

COLCHESTER SENIOR CENTER

February 2020



news

AARP TAX AIDE

Fridays, February-March
9:00 a.m. to 2:30 p.m.
by appointment only

AARP Tax Aide Counselors will be available by appointment on Fridays from February 7th through March 27th to assist you with free tax preparation assistance. Please call 860-537-3911 to schedule your tax appointment. Space is limited.



GO RED FOR WOMEN

Friday, February 7

February is Heart Health Awareness Month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. If you come into the center wearing red, you will receive a special treat of heart healthy dark chocolate from our Volunteer Receptionist on this day. We will also have Rubber Bracelets available for \$1.00 each and Red Dress Pins are \$5.00 each. We are also offering \$1.00 AHA Hearts which can be purchased in your name or in honor or in memory of someone you love. Items are available for purchase at the Volunteer Reception Desk throughout the month. All proceeds collected benefit the American Heart Association.

LUNCH & LOVE

Wednesday, February 12
11:00 a.m.

February is the month to celebrate love and friendship! Bring a friend to this fun luncheon and enjoy activities centered around "friendship." At 11:00 a.m., Dave Colucci will be here to entertain us with his wonderful vocals. Lunch will follow featuring a menu which includes: Spaghetti & Meatballs, garlic bread, garden salad with dressing, and double chocolate cake. Afterward, our own Choral group, Senior Moments will lead us in a sing-a-long of a few classic love songs. Tickets cost \$8.00 and are on sale through Wednesday, February 5th or until sold out.

HEART HEALTHY COOKING DEMO

Wednesday, February 19
1:30 p.m.

Please join Justine as she launches a new Cooking Demo series focused on heart healthy meals and snacks. She will show you how to make Cheese Spinach Balls, which you can sample and recreate at home. This recipe is diabetic-friendly, low carb and gluten-free. Please pre-register in the office by February 14, so we can have samples and recipes for all.

SCAM EDUCATION

Thursday, February 20
10:30 a.m.

Learn information about scams that are aimed at taking advantage of senior citizens including IRS, Medicare and Grandparent Scams. Led by Cragin Library Director, Kate Byroade. Please pre-register by February 18th in the office.

HELP YOUR HEART: LUNCH & LEARN

Monday, February 24
11:00 a.m.

Add valuable tools to help foster a healthy heart. We are pleased to welcome Chestelm Health & Rehab as they sponsor a discussion on heart health led by Director of Admissions and Assistant Director of Nursing, Mike Percy, LPN. They will also provide a complimentary heart healthy lunch of a delicious chicken chef salad and a whole wheat roll. Please register for this Lunch & Learn by February 14th. Space is limited.

WHY I LOVE MY SENIOR CENTER!

We need **YOU!** Director, Patty Watts, is interested in finding members who would like to share a brief filmed testimonial about what the Colchester Senior Center means to them. We need to work together to help every voter understand **WHY** the Colchester Senior Center is so important, and the many different ways our members utilize the senior center. Let's work together towards the goal of building a **NEW SENIOR CENTER** for the Town of Colchester. These ads will be used to promote our center to the entire community, through our Facebook page, the Town website and community-wide presentations. Please sign up in the office if you are interested or would like more information. See Patty's letter on page 2 for more info on how you can help.

**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

Justine Kowinsky
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
Roberta Avery, Treasurer
Jean Stawicki, Secretary
Sandra Gaetano
Linda Pasternak
Geraldine Transue

From the Director's Desk

This month I'd like to bring an update on the status of the new Senior Center project. To bring you up-to-date the parcel of land where the senior center will be built is located on the corner of Lebanon Ave. and Louis Lane and adjoins at the back of the lot with the Town Hall property. This parcel was purchased by the Town for \$90,000 in February 2017, for this purpose.

