

# COLCHESTER SENIOR CENTER



## news

### August 2021

#### **CHORAL GROUP RETURNS** **Fridays, Beginning August 13** **10:30 a.m.**

The Choral Group is back after over a year hiatus! Come and sing-along to your favorite tunes as we prepare for winter concerts at local rehabilitation and nursing centers. Please come with a few song suggestions. All are welcome to join, no musical training is necessary.

#### **NEW SENIOR CENTER** **INFO SESSION** **Monday, August 9** **1:30 p.m.**

Come learn more about the long-awaited proposed Senior Center for Colchester. Join with members of the Senior Center Building Committee to learn more about this exciting project, see the architect's drawings, the room layout and learn more about the cost for this project. Ask questions and get answers before the September 23<sup>rd</sup> referendum vote.

#### **BRIDGE CLUB** **Mondays, Beginning Aug. 9** **12:30 p.m.**

Come play this challenging and fun game with fellow CSC members. Joining our Bridge Club is a great way to meet new people and learn more about the game. If you are interested in learning, lessons can be arranged with one of our experienced players. Please call the office to register for the first session.



#### **WADSWORTH FESTIVAL OF** **TREES & TRADITIONS** **PLANNING MEETING** **Wednesday, August 11** **1:00 p.m.**

Be a part of the fun by joining our Festival of Trees Planning Committee. We will be designing and crafting a tree for the 2021 Festival of Trees & Traditions at the Wadsworth Atheneum. During this meeting we will be discussing and designing our tree, which we will work through the fall to craft. Those who participate will receive tickets and a daytrip to go see this festive exhibit in early December.

#### **FINANCIAL FRAUD BINGO** **PRESENTATION** **Monday, August 16** **1:30 p.m.**

This fun twist on Bingo will help you learn about common financial frauds that you need to look out for. Kathleen Titsworth from the State of CT Department of Banking will be educating us on some of the most common scams out there, in a fun and educational format. Prizes will be given for each winner. This game will be free, please register by August 9<sup>th</sup>.

#### **EVERYTHING YOU DIDN'T** **KNOW ABOUT YOUR** **SENIOR CENTER** **Thursday, August 19** **1:30 p.m.**

Come learn the important role the senior center plays in our community with CSC Director, Patty Watts. The presentation will include the history of senior centers in our country, all of the important missions of a multi-purpose senior center, current trends and the exciting possibility of a new senior center facility for Colchester in the near future.

#### **WATERCOLOR WORKSHOP** **"PALLETE PASSPORT"** **August 23, 30 & Sept 13 & 20** **1:00 p.m.**

This 4 week watercolor workshop is a course designed for beginner and intermediate artists wishing to explore and improve their watercolor painting techniques. In this workshop, instructor Erica Treaster will take you to a different country each week and explore the native art of that region. The cost for all 4 classes is \$60, which includes all of your materials. Please register by August 16<sup>th</sup>.

#### **MAKING WAVES** **ISLAND PARTY** **Wednesday, August 25** **11:00 a.m.**

Get away on a tropical island without ever leaving town. Rock your shades and Hawaiian shirts for this summertime Island Party featuring a special Hula Show with Tiare Kahana of Kahana Hula. The performance will be followed by a lunch of glazed ham, rice pilaf, green beans almandine, and a tropical dessert. Tickets are \$8.00 each. Please register by August 18.

#### **SENIOR GOLF LEAGUE** **SEASON'S END PICNIC** **Tuesday, August 31** **11:30 a.m.**

Our Co-Ed Senior Golf League is finishing up their 16-week season. It's time to celebrate another successful season of golf for our Co-ed Senior Golf League. Members of the league will be meeting at the Chanticleir under the pavilion behind the clubhouse after their last session of golf. The lunch will consist of your choice of grinder, macaroni salad, potato chips, Arnold Palmer iced tea or water, and a dessert. Rain date will be September 7<sup>th</sup>. RSVP in the office or by calling 860-537-3911.



