

COLCHESTER SENIOR CENTER



news

November 2021

ALZHEIMER'S ASSOCIATION CARE GIVER TRAINING

**Monday, November 1, 8, & 15
6:00 p.m.**

The Colchester Commission on Aging would like to invite you to a 3-part series entitled "Living with Alzheimer's: for Caregivers: Early Stages". Kristopher Sortwell, the Eastern Region Director of Education and Outreach with the Alzheimer's Association CT Chapter will be presenting. Please call for the Zoom links for these presentations at 860-537-3911.

ELECTION DAY RIDES TO THE POLLS Tuesday, November 2

The general election, scheduled on November 2nd, is the election for town officials, including First Selectman, Board of Selectman, Board of Finance, Board of Education, Treasurer and Board of Assessment Appeals. Regional polling places will be used. Please sign up in advanced for your ride.

TOWN MEETING Thursday, November 4 6:30 p.m.

A Town Meeting is required to decide whether or not to send projects to referendum. The proposed senior center project will be discussed at this meeting, held in the cafeteria of WJJMS at 6:30 p.m.

VETERANS DAY APPLE PIE SOCIAL Tuesday, November 9 11:00 a.m.

It's time to honor our Veterans and thank them for their service with America's favorite dessert: Apple Pie! Veterans and their spouses will get a free slice of homemade pie a la mode after a brief Veteran's Day ceremony. All others are welcome to join for \$2 a slice. Please register in person by November 5th.

OPEN ENROLLMENT Friday, November 12

9:00 a.m. to 3:30 p.m. by appt.

Open Enrollment falls between October 15-December 7, annually, and it's your opportunity to make changes to Medicare, especially Medicare C (Medicare Advantage Plans) or Medicare D (prescription Drug Coverage Plans.) Meet with a Certified CHOICES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Please call the office to schedule your appointment.

SENIOR CENTER REFERENDUM & RIDES TO THE POLLS

Tuesday, November 16

November 16th is the date of the scheduled Town Referendum regarding the proposed senior center. Polls will be open from 6:00 a.m. through 8:00 p.m. and voting will take place at Town Hall. Should you need a ride to the polls, there is a schedule located on page 7 which details the bus schedule for voting.

A THANKFUL THANKSGIVING Wednesday, November 17 11:00 a.m.

Let's celebrate all that we have at our Thankful Thanksgiving Celebration. Ralph Sacco will be providing entertainment followed by a delicious Thanksgiving feast of roast turkey with gravy, stuffing, cranberry sauce, mashed potatoes, green beans, a dinner roll with margarine, pumpkin pie with whipped cream, and grape juice. Tickets for this event are \$8 each. Please register by November 10th.



RUTH'S BABY SHOWER Friday, November 19 1:30 p.m.

Celebrate the much anticipated arrival of Ruth's first child—a baby girl due in mid-December. Share in Ruth and her husband Brian's joy with light refreshments, shower games and your best advice for the new parents. Those who wish to contribute towards a group gift can see Susan in the office.

TAKE HOME A GNOME Monday, November 22 1:00 p.m.

Come on down and make an adorable gnome ornament with Erica. Just in time for the holidays, this ornament will make the perfect gift, or keep it for yourself to adorn your tree. Materials fee for this class is \$15. Please register by November 15th.

BLOOMIN' 4 GOOD November 2021

Bloomin' 4 Good is an innovative program from Stop & Shop that works to fight hunger in our local communities. For the month of November 2021, Colchester Senior Center Meals on Wheels has been selected to receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet sold at their Colchester store. Brighten someone's day (or your own) for a great cause!

HANUKKAH PARTY Wednesday, December 1 1:00 p.m.

We'll learn about the history and tradition of the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue and enjoy traditional potato latkes! Open to people of all faiths. Celebrate with us! Please pre-register by Friday, December 20th.

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

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

Email: csc@colchesterct.gov

HOURS OF OPERATION

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

SENIOR CENTER STAFF

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

Ruth Reinwald
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nan Wasniewski, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Sandra Gaetano
Rosanne Tousignant
Quinn Kozak, Alternate
Nola Weston, Alternate

From the Director's Desk

November marks the official start to the holiday season. It's this time of year when our minds turn to thoughts of family, food and a lot of fun. As usual at a busy senior center like ours, November also marks the beginning of a lot of special events that will continue right through the New Year.

