

# COLCHESTER SENIOR CENTER

## August 2023

### 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 18<sup>th</sup>. We need your help to make this a success so bring your ideas or come to see what it is all about. If you are unable to attend, contact Jodi for more information.

### INSPIRED BY ART: ANSEL ADAMS & OUR PUBLIC LANDSCAPES

Tuesday, August 8  
10:00 a.m.



Norwich Free Academy Art Teacher, Sarah LeFrancois, will be here to share how the work of American photographer Ansel Adams led her to apply to be a Funds for Teachers Fellow last summer. During that summer she traveled to Yosemite to rephotograph the portfolio of Ansel Adams. She then shared that knowledge with her high school photography students as they learned about the value of protecting open spaces in urban, rural, and coastal settings, as well as cultural landscapes. This is a free program and open to all who are interested in art, photography and preserving landscapes for the future. There will be no project with this presentation, but participants will be encouraged to take photographs of their own local landscapes. Registration is required for this free program.

### CREAMSICLE FOOD DEMO

Monday August 14  
10:30 a.m.

August 14<sup>th</sup> is National Creamsicle Day. A day to celebrate the orange and vanilla popsicle created in 1905. Join Jodi as she takes the creamsicle's flavor profile and shows you how to make Creamsicle Truffles and Orange Creamsicle No Bake Cheesecake. The cost is \$3 per person which includes samples of each, a small box of truffles and recipes to recreate them at home.

### "GO NUTS" TROPICAL LUNCHEON

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

"Shell" we go "nuts" celebrating the last few weeks of summer with a Tropical themed luncheon? Join us as we welcome the nut-orious Coconuts Comedy Rocks group to perform some of your favorite songs with a comedic twist. After we will enjoy a tropically-inspired menu with pineapple smoked pork, herbed rice pilaf, vegetable medley, dinner rolls with butter and banana cream pie for dessert. The cost is \$9.00 per person. Register before August 7<sup>th</sup> or until full. \*Due to the Kennebunk, Maine trip departing on Wednesday this luncheon will be held on a Tuesday.

### EATING ON A BUDGET

Tuesday, August 22  
11:15 a.m.

Eating healthy when money is tight can be a challenge, especially if you are living with chronic medical conditions such as diabetes. Join us as Andrea Deedy, Registered Dietitian from TVCCA, shares tips and tricks to creating meals and snacks that are easy on your budget. Registration is not required for this presentation.



## news

### SEASONAL CRAFTING

Tuesday, August 29  
1:30 p.m.

We are looking for your creative ideas. Join Jodi as we plan for CBA's fun annual Scarecrow on the Green Contest, making and displaying CSC's own scarecrow. Later, we will also be working on a Holiday Tree which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions in the country's oldest art museum. Open to all who want to have fun and create.

### SNACK & STRETCH PRESENTATION

Wednesday, August 30  
11:00 a.m.

August is National Wellness Month. Join Marlborough Health & Rehabilitation Center's Therapy Director Anne as she offers a presentation stretching techniques that you can do at home. Benefits of stretching include improving flexibility, increased circulation, and blood flow, to provide a greater quality of life and healthy aging. They will also bring and prepare an apple snack on site. This is a free program, but registration is required.

### JOIN OUR MAKING MEMORIES WALK TEAM

We are looking for CSC Members to join our walk team "The Memory Makers," named in honor of our beloved Making Memories Program for the Walk to End Alzheimer's at Ocean Beach Park in New London. The walk will take place on Saturday, September 23<sup>rd</sup> at 10:00 am. Last year, our team raised over \$1600 but more than that we had a great time supporting a great organization. See Jodi for more information or to register for our team.

