

# COLCHESTER SENIOR CENTER



## September 2019

### SENIOR CENTERS: KEYS TO AGING WELL

September is National Senior Center Month and this year's theme is "Senior Centers: Keys to Aging Well." It places an emphasis on four important concepts to help people age well including: **GROWING, LEARNING, CONNECTING AND GIVING.** We believe in those things at the Colchester Senior Center—and it is our mission to help those we serve to age well. Join us in some fun programs this month which will serve to reinforce the "key concepts" of healthy and active aging.

### QUEBEC WINTER CARNIVAL TRIP PRESENTATION Friday September 13 10:30 a.m.

Join Tyler from Tours of Distinction to hear all about this trip to Quebec City for the "Carnival de Quebec," which has been held intermittently since 1894. Please pre-register by September 9<sup>th</sup>.

### LABOR DAY PICNIC Wednesday, September 18 11:00 a.m.

Labor Day is the unofficial last day of summer, but who would want it to end? Enjoy the sounds of summer with Changes in Latitudes, a fun Jimmy Buffet Tribute Band. Join us for one last picnic for the season including a menu of BBQ Pulled Pork Sandwich, Corn on the Cob, Coleslaw, and a Peach Cobbler. Ticket purchase of \$8 is required by September 11<sup>th</sup>, or until sold out. Have fun at our last summer party while **CONNECTING** with good friends.

### MAKE & TAKE GREETING CARD WORKSHOP Thursday, September 19 10:00 a.m.

Autumn is a wonderful time of the year to send sentiments of gratitude and "just because" notes to family and friends. Talented senior center member, Barbara Gozzo, will be leading an Autumn-themed, card-making workshop. There will be a \$3.00 fee for the materials. Please pre-register by Friday, September 13<sup>th</sup>. Space is limited in this creative, crafting workshop.

### AARP SMART DRIVER COURSE Friday, September 20 12:00-4:00 p.m.

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Open to anyone 50 and over. \$15 for AARP members and \$20 for non-members. Space is limited. Must pre-register by Friday, September 13<sup>th</sup>, or until filled.

### FALLS PREVENTION WORKSHOP & BRUNCH Monday, September 23 10:00 a.m.

Falls are the leading cause of death from injury among people 65 and older. In recognition of Falls Prevention Awareness Day on the first day of fall, Chestelm Health & Rehab will be offering a workshop on **LEARNING** to minimize your risk of falling. A complimentary brunch will be served, provided by Chestelm Dining Services. Please pre-register for this FREE program. Space is limited.

### CSC ESCAPE ROOM CHALLENGE Thursday, September 26 5:00 p.m. – 6:00 p.m.

An "Escape Room" is an adventure game where players work together in teams to solve a series of puzzles and riddles using clues, hints and strategy to complete a specific objective. It is FUN and will not be dangerous or scary. Sign up in teams of up to 6 people to play. To honor the concept of **GIVING**, we ask each participant to bring a non-perishable item in lieu of an admission fee, which will be donated to the Colchester Food Bank. Light refreshments will be served after the challenge is completed. Please register by Monday, September 23<sup>rd</sup>.

### PACIFIC COAST ADVENTURE TRIP PRESENTATION Friday, September 26 10:30 a.m.

Join Premier World Discovery as they present this fantastic domestic trip titled, a Pacific Coast Adventure. Please pre-register by Monday, September 23<sup>rd</sup>.

### SECT REGIONAL EVENT Thursday, October 17 7:00 - 10:00 p.m.

Come take a rollicking ride through the good old days of Rock 'n Roll. The Senior Centers of South Eastern Connecticut present an evening of music by the Corvettes Doo Wop Revue show, hot & cold hors d'oeuvres, non-alcoholic drinks and a cash bar. The evening events will be held at Langley's Restaurant in Waterford. Tickets are \$20.00 and are available for purchase in the office by Friday, October 4<sup>th</sup>.



