

COLCHESTER SENIOR CENTER

July 2023



**HELLO SUMMER
DOOR HANGER WORKSHOP**
Tuesday, July 11
10:00 a.m.



Make a painted summer door or wall hanging to decorate your home for the summer. This easy project includes all the supplies to make one popsicle hanger (wooden base, paint, and stencils). The cost is \$10 per person. Please register by July 6 or until full.

**AMERICA THE BEAUTIFUL
LUNCHEON**
Wednesday, July 19
11:00 a.m.

One of the symbols of America is the Statue of Liberty that iconic female figure that represents freedom and democracy. Let's celebrate America the Beautiful with a special luncheon featuring our own Senior Serenader's Choral Group as they share some songs with women's names in the titles as well as some of our standard patriotic songs. A picnic style lunch of Cheeseburgers, potato salad and strawberry shortcake will be served. Tickets are \$9 per person. Register before July 12th or until full.



PIZZA & A MOVIE
Wednesday, July 26
11:00 a.m.

Join us for a pizza party matinee as we show the movie "80 for Brady". The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country. Starring Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, and Tom Brady. The cost is \$5.00 per person, which includes 2 slices of pizza, soda, and snacks. Please sign up in the office by July 20th.



**FARMERS' MARKET
VOUCHER PROGRAM**

The Senior Farmer Market Nutrition Program supports local farmers and provides fresh produce to low-income seniors in Connecticut. Eligible seniors will receive funds to purchase CT grown fruits, vegetables, fresh cut herbs and honey from authorized local farm markets and stands. This year the program has changed from a paper voucher system to an Electronic Benefit. Participants can keep their card from year to year but funding on the card expires at the end of each season. Eligibility for the program is 60 years of age or older OR disabled under the age of 60 who lives in senior housing where congregate nutrition services are provided. Income guidelines are \$26,973/annual for household of 1 or \$36,482/annual for household of 2. Pre-registration starts July 1st. Contact the CSC office to register.



**THE COLCHESTER SENIOR
CENTER WILL BE
CLOSED ON
TUESDAY, JULY 4TH
FOR THE INDEPENDENCE
DAY HOLIDAY**



**LIVE WELL WITH CHRONIC
CONDITIONS SERIES**
Fridays beginning August 4
9:00 – 11:30

Chatham Health District will be offering a free 6-week workshop on how to better manage your ongoing health condition(s). You will learn about healthy eating, physical activity, dealing with emotions, communication skills, working with healthcare providers, and how to set up action plans. We will meet once a week for six weeks. Each session is 2 - 2.5 hours in length. This program is open to people with on-going health conditions like diabetes, depression, heart disease, arthritis pain and anxiety or those caring for someone with an ongoing health condition. Sign up in the office to register. Please register by July 28th.

**IMPORTANT PROGRAM
DAY & TIME CHANGES**

Cardio Drumming will now be held on the 2nd and 4th Wednesdays of the month. Session 1 at 1:30 p.m. and session 2 at 2:00 p.m.

Life Review Journaling will now be held on the 1st and 3rd Wednesdays of the month from 1:00 – 2:30 p.m.

Colchester Senior Center
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574
Email: csc@colchesterct.gov
facebook.com/www.colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-4:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
pwatts@colchesterct.gov

Jodi Savage
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nola Weston, 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

The smooth vocals of Ella Fitzgerald sing out, "*Summertime, and the livin' is easy. Fish are jumpin' and the cotton is high Oh, your daddy's rich and your ma is good-lookin' So hush, little baby, don't you cry...*" Can't you just hear it? The sounds of summer are all around. What are your favorite summer activities?

Family Picnics? Well then let me cordially invite you to our America the Beautiful Picnic on Wednesday, July 19th. Enjoy hamburgers/cheeseburgers with all of your favorite fixings, fresh potato salad, strawberry shortcake for dessert and the company of good friends while we enjoy a fun musical show performed by CSC's own Senior Serenaders. Sing along to some patriotic favorites and classic tunes featuring songs featuring women's names in the title that you are sure to enjoy...like Barbara Ann from the Beach Boys, perfect for a summertime show.

