

COLCHESTER SENIOR CENTER

January 2022



news



Wishing you a Happy
& Healthy New Year!

Patty, Ruth, Susan,
Missy, Sheri, Ginny,
Noella & Valerie

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 Zebarth 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 deadline for each class is the Friday prior. Payment is due at the time of registration.

PREVENT ACCIDENTAL POISONINGS AT HOME

Wednesday, January 12
10:00 a.m.

Robert Kanehl, Community Based Education Specialist for the Connecticut Poison Control Center, will be joining us to teach us about the role the center plays in our community. Robert will also be sharing important information on how to protect you and those you love from accidental poisoning at home. This is a free program, please pre-register by January 10th.

LIVEWELL WORKSHOP

Thursdays, starts January 13
10:30 a.m.

We will once again be offering the Live Well with Chronic Conditions workshop in-home version by conference call starting in January. All that is needed is a telephone! This is a 6-week workshop, once a week for approximately 1-2 hours and comes with a free "Active Living Everyday Toolkit". Please call the office by January 6th to register.

WELCOME THE NEW YEAR WITH A BANG! SPECIAL LUNCHEON

Wednesday, January 19
11:00 a.m.

Do you march to the beat of your own drum? Come rock and roll with us at this interactive and hilarious group drumming party with Bob Bloom. Bob's unique program incorporates music, education and fun in a wild party that you won't forget. The jam session will be followed by a delicious lunch of meat lasagna, green beans, yellow squash, dinner roll & margarine, pudding and apple juice, provided by TVCCA. Tickets are *\$9. Please register by January 12th. *Prices for special events are being raised by \$1.00 in 2022 due to increasing cost of entertainment.

WHAT'S NEXT FOR THE NEW SENIOR CENTER?

Wednesday, January 26
10:30 a.m.

Come find out what the next steps are in Colchester's pursuit of building a new Senior Center building. Join Director of Senior Services, Patty Watts, for this special Q & A session all about the future of your new building.

AARP TAX AIDE APPOINTMENTS

Fridays, February 11- April 1
by appointment only

AARP Tax Aide Counselors will be available by appointment on Fridays from February 11th through April 1st to assist you with free tax preparation assistance. We will begin taking appointments on January 1st. Please call Susan in the office at 860-537-3911 to schedule your tax appointment. Space is limited.

EXPERIENCE CHINA

Tuesday, February 1
10:00 a.m.

Come celebrate the Chinese New Year and learn about contemporary life in China. This special presentation will include pictures from both the rural countryside and cities of the largest Asian country. Sample some authentic Chinese food and even learn how to use chopsticks! The fee for this presentation is \$9 per person. Please register by January 25th.

HEART HEALTHY LUNCH & LEARN WITH CHESTEM

Wednesday, February 2
11:30 a.m.

We will enjoy a heart-healthy luncheon and presentation by on heart healthy diet and lifestyle choices from Chestelm Health & Rehabilitation. Following the presentation, you will be served a delicious and healthy lunch of turkey chili, cornbread, crunchy cabbage salad with peanut dressing, apple bread pudding and a bottle of water. This is a free program, however registration is required. Please sign up by Wednesday, January 26th. Space is limited for this program.

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

From the Director's Desk

I'd like to wish everyone a very happy and healthy New Year. I just can't seem to believe that 2021 is actually over—it really seemed to fly by! It marked many **changes** for us all, emerging from the pandemic and getting back to normal because of the availability of the vaccine. After a long season of closure, we were able in May 2021 to reopen to the public. In September, we began to offer travel programs again. Now our trip and travel offerings are about as full as they were before. Probably our biggest and most exciting **change** was the successful outcome of our November referendum which with it will bring additional **changes** in the near future. Exciting and at times stressful--**change...well, it changes things.**

Do you feel that way sometimes, when it comes to **change**? We have a close family friend who often jokes, "All **change** is BAD!" Some people really dislike **change** and yet others find it exhilarating. I probably fall somewhere in the middle of those extremes. I do, however, really like to think about a new year. It has always seemed to me to be a fresh start. So cheers to a good and productive 2022!

For those who ride our buses, please be aware that we are making some **changes** to the bus schedule for in-town transportation this month, to help us run more efficiently and serve more people. The senior buses will continue to run Monday through Friday to/from the senior center for classes, meals and programs. For appointments (this includes any medical transportation, banking, beauty/barber appointments) please schedule them on Monday, Wednesday or Friday. Shopping (which includes Stop & Shop, Noels, CVS, Walgreens and Dollar General), there will now be regional shopping trips for those living in Westchester and a different one for downtown Colchester. These trips will be available on Tuesdays and Thursdays to eliminate multiple trips to the same destinations. Please schedule your rides accordingly. Your cooperation as we implement these **changes** is greatly appreciated.

Our Program Coordinator, Ruth Reinwald, is out on a maternity leave, as she adjusts to motherhood—certainly one of the biggest life **changes**. We congratulate Ruth and her husband, Brian Barlow on the birth of their beautiful daughter, Maya Jane Barlow. (We waited just as long as possible to include photos but our schedule didn't much matter to little Maya) Ruth will be out on leave through February, returning part-time in March and April and to full-time in early May. That will be a **change** for all of us, but we are committed as ever to keeping the high level of programming that you've come to expect here at CSC, with plenty of great things to look forward to in 2022.