The Senior Center Building Committee was appointed last fall and have been meeting regularly since November, 2019. These meetings are open to the public and are typically held at Town Hall at 7:00 p.m. on the 2nd and 4th Tuesdays of each month. The Building Committee is comprised of Tony Tarnowski, Chairman, Marilyn Turner, Vice Chair, Ron Silberman, Marge Mlodzinski, Sean Nadeau, Kevin Hastings, Joe Ruiz, Madelyn Starkey and Gerrie Transue with Dawn LePage serving as Clerk. Additionally, Rosemary Coyle and Mike Egan serve as liaisons to their respective boards, and I attend in an advisory capacity. The Building Committee members bring a wealth of knowledge and experience; many have experience in building, engineering or the trades; several of them are actively engaged in the goings-on of our senior center as members and volunteers; a few serve on our Commission on Aging and several of them have served on previous building committees for the Town of Colchester. Their combined credentials and experience have already proven to be wonderful assets to this project. The Building Committee will be conducting interviews of three Architectural firms who have applied for the job this month and are responsible for making the decision of who to hire for the project. If all goes according to schedule, the committee is hoping to break ground in early 2021 and possibly be in the new building by the end of that year. All of this is tremendously exciting for me and I'm sure for many of you, too.

There is an important role that you will need to play in the success of this project, as well. There will need to be a referendum to see if the community will vote to proceed with the new senior center project. I will spend a lot of time reaching out and educating different community shareholders about what our senior center is all about and why we need a larger building with modern amenities, but it's not enough. I am an employee of the Town of Colchester, I am not a town resident. This is where you can help us—this month, I will be recruiting senior center members who are willing to give a recorded testimonial, in their own words, about what the Colchester Senior Center means to them. These short videos will be shared via the CSC Facebook page, through the Town website, potentially local cable access channels and probably other ways, too. Anyone involved is likely to become a senior center celebrity! I am hoping, through these short video clips, to capture the breadth of our services and the impact of them in the lives of our senior members and potentially even in their families. This is probably the most important thing that we can do to finally realize our dreams of a new facility where we will serve the seniors of today and generations of seniors to come. Thank you, in advance, for your support.

Warmly,

Patty



**CSC will be closed on
Monday, February 17th
in observance of
President's Day**

MAKE & TAKE CARDS
Thursday, February 6
10:00 a.m.

Have you recently sent a card to a special friend or family member? Join talented CSC member, Barbara Gozzo for a card-making workshop centered on Valentine's Day and St. Patrick's Day. There is a \$3.00 charge for the materials. Please pre-register in the office by February 4th.

PET THERAPY
Monday, February 10
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, First Selectman.

SHOPPING TRIP TO BIG Y
Monday, February 10
10:30 a.m.

Per your request, we will be scheduling special shopping trips every other month to Big Y in Marlborough. We will depart from the Senior Center at 10:30 a.m. At 11:45 a.m., we will return for a pick-up. Cost for the transportation will be \$3.00. Space is limited. Please sign up in the office by February 6th.

SHOPPING TRIP
Thursday, February 13
10:30 a.m.

This month, we'll be traveling to Lisbon Walmart. Please sign up in office by February 10th. \$5.00 suggested donation for bus transportation. Space is limited.

CUPID BINGO

Friday, February 14
10:30 a.m.

Who doesn't LOVE Bingo? Join us for a fun, free bingo game with Valentine-themed prizes and special refreshments including hot chocolate with whipped cream. Please sign up by February 12th.

BOOK CLUB

Tuesday, February 18
10:30 a.m.

This month we will discuss *A Prayer for Owen Meany*, written by John Irving. All are welcome to join our Book Club. We meet every 3rd Tuesday of the month at 10:30 a.m. Members, please bring recommendations for our 2020 reading schedule.

MONTHLY MATINEE
PIZZA PARTY

Tuesday, February 18
12:00 p.m.

For this month's pizza party matinee, we will be showing *Midnight in Paris* (PG-13). This is a romantic comedy about a family that goes there because of business and an engaged young couple have experiences that change their lives. Starring Owen Wilson, Rachel McAdams and Kathy Bates. Cost is \$5.00, which includes 2 slices of pizza, soda, and snacks. Please sign up in the office by Thursday, February 13th.