Outdoor Activities? During the warm weather months, we offer plenty of opportunities to get outside and enjoy. We have an active Gardening Group who meets at the senior center on a monthly basis to maintain our lovely perennial gardens around the senior center. They do such a lovely job keeping us looking good for all of the seasons. Maybe you would rather join a nice group of people who enjoy walking. Our Walking Group meets up at the senior center on Wednesday mornings at 9:00 a.m. to head out to walk the Airline Trail in Amston on rte. 85 on a beautiful summer day. Don't forget all of the men and women who comprise our Senior Golf League, too. We have our largest group ever who gather at Chantclair Golf Course going out every Tuesday morning to hit the links and have some fun.

Rather Keep Your Cool? We average between 150-175 programs on our monthly calendar of activities, so whether you're an outdoor person or not, there is always something enjoyable and fun at the Colchester Senior Center. Even on the hottest of summer days, you can be assured that you'll be nice and cool here. Although we are not an official cooling center, you can bet that our air conditioners are on and you can find some great ways to beat the heat this summer.

Whatever activities you enjoy and whatever it is that you find to be the best about the crazy, lazy, hazy days of summer, you can be sure that the Colchester Senior Center is offering a variety of opportunities for you and your friends to enjoy the very best that summertime has to offer. We hope that you will come out and join us in July. Remember, Ella said it best: "*summertime....and the livin' is easy...*"

Warmly,

Patty

PROGRAMS

GARDEN CLUB

Monday, July 3, 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 July 10th.

SENIOR GOLF LEAGUE

Will not meet on July 4th



LIFE REVIEW JOURNALING

**Wednesday, July 5 & 19
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 at any time.

CARD MAKING WORKSHOP

**Friday, July 7 & 14
10:00 a.m.**

Join Barbara Gozzo for this card making workshop. Each person will craft 5 unique hand-stamped 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 July 6th.

SEWING CIRCLE

**Wednesday, July 12 & 26
2:00 – 4:00 p.m.**

Join us for this new sewing program. Complete a small project with the group or bring your own project to work on. This will be a chance to meet like-minded stitchers. We also plan to work on projects for the CSC Holiday Fair.

SHOPPING TRIP

**Thursday, July 13
10:30 a.m. Departure**

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

CHATHAM HEALTH SERIES

**Friday, July 14
11:15 a.m.**

Join us as Chatham Health District shares information about exercise this month. How to get started, what exercise is best for you and why exercise is important as we age. This is a free program. No registration required.

TECH TIME WITH HARRY

**Friday, July 14 & 21
1:00 – 3:00 p.m.**

Make a one-on-one 30-minute appointment and bring your equipment such as smart-phone, tablet, or laptop to learn on your own device. Please sign up in the office for an appointment.

BOOK CLUB

**Tuesday, July 18
10:30 a.m.**

This month's book selection is *The Girls* by Lori Lansens. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

HAM RADIO MEETING

**Friday, July 21
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.

PAGE 3

STITCH & FIX WITH MARIA

Monday, July 24, 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, July 25, 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 \$8 per person and includes everything you need to complete the project. Space is limited. Please register before July 20th.



Artist: Georgia O'Keefe

Activity: Floral Painting

Follow along with Jodi or create your own painting using O'Keefe's techniques

IN THE KNOW

Tuesday, July 25, 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, July 28, 11:00 a.m.

This month's Lunch Bunch destination will be the Hideaway Restaurant and Pub in Old Lyme. Suggested Donation for bus transportation is \$4.

<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.	2nd and 4th 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 Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

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 12:30 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	2 nd /4 th 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, except for 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

There will be no Blood Pressure Clinic during the month of July.

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.

SUMMERTIME MEDICAL ISSUES

During exercise, work or play when it's hot, take frequent breaks and drink plenty of fluids. Water and sports drinks work best.

HEAT CRAMPS: Heat cramps are muscle contractions, usually occurring in the legs. These contractions are forceful and can be quite painful. These cramps seem to be connected to heat, dehydration and poor conditioning rather than a lack of salt or other mineral imbalances. They typically improve with rest, drinking water and getting into a cool environment.

HEAT EXHAUSTION: Although partly due to exhaustion, heat exhaustion is also a result of excessive heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting and a temperature between 101-102 degrees fahrenheit. Rest and water may help mild heat exhaustion along with ice packs, blowing fans and air conditioners. Severely exhausted patients will probably require medical intervention such as IV fluids. If you are uncertain, do the safe thing and dial 911, especially when dealing with children or the elderly.