**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.  
[mbauman@colchesterct.gov](mailto: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**  
**Bonnie Trecarten, Alternate**  
**Rosemary Coyle, BOS Liaison**  
**Art Shilosky, BOF Liaison**  
**Mary Tomasi, BOE Liaison**

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

It was brought to my attention several years ago that I always end my monthly column with the phrase "Warmly, Patty." Mary observed teasingly, "We're warm enough, can't you say something else!" Although I know that she was joking, during the dog-days of summer, her point is well-taken! Think back to this past winter, when we all longed for warmth—well, we're getting it in spades now. Summer is always fun and I hope you have been enjoying all that this season has to offer with more outdoor activity, community cook-outs, perhaps some vacation or travel plans or visits with loved ones. We must also remember, however, the heat of summer brings with it some risks. Because it has been steamy, hot and very humid this summer, I think it's a great time to remind folks about safety with regards to dehydration, heat exhaustion and heat stroke and the measures you can take to reduce your risk.

According to MedicineNet.com, *"Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically. Severe hyperthermia is defined as a body temperature of 104 F or higher. It is a medical emergency which can be fatal if not prompt and properly treated."* It lists the most important measures to prevent heat strokes as, *"avoid becoming dehydrated and vigorous physical activities in hot and humid weather."* The article says, *"The body normally is able to dissipate heat by radiation through the skin or by the evaporation of sweat. However, in extreme heat, high humidity or vigorous exertion, the body may not be able to dissipate the heat and the body temperature can rise, sometimes up to 106 F or higher."* Heat cramps and heat exhaustion are two less severe forms of hyperthermia that you also want to avoid.

The people who may be most at risk for heat exhaustion or heat stroke include infants, older adults and people who work outdoors. Sometimes, medications may make individuals more vulnerable to dehydration and heat strokes, especially medications for heart, lung or kidney diseases. Awareness is important to keep us safe.

So what can you do to stay safe? Drink plenty of water! Remaining well-hydrated is a great defense against the heat. Also, stay in cool locations. Run fans and/or air conditioners at home and in your car. If you do not have air conditioning, coming to our senior center is a good way to keep cool. The air conditioning is always on and you can find relief from the hottest hours of the day here. This month, please remember... (this is for you, Mary)

Stay cool!

*Patty*

### **LIFE REVIEW JOURNALING**

**Wednesday, August 2 & 16**  
**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.

### **TECH TIME WITH HARRY**

**Friday, August 4 & 18**  
**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.

### **GARDEN CLUB**

**Monday, August 7**  
**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. The rain date is August 14th.

### **SEWING CIRCLE**

**Wednesday, August 9 & 23**  
**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, August 10**  
**10:30 a.m. Departure**

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

### **CHATHAM HEALTH SERIES**

**Friday, August 11**  
**11:15 a.m.**

Maintaining good oral and dental health is an important aspect of overall health that spans the lifetime, and for older adults, maintaining good oral health may be critical to overall wellness, quality of life and maintaining a beautiful smile. Join us as Chatham Health District shares information about Dental Health during this month's health series. This is a free program. No registration required.

### **LUNCH BUNCH OUTING**

**Friday, August 18**  
**10:30 a.m.**

This month's Lunch Bunch destination will be Lenny & Joe's Fish Tale in Westbrook, CT. Suggested donation for bus transportation is \$5.00. Please register in the office. Please register even if you plan to drive yourself.

### **HAM RADIO MEETING**

**Friday, August 18**  
**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, August 22**  
**10:30 a.m.**

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

### **IN THE KNOW**

**Tuesday, August 22**  
**12:30 p.m.**

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips and answers any questions you may have. Everyone is welcome to participate, no registration required.

### **STITCH & FIX**

**Monday, August 28**  
**by appointment beginning at**  
**10:00 a.m.**

Bring your items that need hemming, minor mending, replacement buttons sewn on, etc. and Maria will take care of them and return it to you in 2 weeks. By appointment, please sign up in the office.

### **SHRINK PLASTIC JEWELRY**

**Wednesday, August 30**  
**12:30 p.m.**

Remember Shrinky Dinks--those plastic sheets that magically shrink and harden when heated in the oven? Often thought of as a kid's toy, they are now being used by many artists to create cool--and surprisingly chic--jewelry. Jodi will share her knowledge of this material and show you ways that you can use it to make a pair of earrings, a pendant, or a simple bracelet for you or as a gift. No jewelry or artistic talent needed. The cost of the class is \$3 and covers the cost of the material to make 1 or 2 pieces of jewelry.

