

COLCHESTER SENIOR CENTER

December 2023



news



CSC HOLIDAY SCHEDULE

Friday, Dec. 22nd:
Closing at Noon,
No Transportation, No Lunch

Monday, Dec. 25th: Closed

Friday, Dec. 29th:
Closed at Noon

Monday, Jan. 1st: Closed

OPEN ENROLLMENT

Friday, December 1
9:00 a.m. to 3:00 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. Appointments may be made before the 1st.

HANUKKAH CELEBRATION

Monday, December 11
10:30 a.m.

Let's celebrate the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue, sing songs, learn about the traditions, play the dreidel, and enjoy some potato latkes and noodle kugel. Open to people of all faiths. Please pre-register by Friday, December 8th.

SCOTLAND & IRELAND TRIP PRESENTATION

Tuesday, December 12
10:30 a.m.

Join us as a representative from Collette discusses our 13 day Exploring Scotland & Ireland trip departing September 8, 2024. Learn about the itinerary that includes visits to Edinburgh, St. Andrews, Loch Ness Cruise, Glasgow, Belfast, and Dublin. Explore the many excursions, meals, and accommodations that this trip includes. There will be time to ask all your travel questions.

OCTOBER KITCHEN PRIZE BINGO

Wednesday, December 13
9:30 a.m.

Join us for a free bingo featuring prizes from October Kitchen LLC. a chef service based out of Manchester, CT that focuses on providing healthy, nutritious, homestyle meals right to your door. They specialize in creating meals for those with medically based diets such as diabetes, heart friendly and renal friendly. This is a free program, space is limited. Please call the office to register to play.



COOKIES, COCOA & CAROLS HOLIDAY SHOW

Friday, December 15
10:30 a.m.

There is nothing like singing carols to get us in the holiday spirit. Join our very own Choral Group the "Senior Serenaders" as they share the music of the season with us. Holiday cookies and cocoa will be served. Please pre-register by Tuesday, December 11th.

HOLIDAY LIGHTS EVENING TRIP

Tuesday, December 19
4:00 p.m. departure

This trip is an annual favorite--we'll be traveling to the "Magic Lights" at Rentschler Field in East Hartford. Enjoy dinner on your own at Cracker Barrel, with time for some shopping in their gift shop. The cost is \$8.00 and includes park admission & bus transportation. Space on this trip is limited. Please sign up by Monday, December 11th or until sold out.

SUGAR, SPICE & EVERYTHING NICE HOLIDAY LUNCHEON

Wednesday, December 20
11:00 a.m.

As the holidays approach so do the visions of sugar plums, gingerbread houses, Christmas cookies and candy canes. Join us as we celebrate the holidays with this sweet theme. Victoria Rose returns to entertain us with her charismatic holiday performance. A dinner of prime rib, garlic roasted potatoes, squash with peppers and carrots, dinner roll, assorted holiday cookies and apple juice. Tickets are \$9 per person and space is limited.

NEW YEAR'S EVE BRUNCH 'N BASH

Friday, December 29
10:00 a.m.

Let's enjoy our annual tradition of a delicious brunch and musical entertainment by jazz crooner extraordinaire, Patrick Tobin. Menu will include broccoli, bacon & cheese quiche, turkey sausage patties, home fries, fruit salad, orange juice, pastries and (of course) a mock-champagne toast, right as the clock strikes 12:00 (noon). Tickets are \$9 per person. Space is limited.

Colchester Senior Center
95 Norwich Ave.
Colchester, CT 06415

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

HOURS OF OPERATION

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

SENIOR CENTER STAFF

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

Jodi Savage
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

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

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nola Weston, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Terry Brown
Rosanne Tousignant
William Otfinoski, Alternate
Bonnie Trecarten, Alternate
Rosemary Coyle, BOS Liaison
Art Shilosky, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

Season's greetings to you this beautiful holiday season! I love this time of year with all of the sights, sounds and smells which make it so special. I'd bet if you asked five different people what sights, sounds and smells most remind them of the holidays, you would get very different responses. Memories and traditions are a big part of this season for me, and I suspect, for many of you as well. Here at the Colchester Senior Center, we have a variety of traditions which signify the season for members and staff. I'm going to highlight some of those traditions which will be celebrated during this busy month.

