

COLCHESTER SENIOR CENTER

March 2023



HEALTHY APPETITE PRESENTATION

Wednesday, March 1
11:30 a.m.

Appetite loss in seniors is a complex issue with many causes and contributing factors. Physical changes in the body, shifts in mental health, and certain medications all contribute to changes in appetite as we age. Join Andrea Deedy, RD from TVCCA as we explore this topic. This is a free program and no registration is required.

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Tuesday, March 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. Our second workshop in the series is *Understanding Alzheimer's and Dementia*. Join us to learn about the difference between Alzheimer's and dementia, stages, risk factors and more. This is a free program. Registration is required.

LUCKY LEPRECHAUN LUNCHEON

Wednesday, March 15
11:00 a.m.

As an Irish blessing states, "May good and faithful friends be yours wherever you may roam." Join your friends at CSC for a sensational St. Patrick's Day performance by The Tidewater Trio. They will bring the sounds of the fiddle, guitar fiddle, mandolin and song to CSC. Following their performance we will enjoy a traditional feast of Corn Beef and Cabbage, Potatoes, Carrots, Irish Soda Bread and juice. Cost is \$9 per person. Space is limited. Register by March 8th or until full.

CARDIO DRUMMING INTRO PRESENTATION

Wednesday, March 15
1:30 p.m.

What is cardio drumming? It brings together drumsticks and an exercise ball in a fun low impact workout. Cardio drumming turns keeping a rhythm into a workout you won't want to stop. This can be done standing or sitting. We will demo this new exercise program and gather your feedback as we consider adding this program to our current free exercise offerings. This program is free but registration is requested.

COFFEE WITH OUR NEW SENIOR BENEFITS COUNSELOR

Thursday, March 16
10:00 a.m.

Join us as we welcome Ellen Fougere as our new Senior Benefits Counselor. She will be volunteering weekly on Thursdays to help our members with various benefit programs such as Renters Rebate, Energy Assistance as well as doing benefit assessments. Join us for coffee and refreshments as we learn more about her, her background and how she will be working to help our members.

INCLEMENT WEATHER REMINDERS

You know the old adage about March..."in like a Lion out like a Lamb"? We never know if we're out of the woods as far as winter storms quite yet, but if the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 (news or online) for announcements regarding any delays or closures of programs, meals or transportation services.

INSPIRED BY ART SERIES

Tuesday, March 28
10:00 a.m.

Do you enjoy art, learning about artists, creating projects of your own? If you said yes to any or all of those questions, join us for our new monthly program, *Inspired by Art*. Each month we will take an in-depth look at an artist, their work, and their process. We will then make a small art project using one or more of their artworks as inspiration. Freedom of expression will be encouraged. The March workshop is \$10 per person and includes the blank flag, metal yard stake, and all paint and materials to complete the project. Space is limited. Please register before March 21st.



Artist: Wassily Kandinsky
Activity: Painted Garden Flag

AARP SMART DRIVER TEK

Wednesday, March 29
9:45 a.m. – 11:30 a.m.

Get Smart About New Vehicle Technology: Cars are becoming more technologically advanced every day. This means there's more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart DriverTEK is a FREE, 90-minute workshop. Drivers will learn how to utilize the latest high-tech safety features in their current or future car. Open to all who are 50 years and older. Space is limited. Please pre-register for this class by March 22.

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
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Susan Plefka

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Missy Bauman

Making Memories Program Coord.
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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 Mlodzincki, 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

It's probably not shocking to anyone who has seen me (my fair skin and freckles) that I've got a wee bit 'o **Irish** in me. My maiden name, Patty McCauley, really gives it away, doesn't it? During the month of March, it seems as if everyone can connect with their "inner Irishman," whether their descendants are from **Ireland** or not. I come by it honestly, my grandmother hailed from "the Old Country" and her beautiful **Irish** brogue told everyone she met that truth. I often think of the courage it must've taken her to leave her family and country of origin, as a teenager; she was only 17 at the time. I'm not sure I could've done the same, but I'm so glad she did. She met and married my grandfather and went on to have 5 children, the youngest of whom was my father. My most enduring memories of her are of her hearty laugh; her exclamation of "Jesus, Joseph and Mary!" to almost anything that surprised her; and a shared cup of tea and slice of her famous **Irish** soda bread, still warm from the oven.

