

COLCHESTER SENIOR CENTER

October 2023



news

FUNDRAISER at MEL's DOWNTOWN CREAMERY

**Tuesday, October 10
5:00 to 9:00 p.m.**

No need for **TRICKS** when you can **TREAT** yourself for a good cause. A portion of the day's sales will support the Colchester Senior Center's programs. Join us!

FLU & COVID VACCINE CLINIC

**Monday, October 16
9:00 – 11:00 a.m.**

Chatham Health District will be conducting a flu shot and Covid vaccination clinic at CSC this month. Please be sure to bring any Medicare and/or insurance cards. United Healthcare Plans are not accepted. Call 860-537-3911 to schedule an appointment. *This project was supported, in part by grant number 90CSSG0048 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.*

KEYS, BAGS, NAMES, WORDS DOCUMENTARY SCREENING

**Monday, October 16
1:30 – 3:30 p.m.**

Dementia is one of the greatest fears of people today. This documentary is intended to shift the narrative of fear and hopelessness to one of hope and action. There are things that we can do as individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. This shift comes from real people sharing their experiences – the funny, the angry, the sad, the powerful – and finding ways we can be less afraid and more inclusive. Join us as we share this new documentary. This is a free program, registration is required.

AARP MEET THE CANDIDATES FORUM

**Tuesday, October 17
1:30p.m.**

Come learn the platforms and positions of the local politicians running for election this November. Engage in a discussion about issues facing our towns and state. AARP will be hosting and moderating this event which is open to the public.

COUNTY FAIR LUNCHEON

**Wednesday, October 18
11:00 a.m.**

Relive your fondest memories of an old-fashioned county fair! Remember all the color, excitement, sights and sounds of the midway, rides, animals, carnival games, wonderful fair food, and music. The Country Duo will be performing on our fair "Grandstand." A pot roast lunch will be served with carrots, onions, gravy, mashed potatoes, tossed salad, rolls, and carrot cake for dessert. Tickets are \$9 per person and can be purchased in the office. Space is limited.

COA PRESENTS: TIPS TO AVOID SCAMS

**Monday, October 23
10:00 a.m.**

Chuck Maynard, Vice President of Colchester Dime Bank and Gary Dawson, Learning and Development Manager of Dime Bank in Norwich, will present "Tips to Avoid the Target of Scammers", e.g., phishing, calls or emails from persons who pretend to know you, changing your passwords, money mule scams, grandparent scams, gift card scams, etc. Please join us to hear how you can protect you and your loved one's personal information and privacy. Space is limited, so please register with the senior center office.

LUNCH & LEARN SENIOR BULLYING

**Tuesday, October 24
11:00 a.m.**

October is Anti-Bullying Month. What happens when an adult becomes the victim of bullying? Bullying among seniors has been making news in recent years. Learn from Heather Hitchcock, Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone. Marlborough Health & Rehabilitation Center will be sponsoring lunch with a choice of a turkey or tuna sandwich, chips, bottled water, and a cookie. This program is free, but space is limited. Please register.

PUMPKIN CENTERPIECE

**Thursday, October 26
1:00 p.m.**

Join the talented members of the Colchester Garden Club as they lead this crafting session to make a beautiful centerpiece out of real pumpkins, ribbons, and silk flowers, perfect to use from Halloween through Thanksgiving. Cost is \$5 for supplies, Space is limited. Please sign up.

HALLOWEEN COSTUME & PIZZA PARTY

**Tuesday, October 31
11:00 a.m.**

Join us for a Jack 'O Lantern Jubilee. We will engage in traditional Halloween festivities including a costume parade & contest and games. The festivities will be followed by a lunch of pizza, garden salad, choice of soda or bottled water, and delicious spooky desserts. Costumes are encouraged, but not required. Tickets are \$6 if you wear a costume and \$7 if you do not. Tickets are on sale through Friday, October 27th or until sold out.

Colchester Senior Center
95 Norwich Ave.
Colchester, CT 06415

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

HOURS OF OPERATION

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

SENIOR CENTER STAFF

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
Bonnie Trecarten, Alternate
William Otfinoski, Alternate
Rosemary Coyle, BOS Liaison
Art Shilosky, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

October is the essence of autumn to me! Crispy leaves underfoot, painted trees, corn stalks waving to passers-by, potted mums in a rainbow of colors. I just love this time of year when we can be especially proud to live amongst the loveliness of our New England landscape. It's the perfect time to curl up under a blanket with a hot cup of tea, or even better—warm, mulled cider. I hope you will all enjoy the season before we get ready to hibernate—winter will be here before you know it and although beautiful in its own rite, definitely much, much colder.

