

COLCHESTER SENIOR CENTER

February 2021



news

GO RED FOR WOMEN

Friday, February 5
Group Photo 10:00 a.m.

February is Heart Health Awareness Month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. We will be holding a virtual group photo via Zoom at 10:00 a.m.—don't forget to wear RED! The senior center will be accepting monetary donation for the entire month of February to benefit the American Heart Association. Your donation can be mailed or dropped off to the senior center and made in honor or in memory of someone you love for our AHA Heart Wall. Make checks payable to the American Heart Association.

CRAFTER'S SHOW AND SHARE HOUR

Friday, February 5
10:30 a.m.

Attention knitters, quilters, painters, DIY-ers, and crafters of all type! Join us for this Zoom session where you can show off your current or past projects and get inspired by your fellow Senior Center members. Work on your project as we chat or simply come to see the talent.

CUPID BINGO

Tuesday, February 9
1:30 p.m.

Love is in the air and we know our members love BINGO! You won't want to miss this special game. Pick up your special Valentine's Day themed card any time before the game starts. There will be a sweet prize for every game and a \$25 peapod gift card for the "Fill the Card" winner. For information on how to join the game and to pick up your card call the Senior Center at (860) 537-3911.

MARDI GRAS LUNCH TO-GO

Tuesday, February 16
12:00 p.m.

Before the Lenten Season starts, we get to party like we're in New Orleans. We invite you all to join us in a Mardi Gras celebration this month. Pick up your festive lunch of Louisiana style Jambalaya (a mildly spiced rice dish with chicken, tomatoes, celery and green peppers), a tossed garden salad with dressing, a personal "King Cake" cupcake for dessert and some fun Mardi Gras inspired surprises. Please pre-register by February 10th, by calling the office at 860-537-3911. Cost for lunch is \$8.00 and can be paid for on the day of pickup.



AARP TAX AIDE SERVICES

Fridays, Feb. 19 – March 26
by appointment only

AARP Tax Aide Counselors will be available by appointment on Fridays from February 19th through March 26th to assist you with free tax preparation assistance. It is a new requirement this year, that you have had your taxes filed here within the past 2 filing years (2018 and or 2019). Please call Susan in the office at 860-537-3911 to schedule your tax appointment. Space is very limited this year.

BEAT THOSE WINTER BLUES WITH UCFS

Wednesday, February 17
10:30 a.m.

This time of year can be difficult for many people- the days are shorter, the weather is colder, and the pandemic is not making it any easier. Fortunately, there are strategies for coping with the winter blues and Sara Walker from UCFS will be sharing them with us in this Zoom seminar. Sara will also be explaining what Seasonal Affective Disorder is and giving coping mechanisms to combat it.

MANDALA MUG CRAFT

Wednesday, February 24
1:30 p.m.

Mandalas are geometric symbols dating back to the 4th century. During this Zoom session you will create a beautiful and colorful mandala on a coffee mug while learning about the history and the symbolism of this ancient art. Mug kits are \$5.00 each and can be picked up at the Colchester Senior Center. Call (860) 537-3911 to register and schedule a time to get your kit.

LIVE PERFORMANCE OF PERICLES, PRINCE OF TYRE

Saturday, March 6
2:00 p.m.

The CT Repertory Theatre at the University of CT will be presenting this Shakespeare classic live via Zoom for a special price to CSC members. The show will feature undergraduate and graduate acting students as well as professional actors, with a Q & A with the actors, after the show. Tickets are \$10.00 per household (payable to CSC). Register by calling (860) 537-3911. The deadline to sign up is February 19th. Zoom link will be emailed directly to you.

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 Pleafka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbaumman@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 Mlodzincki, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Geraldine Transue, Secretary
Linda Pasternak
Sandra Gaetano
Vacant Full Member
2 Vacant Alternate Members

From the Director's Desk

February, the month of love, romance...and COVID Vaccines! Who would've thought? The State is in the process of rolling out their plan to vaccinate members of the public against COVID-19, in an effort to put an end to this terrible, global pandemic. As more and more people are vaccinated against the Coronavirus, we hope to see rates of infection decline and hopefully life return to a state of normalcy—remember what that is?