**COLCHESTER SENIOR  
CENTER**  
95 Norwich Ave.  
Colchester, CT 06415

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

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

### **HOURS OF OPERATION**

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

### **SENIOR CENTER STAFF**

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

**Ruth Reinwald**  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Susan Plefka**  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto: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**

As I write this letter, I am just one day away from celebrating my 50<sup>th</sup> birthday. What a milestone, heading into a new decade, with all of the possibilities! I have to say, I don't really get hung up on numbers when it comes to aging...I have had the privilege to know so many fabulous older adults in my lifetime that I probably have a bit of a different view on aging than most people (and especially women) of my age. Throughout my career, I have known folks who were "old" for their age and oh so many others who had a powerful spirit of vitality and purpose right into their 90's and beyond. I've observed through the years that one's attitude has a lot to do with the way people age—not always, certainly illness and pain can play a role—but undoubtedly there is a role that attitude and perceptions about aging impact one's journey.

I think that's why I'm such a firm believer in what senior centers are all about. There is evidence that people who are connected to senior centers age better, scientifically. How cool is that? According to the National Council on Aging (NCOA), "Compared to their peers, senior center participants have higher levels of health, social interaction, and life satisfaction." Sounds like a great mission to me! I am so proud that my life's passion has led me to this setting, where I can see the difference our work makes every day.

Again from the NCOA, "Senior Centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them to stay healthy and independent." Some of the many services you can find at local senior centers, including Colchester's are: meal and nutrition programs; information and assistance; health, fitness and wellness programs; transportation services; public benefits counseling; meaningful volunteer experiences; social and recreational activities; educational and arts programs; and intergenerational programs.

What is the impact of having these services so conveniently available to you? According to the NCOA, "Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measureable improvements in their physical, social, spiritual, emotional, mental, and economic well-being."

This month, every household will receive a flyer by mail about the proposed new senior center for Colchester, filled with everything you need to know to make a well-informed decision regarding this project—how the building will be used by seniors and the community; how the building will be configured for program use; statistics about our aging population and membership; and anticipated cost of the project. On Thursday, September 23<sup>rd</sup>, Colchester voters will have the opportunity to participate in a referendum which will decide whether or not to proceed with the new senior center. No matter how you decide to vote, please make a plan to get to the polls that day, cast your ballot and let your voice be heard.

Warmly,

*Patty*



## **PROGRAMS**

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### **SENIOR GOLF LEAGUE**

**Tuesdays at 9:00 a.m.**

The Co-ed Senior Golf League will meet for 16 weeks at the Chantclair 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.

### **WALKING GROUP MEETUP**

**\*NEW TIME\***

**Wednesdays at 8:30 a.m.**

Wear your sneakers and meet at the Airline trail on Rte. 85 in Amston. Weather permitting.

### **EVENING TOURS OF CSC**

**Wednesdays at 7:00 p.m.**

Invite your friends and family to the Colchester Senior Center on Wednesday evenings in August to take a tour of our facilities. These tours will give our community a chance to get to know the building that houses the senior center.

### **GARDEN CLUB**

**Monday, August 2  
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 August 9<sup>th</sup>.

### **MORNING COFFEE & BAKED GOODS**

**Beginning August 2nd**

All are welcome to come back to the Colchester Senior Center for our morning baked goods and coffee. Come socialize with fellow CSC members and start your morning off the right way. AM treats are complimentary, however we do accept donations which support our program fund.



### **NEW TO MEDICARE**

**Tuesday, August 3  
2:00 p.m.**

Join Senior Resources to learn everything you need to know about enrollment, Medicare options, and financial assistance programs. This session will be held over Zoom or Conference Call. Registration is required.

### **MEDICARE SAVINGS & LOW INCOME SUBSIDY PROGRAM**

**Wednesday, August 4  
2:00 p.m.**

This free presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging. You will learn how to make Medicare Premiums and prescription drugs more affordable. This session will be held over Zoom or Conference Call. Registration is required.

### **PET THERAPY**

**Monday, August 9  
10:00 a.m.**

We invite our dog-loving members to come and get a little TLC from "Stitch", a certified therapy dog, with her owner and Colchester's First Selectman, Mary Bylone.

### **SHOPPING TRIP**

**Thursday, August 12  
10:30 a.m. Departure**

This month's monthly shopping trip will be to Lisbon. Suggested donation is \$5.00. Space is limited. Please pre-register by calling the office.

