

COLCHESTER SENIOR CENTER

May 2021



MEL'S DOWNTOWN CREAMERY FUNDRAISER

Monday, May 3
12:00 p.m. - 9:00 p.m.

What's better than ice cream? Supporting your local senior center while enjoying it! Mel's Downtown Creamery will be donating a percentage of all the ice cream sold on this date to the Colchester Senior Center. Come enjoy a tasty treat for a good cause.

THE HISTORY OF CINCO DE MAYO ON ZOOM

Wednesday, May 5
1:30 p.m.

We celebrate Cinco de Mayo every year with piñatas, tacos, and margaritas, but have you ever been curious about the origin of this day? Join us on Zoom for a fascinating presentation on the traditions, history, and myths of the most well-known Mexican holiday. Click the link in the "Monthly Programs" table to join. Nos vemos entonces!

NEW MEMBER WELCOME ZOOM WITH PATTY

Friday, May 7
2:00 p.m.

Are you a member of the Senior Center but still have questions about what we offer or how we serve our community? Then this Zoom session is for you! Join Patty Watts, Director of Senior Services, for this informative Zoom session.

MOTHER'S DAY PAINT YOUR OWN POTTERY EVENT

Monday, May 10
1:00 p.m. and 2:30 p.m.

Celebrate Mother's Day at CSC by creating a lovely planter or vase that will be cherished forever! This event is open to all, whether you are a mother or just want to celebrate the moms and motherly figures in your life. Pottery pieces are \$10 each. Registration is required for this event.

"COMMUNITIES OF STRENGTH" ZOOM WITH THE FIRST SELECTMAN

Monday, May 17
2:00 p.m.

May is National Older Americans Month and the theme for 2021 is "Communities of Strength". Colchester is an outstanding example of a community that has come together to weather the unpredictable storm of the pandemic. Join First Selectman, Mary Bylone, as she recaps our achievements and highlights.

WELCOME BACK LUNCH TO-GO

Wednesday, May 19
11:45 a.m.

The Colchester Lions Club is very generously welcoming our members back in style with a free grab & go lunch catered by Noel's. The lunch will be a ready to heat meal of meatloaf, mashed potatoes, a vegetable side, with a festive cupcake for dessert. To reserve your spot call the office by May 12th or until sold out.



news

HEALTHY LIVING FOR YOUR BRAIN AND BODY ON ZOOM

Wednesday, May 19
2:00 p.m.

The Commission on Aging and the Alzheimer's Association are bringing us this special presentation. Science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Kristopher Sortwell, MSW, CBIS will be joining us to speak about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Registration is required.

CELEBRATE OLDER AMERICANS MONTH: A STATEWIDE VIRTUAL EVENT

Friday, May 21
1:00 p.m.

CT Healthy Living Collective, AARP, and CASP are bringing us another exciting statewide virtual event! This month's event will feature Cindy Eastman in celebration of Older Americans Month. Cindy is the author of *Flip Flops after 50: And Other Thoughts on Aging I Remembered to Write Down*. Entrance to this Zoom event is free, with pre-registration required.

MEMORIAL DAY PICNIC LUNCH TO-GO

Friday, May 28
11:45 a.m.

Come celebrate Memorial Day with the Colchester Senior Center! Harry's Place will be catering our grab & go picnic lunch featuring your choice of a hamburger, cheeseburger, or hot dog, with fries and onion rings on the side, and some patriotic party favors. Meals are \$5.00 each. Pre-registration with payment is due by May 21st.

COLCHESTER SENIOR CENTER

95 Norwich Ave.
Colchester, CT 06415

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

Email: csc@colchesterct.gov

HOURS OF OPERATION

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

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
pwatts@colchesterct.gov

Ruth Reinwald
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@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
Sandra Gaetano
Linda Pasternak
Rosanne Tousignant
Quinn Kozak, Alternate
Nola Weston, Alternate

From the Director's Desk

There are so many reasons that this will be a Happy May—after many long months of having our building closed, except by appointment, I am thrilled to announce that beginning on Monday, May 3rd, the Colchester Senior Center will be once again reopened to the public. **HOORAY!!!** (*And there was great rejoicing in the land...*) We hope you feel this is reason to celebrate, too.

