

COLCHESTER SENIOR CENTER

January 2023



news

NEW YEAR VISION BOARDS

Wednesday, January 4
1:30 p.m.

What is a vision board? It's a visual representation of your goals. These poster-sized visuals contain all kinds of images and text that represent something you're trying to accomplish. Whether you are trying to eat healthy, try something new, spend more time with family, or make more time to relax; a vision board can help you manifest your hopes and dreams into reality. Come set your intentions with us as we create a vision board to guide us into the New Year. This program is free, registration is required.

CREATIVE LIFE REVIEW JOURNALING CLASS

Wed., January 11 & 25
1:00 p.m.

We are offering a NEW Creative Life Review Journaling Class scheduled on the second and fourth Wednesday of each month. In this class we will discuss the benefits of journaling, creating a journaling practice, and different techniques to help you journal. We will write about our lives using various prompts and group brainstorming sessions. Life Review Journals are a great way to share memories with others or as a private way to reflect back on your own life. This is a free class, supplies will be provided. Please register in the office so we have an accurate count for supplies.

SNOWFLAKE SOCIAL LUNCHEON

Wednesday, January 18
11:00 a.m.

Just like snowflakes, we are all different. Let's celebrate our uniqueness at the Snowflake Social Luncheon. We will be entertained by the delightful sounds of Jennifer DiSapio from That's Heavenly Entertainment. After we will feast on a comforting homestyle meal of Meatloaf with Mashed Potatoes & Gravy, Sugar Snap Peas, Cookies and Juice. Tickets are \$9 each and available until January 11th or until sold out. Please register in the office.



MENTAL HEALTH SELF CARE LUNCH & LEARN

Friday, January 20
11:30 a.m.

The New Year can be a great time to focus on our own mental health and self-care. Join us for this important Lunch & Learn sponsored by National Health Care where we will discuss self-care strategies and ways to put our own mental health first. This is a free program and space is limited. A lunch choice of a turkey or tuna sandwich will be offered. Register in the office.

CHINESE NEW YEAR CELEBRATION

Monday, January 23
11:00 a.m.

2023 is the Year of the Rabbit in Chinese culture. We'll enjoy a catered buffet from Po's Rice and Spice including Chicken and Mixed Vegetables, Beef and Broccoli, Vegetable Lo Mein, Pork Fried Rice and Steamed White Rice and Eggrolls. We will also learn about traditional Chinese games and play a round of Chinese New Year Jeopardy. Tickets are \$15 and are on sale through Thursday January 12th or until sold out.

BINGO PLAYERS LUNCHEON

Tuesday, January 24
11:30 a.m.

Come to our special Bingo Holiday Luncheon to ring in the New Year with friends. This event is free for members who have played a minimum of 10 Bingo games in the past 6 months. All others may attend for \$10 per person, as space permits. Please pre-register in the office by Tuesday, January 13th.

FREE GIFT CARD BINGO

Wednesday, January 25
10:30 a.m.

Let's beat the winter doldrums and play a fun game of FREE bingo. All of the prizes in this game will be gift cards from various locations donated by our friends at Complete Care at Harrington Court. Register in the office by Wednesday January 18 or until the program is full.

Colchester Senior Center
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574
Email: csc@colchesterct.gov
facebook.com/www.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

Jodi Savage
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

Nola Weston, Chair
Marjorie Mlodzinzki, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Quinn Kozak
Rosanne Tousignant
Terry Brown, Alternate
William Otfinoski, Alternate
Rosemary Coyle, BOS Liaison
Art Shilosky, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

To quote one of my favorite childhood books, *Anne of Green Gables* by L.M. Montgomery, ***"Tomorrow is a new day with no mistakes in it... Yet."*** New Years is a time for fresh starts, a good time to set some goals, right some wrongs if necessary and choose a different and more successful path. I like that thought. Whether you choose to make a fresh start in a new year, on a Monday (a new week) or even on a new day, life presents plenty of opportunities for us to choose healthy and productive change.

