

COLCHESTER SENIOR CENTER

February 2023



news



**CSC WILL BE CLOSED FOR
PRESIDENT'S DAY
MONDAY, FEBRUARY 20**

GO RED FOR WOMEN

Friday, February 3

Group Photo at 10:00 a.m.

February is American Heart 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 little token as a thank you. We also will be selling paper hearts for \$1 at the Volunteer Reception Desk throughout the month. Consider purchasing one in the name of a loved one, friend or yourself. All money donated will go to the American Heart Association

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. Limited space is available.

CUPID BINGO

Friday, February 3

10:00 AM

Celebrate the sweetest month of the year with a free Cupid Bingo. Join us for a chance to win Chocolate-themed prizes sponsored by our friends at Apple Rehab. Hot chocolate and cookies will be served. Space is limited. Please register by February 2nd.

BLACK HISTORY MONTH PRESENTATION

Monday, February 6

10:00 a.m.

Join us as we honor Black History Month with an informational presentation about the importance of this month. Shawn Pelletier, Chair of Colchester's Commission on Racial Equality (CORE) will help present and will also give us an overview of the commission's mission and what they hope to do moving forward. Refreshments will be served.

HEALTHY LIVING FOR BRAIN AND BODY

Tuesday, February 7

10:30 a.m.

CSC has partnered with the Alzheimer's Association to bring a 4-part monthly series covering various topics around the disease based on current research. These educational workshops are open to all and not just for caregivers or those living with the disease. Our first workshop is *Healthy Living for Your Brain and Body*. Join us to learn about the latest research providing insights into how we can make lifestyle choices that may help you keep your brain and body healthy as you age. This is a free program. Registration is required.

VALENTINE'S COOKIE DECORATING WORKSHOP

Thursday, February 9

2:00 – 3:30 p.m.

Have you ever wanted to learn how to decorate cookies like a pro? We are excited to offer a workshop with Carrie Milton from Carried Away Cakery. With her expertise and teaching style you will master the art of decorating. Workshop cost is \$15 per person. Cost includes 3 delicious Valentine's Day shaped cookies to decorate and all the icing to complete them. Register by Monday February 6th.

"SOUPER BOWL" LUNCH

Friday, February 10

12:00 p.m.

It seems the Super Bowl and food are synonymous. Join us as we celebrate the upcoming game with a special soup luncheon. The meal will consist of a bowl of Corn Chowder, a roll, salad and a super bowl themed dessert. Wear your team's colors and be entered to win a prize. Cost is \$5 per person. Please register by Wednesday, February 8th.



LUV BUG LUNCHEON

Wednesday, February 15

11:00 a.m.

It's never too late to celebrate love. Join us for our Valentine's Day luncheon a day late with musical entertainment featuring, guitarist and vocalist, Bill Benson. Following his performance we will enjoy a lunch featuring braised beef tips with mushroom sauce, mashed potatoes, carrots and peas, brownie sundaes and juice. Cost is \$9 per person. Space is limited. Register by February 8th.



BLOCK-PRINTED APRON CRAFT SESSION

Tuesday, February 28

10:30 a.m.

Do you wish you had an apron when taking a craft, painting or cooking class? Just need a nice apron at home? Come and design an apron using various textile stamps and fabric paint. Both floral and geometric stamps will be provided. Cost is \$10 includes an adult sized canvas apron, use of stamps and paint. Space is limited. Register by February 17th.

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 Mlodzinzi, 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

February brings to mind all matters of the heart. It's the month where we celebrate Valentine's Day and recognize those we love and cherish most. It's also the month when we shine a spotlight on heart disease awareness and prevention.

On February 3rd we join with the American Heart Association in celebrating the "Go Red! for Women" campaign. This annual event attracts a lot of attention for heart disease prevention, specifically for women. Cardiac disease and its symptoms in women often do not present themselves in the same ways as they do in men. We share this opportunity to spread awareness and education about this important subject. We invite you to join us to wear red as we observe this day and we will reward you with a kiss from our Volunteer Receptionists—a Hershey's Chocolate Kiss! Throughout the month, you will also have the opportunity to purchase AHA Hearts in honor or in memory of a loved one for \$1.00 each and "Red Dress" lapel pins for \$5.00. The Hearts will hang on display in the hallway and all proceeds from the sales will be sent to the American Heart Association. If you come dressed in red, we also invite you to be part of our group photo at 10:00 a.m. that day.