However...there are some strings attached to this deal. Because we are not entirely out of the woods with the Coronavirus pandemic, there will be several changes from what you are accustomed to, and because of that, it will be somewhat different than before. Please understand this is a step in the right direction toward normalcy. There will be future additional steps as restrictions (currently in place) are lifted and as guidance from the Department of Public Health changes. But even just **ONE** step in the right direction takes us a bit further down the path, and for that we are grateful.

The efforts to reopen safely is a two-way street. Our goal is that both members and staff will remain healthy so our building can stay open and so we can continue to do the important work of serving the community. There are many things which the staff have done, which will continue, to keep our members safe—the protocols listed below are what will be required from our attendees (everyone entering the building) to keep each other healthy and safe.

- Mask wearing is required at all times and social distancing of 6' will be observed at all programs.
- You must register for every in-person program you attend. Registrations will be taken over the phone beginning on the first business day of the month.
- Because of capacity limits, we ask that you only register to come in during a morning session 9 a.m. to 12 p.m. or an afternoon session 1 to 4 p.m.
- The Senior Center will be closed from 12:00 p.m. to 1:00 p.m. This time will be used so staff can sanitize the building between sessions.
- Space for in-person programs will be limited. Reservations will be taken on a first-come-first served basis.
- *My Senior Center*, our senior center software, now has applications for contact tracing, should someone in the building test positive for COVID-19. Please sign in for every program which you attend in the building, so we can effectively contact trace, if needed.
- Wash hands frequently. Hand sanitizing stations will be located in the hallway and each classroom for your convenience.
- Coffee, baked goods and donated food will not be available, at this time.
- To minimize having people congregate, we are asking that you not just come in to "hang out". Only people pre-registered for programs should be in the building. Space is limited and only people with a reason to be in the building should be.

We appreciate your understanding and cooperation in upholding these new standards. Our goal now that we can reopen is to continue to do so in a way which is safe for our members and our staff.

Warmly,

Patty

WALKING GROUP MEETUP

Wednesdays at 10:00 a.m.

Wear your sneakers and meet with members of the Colchester and Hebron Senior Centers at the Airline trail on Rte. 85 in Amston. Weather permitting, please wear a mask.

SIT & BE FIT VIDEO

Wednesdays & Fridays
10:00 a.m.

Beginner level chair exercises that focus on all areas of the body. Please register.

CARE CORNER WITH SELECT PHYSICAL THERAPY

Videos Posted Every Other
Thursday on Facebook

Check our Facebook page for helpful tips to staying healthy at home with Jennifer Owens from Select PT in Colchester.

CHAIR MASSAGE

Thursdays at 12:00 p.m.

Chair massages will be available by appointment on Thursdays with our Yoga instructor, Susan McCafrey. Please call the office to schedule your appointment. Sessions will be 15 minutes and \$10.00, payable directly to Susan.

KNIT & CROCHET

Thursdays at 1:00 p.m.

Come to work on your project, spend some quality time, and learn from your fellow Senior Center members. All are welcome, feel free to use our materials if you don't have your own. Registration required.

REEL FRIENDS MOVIE CLUB

Fridays at 10:00 a.m.

Every month will have a different theme. Come enjoy a good movie with good friends. The theme for May is "Aging". See page 5 for the full list of movies. Pre-registration required.

GARDEN CLUB

Monday, May 3
8:30 a.m.

The group will meet on the first Monday of every month at the Senior Center to maintain the front and side gardens. Everyone is welcome. Rain date May 10th.

HOME RUN BINGO

Tuesday, May 11
1:30 p.m.

Take me out to the Bingo game! Come to the Senior Center to pick up your special Home Run themed card and play over conference call. Every winner will receive a prize!

