

# COLCHESTER SENIOR CENTER



## news

### December 2021

#### SEASON OF GIVING FOOD DRIVE

**Ends January 31<sup>st</sup>**

Giving back this holiday season is easier than ever at the Colchester Senior Center. Throughout the months of December and January we will be collecting non-perishable food items for the Colchester Food Bank. You can bring anything from school snacks and juices to canned and boxed goods. There will be a basket located in the dining room at the center.



#### 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! Please pre-register.



#### OPEN ENROLLMENT

**Friday, December 3  
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.



#### HOT CHOCOLATE BAR & SING-ALONG

**Monday, December 6  
1:30 p.m.**

'Tis the season to be jolly, and what better way to celebrate than with our very own Choral Group "Senior Moments". Join us for a very special holiday sing-along and hot chocolate bar. Please pre-register by December 3<sup>rd</sup>.

#### DE-STRESS THIS HOLIDAY SEASON WITH UCFS

**Friday, December 10  
10:00 a.m.**

Holidays can be a stressful time for some people—and the pandemic has added some new worries and challenges. Don't let stress dash all of your holiday cheer! Sara Walker from UCFS will share some strategies for coping with any added stress the pandemic may bring. Please pre-register by December 8<sup>th</sup> by calling the office at 860-537-3911.

#### PAPER QUILLING WORKSHOP

**Monday, December 13, 20, 27  
1:00 p.m.**

Paper quilling is the craft of rolling strips of paper and gluing them onto a surface to create an intricate three-dimensional piece of artwork. Join instructor Erica T. for this exciting workshop and go home with your very own masterpiece. Classes are \$20 each which includes all materials. Join one, two, or all three!



#### HOLLY JOLLY LUNCHEON

**Wednesday, December 15  
11:00 a.m.**

It's time for merriment and fun at the Colchester Senior Center. Dan Bernier will be entertaining us with his wide range of musical genres and smooth guitar stylings. Following the performance will be a delicious lunch of herb roasted prime rib, garlic roasted potatoes, vegetable medley, a dinner roll with margarine, assorted holiday cookies, and apple juice. Stick around and you might just get to meet Mrs. Claus and one of her Elves! Tickets for this event are \$8 each and will be available until December 8<sup>th</sup> or sold out.



#### NEW YEARS BRUNCH N BASH

**Thursday, December 30  
10:00 a.m.**

Let's enjoy our annual tradition of delicious breakfast fare and wonderful musical entertainment. Kate Stone will entertain us with her toe-tapping renditions of the sounds from the 40's, 50's, and 60's through today. Her repertoire includes songs from all over the world, including Poland, where she's originally from. Menu will include broccoli, bacon & cheese quiche, turkey sausage patties, home fries, fruit salad, orange juice and (of course) a mock-champagne toast, right as the clock strikes 12:00 (noon). Tickets will be on sale until December 23<sup>rd</sup> or until sold out, at the cost of \$8.00 per ticket.



**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**  
**Linda Pasternak, Treasurer**  
**Geraldine Transue, Secretary**  
**Roberta Avery**  
**Rosanne Tousignant**  
**Quinn Kozak, Alternate**  
**Nola Weston, Alternate**

**From the Director's Desk**

As I sit at my desk to write this to you, my heart is filled with **JOY**—like Christmas has come early. This week, we received the amazing news that the referendum which would decide the fate of our new senior center passed resoundingly. I am so grateful to the community of Colchester, who went to the polls in support of this incredibly important project which will serve the seniors of today, and well into the future.

This positive outcome for the community represents years, if not decades, of hard work and dedication of many people across time. Progress was at times agonizingly slow, but it was progress none-the-less, and each step was a valuable building block needed to see this dream realized. Many things had to align to bring us to this day: the senior center has experienced exponential growth in our membership, now standing at 1,474, which represents an increase of over 150%; a **Senior Center Subcommittee** was formed and tasked with two things—securing the property at 95 Norwich Avenue, which was for sale at the time, and then recommending a parcel of land suitable for building a new facility, ultimately leading to the purchase of the parcel of land on Lebanon Avenue, directly behind Town Hall. Both goals were achieved; next a **Strategic Planning Team** was formed to develop a Strategic Plan for the Department of Senior Services. Our first task was to complete site visits to 9 different senior centers throughout the state, discovering what features would be desirable in a new senior center, and lastly passing a 5 year Strategic Plan through the Board of Selectmen; and finally in October of 2019 a **Senior Center Building Committee** who were charged with developing a proposal for the Board of Finance and Board of Selectman to review, and ultimately sent on a vote before the people of Colchester.

