

COLCHESTER SENIOR CENTER

March 2021



news

LUCK OF THE IRISH BINGO

Tuesday, March 9

1:30 p.m.

Keep your Lucky Charms handy for this special St. Patrick's Day themed conference call Bingo! Pick up your special Irish Bingo card any time before the game starts. Winners will receive a prize and the "Fill the Card" winner will receive a \$10 Stop and Shop Gift Card. For information on how to join the game and to pick up your card call the Senior Center at (860) 537-3911.

CARE CORNER WITH SELECT PHYSICAL THERAPY

Thursday, March 11 & 25

12:00 p.m.

Jennifer Owens from Select Physical Therapy will be joining us via Zoom to share some helpful tips on how to stay healthy and fit. This virtual series will cover a variety of topics. On March 11th we will learn about fall prevention and on March 25th Jennifer will teach us safe exercises to do at home. This is a free Zoom seminar that you won't want to miss!

VIRTUAL TOUR OF NASHVILLE PRESENTED BY FRIENDSHIP TOURS

Thursday, March 11

2:00 p.m.

From music, culture, and the arts to food, sports, and shopping, there is an "only in Nashville" experience waiting for you. There are so many great reasons to visit Nashville - even if it's just virtual at the moment. Join our friends from Friendship Tours on this live Zoom event to learn more about this one of a kind destination. Click the Link in the monthly Zoom table to join.

LEPRECHAN LUNCH TO-GO

Wednesday, March 17

12:00 p.m.

What's St. Patrick's Day without a traditional "boiled lunch" of Corn Beef and Cabbage? This month we are bringing you lunch and a show featuring John Banker. Pick up your Irish lunch of Corn Beef and Cabbage, Steamed Parsley Potatoes, Sliced Carrots, Irish Soda Bread, Apple Juice and a Sweet Treat for dessert. Please pre-register by March 10th by calling the office at 860-537-3911. Cost for lunch is \$8.00 and can be paid on the day of pickup.

SHAMROCK AND ROLL WITH JOHN BANKER

Wednesday, March 17

12:30 p.m.

Eat your Irish meal and drink your green beer while enjoying the musical stylings of John Banker! John is a CT based musician who will be bringing the sounds of the old country to us in this free live performance. This Zoom entertainment experience will be a perfect celebration for your St. Patrick's Day afternoon. Be sure to wear your green! For more information and directions on how to join call the Senior Center at (860) 537-3911.



GENEALOGY 101 SERIES

Thursday, March 18 & 25 and

April 1 & 8

1:30 p.m.

Have you always wanted to learn more about your family tree? Learning about your family history and heritage can help you understand how you became who you are. This 4-week course will teach you the basics of how to trace your family history from the US Census, to land records and other historical documents. You can join all four sessions for \$20.00. Call the Senior Center to register, space is limited.

MASKS & MARTINIS ZOOM HAPPY HOUR

Wednesday, March 24

2:00 p.m.

March 2020 was the month that changed everything. Can you believe we have been social distancing for a year? To celebrate our resiliency in the face of a global pandemic, let's pour a drink and play some games!

LET THE SHENANIGANS BEGIN: A STATEWIDE VIRTUAL EVENT

Friday, March 26

1:00 – 2:30 p.m.

Everyone is at least a little Irish on St. Paddy's Day—even if you're not Irish by birth. The same people who brought you the "It's a Wonderful Life" virtual holiday bash are back at it again- this time to celebrate St. Patrick's Day! Join CT Healthy Living, CASP, and AARP for a fun-filled afternoon of live entertainment by Pierce Campbell, laughs, and a time to celebrate. This one time only event will take place on Zoom. Registration is required to participate in this program.

**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 Piefka
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

Believe it or not, March 16th marks a year since the Colchester Senior Center was forced to close its doors to the public due to an unprecedented global pandemic, which we all know as COVID-19. It's been a challenging year in many ways, we all know that, but it has also been a year which has forced us out of our comfort zones, forced us to slow down and we've been able to dig deep and find some resilience, as well. Not all bad. I particularly want to commend the staff of the Colchester Senior Center for being so adaptable this past year to find ways to continue to serve the many people whose faces we miss seeing on a daily basis.

I wanted to mark what could be a difficult anniversary date of loss and reframe it to show you the importance of the senior center through my lens and the creative ways we found to meet the needs of community seniors.