ADDING FISH TO YOUR DIET
Thursday, February 20
11:30 a.m.

Learn about how adding fish to your diet can have a positive impact on your health with Andrea Deedy, TVCCA's Registered Dietician.

STITCH & FIX W/ MARIA
Friday, February 21
9:30 a.m.

Volunteer, Maria Cusano helps mend and do simple alterations free of charge.

**JEWELRY-MAKING WITH
SANDRA: EARRINGS**

Friday, February 21
9:30 a.m.

Come join Sandra Gosselin, in her jewelry-making class. This month, she will assist in various beaded jewelry of your interest. Sign up in the office by February 7th.

BIRTHDAY CELEBRATION
Tuesday, February 25
12:00 p.m.

Help us celebrate our members who were born in the month of February. Thank you to our friend, Alex, from the Transitions Program who designs, bakes and serves the birthday cake monthly and leads this wonderful program.

IN THE KNOW
Tuesday, February 25
12:30 p.m.

Gather at this informative monthly meeting with Director, Patty Watts.

**CRAFTING WITH
"THE COURT"**
Wednesday, February 26
1:00 p.m.

Please join Tricia Velte, Admissions Director from Harrington Court who will be joining us monthly to lead a fun make-and-take crafting session making wind chimes. This activity is generously sponsored by Harrington Court and will be offered for free. Please sign up at the office by Friday, February 21st. Space is limited.

LUNCH BUNCH
Friday, February 28
11:00 a.m.

This month's lunch bunch will be to Roberto's Log Cabin Restaurant in nearby Lebanon. With such a wide variety of menu selections, you're sure to find something to please every palette. Please sign up in the office by February 18th. Cost is \$3.00 for senior bus transportation. Space is limited.

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Bring your own supplies. However, If you forget your supplies or are in need, please let us know.	TUESDAYS 10:00 A.M.	4 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes. We will prepare for a Spring Concert at local rehabilitation and nursing centers.	MONDAYS 10:30 A.M.	3 CLASSES	NO FEE
KNIT & CROCHET Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	4 CLASSES	NO FEE
LINE DANCING Line Dance Classes will return in the Spring, under new instruction. We thank Barbara McKelvey for her many years of guiding/teaching/leading this group!!	WILL RETURN IN THE SPRING	NO CLASSES	NO FEE
SIT & BE FIT VIDEO Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video, featuring Becky Kowalczyk.	WEDNESDAYS & FRIDAYS 10:00 A.M.	8 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	4 CLASSES	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.			
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	7 CLASSES	PRE-PAID CARD
SENIOR YOGA 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.	8 CLASSES	PRE-PAID CARD
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	7 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	4 CLASSES	PRE-PAID CARD

SPECIAL INTEREST GROUPS

BINGO Tuesdays & Fridays at 1:30 p.m.
(Doors open at 1:00 p.m.)

CHAIR MASSAGE by appt. Thursdays
beginning at 12 p.m.

CHARITABLE CRAFTS Wednesdays at 10:30 a.m.

MAH JONGG Mondays at 12:30 p.m.

MEXICAN TRAIN DOMINOES Thursdays at 12:30 p.m.

FRI. FILM SERIES Will resume in mid-April

PINOCHLE Tuesdays, Wednesdays
& Fridays at 12:30 p.m.

SETBACK Mondays at 12:30 p.m.

Wii BOWLING Thursdays at 10:00 a.m.



“ASK THE TECH GEEKS”

Wednesday, February 5

2:30 to 4:00 p.m.

Got a computer question? We have the answer! Ron Vasquez, a senior center member, and Bacon Academy students, Owen Mocksfield and Nate Kowinsky are our new Tech Volunteers who are here monthly to assist you with your computer, tablet, or smart phone. Pre-register for your free 20-minute appointment. Bring your equipment and they will help you and answer your questions.

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.

In order to best serve you, we require that in-town transportation reservations are made BY 12:00 p.m. THE DAY BEFORE. Please call to make out-of-town medical transportation arrangements as soon as you know the date of your appointment. All rides are on a first-come-first served basis. We do not charge for bus transportation. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be made in the Colchester Senior Center office.

