

COLCHESTER SENIOR CENTER

September 2021



news

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Celebrate the Colchester Senior Center with us this month as we take a closer look at our town's slogan **"Where Tradition Meets Tomorrow."** Colchester is full of history and traditions that make us a rich and interesting community—and our seniors bring an especially rich history to Colchester. We will be celebrating the history that shaped us as well as looking into the future. We have a lot to be proud of as a community, especially after the last year we've had. Join us on September 22nd as we celebrate the past and look forward to building a bright future together.

IN-PERSON EXERCISE Beginning September 1

Beginning in September you have the option to either continue virtual exercise from home or come to the senior center and join our instructors live for Exercise with Anne, Sittercize, Yoga, and Tai Chi. Fitness cards will continue to be tracked by Ruth for the month of September.

LINE DANCING CLASS Wednesdays beginning Sept. 8 1:30 p.m.

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. We will be offering line dancing as a 4 week workshop with the potential for more classes added if there is enough interest. Please pre-register by calling 860-537-3911.

END-OF-SUMMER COOKOUT SPECIAL EVENT LUNCHEON Wednesday, September 15 11:00 a.m.

With just a few days until Fall, we have time for one last summer cookout in this month's themed special event. Get cozy by the "fire" and enjoy some country tunes courtesy of Still Pickin'. Enjoy a delicious lunch of BBQ chicken, baked beans, coleslaw, and strawberry shortcake immediately following the performance. Tickets are \$8.00 each. Please register by September 8th.

NEW ORLEANS & CANADIAN ROCKIES TRIP PRESENTATION Friday, September 17 10:00 a.m.

Our travel programs are officially back! We are so excited to be offering you these two fabulous trips in 2022. Join Tracy O'Neill from Collette to learn more about the April trip to New Orleans and the June trip to the Canadian Rockies and Glacier National Park, including the itineraries of activities. Pre-register in the office.

MADE IN COLCHESTER CELEBRATION Wednesday, September 22 4:00 p.m.

Spend your evening at the Colchester Senior Center enjoying the spoils of our rich farming history and items whose history was made in our back yard. We will be open late for refreshments provided by some of our local farms and restaurants. The evening will feature a presentation by the Colchester Historical Society about the Hayward Rubber Company, along with some memorabilia on display. Tickets for this event are \$5.00. Please register in the office by September 15th.

LUNCH BUNCH RETURNS Friday, September 24 11:00 a.m.

This month we will bring back our monthly Lunch Bunch outing which many people have greatly missed! For our first outing we will be going to the newly opened Portland Ale House in Portland, CT. Space for this trip is limited so sign up early to ensure your spot! Suggested donation is \$4.00 for bus transportation.

FALLS PREVENTION BREAKFAST Wednesday, September 29 9:00 a.m.

In recognition of Falls Awareness Month, Chestelm Health & Rehab and Preferred Therapy Solutions are presenting an informative program that covers everything from environmental hazards to balance exercises to tips for how to fall in a way that lessens injury. The presentation will be followed by a delicious breakfast of assorted quiches, home fries, fresh fruit, pastries, juice, coffee or tea provided by Chestelm Health & Rehab. This is a free program. Please register by September 22nd.

FALL CARD MAKING WORKSHOP Friday, October 1 10:00 a.m.

Fall is here and it's time to spread some cheer! What better way to brighten someone's day than to send them a lovely handmade card? Join talented CSC member, Barbara Gozzo, for a card-making workshop where you will go home with a beautiful set of handmade cards to keep or send to someone special. There is a \$5.00 charge for the materials. Please pre-register in the office by September 24th.

**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
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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

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Nan Wasniewski, Vice Chair
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From the Director's Desk

September is National Senior Center Month, where typically, the National Council on Aging gives us a theme to promote to celebrate the important work done by senior centers across the nation. This year, there was no theme given. With a disrupted year dominated by the pandemic, the NCOA encouraged senior centers to celebrate a theme that is meaningful to them. We have chosen Colchester's slogan of "Where Tradition Meets Tomorrow." You'll see that theme in some wonderful programs throughout this month and I hope you will celebrate everything good about the Colchester Senior Center with us.