### **BOOK CLUB DISCUSSION**

**Tuesday, August 17  
10:30 a.m.**

This month's book selection is *A Hundred Summers* by Beatriz Williams. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively and interesting discussion.

### **STEP BY STEP PAINTING: HAPPY SUNFLOWER**

**Tuesday, August 24  
10:00 a.m.**

This month we will be painting a bright and fun sunflower with acrylic paint. Materials are \$20.00 or you can provide your own paint and canvas and join for free. No experience necessary! Call the senior center to register.

### **IN THE KNOW**

**Tuesday, August 24  
12:30 p.m.**

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips and answers any questions you may have. Everyone is welcome to participate, no registration required.

### **AARP SAFE DRIVER CLASS**

**Wednesday, August 25  
12:30 p.m.**

Taking this class could make you eligible for a discount on your insurance. The deadline to register for the first Zoom class is August 11<sup>th</sup>. To register, please email your name, mailing address, phone number, and AARP number to [bbleveille@gmail.com](mailto:bbleveille@gmail.com).

### **COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN**

**Thursday, August 26  
10:30 a.m.**

Join Mary Bylone, the First Selectman of Colchester to engage in meaningful dialogue about the goings-on in Colchester. Mary will keep you up-to-date on Colchester happenings, announce town-wide events and more at this informative monthly forum.



## CLASS SCHEDULE

CLASS	DAY & TIME	LOCATION	FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>LEARN TO SIGN WITH RUTH</b> This beginner's course will show you the basic of American Sign Language (ASL). Leader: Ruth Reinwald	<b>MONDAYS</b> <b>11:00 A.M.</b>	CSC	NO FEE
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group.	<b>THURSDAYS</b> <b>1:00 P.M.</b>	CSC	NO FEE
<b>SIT &amp; BE FIT VIDEO</b> Beginner level chair exercises that focus on all areas of the body.	<b>WEDNESDAYS &amp; FRIDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leaders: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	ZOOM	NO FEE
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting.	<b>WEDNESDAYS</b> <b>8:30 A.M.</b>	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</i></b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp; THURSDAYS</b> <b>9:00 A.M.</b>	ZOOM	PRE-PAID CARD
<b>SENIOR YOGA</b> 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	<b>THURSDAYS &amp; FRIDAYS</b> <b>11:00 A.M.</b>	ZOOM	PRE-PAID CARD
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> <b>10:00 A.M.</b>	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

<b>BRIDGE</b>	Mondays at 12:30 p.m.
<b>MAH JONGG</b>	Mondays at 12:30 p.m.
<b>PINOCHLE</b>	Tuesdays at 12:30 p.m.
<b>BINGO</b>	Tuesdays & Fridays at 1:30 p.m.
<b>MEXICAN TRAIN DOMINOES</b>	Thursdays at 12:30 p.m.
<b>Wii BOWLING</b>	Thursdays at 10:00 a.m.
<b>CHAIR MASSAGE</b>	Thursdays, beginning at 12:00 (by appointment only)
<b>CHORAL GROUP</b>	Fridays at 10:30 a.m.
<b>REEL FRIENDS MOVIE CLUB</b>	Fridays at 12:30 p.m.—see page 9 for movie schedule



## EVENING PROGRAMS

**Wed. August 4, 11 & 18 at 7:00 p.m.**

Evening tours of Colchester Senior Center for  
the public with Patty Watts

**Wednesday, August 11 at 7:00 p.m.**

AARP Webinar Wednesday Presents: How to  
Participate in Our Digital World

**Wednesday, August 18 at 7:00 p.m.**

AARP Webinar Wednesday Presents: Wildlife  
Conservation & More with Connecticut's  
Beardsley Zoo

**Wednesday, August 25 at 7:00 p.m.**

AARP Webinar Wednesday Presents: Bicycle  
Safety with BiCiCo Community Bicycle

For more virtual evening programs please visit  
[states.aarp.org/connecticut/events-ct](https://states.aarp.org/connecticut/events-ct).  
Links for registration can be found in the July  
Zoom Links Table. Call the senior center for  
more information or assistance.

