

# COLCHESTER SENIOR CENTER



## news

### June 2023

#### **COWS ON PARADE**

Create: June 1st – June 23rd  
Parade: June 26<sup>th</sup> – 30<sup>th</sup>

In honor of the Greater Boston CowParade, a public art event where 75 life sized cow sculptures, which are painted and transformed by local artists, will be displayed in pastures throughout Boston in June to benefit the Dana Farber Cancer Institute, we thought it would be fun to have our own CowParade. Join the parade by picking up a cardboard cow starting June 1<sup>st</sup>. Decorate the cow anyway you wish (pencil, crayon, paint, collage, photos, yarn, mosaic, etc.), return it to CSC by June 23<sup>rd</sup> to be displayed. Members will vote on their favorite cow and the winner will win a "Mooving" prize.

#### **SUMMER SAFETY FOR DEMENTIA CARE**

Tuesday, June 6  
10:30 – 11:30 a.m.

Safety concerns for a person living with dementia may change as the disease progresses. Summertime can present additional challenges. Join Hartford Healthcare's Center for Healthy Aging for a discussion on safety considerations to plan for and to help you be better prepared. This is a free program, but registration is required.

#### **NEW SEWING CIRCLE**

Wednesday, June 7  
10:00 a.m. – 12:00 p.m.

Join us as we develop a new sewing program. You can complete a quilted potholder or feel free to attend with your own project. This will be a chance to meet like-minded stitchers. At this first meeting we will open it up to your ideas and thoughts. Registration is required as space and sewing machines are limited.

#### **ICE CREAM TRUCK**

Friday, June 9  
12:30 p.m. – 1:30 p.m.

It was always a "FUNdae" when the ice cream truck came to your neighborhood or was at your favorite summertime event. Our friends at National Health Care will be bringing an old-fashioned ice cream truck right here to the senior center. The truck will be parked at the senior center, where you can walk up and select your favorite from several flavors of frozen treats, then head indoors to enjoy your treat in the company of good friends. This is a free event, but registration is required. Please sign up by June 6<sup>th</sup>.

#### **PARTY LIKE IT'S 1993 & 2013**

Friday, June 16  
11:00 a.m.

Patty and Ginny are both celebrating milestone work anniversaries and you know we here at CSC never pass up a reason to celebrate. Join us as we celebrate their dedication and commitment to the Colchester Senior Center. Refreshments will be served, and we will celebrate with a decade's trivia game. Registration is required for this free program.

#### **FATHER'S DAY BREAKFAST**

Tuesday, June 20  
9:00 a.m.

Our friends at Apple Rehab are helping us celebrate Father's Day. You don't have to be a dad to enjoy this free breakfast of your choice of breakfast sandwich served with yogurt, fruit cup, coffee & orange juice served here at the Colchester Senior Center. This is a free event, but registration is required, and space is limited. Please register by June 5<sup>th</sup>.

#### **"FINTASTIC" FATHER'S DAY LUNCHEON**

Wednesday, June 21  
10:45 a.m.

Let's o'fish"ally celebrate all the important men in our lives, both past and present with a fishing themed Father's Day Luncheon. Wear a silly tie or hat. Enjoy a BBQ chicken lunch with baked beans, coleslaw, and strawberry shortcake. Musical entertainment will be provided by the hilarious and musically talented Elderly Brothers. Register by June 14<sup>th</sup> or until full. \$9 per person.

#### **PRIDE MONTH DISCUSSION: ELEVATING AWARENESS, BUILDING COMMUNITY**

Thursday, June 29  
5:30 p.m.

Nowadays, we hear a lot about gender identity, expressions of sexuality and the use of pronouns which may be confusing for those who are unfamiliar with those terms. In celebration of Pride Month, we are assembling representatives from various local and State organizations to offer an evening discussion designed to increase understanding and awareness of the LGBTQIA+ community, how we can become more supportive allies, and provide better access to the resources available within our community.