I know that change can be difficult for many, but I encourage you once again with words of wisdom from *Anne of Green Gables*, ***"It's been my experience that you can nearly always enjoy things if you make up your mind firmly that you will."*** Attitude is everything when it comes to change! Are you looking to change for the better this year? Maybe CSC can help.

Another quotable quote from my dear Anne-girl, ***"Isn't it splendid there are so many things to like in this world?"*** What a cheery outlook! We hope that the Colchester Senior Center makes the personal list of things you like. The CSC staff try throughout each month to bring a variety of fun, engaging and empowering program opportunities for you. Providing places and spaces where you can continue to learn and grow throughout your entire lifespan--that is our passion! Take a close look at this month's newsletter and try something new, or keep growing and learning with a favorite meaningful activity.

In *Anne of Green Gables*, Anne longed for human connection—something which had eluded her in the orphanage until she arrived at Green Gables. I think connecting people in warm and supportive friendships is one of the biggest benefits of senior centers, and it's one of the things that CSC members and staff do best. Socialization is vital to aging well and we hope that when people visit our center they experience the kind, friendliness that makes our center so special and agree with Anne that ***"Kindred spirits are not so scarce as I used to think. It's splendid to find out there are so many of them in the world."***

We hope to have some good announcements with the new senior center project early in the New Year. Expecting to see the new senior project move into a construction phase in 2023 has me very excited. The hard work of the Senior Center Building Committee, Silver, Petrucelli & Associates (architects) and Board of Selectman/Board of Finance Liaisons, as well as myself have spent three years meeting and planning for this new facility, and we are hopeful to see it take physical shape in 2023—a fresh start for our department this New Year. From all the staff at the Colchester Senior Center, we wish you all a terrific New Year, filled with health, happiness and fresh starts!

Warmly,

Patty

PROGRAMS



CSC HOLIDAY SCHEDULE

Monday, January 2
Closed for the New Year's
Holiday Observed

Monday January 16
Closed for Martin Luther
King Jr. Holiday

ACROSS THE AGES
Wednesday, January 11
10:15 a.m.

CSC's partnership with the middle school for our inter-generational program will continue this month. This program will run through February. For more information see Jodi. Meeting at WJJMS.

SHOPPING TRIP
Thursday, January 12
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.

CARD MAKING
WORKSHOP
Friday, January 13
10:00 a.m.

Join talented CSC member Barbara Gozzo for this winter-themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is January 6th, in the senior center office.

CHOIR ON THE ROAD
Friday, January 13
10:30 a.m.

Our CSC Senior Serenaders choral group will be performing their Broadway Show at Harrington Court today. Let's wish them well as they share the joy of Broadway with others.

BOOK CLUB
Tuesday, January 17
10:30 a.m.

This month's book selection is *The Gown* by Jennifer Ronson. Copies available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

TECH TIME WITH HARRY
Friday, January 20
1:00 – 3:00 p.m.

Make a one-on-one 30-minute appointment and bring your equipment such as smartphone, tablet or laptop to learn on your own device. Please sign up in the office for an appointment.

PAINTING WITH RUTH
Friday, January 27
9:30 a.m.

Create a Porch Sign. Join Ruth Reinwald as she teaches you step-by-step how to create a beautiful porch sign for yourself or to give as gift. The fee for the class is \$20 per person which includes all materials.



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LUNCH BUNCH OUTING
Friday, January 27
11:00 a.m.

This month's Lunch Bunch destination will be Roberto's Log Cabin Restaurant in Lebanon. Suggested Donation for bus transportation is \$3.00.

STITCH & FIX WITH MARIA
Monday, January 30
by appt. beginning at
10:00 a.m.

Bring your items that need hemming, slight mending, buttons replaced, etc. Items will be returned within 2 weeks. Please sign up for an appointment in the office.



GOURD BIRDHOUSE
PAINTING WORKSHOP
Tuesday, January 31
10:30 a.m.