October also marks the official start to cold and flu season. We are partnering with the Chatham Health District this month and next for Flu & Covid Vaccination Clinics, open to those ages 18 and up. They will have the high dose Flu shot, as recommended for those ages 65 and over. Please call us at 860-537-3911 and schedule your appointment to stay healthy this season. October is Fire Safety Awareness and Prevention Month and also Breast Cancer Awareness Month—all important.

Health and safety seem to go hand-in-hand. The Colchester Commission on Aging will be sponsoring another informational presentation called "CoA Presents: Tips to Avoid Scams," led by staff members from regional Dime Bank branches, including Colchester. We also have an upcoming Lunch & Learn on the important topic of Senior Bullying. October is Anti-Bullying Month, and it is always a priority for us that everyone feels safe and included here at CSC. We also have a special free screening of a documentary film entitled, *Keys, Bags, Names, Words* which is hoping to shift the narrative of fear and hopelessness which may accompany a diagnosis of dementia to one of hope and action. Come join us for this incredible one-time only opportunity.

October will also be a time for food, festivities and fun at CSC. We have many opportunities to socialize with friends and enjoy yourself this month. CSC members are traveling once again for Oktoberfest at Krucker's in Pomona, NY on October 19th; we have a County Fair Luncheon Special Event Luncheon planned on October 18th; a delicious Fundraiser at Mel's Downtown Creamery on October 12th with funds supporting CSC; a Pumpkin Centerpiece Craft led by talented members of the Colchester Garden Club on October 26th; and of course, our Annual Halloween Costume Pizza Party, with games and prizes on Halloween Day, October 31st.

You won't want to miss the AARP-sponsored Meet the Candidates Forum on October 17th, with candidates running for the office of First Selectman and vying for seats on the Board of Selectmen, Board of Finance, and Board of Education. They'll be answering questions and sharing their platforms and ideas for the community.

These are just a few ways that the Colchester Senior Center is trying to help keep our community healthy, safe, well-informed and FUN! Come join us—there really is something for everyone.

Warmly,

Patty

CSC will be
CLOSED for the
Columbus Day Holiday
Monday, October 9th

CSC will be CLOSED
for Scheduled Cleaning
Friday, October 20th

GARDEN CLUB
Monday, October 2
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 October 16th.

SEASONAL CRAFTING
Wednesday, October 4
10:00 a.m.

We will be finishing our scarecrow for the town scarecrow contest and continuing the design of our tree for the Wadsworth Atheneum.

LIFE REVIEW JOURNALING
Wednesday, October 4
1:00 p.m.

This group will meet one time this month. Group members will focus on ways to keep up their journaling practice during the holidays and discuss various writing prompts. This group will be taking a hiatus for November and December and will reconvene after the holidays. New members are still welcome to attend.

HOLIDAY FAIR CRAFTING
Tuesday, October 10
10:00 a.m.

Join Jodi as we work on some holiday ornaments that will be sold at the Holiday Fair. Something for all crafting abilities.

SEWING CIRCLE
Wednesday, October 11, 2:00 p.m.
Wednesday, October 18, 1:00 p.m.

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

HOLIDAY FAIR MEETING
Thursday, October 12
1:00 p.m.

Join us for the next meeting of the Holiday Fair Committee. We are looking for volunteers for all aspects of the fair. See Jodi for more information. All are welcome.

CHATHAM HEALTH SERIES
Friday, October 13
11:15 a.m.

Chatham Health District will share information about lung health as we enter the cold and flu season. This is a free program and open to all.

TECH TIME WITH HARRY
Friday, October 13
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 in the office.

CARD MAKING WORKSHOP
Friday, October 13 & 27
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 Oct. 10th.

BOOK CLUB
Tuesday, October 17
10:30 a.m.

This month's book selection is *The Book Thief* by Markus Zusak. Copies are available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

SHOPPING TRIP
Thursday, October 19
10:30 a.m. Departure

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

IN THE KNOW
Tuesday, October 24
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.

AARP SMART DRIVER TEK
Wednesday, October 25
1:00 p.m.

Get smart about new vehicle technology; cars are becoming more technologically advanced every day. This means there's more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use it to keep them safe. Smart DriverTEK is a free. 90-minute workshop to teach drivers the latest in high-tech safety features in their current or future cars. Open to all, ages 50+. Pre-register for this class by October 18th. Space is limited.

LUNCH BUNCH OUTING
Friday, October 27
11:00 a.m.

This month's Lunch Bunch destination will be The Parthenon Diner in Old Saybrook. Suggested donation for bus transportation is \$4.00, please register in the office.

HAM RADIO MEETING
Friday, October 27
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, October 30
10:00 a.m.