### **CARD MAKING WORKSHOP**

Card making is canceled for the month of August as Barbara will be on vacation. It will return in September.

FREE CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
<b>LEARN TO SIGN</b> Learn the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> 11:00 A.M.	<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> 8:30A.M	<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> 9:45 A.M.	<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> 9:00 A.M.	<b>RTE. 85 AMSTON 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>2<sup>nd</sup> and 4<sup>th</sup> WEDNESDAYS</b> 1:30 P.M & 2:00 P.M.	<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; FRIDAYS</b> 10:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere	<b>WEDNESDAYS</b> 10:00 A.M.	<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> 1:00 P.M.	<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> 10:30 A.M.	<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; THURSDAYS</b> 9:00 A.M.	<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; FRIDAYS</b> 11:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> 10:00 A.M.	<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>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, 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.

### HEARING SCREENINGS

Friday, Sept. 1, 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, August 11, 10:45 a.m.

Monthly blood pressure clinics offered in partnership with Chatham Health District.

### NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

Anyone who is struggling, please know that help is available. 9-8-8 is the place to call for assistance and support 24/7.

### MAKING MEMORIES

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment.

The schedule will be as follows:

**Mondays 9:00a.m.-12:00 p.m.**

**Tuesdays 9:00a.m.-12:00p.m.**

**Wednesdays 9:00a.m.-12:00p.m.**

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator at 860-537-3911 for more information.

*This program is supported by Senior Resources Area Agency on Aging with le III funds made available under the Older Americans Act.*

### REFLECTIVE HOUSE NUMBERS

Precious time is often lost when police, firefighters and medical responders have to search for an address. It is very difficult to turn fire engines and ambulances around if they pass a driveway because no street address numbers were easily readable. Many towns have ordinances requiring that all houses be identified with their numbers clearly visible on the front of the house (if it's close to the street) or on the mailbox on the end of the driveway.

Numbers should be at least 3 inches high and reflective so they can be seen at night. Numbers should be placed on both sides of the mailbox so they can be seen from each direction. If the house is set back from the road a distance and there is no mailbox, the numbers can be placed on a sign, at the end of the driveway.

Reflective address markers are available to purchase for a cost of \$12.00 each through the Colchester Hayward Volunteer Fire Department. Order forms are available at the senior center.

A friendly reminder from;



## SOCIAL SERVICES

### CHOICES COUNSELING

Tuesday, August 8

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, Aug 3,10,17,24, & 31  
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

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 AUGUST

#### AARP CHAPTER #4019

No Meeting in August

#### BACKUS STROKE SURVIVORS

Wednesday, August 2, 1-3 p.m.

#### LTC OMBUDSMAN REGIONAL MEETING

Tues., August 8, 10:00 a.m.

#### SENIOR CENTER BUILDING COMMITTEE

Tues., August 8 & 22 7:00 p.m.  
Town Hall Hybrid Meeting Room

#### CSC STAFF MEETING

Wed., August 9, 2:30 p.m.

#### COMMISSION ON AGING

Mon., August 14, 9:00 a.m.  
Town Hall Hybrid Meeting Room

### 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.



### OWLS AMONG US

**Tuesday, September 5, 10a.m.**

Connecticut is home to 8 species of owls, all federally protected and one of which, the barn owl, is endangered. Come and learn about these fascinating creatures with Gwen Rice of Freedom First Wildlife Rehab Inc. Gwen will talk about the owls that make CT home, her work in rehabilitating injured owls at her home, and how we can help the owl population in CT. She will also introduce us to a Barred Owl named Clyde.

### BUSHEL & A PECK LUNCHEON

**Wednesday, September 20, 11a.m.**

We couldn't have "picked" a better theme for a luncheon. Join us for an apple themed luncheon with musical entertainment by Jack Bussmann who will have you singing along to popular songs from the 50's, 60's and 70's. Something that will "a-peel" to everyone. More information will be available in the September newsletter.