Dried gourds make beautiful birdhouses. Join Jodi as she shows you how to transform a plain gourd into a wonderful decorative birdhouse using paint. The fee for the class is \$12 and includes all the materials.

IN THE KNOW
Tuesday, January 31
12:30 p.m.

Meet with Patty Watts as she discusses new programs, events, and trips, addresses concerns and answers your questions at this monthly forum.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basics of American Sign Language (ASL). Group led	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 DVD-based program for 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
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	THURSDAYS 1:00 P.M.	CSC	NO FEE
SENIOR SERENADERS 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 \$35.00			
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 \$35.00, which includes 10 classes at \$3.50 each. **Please note that starting this month, the cost of the Fitness Cards will be raised to \$35.00, so that we can give our exercise instructors a long-overdue raise.** We thank you for understanding. All previously purchased cards with available classes will, of course, be honored.

TRANSPORTATION SCHEDULE

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

- **9:30-10:45 a.m. for Colchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.
- **1:35-3:00 p.m. for Westchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.

Fridays: Appointment Day*

**Appointments include rides to medical appointments including local doctors, physical therapy, lab work and other appointments within Colchester.*

SPECIAL INTEREST GROUPS

BRIDGE Mondays at 1:00 p.m.

MAH JONGG Mondays at 12:30 p.m.

SETBACK Mondays at 12:45 p.m.

PINOCHLE Tuesdays at 12:30 p.m.

BINGO Tuesdays & Fridays at 1:30 p.m.

**REEL FRIENDS
MOVIE CLUB** 2nd Wed. at 12:30 p.m.

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

Wii BOWLING Thursdays at 10:00 a.m.

CHAIR MASSAGE Thursdays, beginning at 12:00 (by appointment only)

CHORAL GROUP Fridays at 10:30 a.m.

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 (within a 40 mile radius of Colchester), 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 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 6, 10:30 a.m.

Dr. Matthew Cross from the HearUSA 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

No Clinic in January

There will be no Blood Pressure Clinic for the month of January, but Victoria Leist, LPN from Chestelm Adult Day Program will be back in February.

NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

Anyone who is struggling, please know that help is available. 9-8-8 is the place to call for assistance 24/7.

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 10

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

Energy Assistance appointments can be made by contacting the Norwich TVCCA office directly at 860-889-1365. Due to staffing, appointments are not available through the Colchester Social Services Department.

AARP TAX AIDE

Fridays, February 3-March 24

by appointment

AARP Tax Aide Counselors will be available by appointment on Fridays from February 3rd through March 24th to assist you with your tax preparations. Please call 860-537-3911 to schedule your appointment. Appointments can be scheduled starting in January.

MEETINGS IN JANUARY

AARP CHAPTER #4019

No Meeting in January

COMMISSION ON AGING

Mon., January 9, 9:00 a.m.

Town Hall Hybrid Meeting Room

SENIOR CENTER

BUILDING COMMITTEE

Tues., Jan. 10 & 24, 7:00 p.m.

LTC OMBUDSMAN

REGIONAL MEETING

Tues., January 10, 10:00 a.m.

CSC STAFF MEETING

Wed., January 11, 2:30 p.m.

STRATEGIC PLANNING TEAM

Thurs., January 26, 9:30 a.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 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's MOW Hotline at 860-934-1010. Please allow 24-48 hours for a response and someone from TVCCA will contact you.

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at the CSC:

Line Dance Instructor: We are looking for a line dance instructor for Wednesday afternoons. If you know of anyone that might be interested contact Jodi.

Volunteer Bakers: If you enjoy baking at home, register to bake homemade cookies, brownies, cakes, muffins, etc. to share with your CSC friends.

Fill-In Receptionist: We are looking to add to our list of on-call receptionists. If you are looking to volunteer on a more casual basis this position may be for you. See Jodi for more information.

Additional Information

INCLEMENT WEATHER REMINDER

If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding and delays or closures of programs, meals or transportation.