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

| FREE CLASSES / PROGRAMS | DAY & TIME | LOCATION | FEE |
|---|--|---|--------------------------|
| 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 & 4th WEDNESDAYS 1:30 P.M & 2:00 P.M. | CSC | NO FEE |
| LINE DANCE CLASS Learn easy-to-follow dance steps set to lively music. Leader: Barbara McKelvey | 1st & 3rd WEDNESDAYS 1:30 A.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.*

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.

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. |
| 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) |

HEARING SCREENINGS

On hold until further notice

After many years of service with CSC, Dr. Cross has moved to Vermont and is no longer able to provide hearing services to the center. We will be looking for someone to take his place.

BLOOD PRESSURE CLINIC

Fri., October 13, 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 hours a day, year round.

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.

FIRE SAFETY

SMOKING

- Careless smoking is the number one cause of death among Americans 65 years and older! If you smoke, use large ashtrays and don't smoke when tired or after taking medications or beverages that make you sleepy or drowsy.

COOKING

- Never leave your stove unattended and be sure to wear tight-fitting or short sleeves when cooking. If you have a pan fire, do not use water—smother it with a lid. Use timers to assist you during the cooking cycle. Try to schedule cooking before you have taken medications that might adversely affect you. Keep curtains, oven mitts, potholders and towels away from the stove.

SMOKE DETECTORS

- Remember—smoke alarms save lives! Have one in each room and test them monthly using a broom handle. Change batteries annually (when you change the clocks is a good reminder!).

ESCAPE PLAN

- Have and practice an emergency escape plan. When you get out, stay out!

A friendly reminder from the Colchester Hayward Volunteer Fire Department



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, October 10
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 October
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 assesment.

ENERGY ASSISTANCE

September through May

The income threshold for the 2023 Benefit Year is no greater than \$41,553 for a one-person household and \$54,338 for a two-person household. Appointments can be made with Ellen at 860-537-3911, or with Kim in Social Services at 860-537-7255.

MEETINGS IN OCTOBER

AARP CHAPTER #4019

Tuesday, Oct. 3, 1:30 p.m.
Update From Senior Center
Building Committee

BACKUS STROKE SURVIVORS

Wednesday, Oct. 4, 1-3 p.m.

COMMISSION ON AGING

Tuesday, Oct. 10, 9:00 a.m.
Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING

NO Meeting in October

SENIOR CENTER BUILDING COMMITTEE

Tues., Oct. 10 & 24, 7:00 p.m.
Town Hall Hybrid Meeting Room

CSC STAFF MEETING

Wed., Oct. 11, 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.



PAPER QUILLED BOUQUET CLASS

Wednesday, November 1

9:30 a.m. – 12:00 p.m.

As the leaves begin to change and the crisp autumn air sets in, it's time to embrace the beauty of fall in a unique and artistic way. Join us for our upcoming "Vibrant Paper Quilled Fall Bouquet Class" with Marcy of Serial Quiller Creations. Let your creativity bloom, learn a new craft, and unwind and destress through the meditative process of quilling. All skill levels welcome. Cost is \$46.50 per person and includes all the paper, tools, and supplies to make the project below. Sign up using the following link:

<https://square.link/u/o3fdGYwf?src=sheet>

If you are having trouble, please contact the office and we will help you register. Please register by October 23rd.

SENIOR CENTER BUILDING COMMITTEE UPDATE:



Even with all the rain that has recently fallen, the contractor for the new Senior Center is still making progress. Structural steel has been erected (see photo above) and all preparations have been completed so the concrete floor can be completed. Once that is installed, the construction of the walls and roof trusses will begin. That work is scheduled to start at the end of September. The water lines have been installed and the site contractor has started installing the water detention system. Another referendum date will be announced soon by the Board of Selectmen.

DAY TRIPS**SOLD OUT DREAMGIRLS at the GOODSPEED with LUNCH at the GELSTON 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. 16th.**

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. 7th.**

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 14th.**

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.**

 = Light Walking  = Moderate Walking   = Mostly WalkingDEPARTING SOON**SPAIN & PORTUGAL: Costa del Sol to the Portuguese Riviera****Sunday, October 14, 2023, assorted times as stated in travel documents****OKTOBERFEST: KRUCKER'S IN POMONA, NY****Thursday, October 19, 2023, 7:15 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