The **Sights of the Season** include lovely decorations everywhere. We will be "decking the halls" right here with decorative seasonal touches, but it's also a great time to get out and experience some festive sights throughout the state. On December 1st, join us for our Tree Trim Party in our CSC Dining Room. We have limited space available for our Holiday Lights Evening Trip.

We are sure to hear some **Sounds of the Season**, as well. The holidays will be ringing in our ears at the Cookies, Cocoa & Choir Holiday Show on December 15th; our Senior Serenaders will be performing at Harrington Court on December 6th as well, spreading joy throughout the community. You won't want to miss the Sugar, Spice and Everything Nice Holiday Luncheon with a performance by Victoria Rose. And of course it wouldn't be Holiday Season without our Annual New Year's Brunch 'n Bash with the vocal stylings of crooner, Patrick Tobin helping us ring in the 2024.

How can we get through the season without mentioning the **Smells of the Season**? Cookies baking in the oven, gingerbread, eggnog and pine trees are all scents which evoke feelings of the holidays. On December 11th, there will be a Hanukkah Party with Rabbi Alter with the intoxicating smell of potato latkes in the air. October Kitchen will be leading a fun game of Holiday Bingo, where the prizes are samples of their products. There will be an intergenerational Cookie Decorating Party with a local Troop of Girl Scouts. Jodi will also be leading a Cookie Baking and Decorating Workshop to create the refreshments we will enjoy after the Choir Concert.

There is something to please all of your senses this month. We hope you'll come and join us for a memorable holiday season. Happy Hanukkah, Merry Christmas and Happy Holidays to all!

Wishing all of our CSC friends the happiest of holidays!

Patty

TREE TRIM PARTY**Friday, December 1
10:30 a.m.**

Join us as we spread a bit of holiday cheer around our building. With Holiday music playing, help us decorate the tree in the Dining Room, followed by some cookies and eggnog to get us all in a festive spirit.

MORE THAN THE BANANA**Monday, December 4
11:15 a.m.**

Potassium is a very important electrolyte in the body. It can help reduce blood pressure, regulate the nervous system, protect against stroke and kidney disease and so much more. Join us as Andrea Deedy from TVCCA helps us understand the role of potassium in our bodies. This is a free program and open to all.

**HOLIDAY SNOWFLAKE
SNOWMAN WORKSHOP****Tuesday, December 5
10:30 a.m.**

Spend time creating two snowmen out of wooden snowflakes. They can be made into ornaments or a brooch that can be displayed long after the holidays. All supplies and tools will be provided. The cost is \$3 per person. Space is limited.

CARD MAKING WORKSHOP**Friday, December 8
10:00 a.m.**

Join Barbara Gozzo for this card making workshop. Each person will craft 5 unique hand-stamped Holiday cards. There is a material fee of \$7.00 per person. The registration deadline is December 5th.

TECH TIME WITH HARRY**Friday, December 8 & 15
1:00 p.m. – 3:00 p.m.**

Make a one-on-one 30-minute appointment and bring your own electronic device. Sign up.

HAM RADIO CLUB**Friday, December 8
2:00 p.m.**

Open to all that are interested in this hobby as well as those that are already ham radio operators.

**COOKIE DECORATING w/ THE
GIRL SCOUTS****Tuesday, December 12
3:30 – 4:30 p.m.**

Members of our local Girl Scout troop will be joining us as we decorate holiday cookies for our Meals on Wheels clients. No experience needed. Please register in the office.