REGISTRATION POLICIES

Registration for any programs, activities, meals or trips can be made during office hours Monday-Friday. Please note that the office is closed daily from 12:30-1:00 p.m. for lunch. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up on or after the first day of the month. 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.

HEALTH & WELLNESS

HEARING SCREENINGS

Friday, February 7

10:30 a.m. – 11:30 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call to schedule at 860-537-3911.

BLOOD PRESSURE CLINIC

Monday, February 3

9:30 a.m. – 10:15 a.m.

Have your blood pressure checked by Liz Muller, L.P.N. from Chestelm Adult Day Services at this free monthly clinic.

FOOT CLINIC

Tuesday, February 4

1:00 – 2:00 p.m.

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 Making Memories Program is scheduled at the Colchester Senior Center on:

Mon. 9:00 a.m.-1:00 p.m.

Tues. 9:00 a.m.-1:00 p.m.

Wed. 9:00 a.m.-1:00 p.m.

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator at 860-537-3911 for more information.

This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

WARNING SIGNS OF HEART ATTACK & STROKE

from the American Heart Association

Heart Attack Warning Signs

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body

Shortness of breath

Stroke Warning Signs

Face drooping: Does one side of the face droop or is it numb? Ask the person to smile.

Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty: Is speech slurred, is the person unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like "the sky is blue." Is the sentence repeated correctly?

**IF THESE SIGNS ARE PRESENT
CALL 9-1-1!**

Heart attack and stroke are life-and-death emergencies—every second counts. If you see or have any of the listed symptoms, immediately call 911. Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. Don't delay—get help right away!



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, February 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.

ENERGY ASSISTANCE

(September 1 - May 1)

Beginning this year, Energy Assistance appointments will be 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.

COLCHESTER FOOD BANK

Thursdays by appointment

The Colchester Food Bank is located on the third floor of Town Hall at 127 Norwich Avenue. Its mission is to provide relief for those experiencing food insecurity. For more information, please contact Amber in Youth & Social Services at 860-537-7255.

MEETINGS IN FEBRUARY

AARP CHAPTER #4019

No meeting this month

COMMISSION ON AGING

Mon., February 10 at 8:30 a.m.

REG. OMBUDSMAN MEETING

Tues., February 11 at 10:00 a.m.

CSC STAFF MEETING

Wed., February 12 at 2:30 p.m.

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

Meals can be delivered daily to home-bound residents. Age eligibility for this program is age 60 and above. A suggested donation of \$2.00 is requested for each home delivered meal. To register for this program, please call TVCCA at 860-934-1006.



VOLUNTEER OPPORTUNITIES

VOLUNTEER CHORAL DIRECTOR AND/OR PIANO PLAYER: We are searching for a volunteer to help lead and/or play piano for our fun choral ensemble, "Senior Moments" on Mondays from 10:30 a.m. to 12:00 p.m. Assist the group to prepare for concerts at several local nursing homes and performances right here at our senior center!

SUBSTITUTE BINGO CALLER: Set up and call Bingo games, as needed on Tuesday or Friday afternoons and clean up afterward. Training will be provided.

LINE DANCING INSTRUCTOR: Seeking someone who is able to lead a social and fun line dance class on Thursdays at 1:00 p.m. Time commitment is about 90 minutes per week. If we had multiple volunteers, you could share the job.

SAVE THE DATES FOR MARCH



LUCK OF THE IRISH LUNCHEON

Wednesday, March 18

11:00 a.m.

On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for Corned Beef & Cabbage and other Irish fare. Musical entertainment by John Banker will get us all "dancin' a jig." Please join us! Tickets are \$8.00 and can be purchased in the office until March 13th or until sold out.

