior Center Building Committee Meeting on Zoom	8 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 7:00 Senior Center Building Committee Meeting on Zoom	9 10:00 Making Memories on Zoom 10:30 Holiday Ornament Craft on Zoom 2:30 CSC Staff Meeting 7:00 AARP Webinar Wednesdays: Creating Virtual Connections	10 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Waterford 11:00 Senior Yoga on Zoom Hanukkah Begins	11 10:00 Virtual Movie Club: <i>The Man who Invented Christmas</i> (Rated PG) 11:00 Senior Yoga on Zoom 1:00 Hanukkah Party with Rabbi Alter on Zoom
13 8:30 CoA Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	14 8:30 CoA Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	15 9:45 Tai Chi on Zoom 10:30 Book Club Discussion on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo	16 10:00 Making Memories on Zoom 10:30 Coping with Pandemic Stress during the Holidays with UCFS 12:00 Winter Wonderland Lunch To Go 7:00 AARP Webinar Wed Caregiver Roadshow	17 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Waterford 11:00 Senior Yoga on Zoom	18 10:30 Highlighting Colchester's History with CHS 11:00 Senior Yoga 1-2:30 "It's a Wonderful Life" Virtual Statewide Holiday Bash, pre-registration required	19
20 	21 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom Winter Begins	22 9:45 Tai Chi on Zoom 11:00 Adult Coloring 10:30 Holiday Stocking Project Deliveries 1:30 Conference Call Bingo 7:00 Senior Center Building Committee Meeting on Zoom	23 10:00 Making Memories on Zoom 10:30 Reopening our Senior Center Q & A with Patty on Zoom	24 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom NO Senior Yoga 12:00 CSC Early Closing Merry Christmas!	25 CSC closed for Christmas Holiday Christmas	26  Boxing Day (Canada) Kwanzaa Begins
27 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	28 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	29 9:45 Tai Chi on Zoom 11:00 Adult Coloring 12:30 In the Know with Patty Watts on Zoom 1:30 Conference Call Bingo	30 9:30 Coffee Talk with Ruth on Zoom 10:00 Making Memories on Zoom	31 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:00 Farewell 2020 Celebration! NO Senior Yoga 12:00 CSC Early Closing New Year's Eve		5
3 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:30 Special Black Friday Bingo (Conference Call)	4 9-3 Medicare Open Enrollment Event, by appointment 11:00 Senior Yoga on Zoom 1:30 Special Black Friday Bingo (Conference Call)	5	12 	19	26	5

*Scheduled programs are subject to change



TVCCA SENIOR CAFÉ MENU~DECEMBER 2020





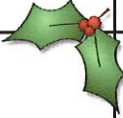
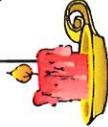

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p> 	<p>1 Swedish Meatballs Egg Noodles Brussels Sprouts Diced Peaches</p>	<p>2 Crispy Cod Macaroni & Cheese Broccoli Pears w/ Mandarin Oranges</p>	<p>3 Pork Sausage & Gravy Tater Tots Mixed Vegetables Medley Applesauce Cup</p> 	<p>4 <u>Ethnic Celebration</u> French Style Chicken w/ Wine Sauce Turnips w/ Herbs Zucchini & Yellow Squash Sweet Treat Orange Juice</p>
<p>7 Beef Chili Loaded Mashed Potatoes Zucchini Corn w/ Peppers & Onions Diced Peaches</p>	<p>8 Western Omelet Sweet Potato Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>9 <u>Birthday Celebration</u> Meatballs Marinara Penne Pasta Green & Waxed Beans Birthday Treat Grape Juice</p> 	<p>10 Stuffed Chicken Cordon Bleu Mashed Potatoes Brussel Sprouts Diced Pears</p>	<p>11 Seafood Stew Steamed Rice Cauliflower, Carrots, & Snap Peas Fresh Orange</p>
<p>14 Stuffed Cod Herb Roasted Potatoes Broccoli Mixed Fruit Cup</p> 	<p>15 Chicken Fajita w/ Cheddar Cheese Yellow Rice & Black Beans Zucchini Fresh Orange</p>	<p>16 <u>Winter Wonderland Lunch</u> Herb Roasted Prime Rib Garlic Roasted Potatoes Squash Mix w/ Carrots & String Beans Sweet Treat Apple Juice Ticket Cost: \$8.00</p>	<p>17 Chicken Cacciatore Pasta Shells w/ Herbs Peas Fruit Cocktail</p>	<p>18 Stuffed Shells w/ Marinara Green & Waxed Beans Carrot Coins Pears w/ Mandarin Oranges</p>
<p>21 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Brussel Sprouts Fresh Fruit</p>	<p>22 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Medley Sweet Treat Grape Juice</p> 	<p>23 Pancake w/ Turkey Sausage & Egg Sweet Potato Tater Tots Corn w/ Peppers & Onions Fruit Cocktail</p>	<p>24 Christmas Holiday</p> 	<p>25 Christmas Day Holiday</p> <p><i>Senior Nutrition Program Closed</i></p>
<p>28 Braised Beef Tops Egg Noodles Zucchini & Yellow Squash Sweet treat Orange Juice</p>	<p>29 Stuffed Pepper Casserole Lima Beans Diced Carrots Tropical Fruit Cup</p>	<p>30 Pork Loin w/ Mushroom Gravy Rice Pilaf Green Beans Fresh Orange</p> 	<p>31 Cheese Omelet Home Fries Broccoli Diced Peaches</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>