According to the Medicare.gov website, here's what you should know:

- You will need 2 doses of the COVID-19 vaccine for it to be effective. When you receive your first dose, make sure to schedule your second dose 21-28 days later (depending on which vaccine you've received.)
- Medicare covers the COVID-19 vaccine, so there will be no out-of-pocket cost to you.
- All eligible residents are required to make an appointment before receiving the vaccine.
- Some of you have been contacted by your medical provider to schedule an appointment through them. Not all providers are administering the vaccine, however. Residents are urged not to call their physician directly for COVID vaccine appointments.
- You may schedule your own appointment one of 2 ways. A form can be accessed online at ct.gov/covidvaccine that allows individuals to schedule an appointment through the web-based Vaccine Administration Management System (VAMS). Those without computer access can call CT's COVID Vaccine Appointment Assistance Line at 877-918-2224. The line will take calls on Mondays through Fridays from 8:00 a.m. to 4:30 p.m.

It is estimated that 1.3 million Connecticut residents are eligible for vaccination during phase 1b. of the rollout. It is expected that this phase will take months to get through because of the sheer volume and the availability of the vaccine. According to a press release by Governor Lamont, "Connecticut ranks number 5 nationally in the percentage of the population that have been vaccinated so far." We remind you to be patient in the process. Included in phase 1b. of the COVID vaccination are the following populations:

- Residents who are 75 and older
- Residents and staff of congregate settings
- Frontline essential workers
- Residents between the ages of 65 and 74
- Residents between the ages of 16 and 64 who have underlying health conditions that put them at greater risk of the virus
- Those ages 75+ are being prioritized in scheduling appointments

As vaccines become more widely available, it's important to keep taking steps to slow the spread of COVID-19 by limiting social gatherings, practicing social distancing, washing your hands frequently and wearing a mask, while in public.

Warmly,

Patty

PROGRAMS

**CSC will be closed
Monday, February 15th
in observance of
President's Day**

LEARN TO SIGN WITH RUTH Mondays in February 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.

AARP WEBINAR WEDNESDAYS Wednesdays in February 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. Visit www.aarp.org/ct to see what's being offered, and to sign up for email announcements for AARP.

JEOPARDY ON ZOOM Wednesday, February 3 10:30 a.m.

Test your knowledge and play against your fellow CSC members in this interactive Zoom Trivia game. Categories will be on a variety of subjects so there will be something for everyone.

WE NEED YOUR INPUT! IMPACT LOCAL HEALTH CARE RESOURCES Thursday, February 4 1:00 p.m.

Senior Resources and the Eastern Connecticut Health Collaborative are looking to get input from seniors which will be used to better shape health care interventions locally. It is crucial that ECHC gain feedback to understand how individuals perceive their own health needs and challenges. Be a part of this helpful initiative and join the Zoom session to have your voice heard.

LOVE SONG CHARADES ON ZOOM

Wednesday, February 10
10:30 a.m.

You don't have to be a music expert to join this fun and hilarious game of charades. Join Ruth as she leads a special Valentines' version of the classic party game. During this charades game participants will have to "act out" the song without speaking, while the other members try to guess what the song is. The objective is to guess the phrase as quickly as possible.

HIGHLIGHTING COLCHESTER HISTORY WITH CHS Friday, February 12 10:30 a.m.

Please join the Colchester Historical Society for this special presentation, in celebration of Black History Month entitled: "A Discussion about African Americans in Colchester during the 18th and 19th Centuries" presented by Gary Walter. This session will be held on Zoom, with the link to join found on the Monthly Zoom Links table.

BOOK CLUB DISCUSSION ON ZOOM Tuesday, February 16 10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is *Ask Again, Yes* by Mary Beth Keane. Copies are held on reserve at Cragin Memorial Library. Everyone is welcome. Please come having read the book and prepared for a lively discussion.

REOPENING OUR SENIOR CENTER Q&A ON ZOOM Friday, February 19 10:00 a.m.