SHOPPING TRIP

Thursday, May 6 & 13
10:30 a.m. Departure

We will be shopping at the Waterford Walmart and Christmas Tree Shop. Suggested donation is \$4.00. Due to capacity limits on bus, space is limited. Please pre-register by calling the office. Sign up for only one trip. Please.

SENIOR GOLF LEAGUE

Tuesdays Beginning May 18
9:00 a.m.

The Co-ed Senior Golf League will meet for 16 weeks at the Chanticlair Golf Course. The price for the season is \$220 which includes an end of the year lunch banquet. Registration is required through the senior center office.

HIGHLIGHTING COLCHESTER HISTORY WITH CHS

Friday, May 21
10:30 a.m.

Please join the Colchester Historical Society for this presentation on "Colchester's Historic Structures: Then and Now" with Gigi Liverant. This session will be held on Zoom, with the link to join found on the Monthly Zoom Links table.

BOOK CLUB DISCUSSION

Tuesday, May 18
10:30 a.m.

This month's book is *The Book Women of Troublesome Creek* by Kim Michele Richardson. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for discussion. Please register.

STEP BY STEP PAINTING: LAKESIDE SUNSET

Thursday, May 20
1:30 p.m.

This month we will be painting a peaceful sunset on the lake. Materials are \$20.00 or you can provide your own paint and canvas and join for free. Call the Senior Center to register.

IN THE KNOW

Tuesday, May 25
12:30 p.m.

Stay in the know about all things related to the senior center at this monthly Zoom forum with our director, Patty Watts.

INTERNATIONAL COOKING DEMO ON ZOOM: GREECE

Wednesday, May 26
1:30 p.m.

Follow along at home or simply watch as Ruth demonstrates how to prepare dolmades, or stuffed grape leaves. Call the Senior Center to receive a recipe and shopping list. Samples will be available at the Senior Center after the program. Pre-registration is required.

The Senior Center will
be closed on May 31st
for Memorial Day



CLASS SCHEDULE

PAGE 4

CLASS	DAY & TIME	LOCATION	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	TUESDAYS 11:00 A.M.	CSC	NO FEE
LEARN TO SIGN WITH RUTH This beginner's course will show you the basic of American Sign Language (ASL). Leader: Ruth Reinwald	MONDAYS 10:30 A.M.	ZOOM	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	THURSDAYS 1:00 P.M.	CSC	NO FEE
SIT & BE FIT VIDEO Beginner level chair exercises that focus on all areas of the body.	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leaders: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting.	WEDNESDAYS 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</i>			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM	PRE-PAID CARD
SENIOR YOGA Gentle massage, 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.	ZOOM	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM	PRE-PAID CARD

FITNESS CARDS FOR EXERCISE CLASSES

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. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415 attn.: Ruth Reinwald.

SPECIAL INTEREST GROUPS

TUESDAY BINGO: Conference Call 1:30-3:00. Call (701) 802-5127 Access code 3663033. Reusable cards available at the Senior Center.

FRIDAY BINGO: In person. Space is limited. Call on Thursday to reserve your spot.

CHAIR MASSAGE: Thursdays beginning at 12:00 by appointment

CHARITABLE CRAFTS: Wednesdays at 10:30 a.m.

REEL FRIENDS MOVIE CLUB: Fridays at 10:00 a.m.

May 7: "Age of Adaline" (2015, PG-13)

May 14: "The Bucket List" (2007, PG-13)

May 21: "The Curious Case of Benjamin Button" (2008, PG-13)

May 28: "Book Club" (2018, PG-13)



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 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

BLOOD PRESSURE CLINIC

Tuesday, June 1 at 9:15 a.m.

Maria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings. Please call the office at 860-537-3911 to schedule your appointment.

HEARING SCREENINGS

Friday, May 7 at 10:30 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Schedule your free hearing screening by calling the senior center at 860-537-3911.

FOOT CLINIC

Thursday, May 13 at 10:00 a.m.