**COLCHESTER SENIOR  
CENTER**  
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Colchester, CT 06415

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

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

**HOURS OF OPERATION**

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

**SENIOR CENTER STAFF**

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

**Justine Kowinsky**  
Program Coordinator  
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**Missy Bauman**  
Making Memories Program Coord.  
[mbaum@colchesterct.gov](mailto:mbaum@colchesterct.gov)

**Sheri Blesso**  
Full-time Driver

**Ginny Stephenson**  
Part-time Driver

**Noella Daigle**  
Out-of-Town Driver

**Valerie Webster**  
Nutrition Site Server

**COMMISSION ON AGING**

**Marjorie Mlodzincki, Chair**  
**Nan Wasniewski, Vice Chair**  
**Roberta Avery, Treasurer**  
**Jean Stawicki, Secretary**  
**Goldie Liverant**  
**Linda Pasternak**

**From the Director's Desk**

September signals many things to many people. To teachers, thoughts focus on all things Back-to-School like learning about your class, preparing bulletin boards and equipping your classrooms. To younger children, the thoughts may drift towards seeing friends again at school after a long summer break, the ever-important first-day-of-school outfit, the excitement of new sneakers, a new backpack or even school supplies. To this day, I still get excited about a new box of colorful crayons. If you have college-aged kids, you may be thinking about getting them back on campus, wrapping up their summer jobs and routines and packing up their belongings for another academic year. But if you run a senior center, like I do, there is one thing and one thing only on your mind at this time of year and that is that **September is National Senior Center Month!** *Is that cheering I hear in the background?*

Annually, the National Council on Aging recognizes the month of September as National Senior Center Month (*Hip-Hip-Hooray!!!*) and publishes a theme to be used for the celebration. For 2019, the theme is **"Senior Centers: Keys to Aging Well."** We like to take this theme as a jumping off point toward some creative programming that not only teaches, but also is fun, engaging and drives home this important theme.

Why is this so exciting for us? It's because we believe in the important and valuable services provided for the community through senior centers. According to NCOA's website, "Every year over 11,000 senior centers nationwide serve over 1,000,000 older adults every day!" Astounding, right? Senior centers like ours are making a difference in countless towns and cities around the country. We are very proud to be part of that story and success in serving seniors with excellence.

There are four "Key Concepts" that we will be focusing on for our programs, but we also want to encourage you to take stock and see how you might implement some of these ideas into your lives individually, as well. The "Key Concepts" are: **Growing, Learning, Connecting and Giving.** This month, be on the lookout for programs which will integrate these themes in different and creative ways and also look to see how you can personalize the themes and make them all about you. Wouldn't we all be better off if we were seeking to **GROW, LEARN, CONNECT and GIVE** to others, every day?

So although we certainly hope that you will participate in what we have planned, I encourage you to take the extra step of personalizing these concepts as a way to help you continue to age in optimal ways. Then, take those ideas and inspire others around you! In the hallway throughout the month you will have an opportunity to share ways that you are integrating these "Key Concepts" both inside and outside of our senior center. There will be a prominent Key Display that you can add to. We certainly hope you do! After all, a senior center is only as good as the people we serve. And for what it's worth, I've got to say that we've got some of the best that I've ever seen! Enjoy your September and Happy National Senior Center Month to us all!

Warmly,

*Patty*



## **PROGRAMS**

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**CSC will be closed on  
Monday, September 2<sup>nd</sup>  
in observance of  
LABOR DAY**

### **AARP CHAPTER MEETING** **Tuesday, September 3** **1:30 p.m.**

AARP is back in session. Join them at their monthly meeting. This month, State Representative Linda Orange and Senator Norm Needleman will be here to discuss issues of interest to you, happening at the state level. Everyone is welcome to attend.

### **GARDEN CLUB** **Monday, September 9** **8:30 a.m.**

Help maintain our beautiful gardens at the senior center. Rain date is scheduled for Friday, September 13.