Many people have worked very hard towards this goal, and being there on Tuesday, November 16<sup>th</sup> to hear the results of the vote was truly up there with some of the best days of my life—like my wedding day and the birth of my children. I want to say a BIG thank you to everyone who made this day possible, but especially the Senior Center Building Committee led by Tony Tarnowski, Chairman, Marilynn Turner, Vice-Chair, members Kevin Hastings, Marjorie Mlodzinski, Sean Nadeau, Joe Ruiz, Ron Silberman, Madelyn Starkey and Gerrie Transue, along with our Board Liaisons, Rosemary Coyle (BoS) and Mike Egan (BoF) and former First Selectman, Mary Bylone. Their work alongside the architect/engineering firm Silver Petrucelli & Assoc. and with Mark Garilli from Construction Solutions Group who assisted with the public education about the project. Hundreds of hours have already gone into this well-conceived project and I couldn't be more excited about the future home of the CSC, as the Director of Senior Services.

The work is only beginning, and with the passage of the referendum, we will move into Phase 2, where interior spaces will be designed, finishes, fixture and equipment will be selected, site development and then the anticipation of ground breaking. There is an anticipated construction period of 12 months, and we expect full completion in approximately 18-24 months. I look forward to continuing to work with the SCBC, Board Liaisons and newly-elected First Selectman, Andreas Bisbikos, to bring this incredible project to life—with the goal of serving the community for generations to come.

Happy & Healthy Holidays,

*Patty*

### AARP VIRTUAL EVENTS

All Month Long

Whether you are looking for practical resources or fun activities and events, AARP has something for everyone with their virtual programs. For the full list of upcoming events and to register visit [states.aarp.org/connecticut](https://states.aarp.org/connecticut).

### WALKING GROUP

Wednesdays  
9:00 a.m.

Got sneakers? Weather permitting, the walking group will meet weekly at the Airline Trail entrance on Route 85 in Amston to enjoy a workout, fresh air and good company.

### 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 Monday, November 29<sup>th</sup>.

### NEW TO MEDICARE

Tuesday, December 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.

### HEART HEALTHY EATING

Wednesday, December 8  
11:30 a.m.

Learn about how choosing heart healthy foods can have a positive impact on your health with Andrea Deedy, TVCCA's Registered Dietician. No registration is required.

### REEL FRIENDS

#### MOVIE CLUB

Wednesday, December 8  
12:30 p.m.

The film for December is "Old" (2021, PG-13). This is the latest M. Night Shyamalan mystery that follows a family to a beach that mysteriously causes them to age rapidly.

### MEDICARE SAVINGS & LOW INCOME SUBSIDY

Wednesday, December 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. Registration is required.

### SHOPPING TRIP

Thursday, December 9  
10:30 a.m. Departure

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

### PET THERAPY

Monday, December 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 Mary Bylone.

### HOLIDAY SPECIAL BINGO

Tuesday, December 14  
1:30 p.m.

Join us for a special free Holiday Themed Bingo game with prizes and refreshments. This game is sponsored by our friends at Harrington Court. Please register for this game by December 10<sup>th</sup>.

### BOOK CLUB DISCUSSION

Tuesday, December 21  
10:30 a.m.

This month's book selection is *The Nature of Fragile Things* by Susan Meissner. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

### STITCH & FIX

Monday, December 27  
By Appt. 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, please sign up in the office.

### IN THE KNOW

Tuesday, December 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 your questions.

### SENIOR MOMENTS' COMMUNITY PERFORMANCES

Friday, December 10 & 17  
1:00 & 2:00

Our Choral group is taking the show on the road with two performances in December! On Friday the 10<sup>th</sup> we will be singing at Colebrook Village in Hebron and on Friday the 17<sup>th</sup> we will be at Harrington Court in Colchester.