HEAT STROKE: If an individual has the following symptoms, stop everything and dial 911. **HEAT STROKE IS A TRUE MEDICAL EMERGENCY!** Heat Stroke is the most severe form of heat related illness and can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin but are unable to sweat due to severe dehydration. Whether exercise-related or not, a person who is experiencing heat stroke usually has a very high temperature (106 or higher) and may be delirious, unconscious or having seizures. Their temperatures need to be reduced immediately with ice packs and IV fluids for rehydration and they must be transported by EMS to the nearest hospital. **This information was provided by the Colchester Hayward Fire Department**



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, July 18
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, July 13, 20, 27
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

The income threshold for the 2022 Benefit Year is at or below \$40,300/single or \$49,100/couple. Call the office at 860-537-3911 or Social Services at 860-537-7255 for a confidential appointment.

MEETINGS IN JULY

AARP CHAPTER #4019

No Meeting in July

BACKUS STROKE SURVIVORS

Wednesday, July 5, 1-3 p.m.

COMMISSION ON AGING

**Mon., July 10, 9:00 a.m.
Town Hall Hybrid Meeting Room**

LTC OMBUDSMAN REGIONAL MEETING

Tues., July 11, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

**Tues., June 11 & 25, 7:00 p.m.
Town Hall Hybrid Meeting Room**

CSC STAFF MEETING

Wed., July 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:

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.



“GO NUTS” TROPICAL LUNCHEON

Tuesday, August 15, 11:00 a.m.

Let's have some fun and celebrate the tropics with this coconut themed luncheon. Enjoy music by the group Coconuts Comedy Rocks who play songs that everyone knows but sometimes with a twist. A tropical themed lunch will follow. See the August newsletter for more information.

CSC HOLIDAY FAIR PLANNING MEETING

Thursday, August 3, 12:30 p.m.

We are looking for volunteers to help with the planning of this year's Holiday Fair that will take place on Saturday, November 18th. We need your help to make this a success so bring your ideas or come to see what it is all about.

SEASONAL CRAFTING GROUP

Date & Time – TBD

Our seasonal Crafting Group will begin again in August. We will create our town Scarecrow entry and our annual tree submission to the Wadsworth Atheneum Festival of Trees. All are welcome.

SENIOR CENTER BUILDING COMMITTEE UPDATE

The construction of the new Senior Center continues to move along. The concrete foundation has been completed and the contractor is working on waterproofing and backfilling of the foundation. Soon structural steel will start to be installed. The contractor is also working on site grading and drainage. See photo below.



DAY TRIPS**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 14th.**

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 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.**

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 24th.**

OKTOBERFEST: KRUCKER'S IN POMONA, NY**Thursday, October 19, 2023, 7:15 a.m.**

Celebrate Oktoberfest with a full day of entertainment, food, fun, music, and dancing at Krucker's resort. The trip includes a welcome reception of coffee, tea, cider, scones, and pancakes. Lunch includes barley soup and a choice of sauerbraten with red cabbage or sliced pork loin with sauerkraut, mashed potatoes, Brussel sprouts, carrots, apple strudel and ice cream. Beer, wine and soft drinks, and a Bratwurst sandwich to end the day. **The cost is \$139 per person. Sign up before Sept. 19th.**

OVERNIGHT TRIPS**PACIFIC NORTHWEST & CALIFORNIA****April 14 – 21, 2024**

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco. Trip includes transportation to airport, airfare, hotels and 11 meals (6 breakfast, 1 lunch, and 4 dinners. **Double Occupancy is \$3,529 per person if booked before October 14, 2023. Trip Presentation will be held at CSC on Thursday, September 14th at 10:30 a.m.**



= Light Walking



= Moderate Walking



= Mostly Walking

DEPARTING SOON**BEST OF BOSTON – DUCK TOUR & NEW ENGLAND AQUARIUM****Tuesday, July 11, 2023****Departing at 8:15 a.m.****BLOCK ISLAND BREEZE****Tuesday, July 18, 2023****Departing at 8:15 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