## 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. See our CSC Policies and Procedures Manual for additional Information.

We require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. All rides are on a first-come-first served basis. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be dropped off or mailed into the Colchester Senior Center office at: CSC 95 Norwich Ave. Colchester, CT 06415.

## REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. Please make checks payable to "Colchester Senior Center" or "CSC". 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 at 860-537-3911.



## HEALTH & WELLNESS

### HEARING SCREENINGS

**Friday, August 6 at 10:00 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.

### BLOOD PRESSURE CLINIC

**Tuesday, August 10 at 9:15 a.m.**

Victoria 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.

### FOOT CLINIC

**Wednesday, October 6 at 1:30 p.m.  
(by appointment)**

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 schedule will be as follows:

**Mon. 9:00 a.m.-12:00 p.m.**

**Tues. 9:00 a.m.-12:00 p.m.**

**Wed. 9:00 a.m.-12:00 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.*

## 21 SIGNS OF HEAT EXHAUSTION & HEAT STROKE

It's the season for BBQ's, swimming, camping and sunshine. While it is understandable that we want to be outdoors more, enjoying the beautiful weather, excessive amounts of heat or sun exposure can make us vulnerable to heat exhaustion or heat stroke. Do you know the signs and symptoms of these two serious conditions?

### Signs of Heat Exhaustion:

*Abdominal Cramps, Confusion, Dark-Colored Urine, Diarrhea, Dizziness, Excessive Sweating, Fainting, Fatigue, Headaches, Muscle Cramps, Nausea, Pale Skin, Rapid Heartbeat and/or Vomiting*

It is important to address the symptoms as quickly as possible by getting out of the heat and sun, seeking shade or air conditioned spaces, drinking plenty of water, avoiding caffeinated beverages or foods, or taking a cool shower/bath. If you don't get relief within 15 minutes or if you lose consciousness, you should seek medical help.

### Signs of Heat Stroke:

*Confusion/Disorientation, Dizziness, Fainting, Headache, Lack of Sweating, Muscle Weakness or Cramps, Nausea, Rapid Heartbeat, Red/Hot Skin, Seizures, Staggering, Unconsciousness or Vomiting*

Heat Stroke is a serious medical emergency that requires immediate attention. It can damage organs or be fatal if it becomes too severe or is not addressed quickly enough. Call 911 immediately. Written by Michelle Schoffro Cook



## SOCIAL SERVICES

### CHOICES COUNSELING

**Tuesday, August 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 (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 AUGUST

### COMMISSION ON AGING

**Monday, August 9  
8:30 a.m.**

### CSC STAFF MEETING

**Wednesday, August 11  
2:30 p.m.**

### SENIOR CENTER BUILDING COMMITTEE

**Tuesday, August 10 & 24  
7:00 p.m.**

Zoom links to join Committee or Board Meetings are posted on the Town website at: [www.colchesterct.gov](http://www.colchesterct.gov)



## DINING OPTIONS

### DINING OPTIONS

*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 DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.

## VOLUNTEER OPPORTUNITIES

**Meals on Wheels Driver:** Must have own transportation. Different days/routes available. Call Valerie at 860-537-3911.

**Substitute Bingo Caller:** Set up and call Bingo games, as needed on Tuesday or Friday afternoons and clean up afterward. Training will be provided.

**Choral Group Leader:** Ideal candidate will have some music knowledge and ability to lead a group.



## COMING IN SEPTEMBER

**In-Person Fitness:** Beginning in September, the Colchester Senior Center will be reintroducing in-person fitness classes. You will have the option to continue virtual Zoom classes or come to the senior center for Exercise with Anne, Sittercize, Yoga, and Tai Chi. Ruth will continue to track Fitness Card balances through September.

**Line Dancing Workshop:** This free weekly class is the perfect way to have fun and exercise all at the same time! Led by former Program Coordinator, Priscilla Clesowich, line dancing will be held on Wednesdays at 1:30 in the Veteran's Room.