### CSC HOLIDAY SCHEDULE

Dec. 23<sup>rd</sup>: Closed  
at Noon  
Dec. 24<sup>th</sup>: Closed

CLASS	DAY & TIME	LOCATION	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>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	CSC	NO FEE
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting.	<b>WEDNESDAYS</b> <b>9:00 A.M.</b>	RTE. 85 AMSTON AIRLINE TRAIL	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>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>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich	<b>WEDNESDAYS</b> <b>1:30 P.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>CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming winter concerts at local rehab facilities.	<b>FRIDAYS</b> <b>10:30 A.M.</b>	CSC	NO FEE
<b>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</b>			
<b>EXERCISE WITH ANNE</b> Gentle 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 & CSC	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 & CSC	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 & 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

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<b>BRIDGE</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays at 1:00 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>REEL FRIENDS</b>	2nd Wednesday at 12:30 p.m.
<b>MOVIE CLUB</b>	
<b>MEXICAN TRAIN</b>	Thursdays at 12:30 p.m.
<b>DOMINOES</b>	
<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.

### **IMPORTANT INFO REGARDING TRANSPORTATION CHANGES**

**Effective January 1, 2022**

*Due to recent increases in demand for our transportation services we are making the following changes to our Transportation Services. Your cooperation is appreciated. The buses will continue to run daily to and from the Senior Center for programs, classes, and meals.*

#### **Mondays: \*Appointment Day**

#### **Tuesdays: Shopping Day**

9:30-10:45 a.m. for Westchester with stops at Stop & Shop, CVS, Noels, and Walgreens.

1:35-3:00 p.m. for Colchester with stops at Stop & Shop, CVS, Noels, and Walgreens.

#### **Wednesdays: \*Appointment Day**

#### **Thursdays: Shopping Day**

9:30-10:45 a.m. for Colchester with stops at Stop & Shop, CVS, Noels, and Walgreens.

1:35-3:00 p.m. for Westchester with stops at Stop & Shop, CVS, Noels, and Walgreens.

#### **Fridays: \*Appointment Day**

\*Rides to medical appointments including local doctors, physical therapy, lab work and other appointments within Colchester's boundaries.

## 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, January 7 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, December 7  
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, 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.*

## CREDIT FRAUD WARNING TIPS DURING THE HOLIDAYS

With the upcoming holiday season, residents are encouraged to take the following steps to protect themselves from identity theft and credit fraud.

- Report lost/stolen cards immediately
- Keep your personal information in a secure place
- Never give out personal information over the phone, through the mail or over the internet unless you know and trust the business you are dealing with
- Do not put personal information such as social security numbers or birth dates on checks
- Do not use obvious passwords or PIN numbers such as dates of birth or last 4 digits of SS#
- Never click on links in unsolicited emails. Use computer firewalls and anti-spyware/anti-virus software.
- Guard your mail against theft, remove delivered mail from your mailbox promptly
- Shred sensitive paperwork containing personal information
- Monitor financial accounts and billing statements for unexplained charges or fraud

If you suspect you are a victim of identity theft or credit fraud, take the following steps immediately:

- Contact your creditors or bank immediately
- Change PIN numbers and passwords immediately
- Contact a credit bureau to place a "Fraud Alert" on your credit reports
- Contact your local police (Colchester Police 860-537-7270)

**Colchester Resident Trooper  
Sgt. Tetreault**

## SOCIAL SERVICES

### CHOICES COUNSELING

**Tuesday, December 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.

### OPEN ENROLLMENT FOR MEDICARE

Held annually from October 15-December 7<sup>th</sup>, 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 12<sup>th</sup> or December 3<sup>rd</sup>. 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 DECEMBER

### COMMISSION ON AGING

**Monday, December 13  
8:30 a.m.**

### CSC STAFF MEETING

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

### SENIOR CENTER BUILDING COMMITTEE

**Tuesday, December 14 & 28  
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

*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.

