

# COLCHESTER SENIOR CENTER

January 2021



## news



Looking forward to making new memories with you in 2021!

Patty, Ruth, Susan, Missy, Sheri,  
Ginny, Noella & Valerie

### SNOWMAN DECORATING CONTEST

Beginning January 4

Calling all crafters: we have a fun and exciting project for you! We will be having a snowman decorating contest at the senior center. Use your creativity to make a one-of-a-kind snowman that you will be proud to display all winter. The mini styrofoam snowman will be provided for you to decorate however you like. There will be winners for Funniest, Most Unique, and Most Beautiful. You will have until February 26 to complete your snowman and submit a picture for judging. Call the office to set up a time to pick up your snowman starter kit for \$3.00. Be colorful, be creative, and have fun!

### 2021 TIME CAPSULE

Wednesday, January 6  
10:30 a.m.

A time capsule is a great way to capture what is important to us at a given moment in time. During this Zoom session we will write down some of our individual thoughts and feelings and seal it up until January 2022. It will be fascinating to see how we or the world around us has changed.

### STEP-BY-STEP PAINTING: WINTER BIRCH TREES

Friday, January 8  
1:30 p.m.

Join Ruth as she leads you step-by-step how to make this painting. No experience is necessary. This month we will be painting a nighttime winter scene with acrylic paints. Materials are \$20.00 if we provide the supplies or you can provide your own paint and canvas and join the Zoom presentation for free. Call the Senior Center to register at 860-537-3911.

### LOCAL AUTHOR MEET & GREET

Wednesday, January 13  
10:30 a.m.

Colchester resident, Gary Walter, has written a book all about the history of our town on behalf of the Colchester Historical Society. There are many interesting and little known stories and you can learn all about them in Gary's book entitled *Images of America: Colchester*. Join Gary as he discusses the book, the history, and where you can get your copy.

### FRESH NEW START GRAB & GO LUNCH

Wednesday, January 20  
12:00 p.m.

Many of us have a goal to get healthier this New Year—sign up to enjoy a healthy Grab & Go style lunch, by TVCCA. The menu includes Baked Chicken Parmesan, Whole Grain Farfalle (Bowtie) Pasta with Marinara Sauce, Green Beans, Apple Juice and a Healthy Dessert for \$8.00. Please pre-register by January 13<sup>th</sup> by calling the office to reserve your meal. Included in your bag will be a personal health calendar for 2021 to keep your appointments and health information well-organized.

### 8 STEPS TO ORGANIZING SUCCESS ON ZOOM

Friday, January 22  
10:30 a.m.

Start the New Year out right by getting rid of the clutter and getting organized. Professional organizer, Wendy Buglio, will be sharing her 8 simple techniques to tackle your clutter once and for all. After the presentation Wendy will be taking questions from the audience on how best to keep your home in order.

### INTERNATIONAL COOKING DEMO ON ZOOM: MOROCCO

Friday, January 29  
1:30 p.m.

Are you getting tired of cooking the same dishes week after week? Now is the time to shake up your meal routine and learn some new recipes from around the world. Follow along at home or simply watch as Ruth demonstrates how to prepare Moroccan Harira Stew, a flavorful dish featuring chickpeas that is perfect for those cold winter nights. After the program you are welcome to stop by the Senior Center to get a sample of the dish, pre-registration required. Call or email the Senior Center to be provided a recipe and shopping list.

### COLCHESTER SENIOR OF THE MONTH

Beginning in February

Would you like to share your story and learn more about your fellow CSC members? Each month beginning in February we will be giving one or two of our members the spotlight to tell us more about themselves and share something interesting we may not have otherwise known about them. If you would like to be our February Senior of the Month please call Ruth at the Senior Center.



**COLCHESTER SENIOR  
CENTER**

95 Norwich Ave.  
Colchester, CT 06415

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

Email: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**HOURS OF OPERATION**

Monday: 8:00 a.m.-4:00 p.m.  
Tuesday: 8:00 a.m.-4:00 p.m.  
Wednesday: 8:00 a.m.-4:00 p.m.  
Thursday: 8:00 a.m.-4:00 p.m.  
Friday: 8:00 a.m.-4:00 p.m.

