

# COLCHESTER SENIOR CENTER



## news

## September 2023

### NATIONAL SENIOR CENTER MONTH: "DISCOVER YOURS"

September is National Senior Center Month. This year's theme is "Discover Yours". The theme encourages everyone to explore their senior center. It also encourages older adults to discover their unique interests, talents, and aspirations. Our senior center reminds us of a TV, where there are multiple shows and programs that allow you to stay healthy, grow friendships, be creative, and explore your purpose. Join us this month as we introduce you to our Senior Center "Discovery" Network. Pick up your TV Guide in the office, explore the network's channels and attend some great programs selected by us or choose your favorites. Each program you attend earns an Emmy Award Sticker. At the end of the month join us for our star-studded CSC Discovery Network Finale Party complete with refreshments, commercials, and Emmy Awards (prizes).

### OWLS AMONG US Tuesday, September 5 10:00 a.m.

Connecticut is home to 8 species of owls, all federally protected and one of which 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, and how we can help the owl population in CT. She will also introduce us to a Barred Owl named Clyde. This program is free. Registration is required.

CSC will be  
CLOSED for the  
Labor Day Holiday  
Monday September 4<sup>th</sup>

### BACK TO SCHOOL BREAKFAST Friday, September 8 9:00 a.m.

Join us as we celebrate the start of a new school year for students everywhere. Pancakes, bacon, fruit cups, and assorted beverages will be served. Learn about the history of public schools in the United States and play a few games of back-to-school bingo. Help us fill our giant Lunch Box as we collect non-perishable food items that are suitable for a child's lunch box to be donated to the food bank. The cost is \$5 per person.

### GOLF LEAGUE END OF SEASON BANQUET Tuesday, September 12 11:30 a.m.

It's time to celebrate another successful 16-week season of golf for our Co-ed Senior Golf League. Members of the league will be meeting at the Chantclair under the pavilion behind the clubhouse after their last session of golf. Lunch and dessert will be served. The rain date will be September 19th. RSVP in the office or by calling 860-537-3911.

### COA PRESENTS: ESTATE PLANNING ESSENTIALS Wednesday, September 13 10:00 a.m.

Learn the essential documents for a proper estate plan. Topics include, How to Avoid Probate, Wills and Trusts, Power of Attorney, Health Care Proxy, Strategies to protect assets from creditors and the cost of long-term care. We will also discuss retirement accounts and the recent changes regarding distribution of retirement accounts and strategies on protecting retirement accounts for spouses when a spouse enters a nursing home. All of these topics will be covered by Attorney George Baker in this informative seminar! This is a free presentation, registration is required.

### A BUSHEL & A PECK FALL LUNCHEON Wednesday, September 20 11:00 a.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. A meal of stuffed pork loin with cranberry cornbread stuffing, apple sauce, seasoned rice, broccoli, dinner rolls and margarine, and apple crumb pie for dessert will follow. The cost is \$9 per person. Please register before September 13<sup>th</sup>. Space is limited.

### FALLS PREVENTION LUNCH Friday, September 22 11:00 a.m.

September 22 is the first day of fall and National Falls Prevention Day. This year our friends at Colebrook Village will be here to present an informative program that covers strategies to keep you safe from falls at home and in the community. The presentation will be followed by a delicious complimentary lunch of assorted wraps, salads, desserts, and bottled water. This is a free program. Registration by September 15<sup>th</sup> is required. Space is limited.

### CSC DISCOVERY NETWORK FINALE PARTY Tuesday, September 26 1:00 p.m.

We think we have the **BEST** Senior Center Members and Staff, and we want to celebrate that as we close out National Senior Center Month. Join us for refreshments, our own star-studded TV commercials, and special Emmy Awards. Don't forget to bring your sticker-filled TV Guide with you so that you can be entered to win one of our Emmy Awards. This program is free, but registration is required. Space is limited.