2021 had its challenges and its victories, but one thing remains unchanged and that's the Colchester Senior Center's commitment to be here for you and your families, as together we weather whatever **changes** life brings. In 2022, whatever may befall, we wish you a warm and wonderful New Year!

Warmly,
Patty

PROGRAMS

INCLEMENT WEATHER

'Tis the season for snowy weather! Please watch WFSB Channel 3 for any announcements regarding delays or closures due to inclement weather. Even if the center is open programs, services, meals or transportation may be impacted. Postings will also be on the CSC Facebook Page.

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.

CHORAL GROUP

Fridays
10:30 a.m.

Do you love to sing? Are you looking to be a part of a fun group of people? Then our choral group is perfect for you! We welcome all skill levels and abilities. Join us every Friday as we prepare for spring concerts

PET THERAPY

Monday, January 10
11:00 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.

STEP BY STEP PAINTING: SNUGGLY SNOWMAN

Monday, January 10
1:00 p.m.

This month we will be painting an adorable snowman on canvas in acrylic paint. The painting will be taught by Erica T. There is a materials fee of \$20 for this class. Registration is required.

REEL FRIENDS MOVIE CLUB

Wednesday, January 12
12:30 p.m.

The film for this month is "Shang-Chi and the Legend of the Ten Rings" (PG-13, 2021). In this new Marvel Film, Shang-Chi must face the past he thought he left behind and confront his father, leader of the dangerous Ten Rings organization.

SHOPPING TRIP

Thursday, January 13
10:30 a.m. Departure

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

**CSC will be
closed on
January 17 for
Martin Luther
King Jr. Day**

BOOK CLUB DISCUSSION

Tuesday, January 18
10:30 a.m.

This month's book selection is *The Dove Keepers* by Alice Hoffman. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

LUNCH BUNCH

Friday, January 21
11:00 a.m.

This month the Lunch Bunch will be going to Fennagain's in Hebron. Space for this trip is limited so be sure to sign up early. The suggested donation is \$4.00 for bus transportation.

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IN THE KNOW

Tuesday, January 25
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.

STITCH & FIX

Monday, January 31
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.

SEASON OF GIVING FOOD DRIVE

Through the end of 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.

AARP VIRTUAL EVENTS

Throughout January

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.

VACANCIES ON COMMISSION ON AGING

The Colchester Commission on Aging is seeking 2 alternate positions for their membership. The CoA's mission is to assist, support and advocate for the needs of the aging population. The CoA meets on the 2nd Monday of the month at 8:30 a.m. Please contact Marge Mlodzinski, Chair at 860-603-2047 or msrmlodzinski@gmail.com for additional information.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basic of American Sign Language (ASL). Leader: Group Lead	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 concerts. Leader: Terry Phillips	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: Susan Plefka.

SPECIAL INTEREST GROUPS

BRIDGE	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	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.

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

BLOOD PRESSURE CLINIC

Tuesday, January 4 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, 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.

FOOT CLINIC

**Wednesday, February 23
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.



WINTER REMINDERS...

Residents are reminded that this is the season that causes a lot of problems for fire and EMS personnel attempting to provide emergency services quickly. Snow and ice covered driveways and sidewalks create difficulty for emergency responders to access your home. Moving a stretcher through snow and ice is extremely difficult—requiring numerous additional personnel. Driveways and walkways should be cleared as soon as possible after snow falls.

It is easy to slip and fall in the winter, especially in icy and snowy conditions. Carefully shovel steps and walkways to your home (or hire someone to shovel for you). Do not walk on icy/snowy sidewalks; look for sidewalks that are dry and have been cleared. Wear boots with non-skid soles so you're less likely to slip when you walk.

If you use a cane, replace the rubber tip before it is worn smooth. When the temperature drops, older adults can run a higher risk of health problems and injuries related to the weather including hypothermia, frostbite and falls.

Remember to take the necessary precautions to stay safe this winter!



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, January 11
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.

AARP TAX AIDE APPOINTMENTS

Fridays, February 11- April 1

Free Tax Preparation Service is available through AARP Tax Aide volunteers. Space is limited, but we will begin scheduling appointments after the first of the year. Call 860-537-3911 for more information.

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, January 10
8:30 a.m.**

LTC OMBUDSMAN MEETING

**Tuesday, January 11
10:00 a.m.**

CSC STAFF MEETING

**Wednesday, January 12
2:30 p.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, January 11 & 25
7:00 p.m.**

Zoom links posted 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.

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

BEAT THE WINTER BLUES WITH UCFS

Friday, February 4
10:00 a.m.

Sara Walker from United Community Family Services (UCFS) will discuss coping skills for seniors during the winter months and how to deal with "feeling down". Registration will begin in January. Please pre-register by Thursday, February 3rd.

BOOK FOLDING WORKSHOP

Tuesday, February 15
1:00 – 3:00 p.m.