#### **CSC will be CLOSED**

Monday, June 19<sup>th</sup>  
for the Juneteenth Holiday



**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**  
**Terry Brown**  
**Rosanne Tousignant**  
**William Otfinoski**, Alternate  
Vacant, Alternate  
**Rosemary Coyle**, BOS Liaison  
**Art Shilosky**, BOF Liaison  
**Mary Tomasi**, BOE Liaison

### **From the Director's Desk**

June used to be the most popular time of year to marry—and maybe some of you share with me in the distinction of being a “June Bride.” Anniversaries are special, no matter when they’re celebrated. It’s hard for me to believe that this month (more specifically on June 17<sup>th</sup>) I will celebrate my ten year anniversary here at the Colchester Senior Center. Have you heard the quote, “Choose a job that you love and you’ll never have to work a day in your life?” I can understand that sentiment. Though the work here is not always easy, every day I feel lucky and blessed to be involved in the satisfying work of helping others and improving access to important services. The variety of different “hats” that a senior center director must wear ensures that every day is new, different and exciting, which I particularly enjoy.

For me though, the most important aspect of this work has always been the people whom I’ve been fortunate to meet— seniors, their families and fellow staff members. I will be the first to admit that I am privileged to work alongside wonderful staff, some who have worked for many, many years and are somewhat synonymous with the Colchester Senior Center. This month Ginny Stephenson celebrates her 30 year anniversary of driving the senior center bus along with my 10 year work anniversary. We invite you to a cake and punch reception which celebrates the longevity of service of our staff. I know that each of the senior center staff member’s hard work and dedication to excellence make our success possible. We share a common passion for what we do...and we all need each other to accomplish our goals.

The staff are only part of the equation, though. I think we can all agree that it’s the senior community of Colchester that is the heartbeat of our senior center. All of the diverse people—caring men and women with whom we share community—you make everything we do worth it. It has been an honor to get to know many of you, personally, as you’ve shared your stories and lives with me over the past 10 years. It is without a doubt the best part of my job.

When we celebrate wedding anniversaries, we tend to think of ourselves on our wedding day, as a young bride (or groom) and all the memories that led up to current days. Likewise, as I look back over my past 120 months here, I am proud of all that we’ve been able to accomplish together. I hope that you feel confidence in the direction of Senior Services over the past decade, and enthusiastic for all that is yet to come—especially as we move towards a new, state-of-the-art facility. The possibilities are endless and the adventure has only just begun, as I look forward to what I pray will be many happy and healthy years as the director of the Colchester Senior Center.

Warmly,

*Patty*

## PROGRAMS

### GARDEN CLUB

**Monday, June 5, 8:30 a.m.**

The group will meet on the first Monday of every month at the senior center to maintain the front and side gardens. Everyone is welcome. Rain date June 12<sup>th</sup>.

### CHATHAM HEALTH SERIES

**Friday, June 9, 11:15 a.m.**

Join us as Chatham Health District talks about Outdoor Health as we enter the summer months. This is a free program. No registration required.

### EATING HEALTHY FOR BONE HEALTH

**Tuesday, June 13, 11:15 a.m.**

Join TVVCA's registered dietician, Andrea Deedy, as she discusses eating to prevent bone loss. This is a free program, no registration required.

### LIFE REVIEW JOURNALING

**Wednesday, June 14 & 28  
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.

### SHOPPING TRIP

**Thursday, June 15  
10:30 a.m. Departure**

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

### TECH TIME WITH HARRY

**Friday, June 16 & 23  
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, June 16, 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.

### BOOK CLUB

**Tuesday, June 20, 10:30 a.m.**

This month's book selection is The Rose Code by Kate Quinn. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

### CARD MAKING WORKSHOP

**Friday, June 23 & 30  
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 same cards will be crafted each day, you only need to sign up for one day. The registration deadline is June 16<sup>th</sup>.

### STITCH & FIX WITH MARIA

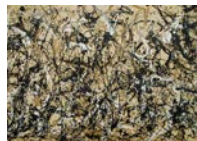
**Monday, June 26, 10:00 a.m.**

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.

### INSPIRED BY ART SERIES

**Tuesday, June 27, 10:00 a.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 June 20<sup>th</sup>



**Artist:** Jackson Pollock  
**Activity:** Painted Silk Scarf  
**Note:** Please wear old clothing, might get messy splatter painting

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### IN THE KNOW

**Tuesday, June 27, 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.

### DAIRY MONTH PRESENTATION

**Wednesday, June 28, 10:45 a.m.**

June is National Dairy Month. Join Jodi as she shares with us her experiences milking cows on her uncle's dairy farm, the science behind milk production and answers your questions about dairy farming. Recipes from the CT Agriculture Department will be shared and sampled. Test your knowledge of cows with our Bovine Trivia.