I can't think of a time in history when senior centers were more important. COVID-19 brought the needs of seniors into the public consciousness in a different way—suddenly people were concerned for the safety of seniors, if seniors were able to get to their medical appointments, whether or not they had adequate food and medical supplies, even the needs of those who might be socially isolated in our community. My friends, these are some of the critical services we provide; these are the concerns of our older neighbors which we consider all of the time—it's our mission. Although there were challenges we faced while our building was closed, we figured out ways to innovate and continue to deliver those critical services. We understand what a support and lifeline we are to the senior community and I believe we effectively rose to meet those challenges.

The Colchester Senior Center has a proud heritage of 43 years and many important traditions, but we are also at a point in our history where we need to plan for the challenges of tomorrow. As the Town of Colchester has changed, our population has grown, and as the demographics of the Town shift and the number of senior citizens reaches unprecedented levels, we need to be equipped to meet the needs of the seniors of today, and for generations into the future. The proposed new senior center is one of the ways that the Town is recognizing those needs and seeking to address them.

We anticipated and advertised that the referendum for the proposed new senior center would go before a vote on September 23rd. That is no longer the case. With the Town Operational Budget yet to be passed, and the fact that the State will soon be deciding on whether or not they will be approving the application for funding, the decision was made unanimously by the Senior Center Building Committee to reschedule the senior center referendum. If funded, the State dollars will make up about a third of the project's cost. This would make a substantial difference, and ultimately was the deciding factor in favor of waiting for that important answer.

Please don't let this be a discouragement to you—we are so close. The Building Committee believes if we are awarded this funding, it makes the chances of passing at referendum even that much greater. So, although it will have a slight impact on the timeline, it makes our dreams of a new senior center even closer to becoming reality. We will keep educating the public about the project; we will not slow down our momentum. We understand that to embody Colchester's slogan of "Where Tradition Meets Tomorrow" for the citizens of our Town, especially for seniors, this project is very important.

Warmly,

Patty

PROGRAMS

WALKING GROUP MEETUP

Wednesdays 8:30 - 9:30 a.m.

Meet at 8:30 and walk as fast or as far as you'd like. Wear your sneakers and meet at the Airline trial on Rte. 85 in Amston. Weather permitting.

NEW TO MEDICARE

Tuesday, September 7

5:00 p.m.

Join Senior Resources for a conversation about Medicare. This session will be held over Zoom or Conference Call. Registration is required.

NEW DATE

REEL FRIENDS MOVIE CLUB

Wednesday, September 8

12:30 p.m.

Beginning in September we will be featuring one new release movie a month on the second Wednesday afternoon of the month. The film for September is "Here Today" (2021, PG-13) a comedy starring Billy Crystal and Tiffany Haddish.

MEDICARE SAVINGS & LOW INCOME SUBSIDY PROGRAM

Wednesday, September 8

5:00 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.

GROCERY BINGO

Friday, September 10

10:30 a.m.

Win free groceries just by playing this fun game of Bingo sponsored by our friends at Apple Rehab. This game will be absolutely free and have a two card limit. Please register by September 8th to join in on the fun!

**CSC will be
CLOSED
September 6th
for Labor Day**

GARDEN CLUB

Monday, September 13

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 9th.

PET THERAPY

Monday, September 13

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.

HEALTHY SNACKING

Tuesday, September 14

11:30 a.m.

Learn about how choosing healthy snacks can have a positive impact on your health with Andrea Deedy, TVCCA's Registered Dietician.

SHOPPING TRIP

Thursday, September 16

10:30 a.m. Departure

This month's monthly shopping trip will be to Willimantic. Suggested donation is \$4.00. Space is limited. Please pre-register by calling the office.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN

Monday, September 20

10:00 a.m.

Join Mary Bylone, the First Selectman of Colchester to engage in meaningful dialogue about the goings-on in Colchester at this informative monthly forum.

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RIDES TO THE POLLS

Tuesday, September 21

10:00 a.m.

The Colchester Senior Center's buses will be driving voters to the polls for the Town Budget Referendum. Polling place is at Town Hall, please register for a ride by Monday, September 20th by noon, if you need transportation.

BOOK CLUB DISCUSSION

Tuesday, September 21

10:30 a.m.

This month's book selection is *Grandma Gatewood's Walk* by Ben Montgomery. 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: FALL WELCOME SIGN

Tuesday, September 28

10:00 a.m.

This month we will be painting a personalized "Welcome" sign with acrylic paint. This class will cost \$15 per person. Please call the senior center to pre-register by September 21st.

IN THE KNOW

Tuesday, September 28

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. No registration required.