I want to express my deep gratitude to all of the Veterans, who have courageously served our country. I invite you to join in our Veterans' Day Apple Pie Social on **Tuesday, November 9th** at 11:00 a.m. to recognize the efforts and sacrifices of our country's soldiers past and present. Veterans and spouses of veterans will eat for free as a small token of our gratitude, but all are welcome to attend.

November, for those of you who are enrolled in Medicare, is a month that falls smack-dab in the middle of open enrollment season, which is a critically important time. For those of you who are either enrolled in Medicare Part C (Medicare Advantage Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from October 15-December 7, where you are able to make changes to your coverage. It is also the time of year when the companies that manage the Part C & D plans make changes to their policies, such as their drug formularies—lists of prescriptions drugs that are covered or not. For this reason, it is important to take a look at those changes and make sure that the coverage you have purchased will continue to be the coverage that best suits your needs. On **Friday, November 12th**, the Colchester Senior Center will be hosting an Open Enrollment event, where you may schedule a personal and confidential appointment with a certified CHOICES counselor to review your plan. Appointments are required and can be made by calling us at 860-537-3911.

Tuesday, November 16th will be the Town Referendum for the proposed new senior center. Voting will take place between 6:00 a.m. and 8:00 p.m. at Town Hall. Call the Town Clerk for information on obtaining an absentee ballot, if you're unable to vote in person by calling 860-537-7218. As always, we will be providing bus transportation to the polls for those who need it.

This year, we have a unique reason to be grateful—our Program Coordinator, Ruth and her husband Brian, are awaiting the arrival of their first child—a baby girl. Join us on **Friday, November 19th** for a Baby Shower to help us share in their joy.

Of course, we also look forward to the Thanksgiving holiday on **November 25 & 26th** (CSC will be closed on both days). I find that I have more and more to be thankful for every year, not the least of which are the lovely people whom I am blessed to call my friends, here at our senior center. Take a moment with me to count your blessings and fill your heart with gratitude—no matter what your circumstances may be. Enjoy your holidays and enjoy this special month!

With a Grateful Heart!

Patty

PROGRAMS

PAGE 3

GARDEN CLUB FINAL FALL CLEANUP

**Monday, November 1
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 November 8.

NEW TO MEDICARE

**Tuesday, November 2
2:00 p.m.**

Join Senior Resources for a conversation about Medicare. This session will be held over Zoom or Conference Call. Registration is required through Senior Resources Area Agency on Aging at: www.seniorresourcesec.org

MEDICARE SAVINGS & LOW INCOME SUBSIDY

**Wednesday, November 3
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. Registration is required through Senior Resources Area Agency on Aging at: www.seniorresourcesec.org

PET THERAPY

**Monday, November 8
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.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN

**Monday, November 8
10:30 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.

AARP DRIVER SAFETY

**Wednesday, November 10
9:30 a.m.**

The deadline to register for the first Zoom class is October 27th. To register, please email your name, mailing address, phone number, and AARP number to bbleveille@gmail.com. The cost for the 4 hour course is \$20 for AARP members and \$25 for non-members.

REEL FRIENDS MOVIE CLUB

**Wednesday, November 10
12:30 p.m.**

The film for November is "In the Heights" (2021, PG-13). From the creator of "Hamilton", this musical tells the story of a bodega owner who hopes for a better life.

BOOK CLUB DISCUSSION

**Tuesday, November 16
10:30 a.m.**

This month's book selection is *Finding Dorothy* by Elizabeth Letts. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

SHOPPING TRIP

**Thursday, November 18
10:30 a.m. departure**

This month's monthly shopping trip will be to the Waterford Walmart and Christmas Tree Shop. Suggested donation is \$4.00. Please pre-register by calling the senior center office.

HOLIDAY CARD MAKING WORKSHOP

**Friday, November 19
10:00 a.m.**

Join talented CSC member Barbara Gozzo for this holiday themed card making workshop. There is a material fee of \$5 per person. Registration deadline is November 12th.

STEP BY STEP PAINTING: THANKSGIVING PUMPKINS

**Tuesday, November 23
10:00 a.m.**

This month we will be painting two Thanksgiving pumpkins on canvas in acrylic paint. There is a materials fee of \$15 for this class, or bring your own paint and canvas and join for free! Registration is required.