### **PET THERAPY** **Monday, September 9** **10:30 a.m.**

We invite our pet-loving members to come and get a little TLC from "Stitch" a certified therapy dog, during this monthly program. Spending time with this sweet Newfoundland is sure to lift your spirits. Come get to know her and her owner, Mary.

### **FRIDAY FILM SERIES** **Fridays at 10:00 a.m.**

**September 6**  
***Life of the Party***  
**Rated PG-13**

Starring Melissa McCarthy

**September 20**  
***Going In Style***  
**Rated PG-13**

Starring Michael Caine, Morgan Freeman & Alan Arkin

### **CHORAL GROUP** **Mondays at 10:30 a.m.**

September is a great month to get back into the "sing" of things. We will be rebooting our vocal cords in our Choral Group, Senior Moments. At this time, Justine Kowinsky will organize and lead the group. For the first meeting on Monday, September 9, together we will choose our holiday and winter-themed songs to practice for our holiday events. Bring your ideas. We will also warm up our vocal cords. All voices are welcome! Please join.

### **BOOK CLUB** **Tuesday, September 17** **10:30 a.m.**

This month's selection will be *Educated*, by Tara Westover. Books are on reserve at Cragin Memorial Library. All are welcome! Please come having read the book and ready for an interesting discussion.

### **STITCH & FIX W/ MARIA** **Friday, September 20** **9:30 a.m.**

Volunteer Maria Cusano will tend to your minor sewing & mending needs at no cost. Drop off items for later pick-up or stay & chat while she sews.



### **GOLF LEAGUE BANQUET** **Tuesday, September 24** **11:00 a.m.**

Following the last round of golf, come celebrate the end of the season at our celebratory Golf League Banquet at Chantclair Golf Course. Lunch will include a sandwich platter, salads, chips and iced beverages. The cost for lunch was included in your annual green fees.

### **BIRTHDAY CELEBRATION** **Wednesday, September 25** **12:00 p.m.**

Cake generously provided by our friends at Apple Rehab.

### **IN THE KNOW** **Wednesday, September 25** **12:30 p.m.**

### **HOLIDAY FAIR** **VOLUNTEER MEETING** **Friday, September 27** **10:00 a.m.**

Join our planning meeting for CSC's largest fundraiser of the year, if you plan to help out.

### **LUNCH BUNCH** **Friday, September 27** **11:30 a.m.**

This month's lunch outing will take us into Wethersfield to River: A Waterfront Restaurant and Bar. Described as the ultimate dining experience located on the banks of the Connecticut River, it offers a number of options for lunch including salads, pizza, pasta, sandwiches and more. Donation for bus transportation is \$5.00. Please pre-register in the office by September 20<sup>th</sup>.

### **MONDAY MATINEE** **PIZZA PARTY** **Monday, September 30** **12:00 p.m.**

Please register for this monthly program. \$5.00 gets you two slices of cheese pizza, snacks and a soft drink, as well as a screening of a new release movie. This month's movie will be *Rocketman* (rated R), the music fantasy and uncensored biography of Elton John's breakthrough years.



## CLASS SCHEDULE

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CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Instructor: Irene Watson	TUESDAYS 11:00 A.M.	4 CLASSES	NO FEE
<b>CHORAL GROUP</b> Beginning again on Monday, September 9, under the leadership of Justine Kowinsky. Sing along with your favorite tunes, as we prepare for our annual Holiday Show.	MONDAYS 10:30 A.M.	4 CLASSES	NO FEE
<b>KNIT &amp; CROCHET</b> Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
<b>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Barbara McKelvey & Kathy Pasay	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
<b>SIT &amp; BE FIT VIDEO</b> Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video featuring Becky Kowalczyk.	WEDNESDAYS & FRIDAYS 10:00 A.M.	9 CLASSES	NO FEE
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	4 CLASSES	NO FEE
<b>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.</b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	9 CLASSES	PRE-PAID CARD
<b>SENIOR YOGA</b> Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	8 CLASSES	PRE-PAID CARD
<b>SITTERCIZE</b> Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	9 CLASSES	PRE-PAID CARD
<b>STRENGTH &amp; STRETCH</b> Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	5 CLASSES	PRE-PAID CARD