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

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.

The Making Memories Program will resume in-person on Monday, May 17. The schedule will be as follows:

Mon. 9:00 a.m.-11:00 a.m.
Tues. 9:00 a.m.-11:00 a.m.
Wed. 9:00 a.m.-11:00 a.m.

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator 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

(through 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.

RENTERS REBATE

(April to October)

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN MAY

COMMISSION ON AGING

Monday, May 10
8:30 a.m.

CSC STAFF MEETING

Wednesday, May 12
2:30 p.m.

SENIOR CENTER BUILDING COMMITTEE

Tuesday, May 11 & 25
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 pick-ups or deliveries are deemed to be the safest option during this period. Per the Health Department, in-person eating is still considered a high-risk behavior.

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.

GRAB & GO LUNCHES

TVCCA is offering a Grab and Go Lunch, where you can pick up 5 frozen meals, bread, milk and fruit for the suggested price of \$10.00. Registration for this option is required in advance. This option is only available to those aged 60 and over. A registration form for the Senior Nutrition Program will need to be on file. Ability to drive to the senior center to pick up your meals is required. No bus service.

MEALS ON WHEELS DELIVERIES

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.

REOPENING SAFELY

It has been far too long since we have been able to open our building to the public, but **effective Monday, May 3rd, we are excited to be able to welcome you back.** In order to safely serve our community and offer in-person programs, there are some guidelines which will be enforced.

- You must register for every in-person program you attend. Registrations will be taken over the phone beginning on the first business day of the month.
- Because of capacity limits, we ask that you only register to come in during a morning session or an afternoon session.
- Space for in-person programs will be limited. Reservations will be taken on a first-come-first served basis.
- Mask wearing is required at all times and social distancing of 6' will be observed at all programs.
- *My Senior Center*, our senior center software, now has applications for contact tracing, should someone in the building test positive for COVID-19. Please sign in for every program which you attend in the building, so we can effectively contact trace, if needed.
- Wash hands frequently, hand sanitizing stations will be located in the hallway and each classroom.
- Coffee and baked goods and donated food will not be available.
- To minimize having people congregate, we are asking that you not just come in to "hang out". Only people pre-registered for programs should be in the building.
- The Senior Center will be closed from 12:00 p.m. to 1:00 p.m. for daily sanitizing. Please do not come during this hour.

We appreciate your understanding and cooperation in upholding these new standards. Our goal now that we can reopen is to continue to do so in a way which is safe for our members and our staff.

VOLUNTEER OPPORTUNITIES

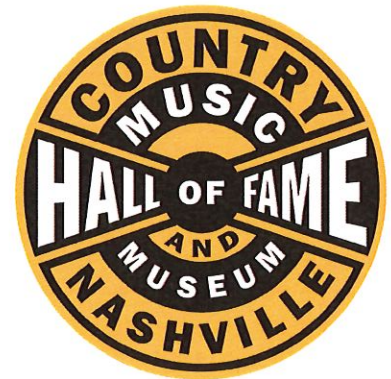
The Colchester Senior Center is seeking volunteers for the following positions. If you are interested in seeking a meaningful volunteer opportunity, please call Ruth at 860-537-3911.

Volunteer Bingo Caller: Friday afternoons, training provided.

Volunteer Receptionist: multiple days and shifts are available. Training provided.

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.

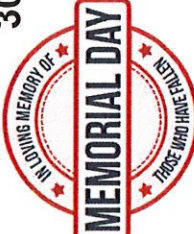


NASHVILLE MUSIC CITY ESCORTED TOUR (5 days/4 nights)