STITCH & FIX

**Monday, November 29
Beginning 10:00 a.m.**

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 only, please sign up in the office.

LATKES PREP FOR HANUKKAH

**Tuesday, November 30
10:00 a.m.**

In preparation for our Hanukkah party we will be making homemade potato latkes. If you would like to help out please register by November 26th.

IN THE KNOW

**Tuesday, November 30
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 your questions.

**CSC will be closed
on November 11th
for Veterans' Day
& on November
25th & 26th
for Thanksgiving**

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 9:00 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
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00			
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 1:00 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 MOVIE CLUB	2nd Wednesday at 12:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
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, November 3 at 7:00 p.m.
AARP: Coping with Caregiving through
Improv and Laughter

Thursday, November 4 at 7:00 p.m.
AARP: Getting and Staying out of Debt

Wednesday, November 10 at 7:00 p.m.
AARP: Find the Right Financial
Professional for You

Wednesday, November 17 at 7:00 p.m.
AARP: Clean Cooking Demo: The
Thanksgiving Harvest Table

Tuesday, November 30 at 6:30 p.m.
AARP: A Conversation with
Bestselling Author Sandra Cisneros

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

BLOOD PRESSURE CLINIC

Tuesday, November 2 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.

HEARING SCREENINGS

Friday, November 5 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.

FOOT CLINIC

**Wednesday, December 15
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:

Mondays 9:00a.m.-12:00 p.m.,

Tuesdays 9:00a.m.-12:00p.m., and

Wednesdays 9:00a.m.-12:00p.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.

DRUG TAKE BACK PROGRAM

Every minute a Poison Control Center answers a call about a young child getting into medicine, totaling 500,000 calls per year. Additionally, four busloads of children per day visit the Emergency Room for medicine poisoning. It is very important for people to remember to store and dispose of medications safely.

It is also important to remember that throwing medications in the garbage is not a recommended method for disposal. Discarded medications may get into the hands of someone else, like a child who may think that brightly colored pills resemble candies. Flushing unwanted medications down the toilet, which was at one time acceptable, has been found to introduce unwanted medications into groundwater systems.

The Colchester Police Department participates in an ongoing Drug Take Back Program, which is free for the community. In the Police Department Office located in the back of Town Hall, there is a drop box, where people can deposit any expired or unused prescription or over-the-counter medications. These medications will be properly disposed of by the Federal Drug Enforcement Agency, which can give you peace of mind and keep you and your loved ones safe.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, November 9
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.

OPEN ENROLLMENT FOR MEDICARE

Held annually from October 15-December 7th, check to see if you are getting the best coverage at the best price for your needs. Schedule an appointment at one of our upcoming events on **November 12th** or December 3rd. Call 860-537-3911.

ENERGY ASSISTANCE September to May

Energy Assistance is offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN NOVEMBER

COMMISSION ON AGING

**Monday, November 8
8:30 a.m.**

CSC STAFF MEETING

**Wednesday, November 10
2:30 p.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, November 9 & 23
7:00 p.m.**

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

DINING OPTIONS

Page 7

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.

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

BUS RIDES TO TOWN HALL for REFERENDUM for SENIOR CENTER

8:00 a.m.-Private residences (not listed below), please schedule a bus reservation by calling 860-537-3911

9:00 a.m.-Dublin Village, Lebanon Ave.

9:30 a.m.-Gan-Aden I, South Main St.

9:45 a.m.-Nutmeg Park, Dr. Foote Rd.

10:00 a.m.-Country Place, Birch Circle

10:15 a.m.-Gan-Aden II, Norwich Ave.

11:00 a.m.-Ponemah Village, Westchester Rd.

11:45 a.m.-Westchester Village, Shailor Hill Rd.

1:15 p.m.-Colchester Commons, Lebanon Ave.

1:45 p.m.-Amston Village, Amston Rd.

2:15 p.m.-Private residences (not listed above), please schedule a bus reservation by calling 860-537-3911

Save the Date

TREE TRIM PARTY & CHRISTMAS CAROL TRIVIA

Thursday, December 2
10:30 a.m.