## SPECIAL INTEREST GROUPS

**BINGO** Tuesdays & Fridays at 1:30 p.m.  
(Doors open at 1:00 p.m.)

**CHAIR MASSAGE** by appt. Thursdays  
beginning at 12 p.m.

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

**MAH JONGG** Mondays at 12:30 p.m.

**MEXICAN TRAIN DOMINOES** Thursdays at 12:30 p.m.

**FRI. FILM SERIES** Fridays at 10:00 a.m.

**PINOCHLE** Tuesdays, Wednesdays  
& Fridays at 12:30 p.m.

**SENIOR GOLF LEAGUE** Tuesdays at 9:00  
a.m. at Chantclair Golf Course

**SETBACK** Mondays at 12:30 p.m.

**Wii BOWLING** Thursdays at 10:00 a.m.

### **Wii BOWLING TOURNEY at EAST HAMPTON SENIOR CENTER**

**Friday, October 4  
10:00 a.m.**

We will be carpooling to this month's Wii bowling tournament with our friends from the East Hampton Senior Center. Please see Bernie Dixon to coordinate a ride.

### **"ASK THE TECH GEEKS" IS BACK WITH NEW VOLUNTEERS!**

**Wednesday, September 4  
2:30 p.m. to 4:00 p.m.**

We are happy to announce that we will have 3 new tech volunteers this month to give you 1:1 advice for your computer, tablet, or smart phone. Ron Vasquez, a fellow senior, and 2 Bacon Academy Juniors, Owen Mocksfield and (Justine's son) Nate Kowinsky. Pre-register for your free 20-minute appointment. Bring your equipment and they will assist you as best they can.

## 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 made in the Colchester Senior Center office.

## REGISTRATION POLICIES

Registration for any programs, activities, meals or trips can be made during office hours Monday-Friday. Please note that the office is closed daily from 12:30-1:00 p.m. for lunch. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up on or after the first day of the month. 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

**Friday, September 6**  
**10:30 a.m. – 11:30 a.m.**

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call to schedule at 860-537-3911.

### BLOOD PRESSURE CLINIC

**Monday, September 9**  
**9:30 a.m. – 10:15 a.m.**

Have your blood pressure checked by Liz Muller, L.P.N. from Chestelm Adult Day Services at this free monthly clinic.

### FOOT CLINIC

**Tuesday, September 17**  
**1:00 p.m. – 3:00 p.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 is scheduled at the Colchester Senior Center on:**

**Mon. 9:00 a.m.-1:00 p.m.**  
**Tues. 9:00 a.m.-1:00 p.m.**  
**Wed. 9:00 a.m.-1:00 p.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.*

## WHAT MAKES US FALL?

Have you ever wondered why people fall more when they get to be over 65? There are various reasons that seniors fall more often than their younger counterparts. Some reasons include: medical conditions, multiple medications, vision deficits, unsafe environments and lack of activity or mobility. What should we do?

1) If you or anyone you know has a fall it is important for their physician to be made aware. They may choose to refer you to a Physical Therapist.

2) If you are someone who doesn't exercise or move much, a Physical Therapist could help you get stronger or work on activities which promote balance which will prevent future falls.

3) If you are already someone who is active—keep moving! People who exercise and stretch regularly have a lower risk for falls.

4) If you have multiple prescriptions from different doctors, be sure to let your primary physician know all of the medications you're on (prescription and over-the-counter). Your physician can make sure that your medications are compatible and possible even reduce the medications you're on.

5) Get regular eye exams to prevent vision loss or glasses for clear vision.