As we celebrate St. Patrick's Day this month, I wanted to shine a spotlight on a few special programs and events. On Wednesday, March 15, we look forward to a favorite annual celebration, our **Lucky Leprechaun Luncheon** with a traditional boiled dinner of Corned Beef and Cabbage, herbed potatoes, carrot coins, **Irish** soda bread and juice—this special meal is provided by TVCCA. The Tidewater Trio will be here to perform on the fiddle, guitar, and mandolin and will have us all dancing a "jig"—even if it's from our seats.

I have always felt that the Colchester Senior Center had a special energy, maybe even a sense of **Luck**. When we identify that something is needed—it seems that someone special steps up and fills that need. That is exactly how it happened with our new Senior Benefits Counselor, Ellen Fougere. Ellen is a Colchester resident who retired about 5 years ago working as the Assistant Director of the Waterford Senior Center. Ellen reached out to me and said that she was looking for a way to serve the community, and after meeting together to discuss it, we mutually decided that her professional experience and credentials make her the perfect person to take on a very special volunteer assignment. Come meet Ellen on March 16th at a Coffee Social, and if you have social service needs such as Energy Assistance (from September-May), Renters Rebate (April-October), SNAP applications, DSS paperwork or even a benefits screening, you can make a one-on-one appointment with her. She will be here weekly on Thursdays, beginning on March 23rd and you can schedule an appointment with her through our office. I know Ellen professionally, and I can tell you how **Lucky** we are to have her.

Wishing you all a month filled with a bit 'o **Irish Luck, too**...right here in Colchester!

Warmly,

St. Patty ☺

PROGRAMS

AARP #4019 CHAPTER MEETING

**Tuesday, March 7
1:30 p.m.**

After their winter hiatus, regather with our local chapter of AARP for updates, refreshments and a special program. Executive Board will meet at 1:00 p.m. in the Craft Rm., prior to the general meeting.

ACROSS THE AGES

**Wednesday, March 8
10:15 a.m.**

CSC's partnership with the middle school continues. Our members will meet with students in person and establish a plan for the rest of the school year. See Jodi for more information if you would like to join us.

LIFE REVIEW JOURNALING

**Wednesday, March 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. This is a free program and new members are welcome. Contact Jodi for more information.

SHOPPING TRIP

**Thursday, March 9
10:30 a.m. Departure**

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

CARD MAKING WORKSHOP

**Thursday, March 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 March 16th, in the senior center office.

BUNNY WREATH WORKSHOP

**Thursday, March 9
1:30 p.m.**

Get hopping into spring with this craft workshop. We will create a bunny shaped wreath and decorate it with ribbons, flowers and carrots. All materials will be provided at a cost of \$10. Space is limited. Register before March 6th or until full.



TECH TIME WITH HARRY

**Friday, March 10 & 17
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.

PET THERAPY

**Monday, March 20
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.

BOOK CLUB

**Tuesday, March 21
10:30 a.m.**

This month's book selection is *West with Giraffes* by Lynda Rutledge. Copies available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

STITCH & FIX WITH MARIA

**Monday, March 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, March 28
12:30 p.m.**

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

AARP DRIVER SAFETY

**Wednesday, March 29
12:00 – 4:00 p.m.**

By taking a driver safety course, you'll learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate age-related changes in vision, hearing and reaction time and may qualify for a discount from your insurance provider. Open to anyone 50 and over. Cost is \$20 for AARP members and \$25 for non-members. Please register by March 22nd.

LUNCH BUNCH OUTING

**Friday, March 31
11:30 a.m.**

This month's Lunch Bunch destination will be Sadler's Ordinary Restaurant located in Marlborough. Suggested Donation for bus transportation is \$3.00. Please sign up in the office.

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. 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. He will be here in March. Call the CSC office to make an appointment.

BLOOD PRESSURE CLINIC

There will be no blood pressure clinic for the month of March.

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.

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.*

FILE OF LIFE

A "File of Life" is a miniature health history which fits into a magnetic sleeve and placed on an individual's refrigerator and in their wallet. It is a phenomenal program which can and has saved lives by putting vital information about health history, medication and insurance information into the hands of emergency personnel. All Police, Fire, and EMS personnel are trained to look for this information, while responding to emergencies.

It is the hope of the Colchester TRIAD to bring awareness to this important program and to provide a File of Kit as part of our Welcome Packet, as folks ages 55 and up register for membership at the Colchester Senior Center.