**Lunch Bunch Returns:** It's the moment you've all been waiting for! Lunch Bunch will resume meeting on the last Friday of each month to visit dine at a local restaurant. If you have restaurant recommendations within 30 miles of the Colchester Senior Center, please feel free to give them to Ruth. The first lunch bunch will meet on Friday, September 24<sup>th</sup>.



### STITCH & FIX PROGRAM RETURNS

**August 6 & 20, by appointment  
10:00 a.m.**

We are pleased to be able to reintroduce the Stitch & Fix Program with Maria Cusano. Bring your items that need hemming, slight mending, buttons replaced, etc. and Maria will take care of it and return it within 2 weeks. By appointment, please sign up in the office.

## SAVE THE DATE!

**Proposed NEW Senior Center  
Referendum**

Thursday, September 23<sup>rd</sup>



### **\*SOLD OUT\* HUDSON RIVER CRUISE**

**Thursday, September 23, 8:00 a.m.**

Enjoy a pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff 40 ft. above the Hudson with truly grand views. Select from Mediterranean Chicken or Penne a la Vodka (meal selection made in advance). Following lunch, it's All Aboard! The Rip Van Winkle for a narrated cruise to see views of the Hudson River, lighthouses, waterfront mansions and other amazing sights. **Cost is \$130p.p.**

### **\*SOLD OUT\* AUTUMN HARVEST BISTRO**

**TRAIN NEWPORT, RI** 

**Wednesday, October 20, 9:00 a.m.**

All aboard for a special train ride on the Newport & Narragansett Bay Railroad along the Aquidneck Island with views of Narragansett Bay. Ride and dine on vintage era passenger cars during the Autumn harvest. While aboard you will be treated to a special seasonal lunch created right on board by their chef. Choice of Turkey with Apple Walnut Stuffing, Yankee Pot Roast or Butternut Squash Penne, served with seasonal soup, apple tart and beverages. **Cost is \$120 p.p.**

### **\*SOLD OUT\* VAN GOGH-THE IMMERSIVE**

**EXPERIENCE & QUINCY MARKET** 

**Wednesday, November 17, 8:00 a.m.**

Have you ever dreamt of stepping into a painting? Take an awe-inspiring journey into the incomparable universe of Van Gogh, one of the greatest artistic geniuses of the 19<sup>th</sup> century. Explore his life and his work as never before through a cutting-edge 360 degree digital projections in this one-of-a-kind experience. Time in Quincy Market for shopping and dining (lunch not provided). **Cost is \$112 p.p.**

### **\*SOLD OUT\* NEWPORT PLAYHOUSE**

**Thursday, December 9, 9:30 a.m.**

Come see the World Premiere of this hilarious Christmas Comedy. During the holiday season, Carol tends to take Christmas too far with decorations, presents and overbearing traditions that not everyone appreciates in the office. Her co-workers love Carol, but this time of year, she gets on everyone's last nerve! With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of the season? Lunch served before the show at the staff served buffet, reserved seats for the show and even a Cabaret Show. **Cost is \$129 p.p.**

 = Light Walking

 = Moderate Walking

## OVERNIGHT TRIPS

### **"QUEEN ESTHER" AT SIGHTS & SOUNDS THEATRE IN LANCASTER, PA**

**November 30- December 2, 2021**

Experience the best of Lancaster's heritage and culture with this tour of the heart of Amish Country. This three day tour will start with a meal in the home of an Amish family. You will also experience a guided tour of the Amish countryside, learning about their way of life and stopping to explore Kitchen Kettle Village and its 42 shops and restaurants. Take your seats in the Sights & Sounds theatre for their brand new production of "Queen Esther". Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals. The trip will feature 2 breakfast, 2 dinners, theatre admission tickets, and gratuity. **Cost is \$599 p.p. double occupancy.**

### **SPOTLIGHT ON NEW ORLEANS**

**April 24-28, 2022**

A captivating jewel on the shores on the Mississippi River, New Orleans' French Quarter is the heartbeat of a magnificent city. Every year, visitors descend on this vibrant city, ripe with art galleries, antique stores, jazz clubs, and restaurants. In the brick buildings with their walled-in courtyards and ornate cast-iron balconies, Spanish, French, Creole and American influences integrate seamlessly along cobblestone streets. This fantastic 5 day trip will feature 4 breakfasts and two dinners. Sign up by October 24<sup>th</sup> and save \$150. **The cost of the trip is \$1,999 p.p. double occupancy before October 24.**