- We never stopped running the Senior Buses or Medical Transportation Services. These are "critical services" and we knew that we would have to make some adaptations for the safety of our staff and passengers, but I'm proud to say that bus rides continued on.
- Likewise, making sure that seniors had the meals they needed became a high priority. We worked with TVCCA, our meals provider, to quickly pivot and make sure all of the meals were deliverable. Those who were eating their lunchtime meal at the senior center were offered a Frozen Meal drop (5 meals) once per week. Additionally, those who were homebound (who wasn't this year) were able to receive Meals on Wheels deliveries. Since March 16, 2020, there were 7,735 meals provided.
- In the early days of the pandemic, before any of us fully grasped how long this would endure, we began Wellness Check Outreach calls to every member of the Colchester Senior Center. This became a meaningful connection to a senior center staffer and so many people have told me how much this personalized service has meant to them. Now you can depend on a weekly email blast and personal robo-call from me filled with what I hope is trustworthy information about the virus and so much more.
- I remember announcing at an afternoon session of BINGO on March 13, 2020, which was to be our very last in-person program that we would be shutting down the senior center effective on the following Monday. Once again, I have to commend our staff for their ability to learn, utilize and even teach new technology to stay connected and be able to offer some programs, classes and entertainment to assist through long days of self-quarantine.

This only begins to tell the story of how the Colchester Senior Center has sought to meet the needs of our members, despite the challenges of having our building closed for an entire year. Sometimes it feels like people don't quite understand what we do here and why it matters, but in the earliest days of the pandemic, I felt that COVID-19 presented an opportunity to showcase the reasons why the services a senior center offers the community are so important. To steal a quote from the Apollo 13 mission, I believed that our response to the pandemic would become, "our finest hour" and with the help of many, I believe it was!

Warmly,

Patty

PROGRAMS

LEARN TO SIGN WITH RUTH Mondays in March 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. No Experience necessary.

CONFERENCE CALL BINGO Tuesdays in March 1:30 p.m.

Please call the Senior Center if you are interested in playing Conference Call Bingo. There will be a prize for the Fill-The-Card round. Please note: long distance charges may apply.

AARP WEBINAR WEDNESDAYS Wednesdays in March 7:00 p.m.

AARP of CT offers free weekly programs on a variety of interesting topics. 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.

WHEEL OF FORTUNE Wednesday, March 3 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 get on TV!

CRAFTER'S SHOW & SHARE Friday, March 5 10:30 a.m.

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.

SHOPPING TRIP Thursday, March 11 & 25 10:30 a.m. Departure

The buses are running on limited capacity, therefore we are offering two opportunities to shop in March. 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 Windham Wal-Mart and Kohl's both trips. Suggested donation is \$4.00. Please pre-register by calling the office.

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

Please join the Colchester Historical Society for this special presentation "The Story of the Champion Family of Colchester" with Mary Tomasi. 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, March 16 10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is *The Orphan's Tale* by Pam Jenoff. Copies are held on reserve at Cragin Memorial Library. Everyone is welcome. Please come having read the book and prepared for a lively discussion.

STEP BY STEP PAINTING ON ZOOM: COLORFUL BIRDHOUSES Friday, March 19 1:30 p.m.

This month we will be painting fun and colorful birdhouses to celebrate the beginning of spring. 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.

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

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

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN Wednesday, March 24 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.

INTERNATIONAL COOKING DEMO ON ZOOM: KOREA Friday, March 26 1:30 p.m.

Follow along at home or simply watch as Ruth demonstrates how to prepare Korean BBQ chicken and spicy vegetable slaw. 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.

IN THE KNOW Tuesday, March 30 12:30 p.m.

Stay in the know about **YOUR SENIOR CENTER** at this monthly Zoom forum with Patty.

COFFEE TALK WITH RUTH Wednesday, March 31 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.

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. All available appointments this year are fully booked. If you are in need of free tax prep, please call VITA (Volunteer Income Tax Assistance) through TVCCA at 860-425-6597.

MEETINGS IN MARCH

COMMISSION ON AGING

Monday, March 8

8:30 a.m.

CSC STAFF MEETING

Wednesday, March 10

2:30 p.m.

SENIOR CENTER

BUILDING COMMITTEE

Tuesday, March 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 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.



LIVE WELL WORKSHOPS

Mondays Beginning April 12
2:00-3:30 p.m.

The Live Well Program is a free evidence-based program that teaches techniques and strategies to those who are living with, or may be caring for someone with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain, anxiety, etc. Vickie Han from the Chatham Health district will lead this supportive and informative workshop. Now, for the first time ever, the Live Well Workshops will be held through conference call, so you can join from the comfort of your own home. Space is limited. Call the Senior Center to sign up.