**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

Every year, the NCOA (National Council on Aging) shares a theme for all senior centers to rally around and celebrate for National Senior Center Month. This year, we think it is particularly special and we are very excited to roll it out to you. The theme is.... "Senior Centers: Discover Yours!" "Discover Yours" to us meant a month full of discoveries, which helped us form our personal theme of the **CSC Discovery Network**—our very own TV Channel. Imagine with us back in time, where large television consuls were the focal point of your living room and rabbit ear antennas sparkled high above. Where the TV Guide would be your portal towards new discoveries all month long. Journey with us, because that's where we're heading throughout September. Unlike the streaming services of today, on the **CSC Discovery Network**, you'll find only 4 channels, but within those channels lie endless possibilities for growth and fun.

Tune into the **YELLOW** channel. It's all about Friendship—the fun socialization that is at the very heart of senior centers. So many of the formal programs we offer, as well as the informal gathering that takes place is all about Friendship. This month, you'll notice 3 programs that encompass Friendship and social gathering. We invite you to join in our Back to School Breakfast, an annual breakfast which celebrates the nostalgia of a new school year. Next, we have a TV Trivia Night where teams are quizzed on their pop-culture knowledge throughout the decades. Finally, we invite you to our Bushel and A Peck Luncheon. Visit with CSC friends over live entertainment followed by an autumn themed luncheon.

The **BLUE** Channel encourages good Health. There are many ways that CSC endeavors to keep you in tip-top shape. Beyond all of the Fitness Classes we offer on a monthly basis, we also host educational programs, free health screenings and more. In your CSC Discovery Network TV Guide, you'll see three different programs for your participation; our monthly Blood Pressure Clinic, the Chatham Health District Health Series Topic; and a Falls Prevention Lunch and Learn.

Our **RED** Channel helps inspire our Creativity. Find your inner muse and get creative this month with us. These three programs get our creative juices flowing, and we hope they do the same for you. Join Seasonal Crafting where you'll help us create the CSC Scarecrow for the Annual Scarecrow on the Green Contest. Join Barbara Gozzo for one of her terrific Card Making Workshops. Last but not least, attend the Inspired by Art Series where you learn about a prominent artist and then employ some of their techniques to create a project you'll take home with you.

Finally, the **GREEN** Channel recognizes the many ways that CSC helps us connect with our inner Purpose. Enjoy an intriguing program titled Owls Among Us. Help us with the Colchester Senior Center Booth at the annual Celebrate Colchester event on the Town Green. Serving the community is a great purposeful activity. Register for a special presentation sponsored by the Colchester Commission on Aging regarding Wills and Trusts, presented by Attorney and former Probate Judge, George Baker.

Join us for a **month full of endless Discoveries** at CSC this September...

Warmly,

*Patty*

## **PROGRAMS**

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### **SEASONAL CRAFTING**

**Wednesday, September 6**  
**11:00 a.m.**

Help us design our scarecrow for the town scarecrow contest and our tree for the Wadsworth Atheneum.

### **LINE DANCING**

**Wednesday, September 6 & 20,**  
**1:30 p.m.**

Line dancing has returned to CSC. Barbara McKelvey will be leading the group instruction. No sign up needed.

### **LIFE REVIEW JOURNALING**

**Wednesday, September 6 & 20**  
**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.

### **CHATHAM HEALTH SERIES**

**Friday, September 8**  
**11:15 a.m.**

Chatham Health District will share information about various vaccinations. This is an informational presentation, not a clinic.

### **TECH TIME WITH HARRY**

**Friday, September 8 & 15,**  
**1:00 – 3:00 p.m.**

Make a one-on-one 30-minute appointment and bring your own device to learn on. Please sign up.

### **GARDEN CLUB**

**Monday, September 11**  
**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. Rain date September 18th.

### **SEWING CIRCLE**

**Wednesday, Sept 13, 2:00 p.m.**  
**Tuesday, Sept 26, 10:00 a.m.**

Join us for this new sewing program. We are currently working on small projects for the CSC Holiday Fair. All are welcome.