**Morning Coffee Assistance:** Training provided for one or more volunteers to brew coffee and put out a spread of baked goods in the morning and occasionally manage kitchen supplies inventory at 7:30 a.m. Monday-Friday.

# Save the Date

## ZENTANGLE WORKSHOP

**Friday, January 7, 14, 21, & 28**  
**10:00 a.m.**

Relax, focus, and expand your imagination with this easy-to-learn and beautiful art form. Instructor Jamilah Zearth will be leading us in this 4 week workshop. Each class is \$25 which will include materials (sign up for as many of the classes as you'd like!). Registration for this workshop will begin in December.



### WANT TO HELP YOUR NEIGHBORS?

The Tax-Aide program is looking for compassionate and friendly people to join its volunteer team. You don't need to be an accountant or tax professional; our volunteers come from a variety of backgrounds. Training and support is provided, and you'll get a great feeling from helping others. To volunteer, go to [aarpfoundation.org/taxaidevolunteer](http://aarpfoundation.org/taxaidevolunteer) or call 1-888-AARP-NOW (1-888-227-7669). If you'd like additional information before signing up, contact the Senior Center at (860) 537-3911 and they will connect you with a local Tax-Aide volunteer.

### WINTER SNOW REMOVAL ASSISTANCE

For Colchester residents who are financially and/or physically constrained and need help to clear their driveways of snow during the winter, there are Colchester residents who are offering to plow the driveways of seniors free of charge. This program requires pre-registration at the beginning of the winter season and will not be available on an emergency (last minute) basis. Please note that this applies to driveways only, stairs, stoops, sidewalks, etc. are not included. To register for free snow removal, please contact Patty at 860-537-3911.



## 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.**

### THOMASTON OPERA HOUSE "JESUS CHRIST SUPERSTAR"

**Sunday, April 3, 10:15 a.m.**

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 \$116 per person.**

### 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.**

### NYC ONE WORLD & 9/11 MUSEUM

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

Start your day at the 9/11 Museum where 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. 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.**

### \*NEW\* FOSTER'S DOWNEAST CLAMBAKE

**Wednesday, May 25, 8:00 a.m.**

Gather your friends and family for the best lobster you have ever tasted. The menu will consist of award winning clam chowder, steamer clams and mussels, Maine lobster, sweet corn on the cob, red bliss potatoes, rolls and butter, and Foster's own blueberry crumb cake. The alternative meals choices are BBQ chicken and a vegetarian option. Stop by Portsmouth, NH on the way home for some shopping! **Cost is \$119 p.p.**

 = Light Walking

 = Moderate Walking

## 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. **The cost of the trip is \$2,149 p.p. double occupancy.**

### \*NEW\* ATLANTIC CITY

**June 7-9, 2022**

Stay 2 nights at Resorts Casino Hotel, with prime location at the northern end of the famed Atlantic City Boardwalk overlooking the Atlantic Ocean. Enjoy the resort's newest addition: Jimmy Buffet's Margaritaville. This tropical-themed casino section now offers a 5'O'clock Somewhere Bar, Landshark Bar & Grill, and Coffee Shop. The trip includes a \$25 slot credit and two \$20 meal credits. **The cost of the trip is \$325 p.p. double occupancy.**

### 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.**



### HOLIDAY GIFT IDEAS



Give the gift of adventure this holiday season and bless a friend or family member with a CSC travel opportunity. We even have gift certificates available in different denominations! Stop in to our office or call 860-537-3911 for more information.

 = Mostly Walking



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2021

Colchester Senior Center

1  
9:00 Walking Group  
9:00 Making Memories  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
1:00 Hanukkah Party  
1:30 Line Dancing

2  
9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Wii Bowling  
11:00 Yoga  
10:30 Tree Trim Party & Christmas Carol Trivia  
12:00 Chair Massage  
12:30 Dominoes  
1:00 Knit & Crochet

3  
9:00-3:30 Open Enrollment By Appt.  
10:00 Sit & Be Fit  
10:30 Choral Group  
11:00 Yoga  
1:00-4:00 AARP Tax Aide Training  
1:30 Bingo  
8:00 AARP Movie "Far From Heaven" (Z)