6) Assess your environment for any potential hazards, especially on the floors. Keep pathways free from clutter. Keep a nightlight on in the bathroom. Add grab bars inside and outside of the tub to prevent slipping while bathing. Install grab bars beside the toilet to help with getting on/off of the toilet. Add railings to both sides of the stairs, if able, to decrease your risk for falling down the stairs. Lastly, remove area rugs.

Kelly Ruhe, PT  
Apple Rehab of Colchester



## SOCIAL SERVICES

### CHOICES COUNSELING

**Tuesday, September 10**  
**12:30 p.m. – 3:30 p.m.**

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.

### RENTERS REBATE

**Wednesdays, by appt.**

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 note: the season ends on October 1<sup>st</sup> please schedule your appointment accordingly by calling 860-537-3911.**

### ENERGY ASSISTANCE

**starting September 3<sup>rd</sup>**

This year, Energy Assistance appointments will be 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.

## MEETINGS IN SEPTEMBER

### AARP CHAPTER #4019

September 3 at 1:30 p.m.

### COMMISSION ON AGING

September 9 at 8:30 a.m.

### REGIONAL OMBUDSMAN

September 10 at 10:00 a.m.

### CSC STAFF MEETING

September 11 at 2:30 p.m.

### TRIAD MEETING

September 17 at 8:30 a.m.



## DINING OPTIONS

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Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.

### **COMMUNITY CAFÉ MEALS**

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

### **MEALS ON WHEELS**

Meals can be delivered daily to home-bound residents. Age eligibility for this program is age 60 and above. A suggested donation of \$2.00 is requested for each home delivered meal. To register for this program, please call TVCCA at 860-934-1006.

## **CONGRATULATIONS ARTISTS!**

Colchester Senior Artists fared very well in the Regional Art Show, placing in every category. Congratulations to all of our participating artists.

### **FIRST PRIZE IN CATEGORY**

#### SCULPTURE

*Equus*

Artist: Neal Alderman

#### PHOTOGRAPHY

*Hummingbird with Cardinal Flower*

Artist: Linda Waters

### **SECOND PRIZE IN CATEGORY**

#### PAINTING

*Tuscan Countryside*

Artist: Terry Congdon

### **THIRD PRIZE IN CATEGORY**

#### DRAWING

*Autumn Leaf*

Artist: Eileen Lumsden

## VOLUNTEER OPPORTUNITIES

**SUBSTITUTE BINGO CALLERS:** We are looking to train volunteers to be Bingo Callers on Tuesday or Friday afternoons, as needed. Great for those looking for a fun, low-commitment volunteer opportunity.

**MEALS-ON-WHEELS DRIVERS:** Serve as a substitute volunteer to deliver meals to home-bound residents; training provided. This position requires a valid driver's license and use of a personal vehicle.

**COMPUTER VOLUNTEERS:** We are currently seeking tech-savvy volunteers who can lead "Ask the Tech" workshops once per month. Meet individually with CSC members to answer their general questions about their phones, tables, laptops or other devices. Potential to develop classes/workshops, if interested.

## COMING IN OCTOBER!

### **OKTOBERFEST**

**Wednesday, October 16**

**11:00 a.m.**

Ashley Hamel will be here in her debut performance at the Colchester Senior Center, she will entertain us at 11:00 a.m. and an Oktoberfest themed lunch will be served at 12:00 noon. We will be decorated in a "Beers & Cheers" theme (y'all are over 21, right?) and we will enjoy a menu of Bratwurst, German Potato Salad, Braised Red Cabbage and German Chocolate Cake for dessert. Ticket purchase of \$8.00 is required.

### **HALLOWEEN PIZZA PARTY**

**Thursday, October 31**

**12:00 p.m.**

Join us for our fun, annual Halloween Pizza Party. Staff will be in costume, we encourage you to play along, too, if you're able. We'll enjoy pizza with a variety of everyone's favorite flavors...no anchovies, sorry! A tossed garden salad, cold beverage and Halloween themed dessert. Stay and join in some "spooky" games and activities! Tickets cost \$5.00 and are available for purchase beginning September 3<sup>rd</sup>.