LIVE WELL CHRONIC DISEASE MANAGEMENT WORKSHOP SERIES

**Wednesdays, March 4 to April 8 from 1:00 p.m.
to 3:00 p.m.**

The Live Well Program is a FREE evidence-based program that teaches techniques and strategies to those who are dealing with, or may be caring for someone, with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety and those who experience associated symptoms on a regular basis. Led by Vickie Han and Nancy McAuliffe from Chatham Public Health. Sign up in the office.

AARP SMART DRIVERTEK® WORKSHOP

Thursday, March 19 from 1:30 p.m. to 3:00 p.m.

Smart DriverTEK is a brand-new, 90-minute FREE workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register in the office by Friday, March 13th.



DAY TRIPS

SOUTH PACIFIC at the GOODSPEED

Wednesday, May 27, 2020, 11:00 a.m.

Before the show, enjoy lunch at the Gelston House, conveniently located next the Goodspeed Opera House. Meal choices will be announced. The spring production at the Goodspeed is the famous "South Pacific" and we will be enjoy a matinee performance together. Cost is \$85.00 per person and includes senior bus transportation, a lunch package at the Gelston House and tickets to the show. **Please register by May 1st.**

MANGIA, MANGIA!

Wednesday, June 24, 2020, 7:00 a.m.

Spend the day in Italy without needing a passport! Boston's Little Italy testifies to the age-old immigrant experience in the new world. Spend the day in one of our country's oldest neighborhoods. Once the tour is finished, there will be free time for you to grab lunch on your own, and do some shopping. In the afternoon, you'll head to Sam Adams where you will take a tour, learning about the beer making process and enjoy a sample. Cost is \$129 per person. **Please register by May 29th.**

NEW BRONX ZOO

Thursday, September 10, 2020, 6:45 a.m.

Come experience life of the wild side! The Bronx Zoo's world-class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorail, Tiger Mountain and Madagascar will get you eye-to-eye with all of the majestic animals. Bring your lunch or grab a tasty snack at one of the many food vendors. Cost is \$86.00 per person and includes motor coach transportation, all entrance fees and gratuities. **Please register by July 31st.**

SOUNDS OF THE 60'S

Tuesday, October 6, 2020, 7:15 a.m.

Take a trip back in time, to the 1960's. This trip will take you to the Bethel Woods Center for the Arts, a located at the site made famous by the 1969 Woodstock festival. Enjoy a docent-led tour of the museum and explore the main exhibit's immersive multi-media experience which tells the story of the "The Sixties" and Woodstock. After touring the museum, you'll head over to the Dancing Cat Saloon for a buffet-style lunch. Enjoy a tour and tasting at the Catskill Distilling Company. The last stop of the day is the Stray Cat Gallery, which showcases the talents of local artists. This trip includes roundtrip motor coach transportations, a professional tour director, lunch, admission to all points of interest on the itinerary, taxes and gratuities. Cost for this trip is \$138 per person. **Register by September 11th**



= Light Walking



= Moderate Walking

OVERNIGHT TRIPS

NEW LANCASTER IN STYLE

June 9-11, 2020, 7:00 a.m.

Our travels take us to Pennsylvania Dutch Country with a stop at the Appalachian Brewing Co. for lunch continuing onto The Cork Factory, which will be the historic accommodations for both nights of the journey. Enjoy a private wine, cheese and paint party, followed by dinner. Day two begins with a full breakfast buffet followed by a hands-on experience at Kitchen Kettle Village, learning how to make homemade whoopee pies. Later in the day, we'll take our seats (reserved orchestra) at Sights & Sounds Theatre for their brand new production of "Queen Esther." Dinner will be served at Miller's Smorgasbord. After breakfast on the final day, we will say goodbye to Lancaster and continue to the Mount Hope Estate and Winery for a light lunch and beer and wine tasting before traveling back home with great memories. This trip includes roundtrip motor coach transportations, 2 nights' accommodations, 6 meals, tickets and admissions to all attractions, a professional tour director and gratuities for the tour director and bus driver. Cost for this trip is \$565 per person, double occupancy. **A \$50 deposit is required at sign up with final payment by April 28, 2020.**