## **SHOPPING TRIP**

**Thursday, September 14**  
**10:00 a.m. Departure**

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

### **PACIFIC NORTHWEST TRIP PRESENTATION**

**Thursday, September 14**  
**10:30 a.m.**

Join us as Collette Travel Co. shares information on our upcoming trip to the Pacific Northwest scheduled to depart in April of 2024.

### **HOLIDAY FAIR MEETING**

**Thursday, September 14**  
**12:30 p.m.**

Join us for the next meeting of the Holiday Fair Committee. All are welcome.

### **CARD MAKING WORKSHOP**

**Friday, September 15 & 29**  
**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 registration deadline is Sept. 8th.

### **BOOK CLUB**

**Tuesday, September 19**  
**10:30 a.m.**

This month's book selection is *The Brilliant Life of Eudora Honeysett* by Anne Lyons. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

### **IN THE KNOW**

**Tuesday, September 19**  
**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.

### **HAM RADIO MEETING**

**Friday, September 22**  
**2:00 p.m.**

Join us for our monthly ham radio meeting and learn about our broadcasting site. Open to all who are interested.

### **STITCH & FIX WITH MARIA**

**Monday, September 25**  
**10:00 a.m.**

Bring your items that need hemming, mending, etc. Please sign up in the office for an appointment.

### **INSPIRED BY ART**

**Monday, September 25**  
**10:00 a.m.**

This will be our last Inspired by Art for this year. This month will be discussing Pablo Picasso. We will focus on the many portraits he created to create collage faces with cardboard shapes. This will be a free class. Space is limited. Please register before September 18<sup>th</sup>.

### **AARP DRIVER SAFETY**

**Wednesday, September 27,**  
**12:00 – 4:00 p.m.**

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's challenging environment. You'll learn how you can manage and accommodate age-related changes in driving and may qualify for a discount from your insurance provider. Open to anyone 50 and over. The cost is \$20 for AARP members and \$25 for non-members. Register by Sept. 20th.

### **LUNCH BUNCH OUTING**

**Friday, September 29**  
**11:00 a.m.**

This month's Lunch Bunch destination will be The Main Moose in Columbia. Suggested donation for bus transportation is \$4.00. Register in the office.

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.

## HEALTH & WELLNESS

### **HEARING SCREENINGS**

**Friday, September 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**

**Fri., September 8, 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.*

### **WHAT MAKES US FALL?**

Have you ever wondered why people fall more when they get to be over 65? There are various reasons that seniors fall more often than their younger counterparts. Some reasons include: medical conditions, multiple medications, vision deficits, unsafe environments and lack of activity or mobility. What should we do?

1) If you or anyone you know has a fall it is important for their physician to be made aware. They may choose to refer you to a Physical Therapist.

2) If you are someone who doesn't exercise or move much, a Physical Therapist could help you get stronger or work on activities which promote balance which will prevent future falls.

3) If you are already someone who is active—keep moving! People who exercise and stretch regularly have a lower risk for falls.

4) If you have multiple prescriptions from different doctors, be sure to let your primary physician know all of the medications you're on (prescription and over-the counter). Your physician can make sure that your medications are compatible and possible even reduce the medications you're on.

5) Get regular eye exams to prevent vision loss or glasses for clear vision.

6) Assess your environment for any potential hazards, especially on the floors. Keep pathways free from clutter. Keep a nightlight on in the bathroom. Add grab bars inside and outside of the tub to prevent slipping while bathing. Install grab bars beside the toilet to help with getting on/off of the toilet. Add railings to both sides of the stairs, if able, to decrease your risk for falling down the stairs. Lastly, remove area rugs.

**A friendly reminder from;**



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, September 12**

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

Confidential counseling for Medicare is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

### **SENIOR BENEFITS COUNSELING**

**Thursdays in September**

**12:00 p.m.- 3:30 p.m.**

Schedule an appointment with our 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.