### **CANADIAN ROCKIES GLACIER NATIONAL PARK**

**June 18-24, 2022**

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. **The cost of the trip is \$3,279 p.p. double occupancy before December 18.**

  = Mostly Walking



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Gardening 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 2:00 Live Well (CC)	2 9:00 Making Memories 9:00 Sr. Golf League 9:45 Tai Chi (Z) 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo 2:00 New to Medicare Program (Z or CC)	3 9:00 Making Memories 9:00 Sr. Golf League 9:45 Tai Chi (Z) 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo 2:00 New to Medicare Program (Z or CC)	4 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 2:00 MSP & LIS Program (Z or CC) 7:00 Evening Tour of CSC	5 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 10:00 Wii Bowling 11:00 Yoga (Z) 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	6 10:00 Sit & Be Fit 10:00 Hearing Screening 10:00 Stitch & Fix with Maria, by appointment 11:00 Yoga (Z) 12:30 Reel Friends Movie Club "The Trial of the Chicago 7" (Rated R) 1:30 Bingo	7
8 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Pet Therapy 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:30 New Sr. Center Info Session 2:00 Live Well (CC)	9 9:00 Making Memories 9:00 Sr. Golf League 9:45 BP Clinic 9:45 Tai Chi (Z) 11:00 Adult Coloring 12:30-3:30 CHOICES Counseling, by appt. 12:30 Pinochle 1:30 Bingo 7:00 Sr. Center Building Committee (Z)	10 9:00 Making Memories 9:00 Sr. Golf League 9:45 BP Clinic 9:45 Tai Chi (Z) 11:00 Adult Coloring 12:30-3:30 CHOICES Counseling, by appt. 12:30 Pinochle 1:30 Bingo 7:00 Sr. Center Building Committee (Z)	11 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Festival of Trees Planning Meeting 2:30 CSC Staff Meeting 7:00 Evening Tour of CSC 7:00 AARP Digital World (Z)	12 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 10:00 Wii Bowling 10:30 Shopping Trip to Lisbon 11:00 Yoga (Z) 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	13 9:00 Coffee, Tea, & SMP Panel (CC) 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga (Z) 12:30 Reel Friends Movie Club "Jojo Rabbit" (Rated PG-13) 1:30 Bingo	14
15 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:30 Financial Fraud Bingo 2:00 Live Well (CC)	16 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:30 Financial Fraud Bingo 2:00 Live Well (CC)	17 9:00 Making Memories 9:00 Sr. Golf League 9:45 Tai Chi (Z) 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	18 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 7:00 Evening Tour of CSC 7:00 AARP Wildlife Conservation (Z)	19 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 10:00 Wii Bowling 11:00 Yoga (Z) 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 1:30 Everything You Didn't Know About Your Sr. Center	20 10:00 Sit & Be Fit 10:00 Stitch & Fix with Maria, by appointment 10:30 Choral Group 11:00 Yoga (Z) 12:30 Reel Friends Movie Club "The Courier" (Rated PG-13) 1:30 Bingo	21
22 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Watercolor Workshop	23 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Watercolor Workshop	24 9:00 Making Memories 9:00 Sr. Golf League 9:45 Tai Chi (Z) 10:00 Step By Step Painting 11:00 Adult Coloring 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 Sr. Center Building Committee (Z)	25 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 12:30 AARP Driver Safety Class (Z) 11:00 Making Waves Island Party 7:00 AARP Bicycle Safety (Z)	26 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 10:00 Wii Bowling 10:30 Community Conversation w/ the FS 11:00 Yoga (Z) 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	27 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga (Z) 12:30 Reel Friends Movie Club "Queen Bees" (Rated PG-13) 1:30 Bingo	28
29 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Watercolor Workshop	30 9:00 Making Memories 9:00 Exercise w/ Anne (Z) 10:00 Sittercize (Z) 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Watercolor Workshop	31 9:00 Making Memories 9:00 Sr. Golf League 9:45 Tai Chi (Z) 11:00 Adult Coloring 11:30 Sr. Golf League Season's End Banquet 12:30 Pinochle 1:30 Bingo				