### AARP DRIVER SAFETY

**Wednesday, June 28, 12 – 4 p.m.**

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging 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 June 21<sup>st</sup>.

### AARP SMART DRIVER TEK

**Wednesday, June 28, 9:45 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 it to keep them safe. Smart DriverTEK is a free, 90-minute workshop to teach drivers the latest in high-tech safety features in their current or future cars. Open to all, ages 50+. Pre-register for this class by June 21<sup>st</sup>. Space is limited.

### LUNCH BUNCH OUTING

**Friday, June 30, 11:30 a.m.**

This month's Lunch Bunch destination will be Lakeside Bar & Grill. Suggested Donation for bus transportation is \$3.

<i>FREE CLASSES / PROGRAMS</i>	<i>DAY &amp; TIME</i>	<i>LOCATION</i>	<i>FEE</i>
<b>LEARN TO SIGN</b> Learn the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> <b>11:00 A.M.</b>	<b>CSC</b>	<b>NO FEE</b>
<b>GARDEN CLUB</b> Join members of the Colchester Garden Club to maintain the gardens around the senior Center	<b>1<sup>st</sup> MONDAY</b> <b>8:30A.M</b>	<b>CSC</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	<b>ZOOM &amp; CSC</b>	<b>NO FEE</b>
<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>	<b>RTE. 85 AMSTON</b> <b>AIRLINE TRAIL</b>	<b>NO FEE</b>
<b>CARDIO DRUMMING</b> Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	<b>1<sup>st</sup> and 3<sup>rd</sup></b> <b>WEDNESDAYS</b> <b>1:30 P.M &amp;</b> <b>2:00 P.M.</b>	<b>CSC</b>	<b>NO FEE</b>
<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;</b> <b>FRIDAYS</b> <b>10:00 A.M.</b>	<b>CSC</b>	<b>NO FEE</b>
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	<b>CSC</b>	<b>NO FEE</b>
<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>	<b>CSC</b>	<b>NO FEE</b>
<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>	<b>CSC</b>	<b>NO FEE</b>
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i></b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp;</b> <b>THURSDAYS</b> <b>9:00 A.M.</b>	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<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;</b> <b>FRIDAYS</b> <b>11:00 A.M.</b>	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS,</b> <b>THURSDAYS</b> <b>10:00 A.M.</b>	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>



## 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 12:30 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. & 2:00 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.

## **HEALTH & WELLNESS**

### **HEARING SCREENINGS**

**Friday, July 7, 10:30 a.m.**

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

### **BLOOD PRESSURE CLINIC**

**Friday, June 9**

**11:45 a.m.**

Vickie from Chatham Health will be here on June 9<sup>th</sup> to do blood pressure checks after their talk on Outdoor Health.

### **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.*

## **GRILLING SAFETY TIPS**

Fire in the grill, cooking burgers and hot dogs, is a welcome sight at a family cookout. But fire anywhere else can make your summer memorable for all the wrong reasons!

### **General Grilling Tips**

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease build-up from trays below the grill.
- Never leave your grill unattended.

### **Using Your Gas Grill**

- Check the connection points between the gas (propane) tank hose and the regulator and cylinder and where the hose connects to the burners. Tighten if loose.
- Check the gas tank hose for potential leaks. To do that: apply a light soap and water solution to the hose using a brush or spray bottle; turn the propane tank on; if bubbles appear there is a leak; if no bubbles are present the tank is safe for use.
- If there are bubbles, turn the tank off and check connections. Have your grill serviced by a professional before using it again. If the leak doesn't stop, call the fire department immediately.
- As you cook, if you smell gas, turn off the gas tank and burners. If the leak stops, get grill serviced before using it again.
- If the smell continues, move away from the grill and call the fire department immediately. Do not move the grill.

### **Charcoal Grills**

- There are several ways to get the charcoal ready to use. Chimney starters allow you to start the charcoal using newspaper as fuel.
- If you use starter fluid, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of reach of children and away from heat sources.
- When you are finished grilling, let the coals cool completely before disposing in a metal container.

