

# COLCHESTER SENIOR CENTER



## April 2023

### CSC will be closed

**Friday April 7**  
Good Friday Holiday

**Friday April 21, (10:30-11:45)**  
for Groundbreaking Ceremony

**Friday April 28**  
Volunteer Appreciation Event

### DEMENTIA CONVERSATIONS

**Tuesday, April 4**  
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. These educational workshops are open to all. Our third workshop in the series is *Dementia Conversations*. This workshop will offer tips on how to have honest and caring conversations with family members about deciding when to stop driving, going to the doctor, and making legal and financial plans. This is a free program. Registration is required.

### SURVIVORS OF STROKE (SOS) SUPPORT GROUP

**April 5, May 3, June 7, July 5**  
1:00 – 3:00 p.m.

CSC is collaborating with Hartford Health Care to offer a stroke support group here in Colchester. SOS is where survivors and their families can come together to focus on stroke prevention, education, socialization, and community resources. This program is facilitated by Hartford Healthcare at the senior center on the first Wednesday of each month. Registration is open and individuals can register at any time. To register contact Maureen Hahn RN, B.S., Stroke Nurse Navigator by phone at 860-823-6324, or Email [Maureen.Hahn@hhchealth.org](mailto:Maureen.Hahn@hhchealth.org).

### BOOST YOUR BUDGET BENEFITS CHECKUP EVENT

**Thursday, April 13**  
9:00 a.m. – 3:00 p.m.  
by appointment

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. Benefits Counselors from Senior Resources will provide the screenings and assist you in completing applications for programs! Please call 860-537-3911 to schedule your Benefits Checkup Appointment.

### MEDICARE BOOT CAMP WORKSHOP

**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 the important information you need to know and answer all your questions. This is a free program; registration is required by calling 860-537-3911.

### SENIOR GOLF LEAGUE PRE-SEASON MEETING

**Tuesday, April 18**  
2:00 p.m.

This is an informational meeting to discuss the 2023 golf league season at the Chantclair Golf Course in Colchester. This is a co-ed league and new members are welcome! Call the Senior Center for more information.

### FLORAL FRENZY LUNCHEON

**Wednesday, April 19**  
11:00 a.m.

Let's spring into warmer weather in our finest floral patterns (shirt, tie, hat, skirt, etc.) 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. After his performance we will enjoy a lunch of Glazed Ham, Rice Pilaf, Green Beans Almandine, Dinner Rolls & Butter, and Apple Crumble Pie. Cost is \$9.00. Space is limited. Please sign up by April 12<sup>th</sup> or until full.

### NEW SENIOR CENTER GROUNDBREAKING CEREMONY

**Friday, April 21**  
10:30 a.m.

It's finally time for shovels in the ground to signify that this exciting project is officially underway. Join us in the parking lot behind Town Hall to witness this historic event, followed by our elected officials, members of the Senior Center Building Committee and special dignitaries lead the celebration at a ceremony in Meeting Rooms 1 & 2 at Town Hall. Light refreshments will be served. Please make bus reservations, if you need them.

### VOLUNTEER APPRECIATION EVENT LUNCHEON

**Friday, April 28**  
10:30 a.m.

For those volunteers who serve our members at the Colchester Senior Center 25 hours or more annually, we are hosting a retro diner themed luncheon program to say thank you! Invitations have been individually sent to recognize volunteer service from the calendar year 2022. Please RSVP by Friday, April 21<sup>st</sup>.

Colchester Senior Center  
95 Norwich Ave.  
Colchester, CT 06415

Phone: 860-537-3911  
Fax: 860-537-5574  
Email: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)  
[facebook.com/www.colchesterct.gov](https://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](mailto:pwatts@colchesterct.gov)

Jodi Savage  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

Susan Plefka  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

Missy Bauman  
Making Memories Program Coord.  
[mbaum@colchesterct.gov](mailto:mbaum@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 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

April 2023 is bringing with it more than just "April showers," as there are many exciting things happening at CSC this month. After many unexpected twists and turns, I am very happy to share that the Town of Colchester will hold its **Groundbreaking Ceremony** for the NEW Colchester Senior Center this month. I'm sure that you all share in my excitement to be at this long-awaited threshold. Please join us to celebrate on Friday, April 21<sup>st</sup> at 10:30 a.m. (time subject to change) for this momentous occasion. There will be a brief outdoor ceremony just behind Town Hall and an indoor reception with speakers, a special musical performance and some light refreshments. We will be closing the senior center building between 10:30 and 11:45 a.m. so that members and staff may attend and share in this BIG moment in CSC's history.

In addition to the Groundbreaking, there are many other opportunities this month to find useful programs and services at CSC. We are launching a new partnership with Hartford Healthcare for a new regional support group site. Called **Survivors of Stroke (SOS)** the Colchester Senior Center will be a new host site on a monthly basis. Another of our important community partnerships is with our Area Agency on Aging, Senior Resources. This month they are bringing a valuable program called **Boost Your Budget Benefits Check Up**. If you are finding it hard to make ends meet, schedule an appointment to see if you are eligible for any benefits. Senior Resources will also be bringing an important evening program, a **Medicare Boot Camp Workshop**. Whether you are approaching Medicare eligibility and have questions, or a long-time beneficiary who doesn't understand the A, B, C and D's of Medicare, come and learn more.

We seek to recognize the substantial efforts of our volunteers during **Volunteer Appreciation Month**, held annually in the month of April. At the end of the month, we will be hosting a celebratory lunch in honor of our volunteers and it goes without saying that we could not do all that we do without the time and talents of this wonderful bunch of people. In the year 2022, volunteers served a total of 3,671.5 hours here at our center. That is impressive for a senior center that serves a town the size of Colchester! There are many roles that our volunteers play and each and every one is vital to our ability to carry out our mission successfully.

Although we appreciate the efforts of everyone's volunteer efforts and truly believe that every gift of time is important and necessary, we needed to institute some objective criteria when considering who would be included in the recognition. Because of this, we have sent personal invitations to anyone who gave in excess of 25 hours in service to the benefit of the Colchester Senior Center. This month's recognition is to honor those hours served in 2022.

If you do not currently volunteer with us but would like to, I'd love to talk with you about how and where the senior center could benefit from you! You can find in our departmental description that one of the various missions of the Colchester Senior Center is to provide "meaningful volunteer opportunities" for our members. Just like with monetary donations, I believe that when it comes to volunteering your time—no gift is too small! **Thank you to all of our wonderful volunteers, we appreciate all that you do...and we couldn't do it all without you!**

Warmly,

*Patty*

## PROGRAMS

### **AARP #4019 CHAPTER MEETING** **Tuesday, April 4** **1:30 p.m.**

Join our local chapter as they discuss updates and hear a presentation from Colchester Cares. The Executive Board will meet at 1:00 p.m. in the Craft Rm., prior to the general meeting.

### **CARDIO DRUMMING** **Wednesday, April 5 & 19** **1:30 p.m.**

Cardio Drumming brings together drumsticks and an exercise ball in a fun low impact workout. This can be done standing or sitting. This exercise program is free but requires registration to reserve a ball and sticks. Please sign up by calling the office.

### **LIFE REVIEW JOURNALING** **Wednesday, April 12 & 26** **1:00 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, April 13** **10:30 a.m. Departure**

This month's monthly shopping trip will be to Norwich Wal-Mart and Shop Rite. Suggested donation is \$4.00. Please pre-register by calling the senior center office.

### **CHATHAM HEALTH SERIES** **Friday, April 14** **11:15 a.m.**

Come learn about the Chatham Health District and all the services they provide for the community. This will be the beginning of a monthly health education series that will include topics such as nutrition, mental health, heart health, and more. This is a free program. No registration required.

### **PET THERAPY** **Monday, April 17** **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, April 18** **10:30 a.m.**

This month's book selection is *Necessary Lies* by Diane Chamberlin. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

### **CARD MAKING WORKSHOP** **Thursday, April 20** **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. The registration deadline is April 13th, in the senior center office.

### **TECH TIME WITH HARRY** **Friday, April 21** **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.

### **HAM RADIO MEETING** **Friday April 21** **2:00 p.m.**

Ham Radio is a popular hobby and service that brings people, electronics, and communication together. Join us for our first monthly ham radio meeting and learn about our broadcasting site. Open to all who are interested.

### **STITCH & FIX WITH MARIA** **Monday, April 24** **10:00 a.m. by appt.**

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

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### **INSPIRED BY ART SERIES** **Tuesday, April 25** **10:00 a.m.**

Join us for our new monthly art program. 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. The workshop is \$6 per person and includes everything you need to complete the project. Space is limited. Please register before April 18<sup>th</sup>.



**Artist:** Henri Matisse  
**Activity:** Faux Stained-Glass  
Vase, Dish, or Window Hanging

### **IN THE KNOW** **Tuesday, April 25** **12:30 p.m.**

Meet Patty Watts as she discusses new programs, events, trips, new senior center updates, and answers your questions at this monthly forum.

### **ACROSS THE AGES** **Wednesday, April 26** **10:15 a.m.**

CSC's partnership with William J. Johnston 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 or if you would like to join us.

CLASS	DAY & TIME	LOCATION	FEE
<b>LEARN TO SIGN</b> This beginner's course will show you the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> <b>11:00 A.M.</b>	CSC	NO FEE
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	ZOOM & CSC	NO FEE
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting.	<b>WEDNESDAYS</b> <b>9:00 A.M.</b>	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
<b>SIT &amp; BE FIT VIDEO</b> DVD-based program for beginner level chair exercises that focus on all areas of the body.	<b>WEDNESDAYS &amp; FRIDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group.	<b>THURSDAYS</b> <b>1:00 P.M.</b>	CSC	NO FEE
<b>SENIOR SERENADERS CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	<b>FRIDAYS</b> <b>10:30 A.M.</b>	CSC	NO FEE
<b>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp; THURSDAYS</b> <b>9:00 A.M.</b>	ZOOM & CSC	PRE-PAID CARD
<b>SENIOR YOGA</b> 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	<b>THURSDAYS &amp; FRIDAYS</b> <b>11:00 A.M.</b>	ZOOM & CSC	PRE-PAID CARD
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> <b>10:00 A.M.</b>	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 are currently using punch cards for both zoom and in-person classes.



## 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

<b>BRIDGE</b>	Mondays at 1:00 p.m.
<b>MAH JONGG</b>	Mondays at 12:30 p.m.
<b>SETBACK</b>	Mondays at 12:45 p.m.
<b>PINOCHLE</b>	Tuesdays at 12:30 p.m.
<b>BINGO</b>	Tuesdays & Fridays at 1:30 p.m.
<b>CARDIO DRUMMING</b>	1 <sup>st</sup> /3 <sup>rd</sup> Wed at 1:30 p.m.
<b>MEXICAN TRAIN DOMINOES</b>	Thursdays at 12:30 p.m.
<b>Wii BOWLING</b>	Thursdays at 10:00 a.m.
<b>CHAIR MASSAGE</b>	Thursdays, beginning at 12:00 (by appointment only)
<b>CHORAL GROUP</b>	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.

### **HEARING SCREENINGS**

**Friday, May 5, 10:30 a.m.**

Dr. Matthew Cross from HearUSA of Glastonbury will be scheduling appointments at CSC every other month. He will be here in May. Call the CSC office to make an appointment.

### **BLOOD PRESSURE CLINIC**

**Friday, April 14, 11:45 a.m.**

Offered by Chatham Health District.

### **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.*

## **SENIOR HOUSING**

For those seniors who are tired of maintaining a home, senior apartment living may be an option. Senior apartments offer many benefits to our active and not-so-active senior population, without giving up the amenities or comforts of home.

The benefits of senior apartment living include fixed costs. For most senior housing communities, your monthly rental fees also include maintenance, grounds keeping and some even include utility costs. The lease term is usually yearly, which allows flexibility in relocating options and commitment. Senior communities offer amenities or activities specific to the community population. Most cater to accessibility and disability issues within the apartment's layout and design.

It is important to do your research and plan ahead if you are considering senior apartment living. Many communities in our area have a waiting list and eligibility standards specific to their community. Ask questions about pets, lease termination and how the lease may address the need for live-in care, when needed.

Next time you call a plumber or worry about shoveling your sidewalk, consider how easy a senior apartment community may make your life. It provides you with a worry-free environment, with friends and neighbors to spend time with. The Colchester Senior Center can provide you with a list of senior housing options.



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, April 11**

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

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

### **SENIOR BENEFITS COUNSELING**

**Thursday, April 6 & 20**

**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.

### **RENTERS' REBATE**

**April 1-October 1, 2023**

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Counselor on Thursday afternoons. The income threshold for the 2022 Benefit Year is \$49,100 or under. Call the office for a list of what you need for your appointment at 860-537-3911.

### **MEETINGS IN APRIL**

#### **AARP CHAPTER #4019**

**Tues., April 4, 1:30 p.m.**

#### **COMMISSION ON AGING**

**Mon., April 10, 9 a.m.**

**Town Hall Hybrid Meeting Room**

#### **LTC OMBUDSMAN REGIONAL MEETING**

**Tues., April 11, 10:00 a.m.**

#### **SENIOR CENTER BUILDING COMMITTEE**

**Tues., April 11 & 25, 7:00 p.m.**

**Zoom Meeting**

#### **CSC STAFF MEETING**

**Wed., April 12, 2:30 p.m.**

### DINING OPTIONS

*Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.*

### COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

### MEALS ON WHEELS 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

#### PURA 101 – UNDERSTANDING YOUR UTILITIES (Electric, Gas, Water, & Telecommunications)

**Thursday, May 4, 10:30 a.m.**

The Public Utilities Regulatory Authority (PURA) is charged with ensuring that Connecticut's investor-owned utilities provide safe, clean, reliable, and affordable utility services. Join us as we welcome Marissa Paslick Gillett, Chairman of PURA to learn about what they regulate, how they can help you, your monthly electric bills, and third-party suppliers. This workshop will include a discussion on how to choose third party providers in your area. Registration is required for this free program and opens May 1<sup>st</sup>.

#### COFFEE WITH THE COMMISSION ON AGING

**Monday, May 13, 10:00am**

Join us for an informative introduction to the Colchester Commission on Aging. See what the commission is all about, meet the members, and discuss their plans for future programing. Refreshments will be served. More information can be found in our May newsletter.

#### “SIMPLY THE ZEST” MOTHER’S DAY SPECIAL EVENT LUNCHEON

**Wednesday, May 17, 11:00 a.m.**

Let's “squeeze” the day and celebrate all the special women in our lives, past and present with this special lemon themed Mother's Day luncheon. Join us for special entertainment and a lunch. More information can be found in our May newsletter.

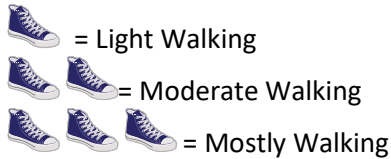


### SENIOR CENTER BUILDING COMMITTEE UPDATE

February and March have been very busy months for the Senior Center Building Committee. Meetings included: bi-weekly Committee meetings, value engineering meeting with BRD Builders; a kick-off meeting with the builder, Town Engineer and DECD; and, finally, the Information Subcommittee, where a tentative date for our Groundbreaking was set for April 21 at 10:30 a.m. This date is subject to change pending the availability of Government officials. And, our lot has been cleared! All evidence of progress on our building project. We will keep you apprised of updates as we receive further information.



## DAY TRIPS



## PROVIDENCE ITALIAN STYLE

Thursday, June 8, 2023, 8:00 a.m.



Head to Providence's Little Italy where the day's activities will certainly make you feel as though the bus flew across the ocean. Join your tour guide on a behind the scenes tour of Historic Federal Hill, described as one of the top ten Little Italy's in America. Enjoy a three course lunch at Cassarino's Restaurant with a choice of Chicken Parmesan, Penne Primavera, or Baked Fish. The Italian experience continues aboard an original Venetian Gondola. End your experience along the river walk listening to live Italian music. **The cost is \$177 per person.**

## LOCKS &amp; 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 to Stockbridge, MA in the Berkshires where you can visit Main Street shops, cafes, and candy stores. **The cost is \$138 per person. Please sign up before May 24<sup>th</sup>.**

## BEST OF BOSTON – DUCK TOUR &amp; NEW ENGLAND AQUARIUM

Tuesday, July 11, 2023, 8:15 a.m.



Enjoy your visit to one of the country's most prominent aquariums. The museum includes more than 70 exhibits and 26,000 animals. Find a tasty treat at Quincy Market for lunch on your own. Then, it's the ride of your life aboard the "Duck", an amphibious vehicle that rides on land and becomes a boat in water. Enjoy a narrated tour of Boston by your "ConDUCKtor" who's sure to keep you laughing. Splash down into the Charles River for a breathtaking waterside view of Boston while you take turns driving the boat. **The cost is \$138 per person. Sign up before June 9<sup>th</sup>.**

## BLOCK ISLAND BREEZE

Tuesday, July 18, 2023, 8:15 a.m.



Welcome to Block Island, Nature's Treasure of the Sea. Enjoy a ferry ride for the 12 mile trip to the Island complete with enclosed passenger area, cocktail bar and galley. You will see the island with a guided tour highlighting the bluffs, rolling hills, grassy moors and the local history. Just sit back and enjoy the views and narration. You will enjoy an elegant lunch at the National Hotel of your choice (Pan-seared Chicken Breast, Baked Stuffed Scrod, or Pasta Pomodoro). There will also be time to explore on your own the beach or gift shops. **The cost is \$150 per person.**

## MAINE LOBSTER – KENNEBUNKPORT, ME

Wednesday, August 16, 2023, 7:45 a.m.



Enjoy a Lobster Dinner (or Prime Rib) at Bull N Claw in Wells, Maine. Here you will find good food, good spirits, and great company. After lunch you will take a guided driving tour of Kennebunk and Kennebunkport. Drove past the sandy beaches and rocky coastline, past the George Bush estate at Walker's Point, hear the history of these ship building towns and the legend of the Wedding Cake House. There will be time to visit the quaint shops in Kennebunkport on the beautiful Maine Coast. **The cost is \$139 per person. Sign up before July 14<sup>th</sup>.**

## DEPARTING SOON

## GORGEOUS GLASS IN BOSTON – HARVARD GLASS MUSEUM AND MAPPARIUM

Tuesday April 18, depart 7:30 a.m., Return 7:00 p.m.






## BEAUTIFUL: THE CAROLE KING MUSICAL at the THOMASTON OPERA HOUSE

Sunday, April 30, depart 10:30 a.m., Return 5:30 p.m. (This trip leaves from the senior center parking lot)

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
						
						
2 Palm Sunday	3 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	4 9:00 Making Memories 9:45 Tai Chi 10:30 Dementia Conversations 12:30 Pinochle 1:30 AARP Meeting 1:30 Bingo	5 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-3 Backus Stroke Survivors Program 1:30 Cardio Drumming Passover Begins	6 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling NO Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	7 CSC CLOSED for Good Friday Holiday	8 
9 Easter Sunday	10 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	11 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)	12 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-2:30 Life Review Journaling 2:30 – CSC Staff Meeting	13 9:00 Exercise w/ Anne 9-3 Boost Your Budget 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 5:00 Medicare 101	14 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Education Series 11:45 Blood Pressure Clinic 1:30 Bingo	15
16	17 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	18 7:30 Harvard Glass Trip Departs 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo 2:00 Golf League Mtg.	19 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Floral Frenzy Luncheon 1:30 Cardio Drumming	20 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 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	21 9:00 Yoga *Time Change (CSC CLOSED 10:30-11:45) NO Sit & Be Fit NO Choral Group 10:30 New Senior Center Ground Breaking Ceremony 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Meeting	2 
23	24 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	25 9:00 Making Memories 9:45 Tai Chi 10:00 Inspired By Art Series-Matisse 12:30 Pinochle 12:30 In The Know 1:30 Bingo 7:00 SCBC Meeting (Z)	26 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:15 Across the Ages @ WJMS 1-2:30 Life Review Journaling Administrative Professionals Day	27 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	28 CSC CLOSED for programs & transportation 10:00 Doors Open 10:30 Volunteer Appreciation Event Luncheon Arbor Day	29
30 10:30 a.m. "Beautiful: The Carole King Musical" at Thomaston Opera House Trip Departure *Park in CSC Lot*						



# TVCCA SENIOR CAFÉ MENU ~ APRIL 2023


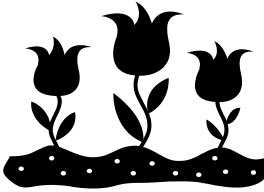






**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p><a href="http://www.tvcca.org">www.tvcca.org</a></p>	<p><b>1% Milk and Whole Grain bread are served with each meal. Menu is subject to change without notice.</b></p>			
<p>3 Country Style Chicken Buttermilk Mashed Potatoes Corn w/ Peppers &amp; Onions Pineapple Tidbits</p>	<p>4 BBQ Pulled Pork w/ Bun Baked Beans Zucchini, Peas, &amp; Carrots Sweet Treat Grape Juice</p> 	<p>5 American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>6 Cod w/ Herbs &amp; Tomatoes Rice Pilaf Broccoli Tropical Fruit Cup</p> 	<p>7 <b>Good Friday Holiday</b></p>  <p><b>Program Closed</b></p>
<p>10 Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots &amp; String Beans Birthday Treat Grape Juice</p>	<p>11 Meatballs Marinara Lemon Parmesan Penne Pasta Green &amp; Waxed Beans Pineapple Tidbits</p>	<p>12 <b><u>Floral Frenzy Luncheon</u></b> Glazed Ham Rice Pilaf Green Beans Almandine Dinner Rolls &amp; Butter Apple Crumble Pie <b>Cost: \$9.00</b></p>	<p>13 Western Omelet Home Fries Mixed Vegetables Medley Mandarin Oranges</p>	<p>14 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, &amp; Mushrooms Fresh Fruit</p>
<p>17 Beef &amp; Bean Chili Pasta Shells w/ Herbs Green Beans Fresh Orange</p>	<p>18 Pesto Grilled Chicken Roasted Garlic Rice Soybean Succotash Pineapple Tidbits</p>	<p>19 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>20 Cheese Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Pears</p>	<p>21 <b><u>Ethnic Celebration</u></b> Jambalaya Diced Carrots Lima Beans Sweet Treat Orange Juice</p> 
<p>24 Crispy Cod Macaroni &amp; Cheese Broccoli Sweet Treat Apple Juice</p> 	<p>25 Cheese Lasagna Roll-Ups w/ Marinara Sauce Snap Peas Zucchini &amp; Yellow Squash Fresh Fruit</p>	<p>26 Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, &amp; Mushrooms Mandarin Oranges</p> 	<p>27 Chicken Fried Beef Steak Garlic Mashed Potatoes Green &amp; Waxed Beans Mixed Fruit Cup</p>	<p>28 Stuffed Chicken Cordon Bleu Egg Noodles Mixed Vegetables Medley Applesauce Cup</p>
				<p><b>PAGE 10</b></p>