Join Patty as she discusses the reopening plans for the Colchester Senior Center, the COVID-19 vaccine and the impact that will have on our ability to reopen the senior center and resume normal operations. Program on Zoom.

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STEP BY STEP PAINTING ON ZOOM: ROSE BOUQUET Friday, February 19 1:30 p.m.

Join Ruth as she leads you step-by-step how to make this painting. This month we will be painting a bold bouquet of red roses. 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.

IN THE KNOW Tuesday, February 23 12:30 p.m.

Join Patty at this monthly forum with an update on the new senior center.

COFFEE TALK WITH RUTH Wednesday, February 24 9:30 a.m.

Spend your morning 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.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN Thursday, February 25 2:00 p.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.

INTERNATIONAL COOKING DEMO ON ZOOM: POLAND Friday, February 26 1:30 p.m.

Follow along at home or simply watch as Ruth demonstrates how to prepare galumpkis, or Polish stuffed cabbage rolls. 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.

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.	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	PRE-PAID CARD
SENIOR YOGA Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ON ZOOM	PRE-PAID CARD
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	PRE-PAID CARD
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 CLASSES

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.

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 19-March 26

Free Tax Preparation Service is available through AARP Tax Aide volunteers. Space is extremely limited, particularly this year. Please call 860-537-3911 for more information or to schedule an appointment, scheduled on a first-come-first-served basis until filled.

MEETINGS IN FEBRUARY

COMMISSION ON AGING

**Monday, February 8
8:30 a.m.**

CSC STAFF MEETING

**Wednesday, February 10
2:30 p.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, February 9 & 23
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

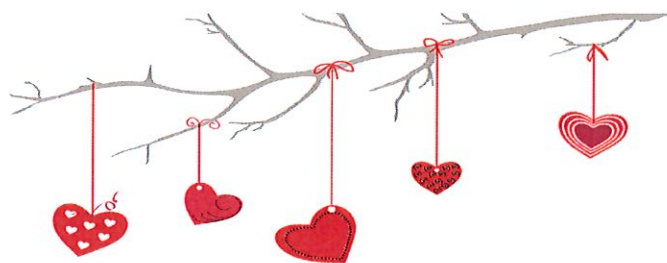
TVCCA has done a terrific job of adapting to this challenge in several ways. Funding has been added to provide additional resources for Meals on Wheels and some of the previous requirements have been relaxed to allow more people to qualify for services. At this time, we have a record number of meal deliveries 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.



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.

OUT-OF-TOWN MONTHLY SHOPPING TRIPS

Due to the pandemic, we've deemed it too risky to provide the monthly out of town shopping trips for the month of February. The safety of our members is our number one priority and with the rise in COVID-19 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
	1 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	2 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo Groundhog Day	3 10:00 Making Memories on Zoom 10:30 Jeopardy on Zoom 1:00 AARP Webinar Wednesdays: Mystic Seaport Museum Virtual Tour with Museum Director	4 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:00 Impact Local Health Care Resources with ECHC	5 10:00 Go Red For Women Virtual Group Photo 10:30 Crafter's Show and Share Hour 11:00 Senior Yoga	6 
7 	8 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	9 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Cupid Bingo 7:00 Sr. Center Building Committee on Zoom	10 10:00 Making Memories on Zoom 10:30 Love Song Charades on Zoom 2:30 CSC Staff Meeting 7:00 AARP Webinar Wednesdays: Black History Month Celebration	11 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	12 10:30 Highlighting Colchester History with CHS 11:00 Senior Yoga 2:30 From Boomer 2 Zoomer Tech Help Appointments Chinese New Year (Year of the Ox)	13
14 	15 CSC closed for Presidents' Day Presidents' Day	16 9:45 Tai Chi on Zoom 10:30 Book Club 11:00 Adult Coloring 12:00 Mardi Gras Lunch To Go 1:30 Conference Call Bingo Mardi Gras	17 10:00 Making Memories on Zoom 10:30 Beat those Winter Blues w/ UCFS 1:00 AARP Webinar Wednesdays: Living Well with Dementia	18 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	19 9:00-2:30 AARP Tax Aide 10:00 Reopening our Senior Center Q&A with Patty on Zoom 11:00 Senior Yoga 1:30 Step by Step Painting on Zoom	20 
21 Valentine's Day	22 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	23 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	24 9:30 Coffee Talk with Ruth on Zoom 10:00 Making Memories on Zoom 1:30 Mandala Mug Craft on Zoom 7:00 AARP Webinar Wednesdays: Behind the Scenes Figureheads Gallery @ Mystic Seaport	25 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga 2:00 Community Conversation with the First Selectman Purim Begins	26 9:00-2:30 AARP Tax Aide 11:00 Senior Yoga 1:30 International Cooking Demo on Zoom 4:00 Deadline to Submit Decorated Snowmen	27