SNOW REMOVAL SERVICES

Unfortunately, the free snow removal services which were available in previous years are not being offered this year. If anyone knows anyone who is offering affordable snow plowing/snow removal services, please contact Patty at 860-537-3911.

SEASON OF GIVING FOOD DRIVE

Ends January 31st

It is a wonderful time to give back to those in need. Throughout the month of January we will continue to collect non-perishable food items for the Colchester Food Bank. There is a donation box located in the dining room at the center. Thank you to all who have already donated.

SAVE THE DATE

LUV BUG VALENTINES LUNCHEON

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

Join us as we celebrate Valentine's Day with Food, Entertainment, Fun and Friends. Tickets go on sale February 1st





OVERNIGHT TRIPS

ESCORTED MONTREAL & CANADA / NEW ENGLAND CRUISE

May 12 -20, 2023 

Join one of Friendship Tours most popular cruises aboard the Holland American Cruise Lines Zaandam and sail the St. Lawrence River and Northern Atlantic while visiting some of the most beautiful ports in Canada and New England. You will arrive in Montreal by deluxe motor coach. You will set sail with stops in Quebec City, Charlottetown, Prince Edward Island, Sydney and Halifax Nova Scotia, Bar Harbor, and Boston. This 9 day, 8 night cruise includes overnight accommodations in Montreal, 3 hour tour of Montreal, dinner, all meals on board, daily activities, nightly entertainment, casino, and deluxe motor coach back to CT from Boston. **Prices start at \$1899 per person for twin. Final payment is due January 28, 2023. Must have valid passport.**

PAINTED CANYONS OF THE WEST







August 13 - 21, 2023 

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mountains is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Includes seven breakfasts, two lunches and two dinners. **Cost is \$3,829 per person for double, if booked before February 13, 2023**

SPAIN & PORTUGAL: COSTA DEL SOL TO THE PORTUGUESE RIVIERA

October 14 – 25, 2023 




From bustling cities to peaceful stays on the Mediterranean coast, get a true taste of the Iberian Peninsula. Explore Málaga on a walking tour, where you can taste some of the delicacies of this southern Spanish region. Visit Frigiliana and Nerja, two of the Andalusian white villages that leave memories of quiet, simpler days. Visit Ronda, a clifftop marvel. Gaze at Cordoba's Mezquita and colorful patios. In Seville, learn about the history of Flamenco with a hands-on lesson. In Lisbon, travel by tram to the cobbled narrow streets and visit Belem, home to the Jerónimos Monastery. Relax on Portugal's Riviera during a 3-night stay in Cascais. Includes 10 Breakfasts, 2 lunches and 4 dinners. **Cost is \$5,029, per person for double, if booked before March 15, 2023.**

 = Light Walking
  = Moderate Walking
   = Mostly Walking



IMPORTANT INFORMATION ABOUT PARKING

Trips depart from the **far rear parking lot of St. Andrew's Church at 128 Norwich Ave., unless otherwise specified.** Please park in the far rear lot, so we don't interfere with church activities (*look for the small white church on a trailer in the far left corner and park in line with that*). The bus will pick up there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.