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

	9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	1 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo	2 9:00-12:00 AARP Tax Aide, by appointment 10:00 Making Memories on Zoom 1:30 Wheel of Fortune on Zoom 7:00 <u>NO</u> AARP Webinar Wednesdays	3 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom	4 9:00-2:30 AARP Tax Aide, by appointment 10:30 Crafter's Show and Share Hour 11:00 Senior Yoga on Zoom	5 2:00 <i>Pericles, Prince of Tyre</i> Live Zoom Performance by the Connecticut Repertory Theatre	6
7 	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	8 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Luck of the Irish Conference Call Bingo 7:00 Senior Center Building Committee Meeting on Zoom	9 9:00-12:00 AARP Tax Aide, by appointment 10:00 Making Memories on Zoom 2:30 CSC Staff Meeting 7:00 AARP Webinar Wednesdays: Work at Age 50+	10 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Windham 11:00 Senior Yoga 12:00 Care Corner with Select PT: Fall Prevention 2:00 Virtual Tour of Nashville	11 9:00-2:30 AARP Tax Aide, by appointment 10:30 Highlighting Colchester History with CHS 11:00 Senior Yoga on Zoom	12 	13
14 	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 9:00-12:00 AARP Tax Aide, by appointment 10:00 Making Memories on Zoom 12:00 Leprechaun Lunch To-Go 12:30 Shamrock & Roll Zoom John Banker 7:00 AARP Webinar Wed.: Building Socially Integrated Communities <i>St. Patrick's Day</i>	17 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Senior Yoga on Zoom 1:30 Genealogy 101 on Zoom	18 9:00-2:30 AARP Tax Aide, by appointment 10:00 Reopening our Senior Center Q&A with Patty on Zoom 11:00 Senior Yoga on Zoom 1:30 Step by Step Painting on Zoom	19 Spring Begins 	20
21 Daylight Saving Time Begins	9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Learn to Sign with Ruth on Zoom	22 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call Bingo 7:00 Senior Center Building Committee Meeting on Zoom	23 9:00-12:00 AARP Tax Aide, by appointment 10:00 Making Memories on Zoom 10:30 Community Conversation with the First Selectman 2:00 Masks & Martinis Zoom Happy Hour 7:00 <u>NO</u> AARP Webinar Wednesdays	24 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Shopping Trip to Windham 11:00 Senior Yoga 12:00 Care Corner with Select PT: Basic Strengthening Exercises 1:30 Genealogy 101 on Zoom	25 9:00-2:30 AARP Tax Aide, by appointment 11:00 Senior Yoga on Zoom 1:30 International Cooking Demo	26 Passover Begins	27
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 9:00-12:00 AARP Tax Aide, by appointment 9:30 Coffee Talk with Ruth on Zoom 10:00 Making Memories on Zoom 7:00 AARP Webinar Wednesdays: Personalize Your Plate	31 9:00-12:00 AARP Tax Aide, by appointment 9:30 Coffee Talk with Ruth on Zoom 10:00 Making Memories on Zoom 7:00 AARP Webinar Wednesdays: Personalize Your Plate	<h1>March 2021</h1>		

*Scheduled programs are subject to change



TVCCA SENIOR CAFÉ MENU ~ MARCH 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Meatballs Marinara Penne Pasta Squash Mix w/ Carrots & String Beans Diced Peaches	2 Baked Ham w/ Pineapple Glaze Turnips w/ Herbs Peas & Pearl Onions Fresh Orange	3 Birthday Celebration Chicken Cacciatore Pasta Shells w/ Marinara Zucchini Birthday Sweet Grape Juice	4 Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges	5 Seafood Stew Parsley Potatoes Green Beans Applesauce Cup
8 Pork Sausage & Gravy Tater Tots Broccoli Fresh Fruit	9 Meat Ravioli Brussels Sprouts Squash Mix w/ Carrots & String Beans Diced Peaches	10 Haddock w/ Herbs & Tomatoes Roasted Garlic Rice Green & Yellow Squash Diced Pears	11 Chicken Cordon Bleu Mashed Potatoes Corn w/ Peppers & Onions Fruit Cocktail	12 Stuffed Shells w/ Marinara Zucchini Carrot Coins Sweet Treat Orange Juice
15 Chicken Fajita Bowl Yellow Rice & Black Beans Green Beans Tropical Fruit Cup	16 Italian Pork Sausage & Peppers Penne Pasta Broccoli Diced Pears	17 Leprechaun Lunch To-Go Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Irish Soda Bread Sweet Treat Apple Juice Tickets Cost: \$8.00	18 Philly Cheese Steak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Pineapple Tidbits	19 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Peas & Carrots Fresh Orange
22 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Corn w/ Peppers & Onions Diced Pears	23 Stuffed Chicken Kiev Rice Pilaf Green & Waxed Beans Sweet Treat White Grape Juice	24 Beef Stew Herb Roasted Potatoes Brussels Sprouts Fresh Fruit	25 Pork Loin w/ Mushroom Gravy Roasted Garlic Rice Broccoli Diced Peaches	26 Crispy Cod Macaroni & Cheese Mixed Vegetables Medley Pears w/ Mandarin Oranges
29 Chicken Parmesan Farfalle Pasta W/ Marinara Green & Yellow Squash Sweet Treat Prune Juice	30 Chicken Fried Steak Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Pineapple Tidbits	31 Stuffed Haddock Green Beans Waxed Beans, & Carrots Mandarin Oranges	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice	

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