Get into the holiday spirit and enjoy festive music while we decorate the Christmas tree in our center's Dining Room for all to enjoy. Cookies and egg nog will be served, as we decorate. After the decorating is done we will play a fun game of Name that Tune: Holiday Edition! Registration will begin November 1st.

HOLLY JOLLY HOLIDAY PARTY

Wednesday, December 15
11:00 a.m.

It's time for merriment and fun at the Colchester Senior Center as we celebrate the holiday season. Dan Bernier will be entertaining us with his wide range of musical genres, followed by a delicious prime rib lunch. Tickets for this event will be available in December.

NEW YEARS BRUNCH AND BASH

Thursday, December 30
10:00 a.m.

Let's ring in 2022 in style! Enjoy delicious breakfast fare and musical entertainment by the amazing vocals of Kate Stone singing hits of yesterday and today! Join us as we count down the minutes until 12:00—Noon! Tickets will be on sale in December. More information to come in the December Newsletter.

DAY TRIPS

WRIGHT'S CHICKEN FARM & 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.**

NEW THOMASTON OPERA HOUSE "JESUS CHRIST SUPERSTAR"



Sunday, April 3, Time TBD

Come see the world famous play "Jesus Christ Superstar" at CT's own Thomaston Opera House in Thomaston, CT. You will have reserved orchestra seats for the show and enjoy a pre-show lunch at the Black Rock Tavern. **Cost is \$107 per person.**

**As we await the arrival of our final contract and trip flyers, we will be taking reservations with payment.*

NEW YORK BOTANICAL GARDENS



Wednesday, April 20, 7:00 a.m.

The day will start in Little Italy and exploring Arthur Ave. From there you will make your way to Ann & Tony's Restaurant for lunch where you will have a choice of Chicken Marsala, Veal Parmigiana, or Eggplant Parmigiana with salad, dessert and coffee or tea. Then you will make your way to the Botanical Gardens and explore over 50 diverse gardens and plant collections that are located throughout the 250 acres. You will have plenty of time to see exhibits that stay in place throughout the year, as well as those that are brought in for a specific season. **Cost is \$129 p.p.**

NEW NYC ONE WORLD & 9/11 MUSEUM



Monday, May 9, 7:00 a.m.

Start your day at the 9/11 Museum, which serves as the country's principal institution concerned with exploring the implications of the events of 9/11. You will have time to view both the museum and the twin reflecting pools. Spend some time in the afternoon at Chelsea Market (for lunch on your own) which is part of the High-Line Infrastructure. Ascend to the top of the World Trade Center to look toward the horizon and feel the city's invincible spirit. **Cost is \$130 p.p.**

OVERNIGHT TRIPS

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.**



= Light Walking



= Moderate Walking



= Mostly Walking


TRIPS DEPARTING THIS MONTH:

VAN GOGH-THE IMMERSIVE EXPERIENCE & QUINCY MARKET



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

All trips depart from the rear parking lot of St. Andrew's Church at 128 Norwich Ave. Please park in the far rear lot, so we don't interfere with church activities. The bus will pick up back there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge 6:00 Alzheimer's Association Caregiver Series Part 1 (Z)	2 9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 10:00 Bus Rides to the Polls 12:30 Pinochle 1:30 Bingo 2:00 New to Medicare Program (Z or CC)	3 9:00 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing 2:00 MSP & LIS Program (Z or CC) 7:00 AARP Coping with Caregiving through Laughter (Z)	4 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 6:30 Town Meeting at WJJMS re: Senior Center 7:00 AARP Getting and Staying Out of Debt	5 10:00 Sit & Be Fit 10:00 Hearing Screening 10:30 Choral Group 11:00 Yoga 1:30 Bingo	6
7  DON'T FORGET TO FALL BACK Daylight Saving Time Ends	8 8:30 CoA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Pet Therapy 10:30 Community Conv. 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge in Hebron 6:00 Alzheimer's Association Caregiver Series Part 2 (Z)	9 9:00 Making Memories 9:45 Tai Chi 11:00 Veterans Day Apple Pie Social 12:30 Pinochle 12:30-3:30 CHOICES Counseling by Appt. 1:30 Bingo 7:00 SCBC Meeting (Z)	10 9:00 Walking Group 9:00 Making Memories 9:30 AARP Safe Driver (Z) 10:00 Adult Coloring 10:00 Sit & Be Fit 12:30 Reel Friends Movie "In the Heights" (PG-13) 1:30 Line Dancing 2:30 CSC Staff Meeting 7:00 AARP Find the Right Financial Professional (Z)	11 CSC closed for Veterans Day Veterans Day Remembrance Day (Canada)	12 9:00-3:30 Open Enrollment by Appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	13 
14	15 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge 6:00 Alzheimer's Association Caregiver Series Part 3 (Z)	16 6a-8p Referendum for New Senior Center 8a-3p Bus Rides to the Polls available 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	17 9:00 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 A Thankful Thanksgiving Special Event Luncheon 1:30 Line Dancing 7:00 AARP Clean Cooking Thanksgiving Harvest (Z)	18 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping trip departs to Waterford 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	19 10:00 Sit & Be Fit 10:00 Card Making Workshop 10:30 Choral Group 11:00 Yoga NO Bingo 1:30 Ruth's Baby Shower	20
21	22 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 1:00 Take Home A Gnome Craft Workshop	23 9:00 Making Memories 9:45 Tai Chi 10:00 Step by Step Painting 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	24 9:00 Walking Group 9:00 Making Memories 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing	25 CSC closed for Thanksgiving Thanksgiving Day	26 CSC closed for Thanksgiving	27 
28  HAPPY HANUKKAH Hanukkah Begins	29 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stich & Fix by Appt. 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge	30 9:00 Making Memories 9:45 Tai Chi 10:00 Latkes Prep for Hanukkah 12:30 Pinochle 12:30 In the Know 1:30 Bingo 6:30 AARP Convers. with Author Sandra Cisneros (Z)	 <h1>November 2021</h1> <h2>Colchester Senior Center</h2>			



TVCCA SENIOR CAFE MENU ~ NOVEMBER 2021




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Pineapple Tidbits</p>	<p>2</p> <p><u>Birthday Celebration</u> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Birthday Treat Grape Juice</p>	<p>3</p> <p>Swedish Meatballs Egg Noodles Green & Yellow Squash Fresh Orange</p>	<p>4</p> <p>Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>5</p> <p>Stuffed Cod w/ Shellfish Herb Roasted Potatoes Broccoli Mixed Fruit Cup</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>8</p> <p>Cheese Pierogies Farro (Wheat Grain with Roasted Vegetables) Zucchini, Peas & Carrots Applesauce Cup</p>	<p>9</p> <p>Chicken Cacciatore Farfalle Pasta w/ Marinara Green & Waxed Beans Fresh Fruit</p>	<p>10</p> <p>Seafood Stew Steamed Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p>11</p> <p><u>Veterans Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>12</p> <p>Stuffed Pepper Casserole Peas Carrot Coins Sweet Treat Apple Juice</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>15</p> <p>Stuffed Shells w/ Marinara Lima Beans Carrot Coins Mandarin Oranges</p>	<p>16</p> <p>Braised Beef Tips Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup</p>	<p>17</p> <p><u>A Thankful Thanksgiving</u> Roasted Turkey w/ Stuffing, Gravy, & Cranberry Sauce Mashed Potatoes, Green Beans Pumpkin Pie, Grape Juice Ticket Cost: \$8.00</p>	<p>18</p> <p>Crispy Cod Macaroni & Cheese Peas & Pearl Onions Pineapple Tidbits</p>	<p>19</p> <p>Pork Stir Fry Steamed Rice Oriental Vegetable Blend Fresh Orange</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>22</p> <p><u>Ethnic Celebration</u> Chicken Fajita w/ Cheddar Cheese Yellow Rice & Black Beans Mixed Vegetables Sweet Treat Orange Juice</p>	<p>23</p> <p>Meatballs Marinara Penne Pasta Peas & Carrots Pineapple Tidbits</p>	<p>24</p> <p>Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>25</p> <p><u>Thanksgiving Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>26</p> <p><u>Thanksgiving Holiday</u></p> <p>Senior Nutrition Program Closed</p>
<p>29</p> <p>Cod w/ Herbs & Tomatoes Garlic Roasted Potatoes Cauliflower, Carrots & Snap Peas Fresh Fruit</p>	<p>30</p> <p>Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Tropical Fruit Cup</p>		<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p> <p>PAGE 10</p>