# August 2021

Colchester Senior Center





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 CAFE MENU ~ AUGUST 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>2</b></p> <p>Beef Hot Dog w/ Bun Baked Beans Peas &amp; Carrots Applesauce Cup</p>	<p><b>3</b></p> <p>Italian Pork Sausage &amp; Peppers Penne Pasta w/ Herbs Green &amp; Yellow Squash Diced Peaches</p>	<p><b>4</b></p> <p>Salisbury Steak w/ Gravy Garlic Mashed Potatoes Zucchini, Peas, &amp; Carrots Fresh Orange</p>	<p><b>5</b></p> <p>Cod w/ Lemon Dill Sauce Parsley Potatoes Broccoli Mixed Fruit Cup</p>	<p><b>6</b></p> <p>Country Style Chicken Buttermilk Mashed Potatoes Mixed Vegetables Medley Sweet Treat Grape Juice</p> <p><b>Or: Salad Choice: Rhode Island Seafood Salad</b></p>
<p><b>9</b></p> <p>Chicken Cacciatore Farfalle Pasta w/ Marinara Green Beans Diced Peaches</p>	<p><b>10</b></p> <p>Steak Fajitas w/ Cheddar Cheese Yellow Rice &amp; Black Beans Broccoli Fresh Fruit</p>	<p><b>11</b></p> <p>Crispy Cod Macaroni &amp; Cheese Squash Mix Sweet Treat Orange Juice</p>	<p><b>12</b></p> <p>Stuffed Chicken w/ Broccoli &amp; Cheese Herb Roasted Potatoes Zucchini, Peas, &amp; Carrots Diced Peas</p>	<p><b>13</b></p> <p>Swedish Meatballs Egg Noodles Corn w/ Peppers &amp; Onions Mixed Fruit Cup</p> <p><b>Or: Salad Choice: Waldorf Chicken Salad</b></p>
<p><b>16</b></p> <p>Cheese Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Tropical Fruit Cup</p>	<p><b>17</b></p> <p><b>Birthday Celebration</b> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green &amp; Waxed Beans Birthday Treat Grape Juice</p>	<p><b>18</b></p> <p>Meatballs Marinara Penne Pasta Broccoli Fruit Cocktail</p>	<p><b>19</b></p> <p>Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Green &amp; Yellow Squash Pineapple Tidbits</p>	<p><b>20</b></p> <p>Shrimp Stir-Fry Steamed Rice Japanese Vegetable Blend Fresh Orange</p> <p><b>Or: Salad Choice: Taco Salad</b></p>
<p><b>23</b></p> <p>Stuffed Chicken Kiev Rice Pilaf Corn w/ Peppers &amp; Onions Sweet Treat Apple Juice</p>	<p><b>24</b></p> <p>Stuffed Shells w/ Marinara Lima Beans Carrot Coins Applesauce Cup</p>	<p><b>25</b></p> <p><b>Making Waves Island Party</b> Pineapple Glazed Ham Rice Pilaf Green Beans Almandine Tropical Dessert</p> <p><b>Ticket Cost: \$8.00</b></p>	<p><b>26</b></p> <p>Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Fresh Fruit</p>	<p><b>27</b></p> <p><b>Ethnic Celebration</b> Cuban Pulled Pork Spanish Rice Green Beans Tropical Fruit Cup</p> <p><b>Or: Salad Choice: Grilled Chicken Caesar Salad</b></p>
<p><b>30</b></p> <p>Whole Grain Fish Sticks Tater' Tots Broccoli, Peppers &amp; Mushrooms Fresh Orange</p>	<p><b>31</b></p> <p>Western Omelet Home Fries Squash Mix Fruit Cocktail</p>		<p><b>1% Milk and Whole Grain Bread served with each meal.</b></p> <p><b>Menu is subject to change without notice.</b></p>	<p>TVCCA Senior Nutrition Program <b>81 Stockhouse Road Bozrah, CT 06334 860-886-1720</b></p> <p>(24hr voice mail available)</p> <p><b>PAGE 10</b></p>