In celebration of Valentine's Day, we have some fun and festive programs planned. We invite you to come to a very special Bingo on February 3rd, where all of the prizes will be edible and everyone's favorite flavor...chocolate! We will have a professional baker from Carried Away Cakery leading a Valentine's Cookie Decorating Workshop which promises to be not only fun but also delicious. Last, but not least is our Luv Bug Luncheon with guest entertainer, Bill Benson and a "hearty" meal to warm your heart and soul. Please register early, because even in the doldrums of winter when we would typically find our attendance dipping a bit lower, we seem to be selling out of many programs this year.

I am pleased to announce that the Board of Selectmen entered into a contract with BRD Builders, LLC for the construction of Colchester's new senior center. We are beyond thrilled to see this project moving forward and before you know it, the Colchester Senior Center will have a beautiful new building to call home and welcome generations of citizens, who will benefit in our important mission to the community. I look forward to sharing details on the construction progress in the future, as we all celebrate this exciting development.

Warmly,

Patty

PROGRAMS

PAGE 3

ACROSS THE AGES **No Meeting in February**

CSC's partnership with the middle school continues, however, the Gallery Walk and In-Person meeting for February has been cancelled by the school. We will meet again in person in March. See Jodi for more information.

LIFE REVIEW JOURNALING **Wednesday, Feb 8 & 22** **1:00 – 2:30 p.m.**

Learn the process and practice of reviewing one's life through journaling 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 program and new members are welcome. Contact Jodi for more information.

SHOPPING TRIP **Thursday, February 9** **10:30 a.m. Departure**

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

PAINTING WITH RUTH **Friday, February 10** **9:30 a.m.**

Join Ruth Reinwald as she teaches you step-by-step how to paint a northern lights winter scene. The fee for the class is \$15 per person which includes all materials.



TECH TIME WITH HARRY **Friday, February 10 & 17** **1:00 – 3:00 p.m.**

Due to popular demand Harry will be adding an additional day each month. 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.

PET THERAPY **Monday, February 13** **10:00 a.m.**

We invite our dog-loving members to come and get a little TLC from "Stitch", a certified therapy dog, with her owner Mary Bylone.



PIZZA & A MOVIE **Thursday, February 16** **11:30 a.m.**

Join us for a pizza party matinee, we will be showing *Five Flights up* (PG-13). A romantic comedy about a long-time married couple who've spent their lives together in the same New York City apartment. They become overwhelmed with personal and real-estate issues when they plan to downsize. Starring Morgan Freeman, Diane Keaton, and Cynthia Nixon. Cost is \$5.00, which includes 2 slices of pizza, soda, and snacks. Please sign up in the office by Thursday, February 13th.

BOOK CLUB **Tuesday, February 21** **10:30 a.m.**

This month's book selection is *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman. Copies available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

CARD MAKING WORKSHOP **Thursday, February 23** **10:00 a.m.**

Join Barbara Gozzo for this spring-themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is February 16th, in the senior center office.

LUNCH BUNCH OUTING **Friday, February 24** **11:30 a.m.**

This month's Lunch Bunch destination will be Fornarelli's in Colchester. Suggested Donation for bus transportation is \$3.00.

STITCH & FIX WITH MARIA **Monday, February 27** **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.

IN THE KNOW **Tuesday, February 28** **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 SCHEDULE

PAGE 4

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
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
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. We will be returning to the punch card system beginning in February.

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, March 3, 10:30 a.m.

Dr. Matthew Cross from the HearUSA of Glastonbury will be scheduling appointments at CSC every other month moving forward. He will be here in March.

BLOOD PRESSURE CLINIC & PRESENTATION

Tuesday, February 14

10:30 – 11:30 a.m.

In Honor of Heart Month, Chatham Health will be here to provide information on Heart Health and prevention. They will also provide free blood pressure checks after the brief presentation.