4

5

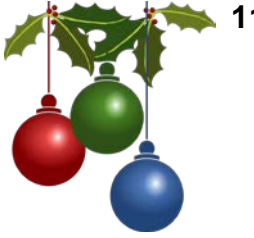
6  
9:00 Making Memories  
9:00 Exercise w/ Anne  
10:00 Sittercize  
11:00 Learn to Sign  
12:30 Mah Jongg  
1:00 Bridge  
1:30 Hot Chocolate Bar & Sing-Along with Senior Moments

7  
9:00 Making Memories  
9:15 Blood Pressure Clinic  
9:45 Tai Chi  
12:30 Pinochle  
1:30 Bingo  
5:00 New to Medicare (Z)

8  
9:00 Walking Group  
9:00 Making Memories  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
11:30 Heart Healthy Eating  
12:30 Reel Friends Movie Club "Old" (PG-13)  
1:30 Line Dancing  
2:30 CSC Staff Meeting  
5:00 Medicare Savings (Z)

9  
9:00 Exercise w/ Anne  
9:30 Newport Playhouse Departs  
10:00 Sittercize  
10:00 Wii Bowling  
10:30 Shopping Trip  
11:00 Yoga  
12:00 Chair Massage  
12:30 Dominoes  
1:00 Knit & Crochet

10  
10:00 Sit & Be Fit  
10:00 De-Stress for the Holidays with UCFS  
11:00 Yoga  
1:00 Senior Moments Performs at Colebrook Village  
1:30 Bingo

11  




12

13  
8:30 CoA Meeting (Z)  
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 Paper Quilling Workshop

13

14  
9:00 Making Memories  
9:45 Tai Chi  
12:30-3:30 CHOICES Counseling by appt.  
12:30 Pinochle  
1:30 Special Holiday Bingo  
7:00 SCBC Meeting (Z)

15  
9:00 Walking Group  
9:00 Making Memories  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
11:00 Holly Jolly Luncheon  
1:30 Line Dancing  
1:30 Foot Clinic

16  
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  
6:00 AARP: Event for Family Caregivers (Z)

17  
10:00 Sit & Be Fit  
11:00 Yoga  
1:30 Bingo  
2:00 Senior Moments Performs at Harrington Court

18

19

20  
9:00 Making Memories  
9:00 Exercise w/ Anne  
10:00 Sittercize  
11:00 Learn to Sign  
12:30 Mah Jongg  
1:00 Bridge  
1:00 Paper Quilling Workshop

20

21  
9:00 Making Memories  
9:45 Tai Chi  
10:30 Book Club  
12:30 Pinochle  
1:30 Bingo

22  
9:00 Walking Group  
9:00 Making Memories  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
1:30 Line Dancing

23  
9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Wii Bowling  
NO Yoga  
12:00 CSC Closing Early

24  
**CSC closed for Christmas Holiday**

25  
  
Christmas

26



Kwanzaa Begins

27  
9:00 Making Memories  
9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Stitch & Fix appt  
11:00 Learn to Sign  
12:30 Mah Jongg  
1:00 Bridge in Hebron  
1:00 Paper Quilling Workshop

27

28  
9:00 Making Memories  
9:45 Tai Chi  
10:00 AARP Managing Finances and Avoiding Fraud (Z)  
12:30 Pinochle  
12:30 In the Know  
1:30 Bingo  
7:00 SCBC Meeting (Z)

29  
9:00 Walking Group  
9:00 Making Memories  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
1:30 Line Dancing

30  
9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Wii Bowling  
10:00 New Year Brunch N Bash  
NO Yoga  
12:00 CSC Closing Early

31  
**CSC closed for New Years Holiday**

  
New Year's Eve

Key: Z= On Zoom

CC= Conference Call

\*Scheduled programs are subject to change

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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, RD, MPH.