September 20-24, 2021

2020 prices have been held over! Join Friendship Tours for this classic tour of Nashville including points of interest which include the Grand Ole Opry, Ryman Auditorium, the Country Music Hall of Fame, a tour of the city of Nashville, TN, Johnny Cash & Patsy Cline Museums and more. Included on this trip are motor-coach transportation to Hartford/Bradley, round trip airfare to Nashville, four nights' accommodation at the Drury Inn Downtown, 4 hotel buffet breakfasts, 2 lunches, 3 dinners, sightseeing by deluxe motor-coach, Friendship Tours escort throughout the trip, portage of one suitcase per person and trip gratuity. Call the senior center to get a trip flyer. Deposit of \$900 per person required to reserve your space, with final payment due by June 1, 2021. Trip Protection (Insurance) Coverage is strongly recommended. **Cost is \$2,329 p.p. double occupancy.**

Call Friendship Tours to register for this trip at 800-243-1630

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2021</h1>						
REMINDER: CSC will be CLOSED daily from 12:00-1:00 p.m. for the disinfection of the building	3 8:30 Gardening (IP) 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign with Ruth (Z) 2:00 Live Well Wkshp (CC) 12-9 Mel's Downtown Creamery Fundraiser	4 9:45 Tai Chi (Z) 11:00 Adult Coloring (IP) 1:30 Bingo (CC)	5 10:00 Making Memories (Z) 10:00 Walking Group (IP) 10:00 Sit & Be Fit (IP) 10:30 Charitable Crafts (IP) 1:30 The History of Cinco de Mayo (Z)	6 9:00 Exer. w/ Anne (Z) 10:00 Sittercize (Z) 10:30 Shopping Trip to Waterford (IP) 11:00 Yoga (Z) 12:00 Chair Massage (IP) 1:00 Knit & Crochet (IP)	7 10:00 Sit & Be Fit (IP) 10:00 Reel Friends Movie Club "Age of Adaline" (IP) 10:30 Hearing Screening (IP) 11:00 Yoga (Z) 1:30 Bingo (IP) 2:00 New Member Welcome (Z)	8  May Day
9  Mother's Day	10 8:30 CoA Meeting (Z) 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign with Ruth (Z) 1:00 Paint Your Own Pottery (IP) 2:00 Live Well Wkshp (CC)	11 9:45 Tai Chi (Z) 11:00 Adult Coloring (IP) 1:30 Home Run Bingo (CC) 7:00 Sr. Center Bldg Committee (Z)	12 10:00 Making Memories (Z) 10:00 Walking Group (IP) 10:00 Sit & Be Fit (IP) 10:30 Charitable Crafts (IP) 2:30 CSC Staff Meeting	13 9:00 Exer. w/ Anne (Z) 10:00 Sittercize (Z) 10:00 Foot Clinic (IP) 10:30 Shopping Trip to Waterford (IP) 11:00 Yoga (Z) 12:00 Chair Massage (IP) 1:00 Knit & Crochet (IP)	14 10:00 Sit & Be Fit (IP) 10:00 Reel Friends Movie Club "The Bucket List" (IP) 11:00 Yoga (Z) 1:30 Bingo (IP)	15 Armed Forces Day
16 Shavuot Begins	17 9:00 Making Mem. (IP) 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) NO Learn to Sign 2:00 Communities of Strength (Z) 2:00 Live Well (CC)	18 9:00 Making Memories (IP) 9:00 Sr. Golf League (IP) 9:45 Tai Chi (Z) 10:30 Book Club (IP) 11:00 Adult Coloring (IP) 1:30 Bingo (CC)	19 9:00 Making Mem. (IP) 10:00 Walking Group (IP) 10:00 Sit & Be Fit (IP) 10:30 Charitable Crafts (IP) 11:45 Welcome Back Lunch To-Go (IP) 2:00 Healthy Living for Your Brain & Body (Z)	20 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Yoga (Z) 12:00 Chair Massage (IP) 1:00 Knit & Crochet (IP) 1:30 Step by Step Painting (IP)	21 10:00 Sit & Be Fit (IP) 10:00 Reel Friends Movie Club "Book Club" (IP) 10:30 Highlighting Colchester History (Z) 11:00 Yoga (Z) 1:00 Celebrating Older Americans Month (Z) 1:30 Bingo (IP)	22 Armed Forces Day
23	24 9:00 Making Memories (IP) 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign with Ruth (Z)	25 9:00 Making Mem. (IP) 9:00 Sr. Golf League (IP) 9:45 Tai Chi (Z) 11:00 Adult Coloring (IP) 12:30 In the Know (Z) 1:30 Bingo (CC) 7:00 Sr. Center Bldg Committee (Z)	26 9:00 Making Mem. (IP) 10:00 Walking Group (IP) 10:00 Sit & Be Fit (IP) 10:30 Charitable Crafts (IP) 1:30 International Cooking Demo (IP)	27 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Yoga (Z) 12:00 Chair Massage (IP) 1:00 Knit & Crochet (IP)	28 10:00 Sit & Be Fit (IP) 10:00 Reel Friends Movie Club "The Curious Case of Benjamin Button" (IP) 11:00 Yoga (Z) 11:45 Memorial Day Grab & Go Harry's Lunch (IP) 1:30 Bingo: (IP)	REMINDER: CSC will be CLOSED daily from 12:00-1:00 p.m. for the disinfection of the building
30 	31 CSC Closed for Memorial Day Memorial Day					
<h2>Colchester Senior Center</h2> <p>*Scheduled programs are subject to change</p>						