**Have a Safe Summer!**

**Sean Shoemaker  
Fire Marshal**

## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, June 13**

**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, June 1, 8, 15, 22, 29**

**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 2023 Benefit Year is \$40,300/single, \$49,100/couple or under. Call the office for an appointment.

### **MEETINGS IN JUNE**

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

**Tues., June 6, 12:30 at Papa Z's**

#### **BACKUS STROKE SURVIVORS**

**Wednesday, June 7, 1-3 p.m.**

**@ Harkness Memorial Park**

#### **COMMISSION ON AGING**

**Mon., June 12, 9:00 a.m.**

**Town Hall Hybrid Meeting Room**

#### **LTC OMBUDSMAN**

#### **REGIONAL MEETING**

**Tues., June 13, 10:00 a.m.**

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

**Tues., June 13 & 27, 7:00 p.m.**

**Town Hall Hybrid Meeting Room**

#### **CSC STAFF MEETING**

**Wed., June 14, 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.

### COLCHESTER COMMISSION ON AGING PRESENTS:



## AGING IN PLACE A COMMUNITY VENDOR FAIR

WEDNESDAY JUNE 14, 2023

4-7 PM

CRAGIN MEMORIAL LIBRARY  
8 LINWOOD AVE, COLCHESTER

Come and meet with representatives from several agencies that provide equipment, services, and companionship to help you or a loved one remain in the home safely and comfortably.

Questions? contact [cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

### SENIOR CENTER BUILDING COMMITTEE UPDATE



Our Groundbreaking Ceremony on April 21<sup>st</sup> was a huge success with approximately 150 citizens in attendance. Gold shovels tossed dirt in a ceremonial beginning of the building of our new senior center. Speakers included many State and local dignitaries and concluded with a ceremonial cake cutting and a song by the Senior Center Serenaders. It was a beautiful day and a beginning to a future senior center that will serve seniors and all residents of Colchester. We continue with soil removal on the site and will install structural fill in preparation for concrete foundation installation in the very near future. We will keep you apprised of the progress of the project.



DAY TRIPS**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 9<sup>th</sup>.**

**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. Drive 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>.**

**SOLD OUT 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 1<sup>st</sup>.**

**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 7<sup>th</sup>.**

**TURKEY TRAIN – WINNIPESAUKEE RAILROAD****Sunday, September 24, 2023, 8:00 a.m.** 

Relax on board the train as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. A Hart's Turkey Farm Dinner will be served aboard the train, just like grandma made for Thanksgiving. Following the train ride, we will visit Mills Falls Marketplace, a collection of shops along with Ben & Jerry's Ice Cream. **The cost is \$145 per person. Sign up by August 24<sup>th</sup>.**



= Light Walking



= Moderate Walking



= Mostly Walking

**DEPARTING SOON****SOLD OUT LOCKS & LUNCH CRUISE ALONG THE HUDSON RIVER****Saturday, June 24, 2023****Departing at 6:45 a.m.****PROVIDENCE ITALIAN STYLE - CANCELLED****Tuesday, June 8, 2023****IMPORTANT INFORMATION ABOUT PARKING**