VIRGINIA BEACH, VA & THE OUTER BANKS, NC

September 28-October 2, 2020, Departure TBD

Enjoy waterfront views for 4 nights at the Oceanfront Inn, with private balconies that overlook the Atlantic Ocean. This trip will include the amazing show "Swingtime in the Skies" at the Military Aviation Museum and even interact with Rosie the Riveter. The third day offers a full day tour to discover the Outer Banks with a native tour guide, including Cape Hatteras Lighthouse and the Wright Brothers National Memorial. This trip includes 4 nights hotel stay, 4 breakfasts, 4 dinners, admission, a professional trip escort, motor coach transportation and all gratuities. Cost is \$729 per person, for double occupancy. **A deposit of \$300 by July 6, 2020 secures your place.**

WASHINGTON D.C.

October 16-18, 2020, Departure TBD

Explore our Nation's Capital on this 3 Day Trip. A Welcome Dinner marks your arrival on Night One. Tour of the city with a local Tour Guide highlighting the Vietnam & Korean War Memorials, FDR, WWII Memorial and the MLK Jr. National Memorial. Free time at the museum known as "America's Attic", the world-famous Smithsonian! Dinner on night 2 followed by a "Washington by Night" tour. The morning of day 3 includes the US Holocaust Memorial Museum—a powerful living memorial. 2 night's accommodations, motor coach transportation, 2 breakfasts, 2 dinners, admissions, trip escort & all gratuities. Cost is \$525 per person, double occupancy. **A deposit of \$200 by June 12th is required to secure your reservation.**



= Mostly Walking

Sunday

Monday

Tuesday

Wednesday



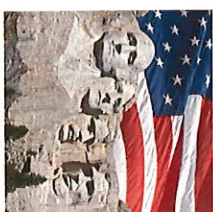
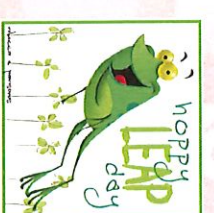
Thursday

Friday

Saturday



February 2020







 Groundhog Day	2 9:00 Making Memories 9:00 Exercise w/ Anne 9:30-10:15 Blood Pressure Clinic 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	3 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:30 Pinochle 1:00-2:00 Foot Clinic 1:30 Bingo <u>NO AARP Meeting</u>	4 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 2:30-4:00 Ask the Tech Geeks, by appointment	5 7:00 Quebec Winter Carnival Departure 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:00 Make & Take Cards 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	6 9:00-2:30 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:30 Hearing Screenings 11:00 Yoga 12:30 Pinochle 1:30 Bingo GO RED FOR WOMEN!!	7 8
9 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Pet Therapy 10:00 Sittercize 10:30 Shopping @ Big Y 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	10 9:00 Making Memories 9:45 Tai Chi 10:00 Ombudsman Mtg. 10:00 Adult Coloring 12:30 Pinochle 12:30-3:30 CHOICES Counseling, by appointment 1:30 Bingo	11 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 10:30 Book Club 12:00 Monthly Pizza Matinee: Midnight In Paris (PG-13) 12:30 Pinochle 1:30 Bingo	12 9:00 Making Memories 10:00 Sit & Be Fit NO Charitable Crafts 11:00 Lunch & Love with Dave Colucci 12:30 Pinochle 2:30 Staff Meeting	13 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip: Lisbon Walmart 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	14 9:00-2:30 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:30 Cupid Bingo with Refreshments 11:00 Yoga 12:30 Pinochle 1:30 Bingo Valentine's Day	15 
16 	17 CSC Closed in observance of Presidents' Day Presidents' Day (US)	18 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 10:30 Book Club 12:00 Monthly Pizza Matinee: Midnight In Paris (PG-13) 12:30 Pinochle 1:30 Bingo	19 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:30 Heart Healthy Cooking Demo 2:00 Garden Club: Crafting for MOW	20 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Scam Education 11:00 Yoga 11:30 Adding Fish To Your Diet 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	21 9:00-2:30 AARP Tax Aide 9:00 Strength & Stretch 9:30 Jewelry Making with Sandra: Earrings 9:30 Stitch & Fix w/Maria 10:00 Sit & Be Fit Video 11:00 Yoga 12:30 Pinochle 1:30 Bingo	22
23	24 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 11:00 Help Your Heart Lunch & Learn 12:30 Mah Jongg 12:30 Setback	25 9:00 Making Memories 9:45 Tai Chi 10:00 Adult Coloring 12:00 Birthday Celebration 12:30 In The Know 12:30 Pinochle 1:30 Bingo Mardi Gras	26 9:00 Making Memories 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:00 Crafting with "The Court"	27 9:00 Exercise w/Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	28 9:00-2:30 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 11:00 Yoga 11:00 Lunch Bunch to Log Cabin Restaurant 12:30 Pinochle 1:30 Bingo	29 