**SENIOR CENTER STAFF**

**Patricia Watts** Director/M.A.  
[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

**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  
**Linda Pasternak**  
**Sandra Gaetano**  
**Jean Stawicki**

**From the Director's Desk**

Never in the history of new years, have we wanted a new year more than we do this year! Don't you agree? 2021, we welcome you and can only hope that you will be kinder to us than the last year was. The good news is we survived the year 2020, and hopefully we grew more resilient and learned some lessons along the way because of it. Let's cast the cares of the past year aside and hope for happier days, fewer worries and with the arrival of a vaccine for COVID-19, restored good health worldwide.

Other than an end to the pandemic, what are your hopes and dreams for this New Year? Are you, like many, looking to focus on your health (and try to shed the dreaded "COVID-19"—pounds that is—from quarantine)? We invite you to join our fitness classes on Zoom. Choose Exercise with Anne—traditional aerobics and strengthening class; Sittercize—a safe, seated full body workout; Tai Chi—known as moving meditation or Yoga—either on a yoga mat or adapted to seated exercises. We've been able to offer these classes successfully through the Zoom videoconferencing platform since May. Make an investment in your good health this coming year.

Maybe you have a goal of being more creative or finding new ways to express yourself in 2021. Our newest staff member, Ruth Reinwald, is offering several opportunities to enjoy fine arts and local culture this month. Build your own tabletop snowman (kit provided) and see if you can win the contest as Funniest, Most Unique or Most Beautiful. Follow Ruth as she guides you through a Step-By-Step Painting of winter birch trees, glistening in the moonlight. You might surprise yourself with newly discovered talents. We are launching a new International Cooking Demo Series. Join Ruth to explore the cuisine of Morocco, with a hearty winter stew featuring ground meat and chickpeas—follow along on Zoom, get the recipe to try it at home and swing by the senior center to get your own sample to taste. Try something new and get excited about what new skills you can gain or sharpen in 2021.

Even with our building closed to the public, there are many ways that the Colchester Senior Center can help you accomplish your personal goals and have fun while doing it. We are honored to be a part of your lives and we look forward to making new memories together with you in this New Year. Our vision statement says that our senior center is, *"a community resource dedicated to engaging, enriching and empowering the lives of seniors."* In 2021, let's share a common goal of finding ways to accomplish just that—together! We wish you a Happy New Year! Here's to 2021 and all the promise it holds.

Warmly,

*Patty*



**LEARN TO SIGN WITH RUTH**

**Mondays in January**  
**11:00 a.m.**

This introductory course requires no previous experience and will teach you the basics of how to communicate using American Sign Language. 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.

**AARP WEBINAR  
WEDNESDAYS**

**Wednesdays in January**  
**7:00 p.m.**

On select Wednesdays, 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. For the January 27<sup>th</sup> event, register at: <https://aarp.cvent.com/https://aarp.cvent.com/Jan27AAA>

**WHEEL OF FORTUNE  
ON ZOOM**

**Thursday, January 7**  
**1:30 p.m.**

This interactive Zoom game will be played just like you'd see on TV- except Pat and Vanna won't be joining us. Come share some laughs and compete against your fellow CSC members. Maybe you'll be good enough to play on the real show!

**VIRTUAL MOVIE CLUB**

**Friday January 8**  
**10:00 a.m.**

Join our monthly Movie Club, via Zoom. This month, we will watch "Selma", the 2014 historical drama based on the 1965 marches from Selma to Montgomery led by Dr. Martin Luther King's in the fight for civil rights. This film stars David Oyelowo and is rated PG-13.

**HIGHLIGHTING COLCHESTER  
HISTORY WITH CHS**

**Friday, January 15**  
**10:30 a.m.**

Please join the Colchester Historical Society for this fascinating presentation on the Great Hurricane of 1938, featuring images from that moment in time. This session will be held on Zoom, with the link to join found on the Monthly Zoom Links table.

**FROM BOOMER 2 ZOOMER**

**Friday, January 15**  
**2:30 p.m.**

Don't let new technology intimidate you—it is easy and fun, once you're taught how. Learn to use your smart-phones, tablets or laptops and schedule a one-on-one training appointment with Patty and learn how to join Zoom for social calls, tele-health appointments and even many senior center programs. By appointment.