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



Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# June 2023

## Colchester Senior Center

				1 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	2 10:00 Sit & Be Fit 10:30 Choral Group NO Yoga 1:30 Bingo	3
4 	5 8:00 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	6 9:00 Making Memories 9:45 Tai Chi 10:30- 11:30 Summer Safety with Dementia 12:30 Pinochle 12:30 AARP Meeting – Papa Z's 1:30 Bingo	7 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10-12 Sewing Circle 1:30 Cardio Drumming I 2:00 Cardio Drumming II	8 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	9 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Education Series 11:45 Blood Pressure Clinic 12:30 Ice Cream Truck 1:30 Bingo	10
11 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 12:30 Bridge 12:45 Setback	12 9:00 Making Memories 9:45 Tai Chi 10:00 LTC Ombudsmen Meeting 11:15 Eating Healthy for Bone Health 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 7:00 SCBC Meeting	13 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Life Review Journaling 2:30 CSC Staff Meeting 4:00 -7:00 COA's Aging in Place Vendor Fair at Cragin Library Flag Day (US)	14 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	15 10:00 Sit & Be Fit 10:30 Choral Group NO Yoga 11:00 Anniversary Party 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Group	16 	17
18  Father's Day	19 <b>CSC CLOSED            for the Juneteenth            Holiday</b>  Juneteenth	20 9:00 Father's Day Breakfast 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Staff Longevity Celebration 12:30 Pinochle 1:30 Bingo	21 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:45 Fantastic Father's Day Luncheon 1:30 Cardio Drumming I 2:00 Cardio Drumming II Summer Begins	22 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	23 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo	24 6:45 AM Locks and Lunch Hudson River Cruise Departs
25 9:00 Making Memories NO Exercise w/ Anne 10:00 Stitch & Fix NO Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	26 9:00 Making Memories 9:45 Tai Chi 10:00 Inspired by Art - Pollock 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting	27 9:00 Making Memories 9:00 Walking Group 9:45 AARP SmartDriverTEK 10:00 Adult Coloring 10:00 Sit & Be Fit 10:45 Dairy Month Presentation 12-4 AARP Driver Safety 1:00 Life Review Journaling	28 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet 5:30 Pride Month Panel	29 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch at the Lakeside Grill 1:30 Bingo	30	

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 ~ JUNE 2023






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA</u> Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to change without notice.</p>		<p>1 Baked Cod w/ Herbs &amp; Tomatoes Rice Pilaf Broccoli Tropical Fruit Cup</p>	<p>2 Chicken Fried Beef Steak Buttermilk Mashed Potatoes Green &amp; Yellow Squash Fresh Fruit</p> <p><u>Or Salad Choice:</u> Grilled Chicken Caesar Salad</p>
<p>5 BBQ Pulled Pork w/ Bun Baked Beans Corn w/ Onions &amp; Peppers Mandarin Oranges</p>	<p>6 <u>Birthday Celebration</u> Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots &amp; String Beans Birthday Treat Grape Juice</p>	<p>7 Beef and Bean Chili Pasta Shells w/ Herbs Green Beans Fresh Orange</p>	<p>8 Stuffed Chicken Cordon Bleu Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>9 Crispy Cod Macaroni &amp; Cheese Zucchini, Peas, and Carrots Applesauce Cup</p> <p><u>Or Salad Choice:</u> Tuscan Beef Salad</p>
<p>12 Pesto Grilled Chicken Rice Pilaf Soybean Succotash Sweet Treat Apple Juice</p>	<p>13 Italian Pork Sausage &amp; Peppers w/ Mozzarella Cheese Grinder Roll Green &amp; Waxed Beans Fresh Fruit</p>	<p>14 Country Style Chicken Parsley Steamed Potatoes Corn w/ Onions &amp; Peppers Diced Peaches</p> 	<p>15 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, &amp; Mushrooms Pineapple Tidbits</p>	<p>16 Vegetarian Lasagna Diced Carrots Snap Peas Mixed Fruit Cup</p> <p><u>Or Salad Choice:</u> Chef Salad</p>
<p>19 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Broccoli Fresh Fruit</p> 	<p>20 Beef Hot Dog w/ Bun Baked Beans Cauliflower, Carrots, &amp; Snap Peas Applesauce Cup</p>	<p>21 <u>Fintastic Father's Day Lunch</u> BBQ Chicken Baked Beans Coleslaw Rolls &amp; Butter Strawberry Shortcake Ticket Cost: \$9.00</p>	<p>22 Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Mixed Fruit Cup</p>	<p>23 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, &amp; Mushrooms Sweet Treat Orange Juice</p> <p><u>Or Salad Choice:</u> Taco Salad</p> 
<p>26 Cheese Manicotti w/ Marinara Lima Beans Green &amp; Yellow Squash Pineapple Tidbits</p>	<p>27 Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Peaches</p>	<p>28 Pub Burger w/ Bun Herb Roasted Potatoes Soybean Succotash Sweet Treat Grape Juice</p> 	<p>29 American Chop Suey Waxed Beans Carrot Coins Fresh Orange</p>	<p>30 Chicken Cacciatore Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup</p> <p><u>Or Salad Choice:</u> Rhode Island Seafood Salad</p>