## "BILLY ELLIOT" at the GOODSPEED



Wednesday, November 20, 11:00 a.m.

Young Billy Elliot is pulled between his family's coal-mining roots and his newly discovered passion to dance. Is his future, boxing gloves or ballet shoes? Following your dreams and overcoming obstacles had never been more electric than in this 10 time Tony award winning Broadway phenomenon, with songs by the legendary Elton John. Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story! Tickets are \$64.00 per person and includes reserved side-orchestra seats and senior bus transportation, taxes, and gratuities. **Sign up by Friday, October 11th.**

## NORMAN ROCKWELL MUSEUM IN STOCKBRIDGE, MA



Wednesday, December 4, Departure TBD

This tour of the Berkshires will begin at the famous Red Lion Inn where lunch will be served. Known for their outstanding food and genuine New England hospitality, you will pre select your entrée from the choices of either Hand Carved Native Turkey with Farmhouse stuffing or Baked Cod with Tomatoes and Olives. Next it's on to the Norman Rockwell Museum where you will experience some of Rockwell's most works including covers from his *Saturday Evening Post* and his powerful *Four Freedoms*. In the evening, the bus will go through Forest Park for their annual Bright Nights holiday light display while listening to holiday music. Cost is \$113.00 per person.

## OVERNIGHT TRIPS

### QUEBEC WINTER CARNIVAL



February 6-9, 2020, 7:00 a.m.

Venture North to Quebec City to enjoy the frozen festivities of the famous Quebec Winter Carnival! Stay at the 4-star Palace Royal located at the St. John Gate to the Walled City. Explore Old Quebec City including the Fresque de Quebecois, the Quartier Petit Champlain, the Quebec Observatory, the Beupre Coast, the Route de la Nouvelle France, St. Anne de Beupre Basilica and Montmorency Falls. Visit Winter Carnival with a local tour guide, see the enchanting Hotel de Glace, a full hotel constructed from ice, the Chateau Frontenac, the world's most photographed hotel and enjoy the famous Winter Carnival Night Parade from the VIP Section. 4 day, 3 night adventure with 6 meals included. Passport is required. Cost is \$930.00 p.p. double occupancy. \$100.00 deposit due upon registration. Final Payment is due December 2, 2019. **Trip presentation scheduled on Friday, September 13th at 10:30 a.m.**



= Light Walking



= Moderate Walking

## CANADIAN ROCKIES & GLACIER NATIONAL PARK



June 16-22, 2020, Departure TBD

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. Book now for a \$100 per person booking discount. **Trip presentation is scheduled on Monday, October 21th at 10:30 a.m. Rates are good through December 16, 2019.**

## PACIFIC COAST ADVENTURE



August 20-28, 2020, departure TBD

Enjoy an exciting 8 day-7 night adventure along the beautiful coastline of the Pacific Ocean. Highlights include a tour of Seattle City, Pike Place Market, the Space Needle, Mt. St. Helens Visitor Center, Portland City Tour, International Rose Test Garden, Oregon's Pacific Coast, Newport, Oregon Dunes National Recreation Area, Rogue River Jet-boat Trip, Redwood National Park, Avenue of the Giants, California Winery Tour & Tasting, Golden Gate Bridge, San Francisco City Tour, Fisherman Wharf Dinner. Includes Roundtrip airfare, 11 meals, tour director, hotel transfers, admissions, baggage handling. \$3,475 per person, double occupancy. Booking discount of \$200 per couple available. **\$300 per person deposit due by February 15<sup>th</sup>, 2020. Trip presentation scheduled on September 26 at 10:30 a.m.**