**BOOK CLUB DISCUSSION  
ON ZOOM**

**Tuesday, January 19**  
**10:30 a.m.**

Come join our Virtual Book Club, via Zoom. This month's book is Born a Crime by Trevor Noah. Copies are held on reserve at Cragin Memorial Library. Everyone is welcome. Please come having read the book and prepared for a lively discussion.

**BOGGLE ON ZOOM**

**Thursday, January 21**  
**1:30 p.m.**

The classic word game has made its way to the virtual world! The goal of Boggle is to score points by finding words in the random letters in the grid. All you'll need to join the fun is a pen or pencil and a piece of paper. The game will be held on Zoom, look for the link in the Monthly Zoom Links table.

**REOPENING OUR SENIOR  
CENTER Q & A**

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

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, January 26**  
**12:30 p.m.**

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, January 27**  
**9:30 a.m.**

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.

**COMMUNITY CONVERSATION  
WITH THE FIRST SELECTMAN**

**Friday, January 29**  
**10:30 a.m.**

Join Mary Bylone, the First Selectman of Colchester, via Zoom, to engage in meaningful dialogue about the goings-on in Colchester. Mary will keep you up-to-date on COVID in Colchester, announce town-wide events and more at this informative monthly forum. Mary also takes questions from the audience, so bring your questions, too.



<b>CLASS</b>	<b>DAY &amp; TIME</b>	<b>INFO</b>	<b>FEE</b>
<b>LEARN TO SIGN</b> This beginner's course will show you the basic of American Sign Language (ASL). No experience is necessary. Led by Ruth Reinwald	<b>MONDAYS 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 Ruth if you are in need of Coloring Packets to be delivered to you, if in town.	<b>TUESDAYS 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 led by Ruth Reinwald. Prizes available for the Fill Your Card round.	<b>TUESDAYS 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 9:00 A.M.</b>	<b>ON ZOOM</b>	<b>PRE-PAID CARD</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 11:00 A.M.</b>	<b>ON ZOOM</b>	<b>PRE-PAID CARD</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 10:00 A.M.</b>	<b>ON ZOOM</b>	<b>PRE-PAID CARD</b>
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS 9:45 A.M.</b>	<b>ON ZOOM</b>	<b>NO FEE</b>

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](mailto: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](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.

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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.

### **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.

### **AARP TAX AIDE APPOINTMENTS**

**Fridays, February 5-March 26**

Free Tax Preparation Service is available through AARP Tax Aide volunteers. Space is limited, but we will begin scheduling appointments after the first of the year. Call 860-537-3911 for more information.

## **MEETINGS IN JANUARY**

### **COMMISSION ON AGING**

**Monday, January 11  
8:30 a.m.**

### **CSC STAFF MEETING**

**Wednesday, January 13  
2:30 p.m.**

### **SENIOR CENTER BUILDING COMMITTEE**

**Tuesday, January 12 & 26  
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.

## **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.



### **SHOPPING TRIPS**

Unfortunately due to the pandemic the Senior Center has deemed it too risky to provide the monthly out of town shopping trips for the month of January. The safety of our members is our number one priority and with the rise in COVID19 cases in our state we have decided to suspend this program temporarily. We will reevaluate on a monthly basis to determine when the trips will resume. Thank you for your understanding.