### SENIOR CENTER BUILDING COMMITTEE UPDATE

Progress continues on the construction of the new Senior Center. Concrete foundations are complete, having been now waterproofed and backfilled. Currently, all under-slab utilities (plumbing and electricity within the building) are being installed as well as our outdoor underground utility conduits. Soon the concrete slab will be installed which will enable the structural steel construction to begin in mid-August. Once complete, the framework of the building will be visible high above the barrier fencing.



DAY TRIPS

## 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. **The cost is \$145 per person. Sign up by August 24<sup>th</sup>.**

## 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 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 are available. **The cost is \$139 per person. Sign up before Sept. 19<sup>th</sup>.**

## DREAMGIRLS – GOODSPEED OPERA HOUSE

**Wednesday, November 29, 2023, 11:00 a.m.**



Enjoy a group lunch at the Gelston House, then walk to the historic Goodspeed Opera House for a matinee performance of Dreamgirls. Stars rise and fall... but dreams live forever! A 1960s Motown girl group catches its big break during an amateur competition. But will their friendship—and their music—survive the rapid rise from obscurity to pop super stardom? With dazzling costumes and powerhouse vocal performances, this Tony and Grammy Award-winning musical sizzles with sparkling spirit and dance. **The cost is \$98 per person and includes senior bus transportation, meal, and tickets to the show. Please sign up by Oct. 16<sup>th</sup>.**



= Light Walking



= Moderate Walking



= Mostly Walking

## NEW YORK BOTANICAL GARDEN – HOLIDAY TRAIN SHOW

**Thursday, Dec. 7, 2023, 8:00 a.m.**



Topping the list of New York's big seasonal events is the popular Holiday Train Show at the New York Botanical Gardens. Model trains and trolleys zip along over winding tracks past replicas of more than 140 New York Landmarks made from plant material such as pinecones, orange slices and cinnamon sticks. The Statue of Liberty, The Brooklyn Bridge, and Yankee Stadium are just a few examples. You will also spend some time on Arthur Avenue, the "Little Italy" of the Bronx for a chance to purchase wonderful Italian goodies in little Italian markets, bakeries, and pasta shops. The cost is \$112 per person. Sign up before Nov. 7<sup>th</sup>.

OVERNIGHT TRIPS

## PACIFIC NORTHWEST &amp; 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 14<sup>th</sup> 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

# August 2023

August 2023		1 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo <u>NO</u> AARP Mtg	2 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	3 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 12:30 Holiday Fair Mtg. 1:00 Knit & Crochet	4 9:00 CDSMP (Chronic Disease Self-Management Program) Series 10:00 Sit & Be Fit <u>NO</u> Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo	5 
6 	7 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	8 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Inspired by Art 10:00 LTC Ombuds Mtg. 12:30 Pinochle 12:30 CHOICES Counseling 1:30 Bingo 7:00 SCBC Meeting (Z)	9 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 Sewing Circle 2:30 CSC Staff Meeting	10 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip <u>NO</u> Yoga <u>NO</u> Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet	11 9:00 CDSMP Series 10:00 Sit & Be Fit 10:30 Choral Group 10:45 Blood Pressure Clinic <u>NO</u> Yoga 11:15 Chatham Health Education Series 1:30 Bingo	12
13	14 9:00 CoA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Creamsicle Demo 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	15 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 11:00 "Go Nuts" Tropical Luncheon 12:30 Pinochle <u>NO</u> Bingo	16 7:45 Maine Lobster Trip Departs 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-2:30 Life Review Journaling	17 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet	18 9:00 CDSMP Series 10:00 Sit & Be Fit 10:30 Choral Group 10:30 Lunch Bunch to Lenny & Joes 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Meeting	19 
20 	21 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	22 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 11:15 Eating on a Budget 12:30 In the Know 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	23 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 Sewing Circle	24 9:00 Exercise w/ Anne 9:45 Essex Steam Train Trip departs 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet	25 9:00 CDSMP Series 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	26
27	28 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	29 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Seasonal Crafting 12:30 Pinochle 1:30 Bingo	30 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Snack & Learn Wellness Presentation 12:30 Shrink Plastic Jewelry	31 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet	Colchester Senior Center 95 Norwich Avenue Colchester, CT 06415	