## FRENCH RIVIERA & PROVENCE




November 3-10, 2020, departure TBD

Highlights of the trip include 6 nights in one hotel in Nice, France, Nice City Tour, Nice Flower Market, Notre Dame Church, Eze Visit, Monte Carlo Area Tour, Casino Monte Carlo, Monte Carlo Cathedral, Aix-en-Provence, Paul Cezanne's Studio, French Riviera Leisure Days with many fantastic optional excursions. Includes roundtrip airfare from Bradley International Airport, 6 nights hotel accommodations, 8 meals, tour director, hotel transfers, motor coach transportation, admissions to sightseeing destinations, baggage handling. Cost is \$3,395 per person for double occupancy. Passport is required. **\$500 per person, deposit required at time of reservation. Final payment due by September 13, 2020. Trip presentation scheduled on October 24 at 10:30 a.m.**



= Mostly Walking



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>CSC closed in observance of Labor Day</b>	3 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo 2:00 AARP Meeting w/ Rep. Linda Orange & Sen. Norm Needleman	4 9:00 Making Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 2:30 Ask the Tech Geek, by appointment	5 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize NO Yoga NO Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	6 9:00 Strength & Stretch 10:00 Friday Film: <i>Life of the Party</i> (PG-13) 10:00 Sit & Be Fit Video 10:30 Hearing Clinic NO Yoga 12:30 Pinochle 1:30 Bingo	7
8  Grandparents' Day	9 Labor Day 8:30 C.O.A. Meeting 8:30 Gardening Club 9:00 Making Memories 9:00 Exercise w/ Anne 9:30 B.P. Clinic 10:00 Sittercize 10:30 Choral Group 10:30 Pet Therapy 12:30 Mah Jongg 12:30 Setback	10 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 11:00 Adult Coloring 12:30 CHOICES, by appointment 12:30 Pinochle 1:30 Bingo	11 9:00 Making Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 2:30 Staff Meeting	12 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:30 Shopping Trip to Lisbon (Walmart/Kohl's) 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	13 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:30 Trip Presentation: Winter Carnival-Quebec 11:00 Yoga 12:30 Pinochle 1:30 Bingo 3:00 Bingo Committee Meeting	14
15 Oktoberfestfest	16 7:00 Acadia Trip Depart 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	17 8:30 TRIAD Meeting 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 1:00 Foot Clinic 1:30 Bingo	18 9:00 Making Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 11:00 Labor Day Picnic 12:30 Pinochle 1:00 Seasonal Crafts	19 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Make & Take Workshop-Fall Cards 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	20 9:00 Strength & Stretch 9:30 Stitch & Fix w/ Maria 10:00 Friday Film: <i>Going In Style</i> (PG-13) 10:00 Sit & Be Fit Video 11:00 Yoga 12:00 AARP Smart Driver 12:30 Pinochle 1:30 Bingo	21 Oktoberfest Begins
22	23 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Fall Prevention Brunch & Workshop 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	24 9:00 Making Memories 9:00 Golf League with End-of-Season Banquet 9:45 Tai Chi 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	25 7:15 Gilded Age of the Berkshires Trip Departs 9:00 Making Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:00 Birthday Party 12:30 In The Know 12:30 Pinochle 1:00 Seasonal Crafts	26 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Trip Presentation: Pacific Coast Adventure 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet 5:00 CSC Escape Room	27 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:00 Holiday Fair Volunteer Meeting 11:30 Lunch Bunch to River: Restaurant & Bar 11:00 Yoga 12:30 Pinochle 1:30 Bingo	28
29	30 Autumn Begins 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:00 Mon Matinee Pizza Party: <i>Rocketman</i> (R) 12:30 Mah Jongg 12:30 Setback					

