

COLCHESTER SENIOR CENTER



news

November 2023

FLU & COVID VACCINE CLINIC

Monday, November 6
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.

RIDES TO THE POLLS

Tues., Nov. 7 – Election Day
Tues., Nov. 28 – Senior Center Referendum

The general election, scheduled for November 7th, is the election for town officials, including First Selectman, Board of Finance, Board of Education etc. Regional polling places will be used.

November 28th is the date of the scheduled Town Referendum regarding funding to complete the senior center project. This includes the utilization of the Bendas Donation & ARPA dollars and a vote on additional bonding. Polls will be open from 6:00 a.m. through 8:00 p.m. and voting will take place at the Town Hall.

If you need a ride to the polls for either of these dates, please contact the senior center no later than the day before to schedule a ride.

MEN CONNECTED TO COLCHESTER WHO SERVED DURING THE CIVIL WAR

Wednesday, November 8
10:30 a.m.

Join CSC members and authors Norm Dupuis and Irene Watson as they discuss their book *"The Men Connected to Colchester Connecticut Who Served during the Civil War"*. The information documented in their book provides more than data, their book also provides insight into who many of these individuals were. This carefully researched book is essential to an understanding of Colchester's contribution to saving our Union. This program is free. Registration is requested.

A TRIBUTE TO VETERANS

Monday, November 13
10:00 a.m.

Join us as we honor our Veterans with a special presentation by Storyteller/Historian Arnie Pritchard, "This Business of Fighting: A Human Face on World War II." Arnie has created a story based on hundreds of letters and other family papers found in a World War II army foot locker belonging to his father Anton (Tony) Pritchard. The story focuses on Tony's front lines in Europe during the war and all of the emotions that he conveyed in his letters. Refreshments will be served. Registration is required by calling the Senior Center office.

BEAT THE HOLIDAY BLUES LUNCH & LEARN

Tuesday, November 14, 2023,
11:00 A.M.

Getting into the holiday spirit as we age can be difficult. Traditions start to fade away or change, sometimes curbing our enthusiasm for celebrating the season. Feelings of loneliness and sadness can increase as we think about the holidays of days gone by. Join us as we discuss ways to beat the holiday blues. This event is sponsored by National Health Care Associates. Lunch will be provided. Registration is required. Space is Limited.

GOBBLE 'TILL YOU WOBBLE THANKSGIVING LUNCHEON

Wednesday, November 15
11:00 a.m.

Get in the Turkey Day spirit with your friends at CSC. Guitarist Ron Murray will share some tunes from the 40's to the 70's followed by a delicious Thanksgiving feast of roast turkey with gravy, stuffing, cranberry sauce, mashed potatoes, green beans, a dinner roll with margarine, pumpkin pie with whipped cream. Tickets for this event are \$9 each. Please register by November 8th or until full. Space is limited.

OPEN ENROLLMENT

Friday, November 17
9:00 a.m. to 2:00 p.m. by appt.

Open Enrollment falls between October 15-December 7, annually, and it's your opportunity to make changes to Medicare, especially Medicare C (Medicare Advantage Plans) or Medicare D (prescription Drug Coverage Plans.) Meet with a Certified CHOICES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Please call the office to schedule your appointment at 860-537-3911.

CSC will be CLOSED for the Veterans Day Holiday

Friday, November 10

Open Enrollment Appointments, Bus Transportation and Holiday Fair Setup will be the only services available on

Friday, November 17

CSC will be CLOSED for the Thanksgiving Holiday

Thursday, November 23 & Friday November 24

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.
mbaumman@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 Mlodzinzki, 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

November marks the official start to the holiday season. Can you believe it? It's this time of year when our minds turn to thoughts of family, food and a lot of fun. As usual at a busy senior center like ours, November also marks the beginning of a lot of special events that will keep us busy right into **2024!**

November, for those who are enrolled in Medicare (aged 65 and up and/or disabled through Social Security), is a month that falls in the middle of open enrollment season, which is a critically important time. For those of you who are either enrolled in Medicare Part C (Medicare Advantage or Managed Care Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from October 15th-December 7th, where you are able to make changes to your coverage. On **Friday, November 17th and Friday, December 1st**, the Colchester Senior Center will be hosting two Open Enrollment events, where you may schedule a personal and confidential appointment with a certified CHOICES counselor to review your plan.

This year the municipal elections will be held on **Tuesday, November 7th** for the positions on First Selectman, Board of Selectmen, Board of Finance, Board of Education, Town Clerk, Tax Collector, and Town Treasurer. On **Tuesday, November 14th**, a Town Meeting will be held at 6:30 p.m. at Town Hall to potentially move the appropriation for the new senior center project to referendum. If successful, the referendum will be held on **Tuesday, November 28th**. The senior buses will run to all polling places for the upcoming election and referendum.