| | | | | | |
|--|--|--|---|--|--|
| <p>1 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</p> | <p>2 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo 1:30 AARP Chapter #4019 Meeting w/ Update from Senior Center Building Committee</p> | <p>3 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 Seasonal Crafting 1-3 Backus Stroke Survivors Program 1-2:30 Life Review Journaling 1:30 Line Dancing</p> | <p>4 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling NO Yoga NO Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p> | <p>5 10:00 Sit & Be Fit 10:30 Choral Group NO Yoga 1:30 Bingo</p> | <p>6 Simchat Torah Begins</p> |
| <p>8 </p> | <p>9 CSC Closed for the Holiday Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p> | <p>10 9:00 CoA Meeting-TH 9:00 Making Memories 9:45 Tai Chi 10:00 Holiday Fair Crafting 12:30 Pinochle 12:30 CHOICES Counsel 1:30 Bingo 5-9 FUNDraiser @ Mel's 7:00 SCBC Meeting (Z)</p> | <p>11 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</p> | <p>12 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 1:00 Holiday Fair Mtg.</p> | <p>13 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Series: Lung Health 1:00 Tech Time with Harry 1:30 Bingo</p> |
| <p>15 9:00 Making Memories 9:00 Exercise w/ Anne 9:00-11:00 Flu/Covid Vaccine Clinic 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback 1:30 'Keys, Bags, Names, Words' Movie Screening</p> | <p>16 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle NO BINGO 1:30 AARP Meet the Candidates Forum</p> | <p>17 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 County Fair Luncheon 1:00 Sewing Circle 1:30 Line Dancing</p> | <p>18 7:15 Krucker's Trip 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p> | <p>19 CSC Closed for Cleaning *No Programs, Lunch or Bus Transportation</p> | <p>20 </p> |
| <p>22 </p> | <p>23 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 COA Presents: Tips to Avoid Scams 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p> | <p>24 9:00 Making Memories 9:45 Tai Chi 11:00 Lunch and Learn: Senior Bullying 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)</p> | <p>25 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00- 2:30 AARP Smart Driver TEK 1:30 Cardio Drumming I 2:00 Cardio Drumming II</p> | <p>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 apt. 12:30 Dominoes 1:00 Knit & Crochet 1:00 Pumpkin Centerpiece</p> | <p>27 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch 1:30 Bingo 2:00 Ham Radio Meeting</p> |
| <p>29 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix w/ Maria 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p> | <p>30 9:00 Making Memories 9:45 Tai Chi 11:00 Halloween Costume & Pizza Party 12:30 Pinochle 1:30 Bingo</p> | <p>31 Halloween</p> | <p>32</p> | <p>33</p> | <p>34</p> |

October 2023

Colchester Senior Center

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

PAGE 9



TVCCA SENIOR CAFÉ MENU ~ OCTOBER 2023










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|--|---|--|
| <p>2</p> | <p>3 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Birthday Treat Grape Juice</p> | <p>4 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit</p> | <p>5 Pineapple Glazed Ham Glazed Sweet Potatoes Green Beans Pineapple Tidbits</p> | <p>6 Braised Beef Tips Garlic Mashed Potatoes Broccoli Diced Pears</p> |
| <p>9 <u>Columbus Day Holiday</u> CSC Closed for Holiday</p>  |  <p>10 Swedish Meatballs Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup</p> | <p>11 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice</p> | <p>12 Salisbury Steak w/ Gravy Parsley Steamed Potatoes Soybean Succotash Mixed Fruit Cup</p> | <p>13 Crispy Cod Macaroni & Cheese Green & Waxed Beans Fresh Orange</p> |
| <p>16 Chicken Parmesan Pasta Shells w/ Herbs Green & Yellow Squash Diced Pears</p>  | <p>17 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Fresh Fruit</p> | <p>18 <u>Country Fair</u> Pot Roast w/ Roasted Carrots, Onions & Gravy Mashed Potatoes Tossed Salad Rolls & Margarine Carrot Cake Cost: \$9.00</p>  | <p>19 Stuffed Cabbage Casserole Waxed Beans Diced Carrots Mandarin Oranges</p> | <p>20 CSC Closed for Scheduled Cleaning</p> |
| <p>23 Beef Chili Loaded Mashed Potatoes Snap Peas Corn w/ Peppers & Onions Fresh Orange</p> | <p>24 Stuffed Chicken w/ Broccoli & Cheese Lemon Parmesan Pasta Green Beans Applesauce Cup</p> | <p>25 Country Fried Beef Steak Buttermilk Mashed Potatoes Soybean Succotash Sweet Treat Grape Juice</p> | <p>26 Vegetarian Lasagna Broccoli Carrot Coins Tropical Fruit Cup</p>  | <p>27 Cuban Pulled Pork Spanish Rice Green & Yellow Squash Diced Peaches</p> |
| <p>30 Shrimp Stir Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice</p>  | <p>31 <u>Halloween Pizza & Costume Party</u> 2 slices of Pizza (Assorted Flavors) Garden Salad with Dressing Can of Soda/Bottle of Water Halloween Dessert Cost: \$6.00</p> |  <p>HAPPY HALLOWEEN</p> | <p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p> | <p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org PAGE 10</p> |