### **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.

### **ENERGY ASSISTANCE**

**Season begins September 14**

The income threshold for the 2023 Benefit Year is at or below \$39,027/single or \$51,035/couple.

## **MEETINGS IN SEPTEMBER**

### **AARP CHAPTER #4019**

**Tuesday, Sept. 5, 1:30 p.m.**

### **BACKUS STROKE SURVIVORS**

**Wednesday, Sept. 6, 1-3 p.m.**

### **COMMISSION ON AGING**

**Mon., Sept. 11, 9:00 a.m.**

**Town Hall Hybrid Meeting Room**

### **LTC OMBUDSMAN REGIONAL MEETING**

**Tues., Sept. 12, 10:00 a.m.**

### **SENIOR CENTER BUILDING COMMITTEE**

**Tues., Sept. 12 & 26, 7:00 p.m.**  
**Town Hall Hybrid Meeting Room**

### **CSC STAFF MEETING**

**Wed., Sept. 13, 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.



### TV TRIVIA

**Tuesday, September 19, 4:30 p.m.**

Join us for a night of 5 decades of TV Trivia (1970's to 2010's). Test your knowledge of TV shows, theme songs and even commercials. Form a team of 2 or play on your own (or we will pair you with someone if you want). There will be refreshments and monetary prizes for each decade. The cost is \$5 per person. Register in the office by Sept. 15.

### JOIN OUR WALK TEAM

**Saturday, September 23, 10:00 a.m.**

See Jodi to register to join the CSC 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. Last year we had a lot of fun and raised over \$1600 for a great cause.

### IN MEMORIAM – CATHERINE C. RUSSI August 10, 1945 - August 10, 2023

Cathy Russi, who worked as the Senior Center Director from January 1979 through her retirement in October 2008, passed away last month after a long illness. Cathy will be remembered for her service to the community, particularly for its seniors for whom she was a fierce advocate well into her retirement. Under her leadership, the Colchester Senior Center received numerous awards, including a 2001 Award for Excellence in Aging for innovative Intergenerational Programs which were a collaboration between the senior center and Colchester Elementary School.

Surely, Cathy's legacy is of one dedicated to her community. Volunteering her time and talents to the community-at-large, Cathy served through both local and national chapters of AARP, the Lebanon Senior Center, the Colchester Grange, Colchester Garden Club, the Colchester Historical Society, the Community Theater, and as a communicant and member of the Ladies' Guild of Guardian Angels Parish (St. Andrew Church).

Cathy Russi was predeceased by her husband, Fran (2006), and her son, Thomas (2002). She is survived by her daughter, Michelle and daughter-in-law, Terese, and her granddaughters, as well as many close friends. Donations in memory of Cathy may be made to: Friends of the Lebanon Senior Center; the Colchester Senior Center; or the Haitian Health Foundation.



DAY TRIPS**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>.**

**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>.**

**NEWPORT PLAYHOUSE – MIRACLE ON SOUTH DIVISION STREET****Thursday, December 14, 2023, 9:30 a.m.** 



Meet the Nowak's of Buffalo, NY. Clara and her 3 grown kids have always known they were special, ever since the miraculous Christmas Eve of 1942 when the Blessed Mother appeared to Grandpa in his barbershop. Daughter Ruth divulges her plan to finally "go public" with the family miracle by creating a one-woman play about the sacred event. But during a family meeting, the entire family's faith is shaken to the very core when a deathbed confession causes the family legend to unravel. The results are heartfelt and hilarious. **The cost is \$140 per person and includes a traditional buffet lunch and a cabaret show after the play. Sign up before November 14<sup>th</sup>.**




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 14<sup>th</sup> at 10:30 a.m.**

 = Light Walking

  = Moderate Walking

   = Mostly Walking
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



# September 2023

Colchester Senior Center  
DISCOVERY NETWORK



9:00 CDSMP Series  
10:00 Sit & Be Fit  
**NO** Choral Group  
10:30 Hearing Clinic  
11:00 Yoga  
1:30 Bingo