I want to express my deep gratitude to all of the Veterans, present and past, who have courageously served our country. I invite you to join in our Veterans Day Tribute, scheduled on Monday, November 13th to recognize the efforts of our country's soldiers. We hope to see many of the Veterans who are so active in our community. Please note that all town offices, including the senior center, will be closed on **Friday, November 10th** in observance of the Veterans Day holiday.

After an extended pandemic-related hiatus, we are pleased to be able to bring back our Annual Holiday Fair and Open House on **Saturday, November 18th**. In order to set up, we are limiting programs to Open Enrollment appointments. There will be no other programs scheduled and no lunch served. Senior bus transportation, however, will continue to run.

Of course, we also look forward to the Thanksgiving holiday at the end of the month. Town offices will be closed on **Thursday, November 23rd and Friday, November 24th**. With my daughter's recent engagement, our family is growing, and every year I find that I have more and more to be thankful for. This, of course, includes my wonderful co-workers and our many CSC friends. Please take a moment with me to count your blessings and fill your heart with gratitude, too.

With a Grateful Heart!

Patty

PROGRAMS NOT MEETING THIS MONTH

- Life Review Journaling
- Tech Time with Harry
- Lunch Bunch Outing

FINAL HOLIDAY FAIR MEETING Thursday, November 2 1:00 p.m.

Join us for the final meeting of the Holiday Fair Committee.

HOLIDAY FAIR CRAFTING Thursday, November 2 2:00 p.m.

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

HAM RADIO CLUB Friday, November 3 2:00 p.m.

Ghost Run Preparation will take place at this meeting.

SEASONAL CRAFTING Tuesday, November 7 10:00 a.m.

We will be working on our tree for the Wadsworth Atheneum.

SEWING CIRCLE Wednesday, November 8 & 22 2:00 p.m.

Join us as we finish items for the Holiday Fair and then start to work on projects for your own gift giving or for yourself.

SHOPPING TRIP Thursday, November 9 10:30 a.m. Departure

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



FIRE PREVENTION W/ THE FIRE MARSHAL Thursday, November 9 11:00 a.m.

Sean Shoemaker our town Fire Marshal will be here to discuss fire safety with our members. As we enter the holiday season there are more fire hazards that we should all be aware of. Join us for this important presentation.

HOLIDAY CHEER DECORATING Thursday, November 16 10:30 a.m.

Help us decorate the center for our upcoming Holiday Open House & Craft Fair! Open to everyone and any assistance is greatly appreciated. Join us!

BOOK CLUB Tuesday, November 21 10:30 a.m.

This month's book selection is *The End of Her* by Shari Lapina. Copies are available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.



STITCH & FIX WITH MARIA Monday, November 27 10:00 a.m.

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



HOLIDAY BIRD ORNAMENT WORKSHOP Tuesday, November 28 10:00 a.m.

Spend time creating polymer clay bird ornaments for your tree or to be displayed all year long. All supplies and tools will be provided to create two birds. The cost is \$10 per person. Space is limited.

IN THE KNOW Tuesday, November 28 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.

Colchester Senior Center

Holiday Fair and Open House

Saturday November 18th

9:00 – 2:00 PM

Holiday Café, Handcrafted Items, Holiday Décor, Wreaths, Assorted Gift Baskets, Gift Certificates & More.



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	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)

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, November 3
10:30 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.

OPEN ENROLLMENT FOR MEDICARE

The annual season which runs from **October 15th through December 7th** is what is known as “**Open Enrollment**” for Medicare and it is a very important time of year for Medicare beneficiaries. Policies change annually and it is important to review your coverage and make sure that the policy you have is the best option for you.

During the Annual Enrollment Period, a Medicare beneficiary may:

- Enroll in a Prescription Drug Plan or a Medicare Advantage (managed care) Prescription Drug Plan
- Switch from one (Part D) Prescription Drug Plan to another
- Switch from a (Part D) Prescription Drug Plan to a Medicare Advantage Prescription Drug Plan
- Switch from one Medicare Advantage (managed care) Prescription Drug Plan to another
- Switch from a Medicare Advantage (managed care) Prescription Drug Plan to Original Medicare with a Medicare Part D Prescription Drug Plan.

The Colchester Senior Center will be hosting an Open Enrollment Event for Medicare, where certified CHOICES counselors will be available to screen individuals for policies which will offer the best coverage, are the most affordable and even enroll individuals who wish to make changes to their existing policies.