# September 2019

## National Senior Center Month





# TVCCA CAFÉ MENU ~ SEPTEMBER 2019






FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<p><b>2</b></p> <p><u>Labor Day Holiday</u> <i>Program closed</i></p> 	<p><b>3</b></p> <p><u><i>Birthday Celebration</i></u> Pesto Grilled Chicken Roasted Garlic Rice Green Beans Birthday Treat Grape Juice</p>	<p><b>4</b></p> <p>Beef &amp; Bean Chili Shell Pasta w/ Herbs Squash Mix w/ Carrots &amp; String Beans Fresh Orange <u>Or: Salad Choice:</u> <u>Waldorf Salad</u></p>	<p><b>5</b></p> <p>Stuffed Chicken Cordon Bleu Shredded Herb Potatoes Mixed Vegetables Medley Pineapple Tidbits</p>	<p><b>6</b></p> <p>Grilled Salmon Steamed Parsley Potatoes Peas &amp; Pearl Onion Applesauce Cup</p>
<p><b>9</b></p> <p>Chicken Parmesan Penne Pasta w/ Marinara Zucchini, Peas &amp; Carrots Diced Peaches</p> 	<p><b>10</b></p> <p>Salisbury Steak w/Gravy Garlic Mashed Potatoes Broccoli Fresh Fruit</p>	<p><b>11</b></p> <p>Crispy Fish Tacos w/ Cheddar Cheese &amp; Flour Tortilla Cilantro Lime Rice Corn w/ Onions &amp; Peppers Applesauce Cup <u>Or: Salad Choice:</u> <u>Chef Salad</u></p>	<p><b>12</b></p> <p>Stuffed Shells w/ Marinara Garlic Bread Green &amp; Waxed Beans Cauliflower Fruit Cocktail</p> 	<p><b>13</b></p> <p><u><b>Ethnic Celebration</b></u> Pork Stir Fry Steamed Rice Japanese Vegetable Blend Sweet Treat &amp; Orange Juice</p>
<p><b>16</b></p> <p>Monte Cristo: Egg Patty, Turkey Sausage, American Cheese &amp; French Toast Sweet Potato Tater Tots Broccoli, Peppers &amp; Mushrooms Fresh Orange</p>	<p><b>17</b></p> <p>Stuffed Pepper Casserole Carrot Coins Cauliflower Pineapple Tidbits</p>	<p><b>18</b></p> <p><u><i>Labor Day Picnic</i></u> BBQ Pulled Pork w/ Bun Corn on the Cob Coleslaw Peach Cobbler &amp; Grape Juice</p>	<p><b>19</b></p> <p>Creamy Chicken Dijon Garlic Roasted Potatoes Peas &amp; Carrots Pears w/ Mandarin Oranges</p>	<p><b>20</b></p> <p>Italian Sausage &amp; Peppers Penne Pasta w/ Marinara Squash Mix w/ Carrots &amp; String Beans Fruit Cocktail</p>
<p><b>23</b></p> <p>Meatball Grinder w/ Sub Roll &amp; Mozzarella Cheese Green &amp; Waxed Beans Sweet Treat &amp; Apple Juice</p>	<p><b>24</b></p> <p>Pork Sausage &amp; Gravy w/ Biscuit Tater Tots Peas &amp; Pearl Onions Applesauce Cup</p> 	<p><b>25</b></p> <p>Teriyaki Chicken Breast Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges <u>Or: Salad Choice:</u> <u>Rhode Island Seafood Salad</u></p>	<p><b>26</b></p> <p>Haddock w/ Herbs &amp; Tomatoes Penne Pasta Mixed Vegetables Medley Diced Peaches</p>	<p><b>27</b></p> <p>Swedish Meatballs Egg Noodles Broccoli Fresh Fruit</p>
<p><b>30</b></p> <p>Braised Pork w/ Herb Sauce Yellow Rice &amp; Black Beans Squash Mix w/ Carrots &amp; String Beans Pineapple Tidbits</p>		<p>1% milk and whole wheat bread are served with each meal. Menu is subject to change without notice.</p>	<p>Senior Nutrition Program <b>81 Stockhouse Road</b> <b>Bozrah, CT 06334</b> <b>860-886-1720</b>  (24hr voice mail available) www.tvcca.org</p>	<p><b>PAGE 10</b></p>