July 2023

Colchester Senior Center

<div>July 2023</div> <div>Colchester Senior Center</div>												1		
Canada Day														
2	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 12:30 Bridge 12:45 Setback	3	CSC CLOSED for the Independence Day Holiday Independence Day (US)		4	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-3 Backus Stroke Survivors Program 1-2:30 Life Review Journaling	5	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage NO Sr. Benefits appts. 12:30 Dominoes 1:00 Knit & Crochet	6	10:00 Sit & Be Fit 10:00 Card Making 10:30 Hearing Screenings 10:30 Choral Group 11:00 Yoga 1:30 Bingo	7		8	
9	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 12:30 Bridge 12:45 Setback	10	8:15 Best of Boston Departs 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Summer Painting 10:00 LTC Ombuds Mtg. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	11	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-2:30 Life Review Journal 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 – 4:00 Sewing Circle 2:30 – CSC Staff Meeting	12	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 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet	13	10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Education Series 1:00 Tech Time w/ Harry 1:30 Bingo	14		15		
16	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	17	8:15 Block Island Trip Departs 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo	18	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 America the Beautiful Luncheon 1-2:30 Life Review Journaling	19	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet	20	10:00 Sit & Be Fit NO Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Meeting	21		22		
23	9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Stitch & Fix 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	24	9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Inspired by Art 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	25	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11- 1 Pizza and a Movie 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 – 4:00 Sewing Circle	26	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet	27	10:00 Sit & Be Fit NO Choral Group 11:00 Lunch Bunch – Hideaway Restaurant 11:00 Yoga 1:30 Bingo	28		29		
30	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	31												

Key: Z = Zoom

TH = Town Hall Hybrid Meeting Room



TVCCA SENIOR CAFÉ MENU ~ JULY 2023










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Corn w/ Onions & Peppers Sweet Treat Apple Juice</p>	<p>4 Senior Nutrition Program Closed</p> <p> Happy 4th of July!</p> <p>Independence Day Holiday</p> <p>Have a safe Independence Day</p>	<p>5 Salisbury Steak w/ Gravy Egg Noodles Broccoli Fresh Fruit</p>	<p>6 Stuffed Chicken Kiev Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Applesauce Cup</p> <p></p>	<p>7 Meatballs Grinder w/ Grinder Roll & Mozzarella cheese Penne Pasta Zucchini, Peas, & Carrots Diced Pears</p> <p>Or Salad Choice: Classic Egg Salad</p>
<p>10 Beef Hot Dog w/ Bun Baked Beans Mixed Vegetable Medley Mandarin Oranges</p> <p></p>	<p>11 Birthday Celebration French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Yellow Squash Birthday Treat Orange Juice</p>	<p>12 Pork Stir-Fry Jasmine Rice Asian Vegetable Blend Applesauce Cup</p>	<p>13 Cheese Omelet Home Fries Soybean Succotash Mixed Fruit Cup</p> <p></p>	<p>14 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Fresh Orange</p> <p>Or Salad Choice: Waldorf Chicken Salad</p>
<p>17 Vegetarian Lasagna Diced Carrots Lima Beans Pineapple Tidbits</p>	<p>18 Swedish Meatballs Pasta Shells w/ Herbs Corn w/ Onions & Peppers Fresh Fruit</p>	<p>19 America the Beautiful Luncheon Hamburger w/ Bun w/ Cheese, Lettuce, Sliced Tomato & Onions Potato Salad Coleslaw Strawberry Shortcake Ticket Cost: \$9.00</p> <p></p>	<p>20 American Chop Suey Waxed Beans Carrot Coins Mandarin Oranges</p>	<p>21 Ethnic Celebration Chicken Taco w/ Flour Tortilla & Cheddar Cheese Spanish Rice Green & Yellow Squash Sweet Treat Grape Juice</p> <p>Or Salad Choice: Tuscan Beef Salad</p> <p></p>
<p>24 Country Style Chicken Buttermilk Mashed Potatoes Green & Waxed Beans Fresh Orange</p>	<p>25 Pub Burger w/ Bun Baked Beans Mixed Vegetables Medley Mixed Fruit Cup</p> <p></p>	<p>26 Chicken Primavera Lemon Parmesan Pasta Squash Mix w/ Carrots & String Beans Sweet Treat Orange Juice</p>	<p>27 Crispy Cod Macaroni & Cheese Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>28 BBQ Pulled Pork w/ Roll Herb Roasted Potatoes Soybean Succotash Applesauce Cup</p> <p>Or Salad Choice: Chef Salad</p>
<p>31 Stuffed Shells w/ Marinara Broccoli Peas & Pearl Onions Diced Pears</p> <p></p>		<p></p>	<p>1% milk and Whole Grain Bread served with each meal.</p> <p>Menu is subject to change without notice.</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 860-886-1720</p> <p>(24hr voice mail available). www.tvcca.org</p>