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 and support 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 the III funds made available under the Older Americans Act.*

HEART HEALTHY DIETS: 8 STEPS TO PREVENT HEART DISEASE

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

- 1. Control your portion size:** How much you eat is just as important as what you eat.
- 2. Eat more fruits and vegetables:** Enjoy fresh or frozen vegetables or fruits, low sodium canned vegetables and canned fruit packet in juice or water.
- 3. Select whole grains:** Whole-wheat flour, 100% whole-grain bread, high fiber cereals (5 or more grams per serving), whole grains such as brown rice or barley, whole-grain pasta and regular oatmeal (not quick oats) are all great options.
- 4. Limit unhealthy fats:** Less than 7% of your total daily calories should be saturated fat and less than 1% of your daily calories should be trans fats.
- 5. Choose low-fat protein sources:** Low-fat dairy products, eggs, salmon, skinless poultry, legumes, tofu and soy products and lean ground beef are heart-healthy options.
- 6. Reduce the sodium in your food:** Healthy adults should have no more than 2,300 milligrams of sodium per day. This is the equivalent of about one teaspoon.
- 7. Plan ahead: Create daily menus:** Select foods that are on the list above to plan menus.
- 8. Allow yourself an occasional treat:** Allow yourself an indulgence every now and then. An occasional candy bar or handful of potato chips won't derail your heart-healthy diet, but make it the exception rather than the rule.

Written by the Mayo Clinic



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, February 7
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. Limited appointments available.

MEETINGS IN FEBRUARY

**AARP CHAPTER #4019
No Meeting in February**

**CSC STAFF MEETING
Wed., February 8, 2:30 p.m.**

**COMMISSION ON AGING
Mon., February 13, 9:00 a.m.
Town Hall Hybrid Meeting Room**

**SENIOR CENTER
BUILDING COMMITTEE
Tuesdays, February 14 & 28,
7:00 p.m.**

**LTC OMBUDSMAN
REGIONAL MEETING
Tues., February 14, 10:00 a.m.**

**STRATEGIC PLANNING TEAM
Thurs., February 23, 9:30 a.m.**

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'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.

Fill-In Meals on Wheels Drivers: Our Meals on Wheels Program is looking for fill-in drivers to deliver meals locally when our regular drivers are unavailable. Please contact Valerie for further information or to sign up.

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.



Wii GAMING SYSTEMS NEEDED

We are looking for one or two Wii Gaming systems in working order. Our systems are getting older and we use them weekly for our popular Wii Bowling Program. If you have one that you would like to donate please contact the center.



SAVE THE DATE

LUCKY LEPRECHAUN LUNCHEON

Wednesday, March 15
11:00 a.m.

Everyone is Irish on St. Patrick's Day. Join us as we celebrate with Food, Fun and Friends. Tickets go on sale March 1st.

DAY TRIPS

GORGEOUS GLASS IN BOSTON

Tuesday, April 18, 2023   

Enjoy a wonderful day in Boston. You will spend time at the Mapparium at the Mary Baker Eddy Library. This huge glass globe shows the world's boundaries frozen in time circa 1935. Enjoy a three course family style Italian lunch at Maggiano's Little Italy. Next you will be amazed by the realistic flowers made of Austrian blown glass during a guided tour of The Glass Flowers exhibit in the Harvard Museum of Natural History. **Cost is \$130 per person. Please sign up by March 17, 2023**

BEAUTIFUL - THE CAROLE KING MUSICAL at the THOMASTON OPERA HOUSE

Sunday, April 30, 2023  



Enjoy a Sunday Matinee of this popular musical about the true story of Carole King's rise to fame as one of the 20-century's foremost singer-songwriters. While her career is on the rise her personal life falls apart. Set in the vibrant pop industry of the 60's and early 70's, Beautiful, features a tapestry of musical hits. Pre-show lunch will be served at Black Rock Tavern with a meal choice of Chicken Marsala, Salmon or Pork Tenderloin. **Cost is \$125 per person. Please sign up by 3/30.**




GYPSY at the GOODSPEED with LUNCH at the GELSTON HOUSE

Wednesday, May 24, 2023, 10:30 a.m. 