# TVCCA SENIOR CAFÉ MENU ~ DECEMBER 2021








**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><u>TVCCA Senior Nutrition Program</u>  <b>81 Stockhouse Road</b>  <b>Bozrah, CT 06334</b>  <b>860-886-1720</b></p> <p>(24hr voice mail available)</p> <p>www.tvcca.org</p>	<p><b>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</b></p>	<p> <b>1</b>  <u><b>Birthday Celebration</b></u>  Pork Taco "Bowl"  Roasted Garlic Rice  Mixed Vegetables Medley  Birthday Treat  Grape Juice</p>	<p><b>2</b>  Cheese Pierogis  Farro (Wheat Grain w/ Roasted Vegetables)  Broccoli  Pineapple Tidbits</p> 	<p><b>3</b>  Seafood Stew  Steamed Rice  Zucchini  Mandarin Oranges</p> <p><u><b>Add-On: Minestrone Soup</b></u></p>
<p><b>6</b>  Chicken Cacciatore  Pasta Shells w/ Herbs  Green Beans  Tropical Fruit Cup</p>	<p><b>7</b>  Pork Sausage &amp; Gravy  Tater Tots  Squash Mix w/ Carrots &amp; String Beans  Fresh Fruit</p>	<p><b>8</b>  Stuffed Cod w/ Shellfish  Herb Roasted Potatoes  Broccoli  Mixed Fruit Cup</p> 	<p><b>9</b>  Beef Chili Loaded  Mashed Potatoes  Zucchini  Corn w/ Peppers &amp; Onions  Diced Peaches</p>	<p><b>10</b>  Chicken Cordon Bleu  Glazed Sweet Potatoes  Green &amp; Waxed Beans  Sweet Treat  Orange Juice</p> <p><u><b>Add-On: Split Pea &amp; Ham Soup</b></u></p>
<p><b>13</b>  Pork Stir Fry  Steamed Rice  Asian Vegetable Blend  Mandarin Oranges</p>	<p><b>14</b>  Crispy Cod  Macaroni &amp; Cheese  Zucchini, Peas, &amp; Carrots  Applesauce Cup</p>	<p><b>15</b>  <u><b>Holly Jolly Luncheon</b></u>  Herb Roasted Prime Rib  Garlic Roasted Potatoes  Squash Mix w/ Carrots &amp; String Beans  Assorted Holiday Cookies  Apple Juice  <b>Cost: \$8.00</b></p>	<p><b>16</b>  Western Omelet  Sweet Potato Tater Tots  Peas &amp; Pearl Onions  Mixed Fruit Cup</p>	<p><b>17</b>  Swedish Meatballs  Egg Noodles  Green &amp; Yellow Squash  Fresh Orange</p> <p><u><b>Add-On: Corn Chowder Soup</b></u></p>
<p><b>20</b>  Stuffed Pepper Casserole  Lima Beans  Carrot Coins  Fresh Fruit</p>	<p><b>21</b>  <u><b>Ethnic Celebration</b></u>  Chicken Fajita "Bowl"  w/ cheddar cheese  Spanish Rice  Mixed Vegetables Medley  Sweet Treat  Grape Juice</p>	<p><b>22</b>  Salisbury Steak w/Gravy  Egg Noodles  Peas &amp; Pearl Onions  Applesauce Cup</p> 	<p><b>23</b>  Cheese Omelet  Home Fries  Squash Mix w/ Carrots &amp; String Beans  Diced Pears</p>	<p> <b>Christmas Holiday</b></p> <p><u><b>Senior Nutrition Program Closed</b></u></p>
<p><b>27</b>  Cheese Manicotti w/ Marinara  Broccoli  Diced Carrots  Sweet Treat  Apple Juice</p>	<p><b>28</b>  Braised Beef Tips  Mashed Potatoes  Corn w/ Peppers &amp; On  Mixed Fruit Cup</p> 	<p><b>29</b>  French Style Chicken  w/ Wine Sauce  Turnips w/ Herbs  Zucchini &amp; Yellow Squash  Fresh Orange</p>	<p><b>30</b>  <u><b>New Years Brunch N Bash</b></u>  Broccoli, Bacon &amp; Cheese Quiche  Turkey Sausage Patties  Home Fries,  Fruit Salad, Orange Juice  <b>Cost: \$8.00</b></p>	<p> <b>New Year's Holiday</b></p> <p><u><b>Senior Nutrition Program Closed</b></u></p>