February 2021

*Scheduled activities are subject to change

TVCCA SENIOR CAFÉ MENU ~ FEBRUARY 2021

MONDAY

Senior Nutrition Program
81 Stockhouse Road
Bozrah, CT 06334
860-886-1720
(24hr voice mail available)

TUESDAY


1% milk and whole grain bread
served with each meal.
Menu is subject to change
without notice.

WEDNESDAY

Inclement weather watcher:
If severe inclement weather in the
forecast, delivery schedules
are subject to change.
Inclement weather closings will be
announced on local radio
stations and TV channels
3 & 8.

THURSDAY

FRIDAY

<p>1</p> <p>Stuffed Chicken Kiev Rice Pilaf Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>2</p> <p>Baked Ham w/ Pineapple Glaze Turnips w/ Herbs Peas & Pearl Onions Applesauce Cup</p>	<p>3</p> <p>Beef Stew Herb Roasted Potatoes Brussel Sprouts Fresh Fruit</p>	<p>4</p> <p>Ethnic Celebration Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</p>	<p>5</p> <p>Chicken Fried Steak Buttermilk Mashed Potatoes Broccoli Sweet Treat Apple Juice</p>
<p>8</p> <p>Philly Cheese Steak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Diced Pears</p>	<p>9</p> <p>Seafood Stew Parsley Potatoes Green Beans Fresh Orange</p>	<p>10</p> <p>Meatballs Marinara Penne Pasta Zucchini, Peas, & Carrots Sweet Treat Grape Juice</p>	<p>11</p> <p>Stuffed Chicken Cordon Bleu Mashed Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup</p>	<p>12</p> <p>Pork Loin w/ mushroom gravy Roasted Garlic Rice Green & Yellow Squash Mandarin Oranges</p>
<p>15</p> <p>Presidents Day Holiday</p> <p></p> <p>PROGRAM CLOSED</p>	<p>16</p> <p>Chicken Cacciatore Pasta Shells w/ Marinara Zucchini Birthday Treat Grape Juice</p> <p>Mardi Gras To Go Lunch @ CSC (see page 1) Cost is \$8.00</p>	<p>17</p> <p>Ash Wednesday Stuffed Haddock Squash Mix w/ Carrots & String Beans Broccoli Fruit Cocktail</p>	<p>18</p> <p>Italian Pork Sausage & Peppers Penne Pasta w/ Marinara Green & Waxed Beans Pineapple Tidbits</p>	<p>19</p> <p>Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Peas & Pearl Onions Fresh Orange</p>
<p>22</p> <p>Chicken Parmesan Farfalle Pasta w/ Marinara Green & Yellow Squash Fresh Fruit</p>	<p>23</p> <p>Salisbury Steak w/ Gravy Garlic Mashed Potatoes Corn w/ Onions & Peppers Diced Peaches</p>	<p>24</p> <p>Chicken Marsala Rice Pilaf Green Beans Sweet Treat Orange Juice</p>	<p>25</p> <p>Hungarian Goulash Egg Noodles Broccoli, Waxed Beans, & Carrots Mixed Fruit Cup</p>	<p>26</p> <p>Crispy Cod Patty Macaroni & Cheese Mixed Vegetables Medley Applesauce Cup</p>