Enjoy a group lunch at the Gelston House, then walk to the historic Goodspeed Opera House for a matinee performance of Gypsy. Gypsy is about Momma Rose, the ambitious stage mother determined to drive her daughters toward stardom, takes center stage in one of the most celebrated musicals of all time. And with her comes a parade of iconic tunes that conjure the joys and heartaches of show business: "Everything's Coming Up Roses," "Let Me Entertain You," and more. The brassy masterpiece about vaudeville and burlesque lights up the Goodspeed stage for the very first time. **Cost is \$98 per person and includes senior bus transportation, meal, and tickets to the show. Please sign up by April 14, 2023.**

 = Light Walking

  = Moderate Walking

   = Mostly Walking

OVERNIGHT TRIPS

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.**

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 no responsible for the safety of vehicles, while patrons are traveling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit	2 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 Groundhog Day	3 Wear Red for Women Day 8:30 – 3:30 AARP Tax Aide 10:00 Group Photo 10:00 Sit & Be Fit 10:00 Free Cupid Bingo 10:30 <u>No</u> Hearing Clinic 10:30 Choral Group 11:00 Yoga 1:30 Bingo	4 
5	6 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Black History Month CORE Presentation 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	7 9:00 Making Memories 9:45 Tai Chi 10:30 – 11:30 Healthy Living For Brain and Body 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo	8 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit <u>NO</u> Across the Ages 1:00 Creative Life Review Journaling 2:30 CSC Staff Meeting	9 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 2-3:30 Cookie Decorating Class	10 8:30 – 3:30 AARP Tax Aide 9:30 Painting with Ruth 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 12:00 Souper Super Bowl Lunch 1:00 Tech Time w/Harry 1:30 Bingo	11
	13 9:00 Making Memories 9:00 COA Meeting (TH) 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Pet Therapy 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	14 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 10:30 – 11:30 – Blood Pressure Clinic /Presentation 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z) Valentine's Day	15 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Luv Bug Valentine's Day Luncheon	16 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:30 Pizza & A Movie 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	17 8:30 – 3:30 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/Harry 1:30 Bingo	
19 	20 CSC Closed for President's Day Presidents' Day	21 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo Mardi Gras	22 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Creative Life Review Journaling Ash Wednesday	23 9:00 Exercise w/ Anne 9:30 Strategic Planning 10:00 Sittercize 10:00 Wii Bowling 10:00 Card Making 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	24 8:30 – 3:30 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch 1:30 Bingo	25
26	27 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	28 9:00 Making Memories 9:45 Tai Chi 10:30 Block Printing Aprons 12:30 Pinochle 12:30 In The Know 1:30 Bingo 7:00 SCBC Meeting (Z)				

Key: Z = Zoom TH = Town Hall Hybrid Meeting Room



TVCCA SENIOR CAFE MENU ~ FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)		1 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Zucchini, Peas, & Carrots Fresh Fruit	2 Sloppy Joe w/ Bun Herb Roasted Potatoes Mixed Vegetables Medley Pineapple Tidbits 	3 Stuffed Chicken Cordon Bleu Glazed Sweet Potatoes Green Beans Diced Pears Add-On: Corn Chowder Soup
6 Country Style Chicken Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup 	7 Birthday Celebration Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice 	8 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup	9 Stuffed Shells w/ Marinara Carrot Coins Waxed Beans Applesauce Cup	10 Salisbury Steak w/ Gravy Egg Noodles Squash Mix w/ Carrots & String Beans Fresh Orange Add-On: Chicken Noodle Soup
13 American Chop Suey Diced Carrots Snap Peas Fresh Orange	14 Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup  HAPPY VALENTINE'S DAY	15 Luv Bug Luncheon Braised Beef Tips w/Mushroom Gravy Mashed Potatoes Carrots & Peas Juice Brownie Sundaes Ticket Cost: \$9.00	16 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears	 17 Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Sweet Treat Grape Juice Add-On: Split Pea & Ham Soup VALENTINE'S CELEBRATION
20 President's Day Holiday  PROGRAM CLOSED	21 Chicken Parmesan Pasta Shells w/ Marinara Zucchini & Yellow Squash Fresh Fruit	22 Ash Wednesday Cheese Lasagna Roll-Ups Carrot Coins Lima Beans Sweet Treat Grape Juice 	23 Pork Sausage & Gravy Home Fries Broccoli Diced Peaches	 24 Crispy Cod Patty Macaroni & Cheese Mixed Vegetables Medley Mixed Fruit Cup Add-On: Broccoli, Potato, & Cheddar Soup
27 Ethnic Celebration Steamed Pork Dumpling Jasmine Rice Broccoli, Peppers & Mushrooms Sweet Treat Apple Juice	28 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits		1% milk and whole grain bread served with each meal. Menu is subject to change without notice. 	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 & 8.