**CSC Closed  
for the  
Labor Day  
Holiday**

9:00 Making Memories  
9:45 Tai Chi  
**10:00 Owls Among Us**  
12:30 Pinochle  
1:30 Bingo  
1:30 AARP Mtg

9:00 Making Memories  
9:00 Walking Group  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
**11:00 Seasonal Crafting**  
1-3 Backus Stroke  
Survivors Program  
1-2:30 Life Review  
Journaling  
1:30 Line Dancing

7:30 Bronx Zoo Trip  
Departs  
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

9:00 CDSMP Series  
**9:00 Back to School  
Breakfast**  
10:00 Sit & Be Fit  
10:30 Choral Group  
**10:45 Blood Pressure Clinic**  
11:00 Yoga  
**11:15 Chatham Health  
Series**  
1:00 Tech Time w/ Harry  
1:30 Bingo

**Celebrate Colchester  
Town Green  
1:00-5:00 pm**

8:30 Garden Club  
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

9:00 Making Memories  
9:00 Golf League  
9:45 Tai Chi  
10:00 LTC Ombuds Mtg.  
11:30 Golf Banquet  
12:30 Pinochle  
12:30 CHOICES  
Counseling  
1:30 Bingo  
7:00 SCBC Meeting (Z)

9:00 Making Memories  
9:00 Walking Group  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
**10:00 COA Wills & Trust  
Presentation**  
1:30 Cardio Drumming I  
2:00 Cardio Drumming II  
2:00 Sewing Circle  
2:30 CSC Staff Meeting

9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Wii Bowling  
10:00 Shopping Trip  
10:30 Trip Presentation  
11:00 Yoga  
12:00 Chair Massage  
12-3 Sr. Benefits, by apt.  
12:30 Dominoes  
12:30 Holiday Fair Meeting  
1:00 Knit & Crochet

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



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

9:00 Making Memories  
9:45 Tai Chi  
10:30 Book Club  
12:30 Pinochle  
12:30 In the Know  
1:30 Bingo  
**4:30 TV Trivia Night**

9:00 Making Memories  
9:00 Walking Group  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
**11:00 Bushel & A Peck  
Luncheon**  
1-2:30 Life Review  
Journaling  
1:30 Line Dancing

9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Wii Bowling  
**NO** Yoga  
12:00 Chair Massage  
12-3 Sr. Benefits, by apt.  
12:30 Dominoes  
1:00 Knit & Crochet

10:00 Sit & Be Fit  
10:30 Choral Group  
**NO** Yoga  
**11:00 Falls Prevention  
Lunch and Learn**  
1:30 Bingo  
2:00 Ham Radio

**Alzheimer's Walk  
Ocean Beach Park  
10:00 am**



**Turkey Train Trip  
Departs 8:00 am**

9:00 Making Memories  
9:00 Exercise w/ Anne  
10:00 Sittercize  
10:00 Stitch & Fix  
**10:00 Inspired by Art**  
11:00 Learn to Sign  
12:30 Mah Jongg  
12:30 Bridge  
12:45 Setback

9:00 Making Memories  
9:45 Tai Chi  
10:00 Sewing Circle  
12:30 Pinochle  
1:00 CSC Discovery  
Network Senior Center  
Month Celebration  
**NO BINGO**  
7:00 SCBC Meeting (Z)

9:00 Making Memories  
9:00 Walking Group  
10:00 Adult Coloring  
10:00 Sit & Be Fit  
12:00 – 4:00 AARP Driver  
Safety  
1:30 Cardio Drumming I  
2:00 Cardio Drumming II  
**NO** Sewing Circle

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

10:00 Sit & Be Fit  
10:00 Card Making  
10:30 Choral Group  
11:00 Lunch Bunch  
Outing to The Main  
Moose  
11:00 Yoga  
1:30 Bingo



Key: Z=Zoom TH=Town Hall Hybrid Mtg.