CSC member, Carol Gregoire will be here to lead this new program. Learn the art of Book Folding. A heart motif will accent your February décor. Materials are provided for this free session. Space is limited, please register in the office by February 11th.

HAPPY HEARTS SPECIAL EVENT LUNCHEON

Wednesday, February 16
11:00 a.m.

Love is always something to celebrate! This Valentine's Day let's make a toast to the love we share. Paul Shlien will be here to help us rock out with favorites from the 50's, 60's & 70's, including Billy Joel, The Beatles, and more! After the show we will be serving a delicious lunch courtesy of TVCCA. Tickets will be on sale beginning in February.



Warm congratulations to Ruth Reinwald and Brian Barlow on the birth of their daughter in late December. We waited just as long as we could for photos, but promise to publish them in next month's edition.

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.**

SOLD OUT NY 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 you 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.**

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.**

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.**

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 Restorts newest addition: Jimmy Buffet's Margaritaville. This tropical-themed casino section now offers a 5'Oclock 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.**

Our **Sneaker Key** helps travelers understand how strenuous a trip might be to determine which trips will be the best choice for them. We offer trips at the following levels:

-  = Light Walking
-  = Moderate Walking
-  = Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Colchester Senior Center

Happy
New
Year!

New Year's Day

	<p>2</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge</p>	<p>3</p> <p>9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo</p>	<p>4</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing</p>	<p>5</p> <p>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</p>	<p>6</p> <p>10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:00 Hearing Clinic 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>7</p> <p>8</p>
<p>9</p> <p>8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Pet Therapy 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Step by Step Ptg. 1:00 Bridge</p>	<p>10</p> <p>9:00 Making Memories 9:45 Tai Chi 10-12 Long Term Care Ombudsman Meeting 12:30-3:30 CHOICES Counseling by Appt. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>11</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Prevent Accidental Poisoning at Home 10:00 Sit & Be Fit 12:30 Movie Club "Shang- Chi" (PG-13, 2021) 1:30 Line Dancing 2:30 CSC Staff Meeting</p>	<p>12</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>13</p> <p>10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>14</p> <p>15</p>	
	<p>16</p> <p>17</p> <p>CSC Closed for Martin Luther King Jr. Day <small>Martin Luther King Jr. Day</small></p>	<p>18</p> <p>9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>19</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Welcome the New Year with a Bang! Luncheon 1:30 Line Dancing</p>	<p>20</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>21</p> <p>10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch departs to Fennagain's 1:30 Bingo</p>	<p>22</p>
<p>23</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge</p> <p><small>Activity Professionals Week</small></p>	<p>24</p> <p>9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>25</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 What's Next for the New Senior Center 1:30 Line Dancing <small>Australia Day (observed)</small></p>	<p>26</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>27</p> <p>10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>28</p> <p>29</p>	
	<p>30</p> <p>31</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Stitch & Fix Appts. 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge</p>					

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, MPH, RD/LDN.

TVCCA SENIOR CAFÉ MENU ~ JANUARY 2022









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Pineapple Tidbits	4 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Snap Peas Diced Peaches	5 Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Fresh Fruit	6 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears	7  <u>Birthday Celebration</u> Chicken Parmesan Farfalle Pasta w/ Marinara Green & Yellow Squash Birthday Treat Orange Juice <u>Add-On: Broccoli, Potato, & Cheddar Soup</u>
10 Ethnic Celebration Cuban Pulled Pork Spanish Rice Cauliflower, Carrots & Snap Peas Tropical Fruit Cup	 11 Stuffed Chicken Kiev Garlic Roasted Potatoes Green & Waxed Beans Sweet Treat Grape Juice	12 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Mandarin Oranges	13 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	14 Beef Stew Steamed Parsley Potatoes Broccoli Fresh Fruit <u>Add-On: Chicken Noodle Soup</u>
17 Dr. Martin Luther King Jr. Holiday  Program Closed	18 Swedish Meatballs Egg Noodles Zucchini, Peas, & Carrots Fresh Orange	 19 <u>New Year Celebration Meal</u> Meat Lasagna Green Beans & Yellow Squash Dinner Roll & margarine Pudding Apple Juice Ticket Cost: \$9.00	20 Pork Sausage & Gravy Tater Tots Broccoli Tropical Fruit Cup	21 Stuffed Shells w/ Marinara Carrot Coins Waxed Beans Pineapple Tidbits <u>Add-On: Split Pea & Ham Soup</u>
24 Chicken Marsala Rice Pilaf Zucchini Fresh Orange	25 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Green & Yellow Squash Diced Peaches	26 Country Style Chicken Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Sweet Treat Grape Juice	27 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Applesauce Cup	28 Sloppy Joe w/ Bun Sweet Potato Tater Tots Peas & Pearl Onions Mixed Fruit Cup <u>Add-On: Minestrone Soup</u>
31 American Chop Suey Diced Carrots Snap Peas Sweet Treat Orange Juice	1% milk and whole grain bread served with each meal. Menu is subject to change without notice. 	Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)	 <u>Inclement weather watcher.</u> If severe inclement weather is in the forecast, lunch program is subject to change. Inclement weather closings will be announced on local radio stations and TV Channels 3 & 8.	