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.



TVCCA SENIOR CAFÉ MENU ~ MAY 2021







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>3</div> <div>Ethnic Celebration Steak Fajita "Bowl" Yellow Rice & Black Beans Broccoli Tropical Fruit Cup</div> <div></div>	<div>4</div> <div>Stuffed Chicken Cordon Bleu Pasta Shells w/ Herbs Green Beans Sweet Treat Orange Juice</div>	<div>5</div> <div>Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup</div> <div></div>	<div>6</div> <div>Sweet & Sour Pork Steamed Rice Brussels Sprouts Diced Peaches</div>	<div>7</div> <div>Salisbury Steak w/ Gravy Garlic Mashed Potatoes Green & Yellow Squash Fresh Fruit</div>
<div>10</div> <div>Chicken Parmesan Farfalle Pasta w/ Marinara Green & Waxed Beans Sweet Treat Grape Juice</div>	<div>11</div> <div>Pork Sausage & Gravy Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</div>	<div>12</div> <div>Meatballs Marinara Penne Pasta Brussels Sprouts Fresh Fruit</div>	<div>13</div> <div>Cod w/ Lemon Dill Sauce Parsley Potatoes Corn w/ Onions & Peppers Mandarin Oranges</div>	<div>14</div> <div>TVCCA Employee Appreciation </div> <div>Senior Nutrition Program Closed</div>
<div>17</div> <div>Cheese Omelet Home Fries Mixed Vegetable Medley Fruit Cocktail</div>	<div>18</div> <div>Swedish Meatballs Egg Noodles Peas & Pearl Onions Fresh Orange</div>	<div>19</div> <div>Teriyaki Chicken w/ Broccoli Steamed Rice Corn w/ Onions & Peppers Mixed Fruit Cup</div>	<div>20</div> <div>Italian Pork Sausage & Peppers Penne Pasta Zucchini, Peas, & Carrots Applesauce Cup</div>	<div>21</div> <div>Birthday Celebration Creamy Dijon Chicken Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice</div>
<div>24</div> <div>Crispy Cod Macaroni & Cheese Peas & Carrots Fresh Orange</div> <div></div>	<div>25</div> <div>Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Fruit Cocktail</div>	<div>26</div> <div>Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Sweet Treat Apple Juice</div>	<div>27</div> <div>Country Style Chicken Buttermilk Mashed Potatoes Green & Waxed Beans Pineapple Tidbits</div>	<div>28</div> <div>Shrimp Stir-Fry Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</div>
<div>31</div> <div>Memorial Day Holiday </div> <div>Senior Nutrition Program Closed</div>	<div>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</div> <div></div>			
<div>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</div>				
<div>PAGE 10</div>				