**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>3</b> Snowman Decoration Contest Begins 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	<b>4</b> 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo	<b>5</b> 10:00 Making Memories on Zoom 10:30 2021 Time Capsule NO AARP Webinar Wednesdays	<b>6</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:30 Wheel of Fortune on Zoom	<b>1</b> <b>CSC closed for New Year's Holiday</b> <small>New Year's Day</small>	<b>2</b> 
	<b>10</b>	<b>11</b> 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	<b>12</b> 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 7:00 Sr. Center Bldg. Committee on Zoom	<b>13</b> 10:00 Making Memories on Zoom 10:30 Local Author Meet & Greet on Zoom 2:30 CSC Staff Meeting NO AARP Webinar Wednesdays	<b>15</b> 10:30 Highlighting Colchester's History with CHS 11:00 Senior Yoga on Zoom 2:30 From Boomer 2 Zoomer Tech Help Appointments	<b>16</b> 
<b>17</b> 	<b>18</b> <b>CSC closed for Martin Luther King Day</b> <small>Martin Luther King Day</small>	<b>19</b> 9:45 Tai Chi on Zoom 10:30 Book Club Discussion on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo	<b>20</b> 10:00 Making Memories on Zoom 12:00 Fresh New Start Grab & Go Lunch NO AARP Webinar Wednesdays	<b>21</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:30 Boggle on Zoom	<b>22</b> 10:30 8 Steps to Organizing Success on Zoom 11:00 Senior Yoga 1:00 Reopening our Senior Center Q & A with Patty on Zoom	<b>23</b>
<b>24</b> <small>Activity Professionals Week</small>	<b>25</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	<b>26</b> 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 7:00 Sr. Center Bldg. Committee on Zoom	<b>27</b> 9:30 Coffee Talk with Ruth on Zoom 10:00 Making Memories on Zoom 7:00 AARP Webinar Wednesdays: Getting to Know Your Area Agency on Aging	<b>28</b> 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 6:00 AARP Caregiver Roadshow for CT Families	<b>29</b> 10:30 Community Conversation with the First Selectman on Zoom 11:00 Senior Yoga 1:30 International Cooking Demo on Zoom	<b>30</b>
<b>31</b> <small>Activity Professionals Week</small>	<div>  </div>					





# TVCCA SENIOR CAFÉ MENU~JANUARY 2021

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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

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

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

**4**  
Crispy Cod  
Macaroni & Cheese  
Broccoli  
Mixed Fruit Cup



**11**  
Pancake w/ Turkey Sausage & Egg  
Sweet Potato Hash  
Mixed Vegetable Medley  
Fresh Orange

**18**  
Dr. Martin Luther King Jr. Holiday



**Program Closed**

**25**  
Pork Sausage & Gravy  
Tater Tots  
Corn w/ Peppers & Onions  
Pears w/ Mandarin Oranges



**5**  
Salisbury Steak w/ Gravy  
Garlic Mashed Potatoes  
Green Beans  
Pineapple Tidbits

**12**  
Stuffed Shells w/ Marinara  
Zucchini  
Carrot Coins  
Tropical Fruit Cup

**19**  
Beef Stew  
Herb Roasted Potatoes  
Brussels Sprouts  
Fresh Fruit

**26**  
Chicken Marsala  
Rice Pilaf  
Zucchini, Peas, & Carrots  
Applesauce Cup

**6**  
Pork Dumplings  
w/ Shredded Cabbage & Carrots  
Steamed Rice  
Japanese Vegetable Blend  
Pears w/ Mandarin Oranges



**13**  
**Monthly Celebration Meal**  
Meat Ravioli  
Green & Waxed Beans  
Squash Mix w/ Carrots & String Beans  
Sweet Treat  
Orange Juice

**20**  
**Fresh New Start Grab & Go Lunch**  
Chicken Parmesan  
Farfalle Pasta w/ Marinara  
Green Beans  
Sweet Treat  
Apple Juice  
**Cost: \$8.00**



**7**  
Chicken Fried Steak  
Buttermilk Mashed Potatoes  
Green & Yellow Squash  
Fresh Fruit

**14**  
Stuffed Chicken Kiev  
Roasted Garlic Rice  
Brussels Sprouts  
Fruit Cocktail



**21**  
Cheese Pierogis  
Kasha (Wheat Berries  
w/ Roasted Vegetables)  
Broccoli  
Diced Pears

**8**  
**Birthday Celebration**  
Chicken Cacciatore  
Pasta Shells w/ Marinara  
Zucchini  
Birthday Treat  
Grape Juice

**15**  
Philly Cheesesteak w/ Roll  
Tater Tots  
Corn w/ Peppers & Onions  
Mandarin Oranges

**22**  
Baked Ham w/ Pineapple Glaze  
Turnips w/ Herbs  
Green & Yellow Squash  
Mixed Fruit Cup

**29**  
Haddock w/ Herbs & Tomatoes  
Garlic Roasted Potatoes  
Green Beans  
Fresh Orange