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 Certified by Lindsay D'Amato, MPH, RD, LDN.

TVCCA SENIOR CAFE MENU ~ FEBRUARY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p>	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice.</p> 	<p>Inclement weather watcher: If severe inclement weather in the forecast, delivery schedules are subject to change. Inclement weather closings will be announced on local radio stations and TV channels 3, 4 & 8.</p>		
<p>3 Baked Ham w/ Pineapple Glaze Turnips w/ Herbs Brussel Sprouts Diced Peaches</p>	<p>4 Beef Stew Herb Roasted Potatoes Broccoli Fresh Fruit</p>	<p>5 Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Japanese Vegetable Blend Pears w/ mandarin oranges</p>	<p>6 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Medley Pineapple Tidbits</p>	<p>7 <u>Birthday Celebration</u> Chicken Cacciatore Pasta Shells w/ Marinara Green & Yellow Squash Birthday Treat Grape Juice <u>Add-on: Split Pea & Ham Soup</u></p>
<p>10 Chicken Marsala Rice Pilaf Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>11 Pork Sausage & Gravy w/ Biscuit Tater Tots Corn w/ Peppers & Onions Pineapple Tidbits</p>	<p>12 <u>LOVE & LUNCH</u> Spaghetti & Meatballs Garlic Bread Garden Salad Double Chocolate Cake Grape Juice Tickets Cost: \$8.00</p> 	<p>13 Crispy Cod Patty Macaroni & Cheese Brussel Sprouts Mandarin Oranges</p>	<p>14 Philly Cheese Steak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Diced Peaches <u>Add-on: Corn Chowder Soup</u> <i>Happy Valentine's Day</i></p> 
<p>17 CSC CLOSED </p>	<p>18 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Fruit Cocktail</p>	<p>19 Chicken Parmesan Farfalle Pasta w/ Marinara Mixed Vegetables Medley Sweet Treat & Apple Juice</p>	<p>20 Pork Loin w/ Mushroom Gravy Roasted Garlic Potatoes Green & Yellow Squash Diced Pears</p>	<p>21 Stuffed Chicken Kiev Rice Pilaf Broccoli Fresh Fruit <u>Add-on: Broccoli, Potato, & Cheddar Soup</u></p>
<p>For Presidents' Day Holiday</p>	<p>25 <u>Ethnic Celebration</u> Chicken & Broccoli Steamed Rice Oriental Vegetable Blend Sweet Treat & Orange Juice</p> 			
<p>24 Italian Pork Sausage & Peppers w/ Grinder Roll & Mozzarella Cheese Green & Waxed Beans Fruit Cocktail</p>	<p>25 <u>Ethnic Celebration</u> Chicken & Broccoli Steamed Rice Oriental Vegetable Blend Sweet Treat & Orange Juice</p>	<p>26 <u>Ash Wednesday</u> Stuffed Haddock w/ Shellfish Squash Mix w/ Carrots & String Beans Pears Fresh Orange</p>	<p>27 Chicken Chili w/ Cheddar Baked Potato Green Beans Corn w/ Onions & Peppers Tropical Fruit Cup</p>	<p>28 Cheese Pierogis Kasha Brussel Sprouts Pineapple Tidbits <u>Add-on: Minestrone Soup</u></p>