Key: Z = Zoom TH = Town Hall Hybrid Meeting

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# TVCCA SENIOR CAFE MENU ~ AUGUST 2023



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>1% Milk and Whole Grain Bread served with each meal.</p> <p>Menu is subject to change without notice</p>	<p>1 Stuffed Chicken w/ Broccoli &amp; Cheese Parsley Steamed Potatoes Corn w/ Onions &amp; Peppers Tropical Fruit Cup</p>	<p>2 Swedish Meatballs Egg Noodles Squash Mix w/ Carrots &amp; String Beans Sweet Treat Apple Juice</p>	<p>3 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>4 Beef Hot Dog w/ Bun Baked Beans Soybean Succotash Fresh Orange</p> <p><u>Or Salad Choice:</u> Grilled Chicken Caesar Salad</p>
<p>7 Monti Cristo: Egg Patty, Turkey Sausage, American Cheese &amp; French Toast Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Peaches</p>	<p>8 BBQ Pulled Pork w/ Bun Herb Roasted Potatoes Green &amp; Waxed Beans Applesauce Cup</p>	<p>9 Cheese Ravioli w/ Marinara Broccoli Snap Peas Fresh Fruit</p>	<p>10 American Chop Suey Lima Beans Carrot Coins Mandarin Oranges</p>	<p>11 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green &amp; Yellow Squash Birthday Treat Orange Juice</p> <p><u>Or Salad Choice:</u> Taco Salad</p>
<p>14 Stuffed Chicken Kiev Rice Pilaf Cauliflower, Carrots &amp; Snap Peas Sweet Treat Grape Juice</p>	<p>15 <u>Go Nuts Tropical Luncheon</u> Pineapple Smoked Pork Herbed Rice Pilaf Vegetable Medley Dinner Rolls Banana Cream Pie Cost: \$9.00</p>	<p>16 Country Style Chicken Buttermilk Mashed Potatoes Green &amp; Yellow Squash Diced Peaches</p>	<p>17 Pineapple Glazed Ham Glazed Sweet Potatoes Green Beans Diced Pears</p>	<p>18 Vegetarian Lasagna Waxed Beans Diced Carrots Mixed Fruit Cup</p> <p><u>Or Salad Choice:</u> Chef Salad</p>
<p>21 Meatball Grinder w/ Small Grinder Roll &amp; Mozzarella Cheese Penne Pasta Mixed Vegetable Medley Fresh Orange</p>	<p>22 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, &amp; Mushrooms Diced Pears</p>	<p>23 Chicken Fried Beef Steak Garlic Roasted Potatoes Soybean Succotash Tropical Fruit Cup</p>	<p>24 Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Sweet Treat Apple Juice</p>	<p>25 Pork Stir-Fry Jasmine Rice Asian Vegetable Blend Applesauce Cup</p> <p><u>Or Salad Choice:</u> Rhode Island Seafood Salad</p>
<p>28 Crispy Cod Macaroni &amp; Cheese Green &amp; Waxed Beans Mixed Fruit Cup</p>	<p>29 <u>Ethnic Celebration</u> Chicken Taco w/ Flour Tortilla &amp; Cheddar Cheese Spanish Rice Green &amp; Yellow Squash Pineapple Tidbits</p>	<p>30 Pub Burger w/ Bun Baked Beans Zucchini, Peas, &amp; Carrots Mandarin Oranges</p>	<p>31 Chicken Primavera Lemon Parmesan Pasta Broccoli Fresh Fruit</p>	<p><u>TVCCA Senior Nutrition Program</u></p> <p>81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>