Please call 860-537-3911 to schedule your free one hour appointment on Friday, November 17th or December 1st from 9:00 a.m. to 2:00 p.m.



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, November 14
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

Thurs. November 2, 9, 16, 30
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 to 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 NOVEMBER

BACKUS STROKE SURVIVORS

Wednesday, Nov. 1, 1-3 p.m.

CSC STAFF MEETING

Wed., Nov.8, 2:30 p.m.

COMMISSION ON AGING

Mon., Nov. 13, 9:00 a.m.
Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING

Tues., Nov. 14, 10:00 a.m.

TOWN MEETING

Tues, Nov 14, 6:30 pm, Town Hall

SCBC MEETING

Wed, Nov 15 & Nov 29, 7:00 pm

TOWN REFERENDUM RE: SR. CTR. APPROPRIATION

**Tues, Nov 28, 6 a.m.-8 p.m.,
Polling Place at Town Hall**

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.

PLEASE JOIN US FOR

COMMUNITY CONVERSATIONS: **FRIDAY**
NOVEMBER 3RD
9:30AM - 10:30AM
OPIOID AWARENESS
Come have a conversation with the Chatham Health District!

Senior Center
95 Norwich Ave,
Colchester, CT

WHAT TO EXPECT:

- LEARN ABOUT THE CURRENT STATE OF OPIOID USE IN OUR AREA
- LEARN ABOUT PREVENTION, TREATMENT, AND RECOVERY RESOURCES
- LEARN HOW TO ADMINISTER NARCAN AND TAKE A FREE KIT HOME WITH YOU
- JOIN US FOR SNACKS AND LIGHT REFRESHMENTS

CHATHAM HEALTH DISTRICT NLC CARES Colchester Youth & Social Services

PLEASE CONTACT INFO@CHATHAMHEALTH.ORG WITH ANY QUESTIONS!

SENIOR CENTER REFERENDUM INFORMATION

The Board of Selectmen has set a date for the **Town Meeting on Tuesday, November 14th** at **6:30 p.m.** at Town Hall which, if successful will move the ballot questions to **Referendum on November 28th** to authorize an additional \$1.5 million for the new senior center. Polls will be open from **6:00 a.m. to 8:00 p.m.** at Town Hall.

There will be two questions on the ballot. The first question is to approve \$32,691 of American Rescue Plan Act (ARPA) funds that have already been awarded, and \$575,000 from a donation received from the Estate of Stephen J. Bendas for the Colchester Senior Center.

The second question is to approve the additional bonding amount needed to complete the project which is \$892,309. These three amounts total \$1.5 million, the amount needed to complete the project, and allow the Town to purchase all furnishings and have a completely equipped kitchen.

DAY TRIPS

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 \$3,729.**

= Light Walking

= Moderate Walking

= Mostly Walking

EXPLORING SCOTLAND & IRELAND

September 8 – 20, 2024



Bask in the warm Celtic culture and majestic scenery of two remarkable lands. Come to know the regal city of Edinburgh on a panoramic coach tour or by foot – it's your choice! Learn the secrets of making Scotch whisky and enjoy a tasting. Cruise famed Loch Ness and explore the ruins of Urquhart Castle. Enjoy a traditional evening of Scottish food and entertainment. Visit the Titanic Experience in Belfast and remember the century-old tragedy that shook the world. Walk the Giant's Causeway (UNESCO) and soak up incredible views of the Causeway Coast, one of the world's most breathtaking rail journeys. Visit Ireland's bustling capital city of Dublin and tour historic St. Patrick's Cathedral. From rugged natural beauty to vibrant and historical cities, the diverse charms of Scotland and Ireland await. Trip includes transportation to airport, airfare, hotels and 18 meals (11 breakfast, and 7 dinners). **Double Occupancy is \$5,829 per person if booked before March 9, 2024.**

DEPARTING SOON

DREAMGIRLS at the GOODSPEED with LUNCH at the GELSTON HOUSE

Wednesday, November 29, 2023, 11:00 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 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.

ADMISSION
IS FREE!



2023 Northeast

Healthy Living Expo

"Living Today for a Better Tomorrow"

FREE Health Screenings, Information for
Seniors, Caregivers & Professionals



Plainfield High School
105 Putnam Road
Central Village, CT 06332



Wednesday, November 1, 2023
9:30 am - 12:30 pm








For more information please visit

SeniorResourcesEC.org or call 860-383-1532

Special Thank You To Plainfield High School!