AARP SAFE DRIVER CLASS

Wednesday, September 29

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 11th. To register, please email your name, mailing address, phone number, and AARP number to bbleveille@gmail.com.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN WITH RUTH This beginner's course will show you the basic of American Sign Language (ASL). Leader: Ruth Reinwald	MONDAYS 11:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting.	WEDNESDAYS 8:30 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	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
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich	WEDNESDAYS 1:30 P.M.	CSC	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
CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming winter concerts at local rehab facilities.	FRIDAYS 10:30 A.M.	CSC	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 & CSC	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 & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	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

BRIDGE	1 st & 3 rd Mondays at 12:30 p.m.
MAH JONGG	Mondays at 12:30 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
REEL FRIENDS	2nd Wednesday at 12:30 p.m.
MOVIE CLUB	
MEXICAN TRAIN	Thursdays at 12:30 p.m.
DOMINOES	
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE	Thursdays, beginning at 12:00 (by appointment only)
CHORAL GROUP	Fridays at 10:30 a.m.



EVENING PROGRAMS

Wednesday, September 1 at 7:00 p.m.
Caregiver Roadshow for CT Families

Tuesday, September 7 at 5:00 p.m.
New to Medicare Virtual Presentation

Wednesday, September 8 at 5:00 p.m.
Medicare Savings Program and the Low Income Subsidy Program

Wednesday, September 22 at 4:00 p.m.
Made in Colchester Celebration

Wednesday, September 22 at 7:00 p.m.
Frank Sinatra: The History of A Storied Singer

For more virtual evening programs please visit states.aarp.org/connecticut/events-ct. Links for registration can be found in the monthly 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, September 3 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, September 14 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.

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.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, September 14
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, September 13
8:30 a.m.**

CSC STAFF MEETING

**Wednesday, September 8
2:30 p.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, September 14 & 28
7:00 p.m.**

Zoom links to join Committee or Board Meetings are posted on the Town website at: 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

Looking for ways to stay busy through retirement? Put your many skills to good use with a volunteer opportunity at the CSC:

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.

Save the Date

OCTOBER ULTIMATE BINGO

Wednesday, October 6

4:30 p.m.

This special evening Bingo game offers even bigger cash prizes! Admission to the game is \$10.00, which will get you 2 cards. Refreshments will be served. Pre-registration with payment is required and will begin on September 1st. Space is limited. Transportation will not be offered.



HARVEST DELIGHT DESSERT BUFFET

Friday, October 8

1:00 p.m.

Let's celebrate the harvest season by sharing some delicious desserts! This special fall themed dessert buffet will feature homemade items from some of your CSC friends. If you would like to donate a dessert to this event, please contact Ruth. More information in the October newsletter.

LUNCH BUNCH SURVEY

Please Return by September 24th

Lunch Bunch is back and we couldn't be more excited! We will be choosing the restaurants for the following months and we want to hear from you. Surveys can be picked up and returned either in the office or with the volunteer receptionist. We are looking for specific restaurant suggestions as well as what type or cuisine you prefer.

**Proposed NEW Senior Center
Referendum date has been
postponed as we await news on
potential funding from the State!**

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 19th 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.**

FEW LEFT 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.**

NEW WRIGHTS CHICKEN FARM AND TWIN

RIVER CASINO

Thursday, March 24, 2022, 10:15 a.m.

Winner, winner, chicken dinner! Enjoy a family-style lunch at a Rhode Island favorite - Wright's Chicken Farm. Serving up home cooked baked chicken, pasta with their own sauce, signature French Fries, & Salad with their family recipe dressing. Spend the afternoon at Twin River Casino with over 4,000 slot machines and live table games. **Cost is \$92 per person.**