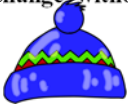
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  New Year's Day	2 Happy New Year CSC Closed for the New Year Holiday	3 9:00 Making Memories 9:45 Tai Chi 10:30 <u>No</u> Blood Pressure Clinic 12:30 Pinochle 1:30 Bingo	4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Creative Vision Boards	5 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 10:00 Sit & Be Fit 10:30 Hearing Clinic 10:30 Choral Group 11:00 Yoga 1:30 Bingo	7
8	9 9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	10 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 12:30 CHOICES 1:30 Bingo 7:00 SCBC Meeting (Z)	11 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:15 Across the Ages 1:00 Creative Life Review Journaling 2:30 CSC Staff Meeting	12 9:00 Exercise w/ Anne 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	13 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group to Harrington Court 11:00 Yoga 1-4 AARP Tax Training (Closed Meeting) 1:30 Bingo	14  Martin Luther King Jr. 1929 - 1968
15	16 CSC Closed for Martin Luther King Jr. Day Holiday Martin Luther King Jr. Day	17 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	18 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Snowflake Social Luncheon	19 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	20 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 Mental Health Self Care Lunch & Learn 1:00 Tech Time with Harry 1:30 Bingo	21
22  Chinese New Year (Year of the Rabbit)	23 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 11:00 Chinese New Year Party 12:30 Mah Jongg 12:45 Setback 1:00 Bridge Activity Professionals Day	24 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 11:30 Bingo Players Luncheon 1:30 Bingo 7:00 SCBC Meeting (Z)	25 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Free Gift Card Bingo 1:00 Creative Life Review Journaling	26 9:00 Exercise w/ Anne 9:30 Strategic Planning Meeting 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet Australia Day (observed)	27 9:30 Painting with Ruth 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Lunch Bunch to Log Cabin Lebanon 11:00 Yoga 1:30 Bingo	28
29	30 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	31 9:00 Making Memories 9:45 Tai Chi 10:30 Gourd Birdhouse Painting 12:30 Pinochle 12:30 In the Know 1:30 Bingo	<div> <h1>January 2023</h1> <h2>Colchester Senior Center</h2> </div>			



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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <i>New Year Holiday</i></p>  <p>CSC Closed</p>	<p>3</p> <p>Country Fried Beef Steak Buttermilk Mashed Potatoes Mixed Vegetables Medley Applesauce Cup</p>	<p>4</p> <p>Stuffed Chicken Kiev Roasted Garlic Rice Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>5</p> <p>Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Green & Waxed Beans Pineapple Tidbits</p> 	<p>6</p> <p>Chicken Marsala Rice Pilaf Zucchini, Peas & Carrots Sweet Treat Apple Juice</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>9</p> <p>Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>10</p> <p>Chicken Parmesan Farfalle Pasta w/ Marinara Zucchini & Yellow Squash Fresh Fruit</p>	<p>11 <u>Birthday Celebration</u></p>  <p>Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>12</p> <p>American Chop Suey Diced Carrots Snap Peas Tropical Fruit Cup</p>	<p>13</p> <p>Cod w/ Lemon Dill Sauce Garlic Roasted Potatoes Corn w/ Peppers & Onions Mixed Fruit Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>16 <i>Dr. Martin Luther King Jr. Holiday</i></p>  <p>CSC Closed</p>	<p>17 <u>Ethnic Celebration</u></p> <p>Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Sweet Treat Grape Juice</p>	<p>18 <u>Snowflake Social Luncheon</u></p> <p>Meatloaf w/ Gravy Mashed Potatoes Sugar Snap Peas Cookies Juice Ticket Cost \$9.00</p> 	<p>19</p> <p>Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p> 	<p>20</p> <p>Cheese Lasagna Roll-Ups Carrot Coins Broccoli Fresh Fruit</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>23 <u>Chinese New Year Celebration</u></p> <p>Chicken & Mixed Vegetables Beef & Broccoli Vegetable Lo Mein Pork Fried Rice Steamed White Rice Eggrolls Ticket Cost: \$15.00</p>	<p>24</p> <p>Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears</p> 	<p>25</p> <p>Swedish Meatballs Egg Noodles Zucchini & Yellow Squash Sweet Treat Grape Juice</p>	<p>26</p> <p>Cheese Omelet Home Fries Broccoli Tropical Fruit Cup</p>	<p>27</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Medley Applesauce Cup</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>30</p> <p>Chicken Cacciatore Pasta Shells w/ Marinara Green & Waxed Beans Sweet Treat Apple Juice</p> 	<p>31</p> <p>Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice</p> 	<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p>www.tvcca.org</p>	<p><u>Inclement Weather Watcher</u> If severe inclement weather is in the forecast, delivery schedules are subject to change.</p> <p>Inclement weather closings will be announced on local radio stations and TV Channels 3 & 8.</p>