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# TVCCA CAFÉ MENU ~ SEPTEMBER 2023




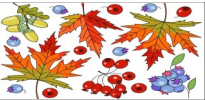
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><u>TVCCA Senior Nutrition Program</u></p> <p><b>81 Stockhouse Road Bozrah, CT 06334 860-886-1720</b></p> <p>(24hr voice mail available) <a href="http://www.tvcca.org">www.tvcca.org</a></p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>		 	<p>1 Cod w/ Lemon Dill Sauce Rice Pilaf Cauliflower, Carrots, &amp; Snap Peas Applesauce Cup</p> <p><u>Or: Salad Choice:</u> <b>Waldorf Chicken Salad</b></p>
<p>4 <b><u>Labor Day Holiday</u></b></p> <p><b><i>Program closed</i></b></p> 	<p>5 Cheese Omelet Home Fries Peas &amp; Pearl Onions Mixed Fruit Cup</p>	<p>6 <b><u>Birthday Celebration</u></b> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green &amp; Yellow Squash Birthday Treat Orange Juice</p>	<p>7 American Chop Suey Waxed Beans Carrot Coins Applesauce Cup</p>	<p>8 Salisbury Steak w/Gravy Egg Noodles Broccoli Fresh Fruit</p> <p><u>Or: Salad Choice:</u> <b>Classic Egg Salad</b></p>
<p>11 Beef Hot Dog w/ Bun Baked Beans Mixed Vegetable Medley Tropical Fruit Cup</p>	<p>12 <b><u>Ethnic Celebration</u></b> Pork Stir-Fry Jasmine Rice Asian Vegetable Blend Sweet Treat Grape Juice</p>	<p>13 Vegetarian Lasagna Diced Carrots Lima Beans Fresh Orange</p>	<p>1 Pineapple Glazed Ham Glazed Sweet Potatoes Squash Mix w/ Carrots &amp; String Beans Diced Pears</p>	<p>15 Country Style Chicken Parsley Steamed Potatoes Corn w/ Peppers &amp; Onions Mixed Fruit Cup</p> <p><u>Or: Salad Choice:</u> <b>Tuscan Beef Salad</b></p>
<p>18 Chicken Primavera Lemon Parmesan Pasta Green &amp; Yellow Squash Sweet Treat Apple Juice</p>	<p>19 Cheese Manicotti w/ Marinara Green Beans Carrot Coins Fresh Orange</p>	<p>20 <b><u>A Bushel &amp; A Peck Luncheon</u></b> Stuffed Pork Loin w/ Cranberry Cornbread Stuffing, Applesauce Seasoned Rice Broccoli Rolls &amp; Margarine Apple Crumb Pie Cost: \$9.00</p>	<p>21 Crispy Cod Macaroni &amp; Cheese Zucchini, Peas, &amp; Carrots Mixed Fruit Cup</p>	<p>22 Western Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Tropical Fruit Cup</p> <p><u>Or: Salad Choice:</u> <b>Rhode Island Seafood Salad</b></p>
<p>25 Monte Cristo: Egg Patty, Turkey Sausage, American Cheese &amp; French Toast Sweet Potato Tater Tots Corn w/ Peppers &amp; Onions Fresh Fruit</p>	<p>26 Pub Burger w/ Bun Herb Roasted Potatoes Mixed Vegetables Medley Pineapple Tidbits</p>	<p>27 Stuffed Chicken Kiev Roasted Garlic Rice Soybean Succotash Mandarin Oranges</p>	<p>28 Swedish Meatballs Pasta Shells w/ Herbs Green &amp; Waxed Beans Tropical Fruit Cup</p>	<p>29 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, &amp; Mushrooms Sweet Treat Grape Juice</p> <p><u>Or: Salad Choice:</u> <b>Chef Salad</b></p>