 = 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 24th 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 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 AARP The Beatles and American History (Z) 7:00 AARP Caregiver Roadshow (Z)	2 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	3 10:00 Sit & Be Fit 10:00 Hearing Screening 10:30 Choral Group 11:00 Yoga 1:30 Bingo	4
5 	6 CSC Closed for Labor Day <small>Labor Day Rosh Hashanah Begins</small>	7 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo 5:00 New to Medicare Program (Z or CC)	8 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing 12:30 Reel Friends Movie Club "Here Today" PG-13 2:00 CSC Staff Meeting 5:00 MSP & LIS Program (Z or CC)	9 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	10 9:00 Coffee, Tea, & SMP Panel (CC) 10:00 Sit & Be Fit 10:30 Choral Group 10:30 Grocery Bingo 11:00 Yoga 1:30 Bingo	11
12 <small>Grandparents Day</small>	13 8:30 COA Meeting (Z) 8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Pet Therapy 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge in Hebron 1:00 Watercolor Wkshp.	14 9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 11:30 Healthy Snacking 12:30 Pinochle 12:30-3:30 CHOICES Counseling, by appt. 1:30 Bingo 7:00 Sr. Center Building Committee (Z)	15 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 End-of-Summer Cookout Special Event Luncheon 1:30 Line Dancing <small>Yom Kippur Begins</small>	16 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip departs to Willimantic 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	17 10:00 Sit & Be Fit 10:00 NOLA & Canadian Rockies Trip Presentation 10:30 Choral Group 11:00 Yoga 1:00 AARP A Beginner's Guide to Claiming Social Security (Z) 1:30 Bingo <small>Oktoberfest Begins</small>	18
19	20 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Community Conv. w/ the First Selectman 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 1:00 Watercolor Wkshp. <small>Sukkot Begins</small>	21 9:00 Making Memories 9:45 Tai Chi (Z) 10:00 Rides to the Polls 10:30 Book Club Discussion 12:30 Pinochle 1:30 Bingo	22 8:30 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing 4:00 Made in Colchester Celebration 7:00 AARP Frank Sinatra History (Z) <small>Autumn Begins</small>	23 8:00 Hudson River Cruise Departs 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	24 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch departs to Portland Ale House 1:30 Bingo	25 
26	27 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge in Hebron	28 9:00 Making Memories 9:45 Tai Chi (Z) 10:00 Step-by-Step Painting 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 Sr. Center Building Committee (Z) <small>Simchat Torah Begins</small>	29 8:30 Walking Group 9:00 Making Memories 9:00 Falls Prevention Breakfast and Presentation 10:00 Adult Coloring 10:00 Sit & Be Fit 12:30 AARP Driver Safety Class (Z) 1:30 Line Dancing	30 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet		

Key: Z= On Zoom CC= Conference Call All other programs are in person








*Scheduled programs are subject to change



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 CAFÉ MENU ~ SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice 	1 Chicken Parmesan Farfalle Pasta w/ Marinara Green Beans Sweet Treat Prune Juice	2 Salisbury Steak w/Gravy Garlic Mashed Potatoes Broccoli Pears 	3 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Green & Yellow Squash Diced Peaches Or: Salad Choice: Classic Egg Salad
6 <u>Labor Day Holiday</u> <i>Program closed</i> 	7 Cod w/ Lemon Dill Sauce Herb Roasted Potatoes Mixed Vegetables Medley Tropical Fruit Cup	8 Steak Fajita w/ Cheddar Cheese Yellow Rice & Black Beans Broccoli Fresh Fruit	9 Cheese Pierogis Farro (Wheat Grains w/ Roasted Vegetables) Peas & Pearl Onions Pineapple Tidbits	10 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Waxed Beans Birthday Treat Grape Juice Or: Salad Choice: Tuscan Beef Salad
13 Country Style Chicken w/ Gravy Buttermilk Mashed Potatoes Squash Mix w/ Carrots & String Beans Fruit Cocktail 	14 Swedish Meatballs Egg Noodles Green Beans Sweet Treat Orange Juice	15 <u>End of Summer Cookout</u> BBQ Chicken Baked Beans Cole Slaw Strawberry Shortcake Ticket cost \$8.00 	16 Chicken Tacos "Bowl" Spanish Rice Corn w/ Peppers & Onions Tropical Fruit Cup	17 Crispy Cod Macaroni & Cheese Broccoli Fresh Fruit Or: Salad Choice: Chef Salad
20 Stuffed Shells w/ Marinara Lima Beans Carrot Coins Sweet Treat Grape Juice	21 Pork Sausage & Gravy Tater Tots Zucchini, Peas, & Carrots Fresh Orange	22 Pesto Grilled Chicken Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Mixed Fruit Cup 	23 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Pears w/ Mandarin Oranges	24 Western Omelet Home Fries Peas & Pearl Onions Fruit Cocktail Or: Grill 
27 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Mixed Vegetable Medley	28 Stuffed Chicken Cordon Bleu Rice Pilaf Broccoli	29 Meatballs Marinara Penne Pasta Green & Yellow Squash	30 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms	