

COLCHESTER SENIOR CENTER



news

May 2023



This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. **We have selected a few of our programs this month that we think highlight the concept of aging with vitality, without limitations--AGING UNBOUND and hope that you will be inspired and try something new.** Pick up an Aging Unbound Postcard in the Office and receive a stamp for each Aging Unbound program you participate in. Programs are listed as (Aging Unbound) on the monthly calendar on page 9. There are 8 opportunities.



EFFECTIVE COMMUNICATION & CAREGIVER STRESS
Tuesday, May 2
10:30 a.m.

Our final workshop with the Alzheimer's Association will be *Effective Communication and Caregiver Stress and Burnout*. In this workshop you will Learn to decode the verbal and behavioral messages delivered by someone with dementia, identify strategies to help you connect and communicate at each stage of the disease. Learn the signs of caregiver stress and effective ways to avoid burnout. This is a free program. Registration is required.

PURA 101: UNDERSTANDING YOUR UTILITIES
Thursday, May 4
10:30 AM

The Public Utilities Regulatory Authority (PURA) is charged with ensuring that Connecticut's utilities provide safe, clean, reliable, and affordable utility services. Join us as we welcome the chairman of PURA to learn about their services, how they can help you save money, and choosing third-party suppliers. Registration is required for this free program.

FLORAL DENIM PIN CLASS
Tuesday, May 9
10:00 a.m.

Join Jodi for this free class and learn how to make a floral pin with recycled denim. Register by May 5 or until it is full, space is limited.

COFFEE WITH THE CoA - COMMISSION ON AGING
Monday, May 15
10:00 a.m.

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 programming. Refreshments will be served. No registration is required for this free program.

"SIMPLY THE ZEST" MOTHER'S DAY LUNCHEON
Wednesday, May 17
11:00 a.m.

Let's "squeeze" the day and celebrate all the special women in our lives with a lemon-themed Mother's Day luncheon. Join us as we enjoy a delightful musical performance by Victoria Rose. Following her performance, we will enjoy a delicious cheese and broccoli stuffed chicken lunch complete with roasted potatoes, green beans, seasonal fruit salad, and a lemon dessert. Cost is \$9.00. Space is limited. Please sign up by May 10th or until full.

ANGELO'S STUFFED BREAD LUNCH
Friday, May 19
12:00 p.m.

Select two flavors of Angelo's Bakery's stuffed breads served alongside a tossed salad, a bottle of water and a cookie for dessert. Stuffed bread flavors include eggplant parmigiana, chicken parmigiana, broccoli with cheese and spinach with cheese. The cost is \$5.00, please register by May 8th.

THE HEALING POWER OF LAUGHTER
Tuesday, May 23
10:30 a.m.

Can laughter really heal? Yes, relaxation, stress reduction, pain relief, physical fitness, and even exercise can be improved by simple laughter. Amanda Aaron, Recreation Director for Buckingham Heights will be here to help us as we look at ways we can start improving our health and heart with humor. Registration is required for this free program.

CSC will be CLOSED

Monday, May 29th
for the Memorial Day
Holiday



MEMORIAL DAY PICNIC
Tuesday, May 30
11:00 a.m.

Please join us as we celebrate the beginning of the summer season! Your choice of a hamburger, cheeseburger or hot dog with fries, onion rings, from Harry's Place Restaurant, and a can of soda. After Lunch partake in a friendly competition of lawn games. Tickets are \$6.00 available until May 19th or until sold out.

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

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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 Mlodzinzi, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
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

Beginning in 1963, President, John Fitzgerald Kennedy designated May as **Older Americans Month**, with a special focus every year. This year's theme is, **"Aging Unbound"** which I feel resonates in a special way. It accentuates so many nuances of aging which are marked with good health, community participation, and independence. Due in part to celebrations like **Older Americans Month**, the important programs and services of senior centers throughout the nation, and the rapidly growing number of Baby Boomers; I believe the face of aging in America is changing and we see that every day through the resilience, strength and vitality of our wonderful members.

To me, the theme of **"Aging Unbound"** highlights what senior centers do best—working to support aging in ways that are useful, important and successful at keeping people as independent as possible within their communities. That is what **"Aging Unbound"** means to me. What does it mean to you? We invite you to explore this question with a special initiative this month. Stop by the office at the beginning of the month and pick up an **"Aging Unbound" Passport**, then take a look at page 9 of the newsletter and there find 8 program opportunities which will each take a deeper dive into ways to experience **"Aging Unbound"** here at CSC. For each of the designated programs that you attend, you'll get a stamp on your **"Aging Unbound" Passport**. Those who attend 6 or more **"Aging Unbound"** programs will be entered into a drawing for a special prize at the end of the month.

"Aging Unbound" captures a new spirit of aging. It's exciting and dynamic! One thing we all have in common is that we are all getting older every day—from the youngest among us to those blessed with longevity and well-advanced in older age. We selected programs in the **"Aging Unbound"** series which capture different aspects of our senior center—some active, some educational, some creative and yet others purely social and fun. The programs are listed in color on page 9 on the digital newsletter and include: **Cardio Drumming** (a new fitness program), **PURA 101: Understanding Your Utilities, Across the Ages** (an intergenerational collaboration with WJJMS), **Chatham Heath District Health Series**, **Coffee with the Commission on Aging**, **Inspired by Art**, **Laughing for Healing**, and **Life Review Journaling**.

Exciting things are happening in aging services in Colchester this year. With the Groundbreaking of our new senior center last month and all it represents in our ability to serve even more community members; we look forward to the many ways that a new facility will continue to shape aging in Colchester in positive ways. I hope you are as excited as I am. I issue a challenge to all of our CSC members this **Older Americans Month**--make 2023 the year you make some changes for personal growth, however is most meaningful to you. Take the challenge, explore the resources of your local senior center and become **UNBOUND** in the way that you age! I promise you'll be glad you did.

Warmly,

Patty

PROGRAMS

AARP #4019 CHAPTER MEETING Tuesday, May 2, 1:30 p.m.

This month Norman Dupuis and Irene Watson will be presenting their new book, *The Men Connected to Colchester, Connecticut Who Served During the Civil War*. Anyone who has an interest in Colchester history, or the Civil War is invited to attend. The Executive Board will meet at 1:00 p.m. in the Craft Rm., prior to the general meeting.

CINCO DE MAYO FOOD DEMO Friday, May 5, 11:00 a.m.

Join Jodi as she makes easy baked churros and Elote, Mexican corn dip to celebrate Cinco de Mayo. \$3.00 per person. Register by May 3.

LIFE REVIEW JOURNALING Wednesday, May 10 & 24 1:00 p.m.

Learn the process and practice of reviewing one's life through journaling. This is a free program and new members are welcome.

ACROSS THE AGES Wednesday, May 10 & 31 10:15 a.m.

CSC's partnership with William J. Johnston Middle School continues. Our members will meet with students in person.

SHOPPING TRIP Thursday, May 11 10:30 a.m. Departure

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

ULTIMATE BINGO Thursday, May 11, 4:30 p.m.

We will be open late for a special game of big money BINGO! Admission is \$10.00 per person which will get you 2 cards. Refreshments will be served. Please pre-register in person with payment by May 8th or until sold out. Space is limited.

CHATHAM HEALTH SERIES Friday, May 12, 11:15 a.m.

May is Mental Health Month. Join us as Chatham Health District talks about ways to care for our mental health. This is a free program. No registration required.

TECH TIME WITH HARRY Friday, May 12 & 19 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, May 15, 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, May 16, 10:30 a.m.

This month's book selection is *Yellow Wife* by Sadeqa Johnson. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

CARD MAKING WORKSHOP Friday, May 19, 10:00 a.m.

Join Barbara Gozzo for this summer-themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. The registration deadline is May 12th.

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HAM RADIO MEETING Friday, May 19, 2:00 p.m.

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

STITCH & FIX WITH MARIA Monday, May 22, 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 in the office for an appointment.

IN THE KNOW Tuesday, May 23, 12:30 p.m.

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

LUNCH BUNCH OUTING Friday, May 26, 11:30 a.m.

This month's Lunch Bunch destination will be Lakeside Bar & Grill in East Hampton. Suggested Donation for bus transportation is \$3.00.

INSPIRED BY ART SERIES Wednesday, May 31, 1:00 p.m.

Take an in-depth look at an artist, their work, and process and make a small art project using one or more of their artworks as inspiration. The cost is \$10 per person and includes everything you need to complete the project. Space is limited. Please register before May 24th.



Artist: Georges Seurat
Activity: Painted Tote Bag

<i>FREE CLASSES / PROGRAMS</i>	<i>DAY & TIME</i>	<i>LOCATION</i>	<i>FEE</i>
LEARN TO SIGN Learn the basics of American Sign Language (ASL). Group led	MONDAYS 11:00 A.M.	CSC	NO FEE
GARDEN CLUB Join members of the Colchester Garden Club to maintain the gardens around the senior Center	1st MONDAY 8:30A.M	CSC	NO FEE
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM & 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
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	1st and 3rd WEDNESDAYS 1:30 P.M & 2:00 P.M.	CSC	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	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-NO CLASSES 5/11 & 5/15 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-NO CLASSES 5/11 & 5/15 Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

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.
CARDIO DRUMMING	1 st /3 rd Wed at 1:30 p.m. & 2:00 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, 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

Tuesday, May 9, 9:15 a.m.

Victoria from Chestelm Health & Rehab will be here for a free Blood Pressure screening clinic held in the CSC Dining Room.

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 le III funds made available under the Older Americans Act.

LEARN TO PREVENT LYME DISEASE

May is recognized as Lyme Disease Awareness Month. The following guidelines may be useful to protect yourself against Lyme Disease.

Avoid Tick Habitats

Ticks like wooded & bushy areas with tall grass and leaf piles. Be careful of lawn & gardens near the edges of woodlands & stone walls.

Dress Appropriately

- *Wear long pants & long-sleeve shirts. Be mindful of cuffs & hems where ticks can hide.
- *Wear light colors to spot ticks.
- *Wear shoes or sneakers and avoid bare feet or sandals.
- *Wear a hat or tie back long hair.
- *Spray insect repellent containing DEET on your clothing & exposed skin, which is most effective in repelling ticks.
- *Brush off your clothes before going inside. Inspect your clothes and body thoroughly.
- *Clothing should be run through the dryer at high temperature for 30 minutes or more to kill any stray ticks.

Check Yourself for Ticks

Pay careful attention areas where ticks may hide:

- *Armpits, back of knees
- *Nape of neck, scalp
- * Navel area, groin area

Your best line of defense is to examine yourself daily & remove ticks before they become engorged with blood.

For Pet Owners

Make certain that your animals have tick collars or medication like Frontline. Ticks are parasites that feed on living hosts, so be cautious if your pet spends time outdoors.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, May 2
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, May 4, 11, 18, 25
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 assesment. Call the CSC office to make an appointment.

RENTERS' REBATE

April 1-October 1, 2023

Schedule an appointment in the office with Ellen, our Senior Benefits Conselor on Thursday afternoons. The income threshold for the 2022 Benefit Year is \$49,100 or under. Call the office for an appointment.

MEETINGS IN MAY

AARP CHAPTER #4019

Tues., May 2, 1:30 p.m.

BACKUS STROKE SURVIVORS

Wednesday, May 3, 1-3 p.m.

COMMISSION ON AGING

**Mon., May 8, 9:00 a.m.
Town Hall Hybrid Meeting Room**

LTC OMBUDSMAN REGIONAL MEETING

Tues., May 9, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

**Tues., May 9 & 23, 7:00 p.m.
Zoom Meeting**

CSC STAFF MEETING

Wed., May 10, 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:

Hospitality Volunteers: We are looking for volunteers who would like to help make decorations each month for our Luncheons. See Jodi for more information.

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.

MY SENIOR CENTER SCAN CONTEST

Use your scan card every time you visit the senior center and make sure you select all the programs, classes, and meals that you are in the building for. Each time you scan you will be entered for a chance to win a gift card at the end of the month. The more you scan the more chances of winning.

SAVE THE DATE IN JUNE

**HERE'S THE SCOOP
ICE CREAM TRUCK PARTY**
Friday, June 9, 12:30 p.m.

Our friends at National Health Care will be helping us relive our childhoods by bringing an old-fashioned ice cream truck to the senior center. The truck will be parked at CSC, where you can select your favorite frozen treat. This is a free event, but pre-registration is required with one free ice cream treat per person. Please see the June newsletter for additional information.

**"FIN-TASTIC" FATHER'S DAY
SPECIAL EVENT LUNCHEON**
Wednesday, June 21, 11:00 a.m.


Let's o-fish-ally celebrate all of the important men in our lives, both past and present with a fun, fishing themed Father's Day Luncheon. Wear a silly tie or hat, enjoy a BBQ chicken lunch and music by the always-entertaining Elderly Brothers. More information will be in the June newsletter. Ticket sales will begin on June 1st.

SENIOR CENTER BUILDING COMMITTEE UPDATE

Friday, April 21st marked an exciting milestone in the project, with the well-attended Groundbreaking Ceremony celebrating this historic milestone for the Colchester Senior Center. BRD Builders, LLC anticipates the project to take approximately 12 months, barring any further delays. Site clearing has been completed and next steps include the removal of topsoil from the site and bringing in structural fill. With heavy equipment in use and throughout the remainder of the build, the Senior Center Building Committee asks the public to please stay away from the building site, for your own safety.

DAY TRIPS
 = Light Walking

 = Moderate Walking

 = Mostly Walking

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 a behind the scenes tour of Historic Federal Hill. 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 & LUNCH CRUISE ALONG THE HUDSON RIVER – SOLD OUT

 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. Enjoy a complete hot and cold buffet and on-board entertainment as you sail. **The cost is \$138 per person.**

BEST OF BOSTON – DUCK TOUR & NEW ENGLAND AQUARIUM

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

Enjoy a 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. 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 9th.**

BLOCK ISLAND BREEZE

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

Welcome to Block Island. 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 bluffs, rolling hills, and the local history. You will enjoy an elegant lunch of your choice at the National Hotel. 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 14th.**

ESSEX STEAM TRAIN & RIVERBOAT

 Thursday, August 24, 2023, 10:15 a.m. 

Step back in time and savor a 3-Course Lunch (Beef Tips, Baked Chicken or Eggplant Parmesan) on a restored 1920's Pullman Diner as part of this 4-hour lunch, train and riverboat sightseeing excursion along the Connecticut River. **The Cost is \$72 per person. Space is Limited. Sign Up before August 1st.**

BRONX ZOO

 Thursday, September 7, 2023, 7:30 a.m. 

Come and experience life on the wild side at America's largest metropolitan zoo. The total pass experience includes full admission to all the exhibits including the butterfly garden, wild Asia monorail, and zoo shuttle. Bring lunch or grab a bite to eat in one of the zoo's cafeterias or vendors. **The cost is \$106 per person. Sign up by August 7th.**

DEPARTING SOON

GYPSY at the GOODSPEED with LUNCH at the GELSTON HOUSE

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

	<p>8:30 Garden Club 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>May Day</p>	<p>9:00 Making Memories 9:45 Tai Chi 10:30 Effective Communication & Caregiver Stress 12:30 Pinochle 12:30 CHOICES Counseling, by appt. 1:30 Bingo 1:30 AARP Meeting</p>	<p>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 I 2:00 Cardio Drumming II (Aging Unbound)</p>	<p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 PURA Presentation (Aging Unbound) 11:00 Yoga 12:00 Chair Massage 12-3:30 Senior Benefits Counseling w/ Ellen 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>10:00 Sit & Be Fit 10:30 Choral Group 10:30 Hearing Screenings 11:00 Cinco De Mayo Food Demo 11:00 Yoga 1:30 Bingo</p> <p>Cinco de Mayo</p>	
<p>9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p>	<p>9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 10:00 Free Denim Brooch Class 10:00 LTC Ombudsman Mtg 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:15 Across the Ages (Aging Unbound) 1:00 Life Review Journaling 2:30 CSC Staff Mtg</p>	<p>NO Exercise w/ Anne NO Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3:30 Senior Benefits Counseling w/ Ellen 12:30 Dominoes 1:00 Knit & Crochet 4:30 Ultimate Bingo</p>	<p>10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Series (Aging Unbound) 1:00 Tech Time w/ Harry 1:30 Bingo</p>		
 <p>Mother's Day National Skilled Nursing Care Week</p>	<p>9:00 Making Memories NO Exercise w/ Anne NO Sittercize 10:00 Pet Therapy 10:30 Coffee with CoA (Aging Unbound) 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p>	<p>9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 "Simply the Zest" Mother's Day Luncheon 1:30 Cardio Drumming I 2:00 Cardio Drumming II</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>10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 12:00 Angelo's Stuffed Bread Lunch 1:00 Tech Time w / Harry 1:30 Bingo 2:00 Ham Radio Mtg</p>	 <p>Armed Forces</p>
<p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix, by appointment 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p> <p>Victoria Day (Canada)</p>	<p>9:00 Making Memories 9:45 Tai Chi 10:30 Laughing for Healing Presentation (Aging Unbound) 12:30 In the Know 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 GYPSY trip departs 1:00 Life Review Journaling (Aging Unbound)</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>Shavuot Begins</p>	<p>10:00 Sit & Be Fit 10:30 Choral Group 11:30 Lunch Bunch to Lakeside Bar & Grill in East Hampton 11:00 Yoga 1:30 Bingo</p>		
	<p>CSC CLOSED For Memorial Day Holiday</p> <p>Memorial Day</p>	<p>9:00 Making Memories 9:45 Tai Chi 11:00 Memorial Day Picnic 12:30 Pinochle 1:30 Bingo</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 Inspired By Art (Aging Unbound)</p>	<h1>May 2023</h1> <p>Colchester Senior Center</p>		

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



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TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.



TVCCA SENIOR CAFÉ MENU ~ MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Farfalle Pasta w/ Marinara Green & Waxed Beans Fresh Fruit	2 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches	3 Jambalaya (contains shellfish) Broccoli Soybean Succotash Diced Pears	4 Beef Hot Dog w/ Bun Baked Beans Mixed Vegetables Medley Applesauce Cup	5 <u>Birthday Celebration</u> Creamy Dijon Chicken Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice
8 Cod w/ Herbs & Tomatoes Rice Pilaf Broccoli Tropical Fruit Cup	9 Beef & Bean Chili Pasta Shells w/ Herbs Green Beans Fresh Orange	10 Pesto Grilled Chicken Parsley Steamed Potatoes Cauliflower, Carrots, & Snap Peas Sweet Treat Apple Juice	11 Stuffed Shells w/ Marinara Diced Carrots Waxed Beans Diced Pears	12 Salisbury Steak w/ Gravy Egg Noodles Corn w/ Peppers & Onions Applesauce Cup
15 Vegetarian Lasagna Diced Carrots Lima Beans Pineapple Tidbits	16 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice	17 <u>Simply the Zest Mother's Day Lunch</u> Broccoli & Cheese Stuffed Chicken Roasted Potatoes Green Beans Seasonal Fruit Salad Special Lemon Dessert Ticket Cost: \$9.00	18 Whole Grain Fish Sticks Tater Tots Zucchini, Peas, & Carrots Tropical Fruit Cup	19 <u>Angelo's Stuffed Bread Lunch</u> Assorted Stuffed Breads (Choice of 2 flavors) Garden Salad w/ Dressing Cookie Bottled Water Ticket Cost: \$5.00
22 Pineapple Glazed Ham Glazed Sweet Potatoes Peas & Pearl Onions Sweet Treat Grape Juice	23 American Chop Suey Carrot Coins Soybean Succotash Mixed Fruit Cup	24 Crispy Cod Macaroni & Cheese Broccoli Mandarin Oranges	25 Country Style Chicken Garlic Mashed Potatoes Green & Yellow Squash Diced Pears	26 Italian Pork Sausage & Peppers Grinder Roll w/ Mozzarella Cheese Green & Waxed Beans Fresh Orange
29 <u>Memorial Day Holiday</u>  Senior Nutrition Program Closed	30 <u>Memorial Day Picnic</u> Choice of : Hamburger, Cheeseburger or Hot Dog French Fries & Onion Rings Can of Soda/Bottled Water Ticket Cost: \$6.00	31 Chicken Fried Beef Steak Buttermilk Mashed Potatoes Green & Yellow Squash Fresh Fruit	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice 	TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org