With your kit, you will receive a large F.O.L. in a magnetic sleeve for your refrigerator, a small F.O.L. in a plastic sleeve for your wallet and a form with tips on how to use your FOL kit. If you do not already have a File of Life kit, please stop in to the senior center and get one today!

Please remember to keep your File of Life up to date with changes in health, diagnoses, medication, doctors or insurance. For convenience, we recommend you use pencil while filling out your File of Life, so information can be updated, as needed.



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, March 14

12:30 p.m.- 3:30 p.m.

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

SENIOR BENEFITS COUNSELING

Thursday, March 23 & 30

12:00 p.m.- 3:30 p.m.

Schedule an appointment with our new Senior Benefits Counselor, Ellen Fougere. Ellen can help you with Energy Assistance (Sept.-May), Renters Rebate (April – Oct.), SNAP (formerly Food Stamps), MSP applications, or benefits assessment. Call the CSC office to make an appointment.

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 those with appointments with their tax preparations.

MEETINGS IN FEBRUARY

AARP CHAPTER #4019

Tues., March 7, 1:30 p.m.

CSC STAFF MEETING

Wed., March 8, 2:30 p.m.

COMMISSION ON AGING

Mon., March 13, 9 a.m.

Town Hall Hybrid Meeting Room

**SENIOR CENTER
BUILDING COMMITTEE**

**Tues., March 14 & 28,
7:00 p.m.**

**LTC OMBUDSMAN
REGIONAL MEETING**

Tues., March 14, 10:00 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.

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.

SAVE THE DATE **BOOST YOUR BUDGET:** **BENEFITS CHECK-UP EVENT** **Thursday, April 13** **9:00 a.m. – 3:00 p.m.**

Are you 60 or older? Give yourself a boost with benefits! The cost of living keeps going up – which can be hard if you're living on a fixed income. April 10-14 is Boost Your Budget™ Week, the perfect time to see if you qualify for benefits programs that can help you pay for food, medicine, housing, and more. Our BenefitsCheckUp® Event on Thursday, April 13 is free and confidential and will give you a personalized list of benefits to explore. Please call 860-537-3911 to schedule your Benefits Checkup Appointment.

MEDICARE BOOTCAMP **Thursday, April 13** **5:00 p.m.**

Are you new to Medicare or nearing the age to apply? Then Medicare Bootcamp is for you. Join us as we learn the A, B, C & D's of Medicare. A counselor from Senior Resources will be here to share important information you need to know and answer all of your questions. This is a free program, registration is required by calling 860-537-3911.

FLORAL FRENZY LUNCHEON **Wednesday, April 19** **11:00 a.m.**

Let's celebrate spring in our finest florals with our Floral Frenzy Luncheon. Join us for the musical talents of Richard Badowski who performs blues, country, jazz, and more with a sense of humor and his harmonica. Tickets will go on sale April 3rd.



SENIOR CENTER BUILDING COMMITTEE UPDATE

The Senior Center Building Committee held a standing-room only contract signing with BRD Builders, LLC on February 3, 2023 at the Colchester Senior Center. This contract will now allow the project to enter into the construction phase. Tentative plans for a groundbreaking ceremony are scheduled for April. We will keep you apprised of our plans and look forward to sharing with you positive progress as we move along building a new senior center.

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 in 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, 2032 



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

LOCKS & LUNCH CRUISE ALONG THE HUDSON RIVER

Saturday, June 24, 2023, 6:45 a.m. 

Enjoy a 3-hour cruise aboard The Captain J.P. III, the largest cruise vessel in the capital region of upstate NY, to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet. It is exciting, informative and educational. Enjoy a complete hot and cold buffet and on board entertainment as you sail. The trip will end with an afternoon visit in Stockbridge, MA in the Berkshires where you can visit Main Street shops, cafes, and candy stores. **Cost is \$138 per person. Please sign up before May 24th.**

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, enjoy a tasting at a family-run winery. 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. **Call Collette (1-800-852-5655) for pricing and availability.**

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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>MARCH 2023</h1> <p>Colchester Senior Center</p>			<p>1</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:30 TVCCA Healthy Appetite Presentation</p>	<p>2</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>3</p> <p>8:30-3:30 AARP Tax Aide, by appt. 10:00 Sit & Be Fit NO Choral Group 10:30 Hearing Clinic 11:00 Yoga 1:30 Bingo</p>	<p>4</p> 
<p>5</p> 	<p>6</p> <p>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</p> <p>Purim Begins</p>	<p>7</p> <p>9:00 Making Memories 9:45 Tai Chi NO BP Clinic 10:30 Understanding Alzheimer's and Dementia 12:30 Pinochle 1:30 AARP Meeting 1:30 Bingo</p>	<p>8</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:15 Across the Ages 1:00 Life Review Journaling 2:30 CSC Staff Meeting</p>	<p>9</p> <p>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 1:30 Bunny Wreath Workshop</p>	<p>10</p> <p>8:30-3:30 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo</p>	<p>11</p>
<p>12</p>  <p>Daylight Saving Time Begins</p>	<p>13</p> <p>9:00 Making Memories 9:00 COA Meeting (TH) 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p>	<p>14</p> <p>9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>15</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Lucky Leprechaun Luncheon 1:30 Cardio Drumming Introduction</p>	<p>16</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Coffee w/ our New Senior Benefits Counselor 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>17</p> <p>8:30-3:30 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo</p> <p>St. Patrick's Day</p>	<p>18</p> 
<p>19</p>	<p>20</p> <p>9:00 Making Memories 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</p> <p>Spring Begins</p>	<p>21</p> <p>9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>22</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Life Review Journaling</p> <p>Ramadan Begins</p>	<p>23</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Card Making 11:00 Yoga 12:00 Chair Massage 12-3:30 Senior Benefits Counseling w/ Ellen 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>24</p> <p>8:30-3:30 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>25</p> 
<p>26</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Making Memories 9:45 Tai Chi 10:00 Inspired By Art Series-Kandinsky 12:30 Pinochle 12:30 In The Know 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>29</p> <p>9:00 Making Memories 9:00 Walking Group 9:45 - 11:30 AARP SDTek Class 10:00 Adult Coloring 10:00 Sit & Be Fit 12 - 4 AARP Driver Safety Class</p>	<p>30</p> <p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3:30 Senior Benefits Counseling w/ Ellen 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>31</p> <p>8:30-3:30 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch to Sadler's Ordinary 1:30 Bingo</p>	

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



TVCCA SENIOR CAFE MENU ~ MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 www.tvcca.org</p> <p>(24hr voice mail available)</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>~~~~~</p> <p>Menu is subject to change without notice.</p>	<p>1 American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>2 Stuffed Chicken Kiev Garlic Mashed Potatoes Green Beans Mixed Fruit Cup</p>	<p>3 Cheese Ravioli w/ Marinara Carrot Coins Snap Peas Applesauce Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>6 Cuban Pulled Pork Spanish Rice Cauliflower, Carrots & Snap Peas Tropical Fruit Cup</p>	<p>7 <u>Birthday Celebration</u> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>8 Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Mixed Fruit Cup</p>	<p>9 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>10 Cod w/ Lemon Dill Sauce Garlic Roasted Potatoes Corn w/ Peppers & Onions Fresh Orange</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>13 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>14 Chicken Cacciatore Pasta Shells w/ Marinara Green & Waxed Beans Fresh Fruit</p>	<p>15 <u>Lucky Leprechaun Lunch</u> Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice Ticket Cost: \$9.00</p>	<p>16 Pork Sausage & Gravy Herb Roasted Potatoes Broccoli Tropical Fruit Cup</p>	<p>17 Cheese Lasagna Roll-Ups Diced Carrots Lima Beans Pineapple Tidbits</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>20 Chicken Parmesan Pasta Shells w/ Marinara Zucchini & Yellow Squash Fresh Fruit</p>	<p>21 Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Applesauce Cup</p>	<p>22 Stuffed Chicken w/ Broccoli & Cheese Glazed Sweet Potatoes Green Beans Diced Peaches</p>	<p>23 Swedish Meatballs Penne Pasta Mixed Vegetables Medley Mandarin Oranges</p>	<p>24 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Sweet Treat Grape Juice</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>27 Chicken Fried Beef Steak Garlic Mashed Potatoes Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>28 Sloppy Joe w/ Bun Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>29 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice</p>	<p>30 Crispy Cod Macaroni & Cheese Peas & Pearl Onions Fresh Orange</p>	<p>31 Stuffed Shells w/ Marinara Green Beans Zucchini & Yellow Squash Diced Pears</p> <p><u>Add-On: Split Pea & Ham Soup</u></p>