Presented By:

Senior Resources

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Making Memories 9:00 Walking Group 9:30 – 12 Quilling Class 10:00 Adult Coloring 10:00 Sit & Be Fit 1-3 Backus Stroke Survivors Program 1:30 Line Dancing	2 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet 1:00 Holiday Fair Meeting 2:00 Holiday Fair Crafting	3 9:30 – 10:30 Chatham Health Community Opioid Conversations 10:00 Sit & Be Fit 10:30 Choral Group 10:30 Blood Pressure Clinic 11:00 Yoga 1:30 Bingo 2:00 Ham Radio Club	4
5 	6 9:00 Making Memories 9:00 Exercise w/ Anne 9-11 Flu/Covid Vaccine Clinic 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	7 TBD Rides to the Polls 9:00 Making Memories 9:45 Tai Chi 10:00 Seasonal Crafting 12:30 Pinochle 1:30 Bingo	8 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Men of the Civil War 1:30 Cardio Drumming 2:00 Sewing Circle 2:30 CSC Staff Meeting	9 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 11:00 Fire Prevention Talk 12:00 Chair Massage 12-3 Sr Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet	10 Closed for the Veterans Day Holiday	11 
12 9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Veterans Day Presentation 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback <small>Diwali (Hindi)</small>	13 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 11:00 Beat the Holiday Blues Lunch & Learn 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 6:30 Town Meeting (TH)	14 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Thanksgiving Luncheon 1:30 Line Dancing 7:00 SCBC Meeting (Z)	15 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Thanksgiving Luncheon 1:30 Line Dancing 7:00 SCBC Meeting (Z)	16 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Deck The Halls Decorating Party 11:00 Yoga 12:00 Chair Massage 12-3 Sr Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet	17 9-2 Open Enrollment by appointment No programs or lunch due to the Holiday Fair Set Up	18 
19 	20 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	21 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	22 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming 2:00 Sewing Circle	23 Closed for the Thanksgiving Holiday <small>Thanksgiving Day (US)</small>	24 Closed for the Thanksgiving Holiday	25 
26 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix w/Maria 11:00 Learn to Sign 11:00 Deliver Wadsworth Tree 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	27 TBD – Rides to the Polls 6am – 8pm Referendum Vote 9:00 Making Memories 9:45 Tai Chi 10:00 Holiday Ornament Workshop 12:30 Pinochle 12:30 In The Know 1:30 Bingo	28 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Dreamgirls at the Goodspeed Departs 7:00 SCBC Meeting (Z)	29 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Dreamgirls at the Goodspeed Departs 7:00 SCBC Meeting (Z)	30 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet		

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



TVCCA SENIOR CAFE MENU ~ NOVEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>1 Swedish Meatballs Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>2 Pineapple Glazed Ham Glazed Sweet Potatoes Broccoli Fresh Fruit</p>	<p>3 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Birthday Treat Grape Juice</p> 
<p>6 Chicken Cordon Bleu Lemon Parmesan Pasta Green & Waxed Beans Sweet Treat Orange Juice</p>	<p>7 Stuffed Shells w/ Marinara Diced Carrots Peas & Pearl Onions Pineapple Tidbits</p>	<p>8 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>9 Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges</p>	<p>10 <u>Veteran's Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>
<p>13 Braised Beef Tips Herb Roasted Potatoes Soybean Succotash Tropical Fruit Cup</p>	<p>14 Chicken Parmesan Farfalle Pasta w/ Marinara Green & Yellow Squash Diced Pears</p>	<p>15 <u>Thanksgiving Celebration Meal</u> Roasted Turkey w/ Stuffing, Gravy, & Cranberry Sauce Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie Grape Juice Ticket Cost: \$9.00</p> 	<p>16 Whole Grain Fish Sticks Tater Tots Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>17 NO LUNCH SERVED TODAY (CSC Setup for Holiday Fair)</p>
<p>20 Vegetarian Lasagna Carrot Coins Peas Applesauce Cup</p>	<p>21 Stuffed Cabbage Casserole Waxed Beans Corn w/ Peppers & Onions Fresh Fruit</p>	<p>22 Western Omelet Sweet Potato Tater Tots Cauliflower, Carrots, & Snap Peas Diced Peaches</p>	<p>23 <u>Thanksgiving Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>24 <u>Thanksgiving Holiday</u></p> <p>Senior Nutrition Program Closed</p>
<p>27 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>28 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice</p>	<p>29 Country Style Chicken Home Fries Soybean Succotash Mixed Fruit Cup</p>	<p>30 American Chop Suey Snap Peas Diced Carrots Applesauce Cup</p>	<p>PAGE 10</p>