SEWING CIRCLE**Wednesday, December 13 & 27
2:00 p.m.**

Bring a project of your own to work on or work on a small project that we have available. If you are able, please bring your own machine. We have a few machines to use as well. Contact Jodi if you have questions.

SHOPPING TRIP**Thursday, December 14
10:30 a.m. Departure**

This month's monthly shopping trip will be to Lisbon Landing. Suggested donation is \$5.00. Sign up.

COOKIE BAKING**Thursday, December 14
1:00 p.m.**

Join Jodi as she prepares some festive holiday cookies for the next day's holiday choir performance. We will be working together to make several types of holiday cookies. Registration is requested.

IN THE KNOW**Tuesday, December 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.

BOOK CLUB**Tuesday, December 19
10:30 a.m.**

This month's book selection is *Outliers* by Malcolm Gladwell. Copies are available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

STITCH & FIX WITH MARIA**Tuesday, December 26
10:00 a.m.**

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

SPECIAL SUBWAY LUNCH**Tuesday, December 26
12:00 p.m.**

TVCCA is closed on December 26th. We are offering a Subway lunch for those that wish to eat at the senior center. The lunch includes a 6" sub sandwich, bag of chips, drink, and cookie for \$10. Please register before December 19th.

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)

BLOOD PRESSURE CLINIC

Friday, December 8, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Fri., December 8, 11:15 a.m.

Join Chatham Health as they discuss the importance of brain health.

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.

HOME HEATING SAFETY

The fall season is heating appliance tune-up time. Have all fuel-burning, heating appliances services and your chimney checked. Remember to keep all combustibles away from all heating appliances.

Never use your stovetop or oven as a heating source. This is highly dangerous and can lead to home fire. Home heating assistance is available for income-qualified households. You may contact the senior center for more information.

Kerosene heaters can be dangerous when operated in enclosed spaces. Always use proper ventilation. Only fill the tank with more kerosene when the heater is off and cool. Note: The State of Connecticut Fire Code prohibits the use of kerosene heaters in multiple family dwellings.

A person's risk for carbon monoxide poisoning can increase during home heating season. Though CO is odorless, colorless and tasteless, a malfunctioning heating appliance may emit an odor similar to vehicle exhaust. This is a clue that improper combustion is taking place and will continue to get worse if not corrected. Sometimes exposure to carbon monoxide (CO) can be confused with flu symptoms, food poisoning or other illnesses. Symptoms may include shortness of breath, nausea, dizziness/light-headedness or headaches. High levels of CO can be fatal, causing death within minutes. Install CO and Smoke Detectors and change the batteries annually.

**Colchester Hayward
Volunteer Fire Department**



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, December 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

**Thurs. December 7, 14 & 28
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 14 - May 1

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 DECEMBER

AARP CHAPTER #4019

**December Holiday Party
Papa Z's Restaurant
December 5th @ 12:30 p.m.**

BACKUS STROKE SURVIVORS

Wednesday, Dec. 6, 1-3 p.m.

COMMISSION ON AGING

**Mon., Dec. 11, 9:00 a.m.
Town Hall Hybrid Meeting Room**

LTC OMBUDSMAN REGIONAL MEETING

Tues., Dec. 12, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

**Tues., Dec 12 & 26, 7:00 p.m.
on Zoom**

CSC STAFF MEETING

Wed., Dec 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.



Give the Best Gift

During December our TVCCA Meals on Wheels Program will receive \$1 for every Bloomin' 4 Good Bouquet sold.

STOP&SHOP

Give the gift of a Bloomin' 4 Good Bouquet. During the month of **December**, every purchase of this \$10.99 bouquet at our selected Stop & Shop will send us \$1.

stopandshop.2givelocal.com
Bloomin' 4 Good Program

HOLIDAY FAIR & OPEN HOUSE

Sincere thanks to everyone who worked so hard to make our Holiday Fair & Open House such a wonderful success. As one of 3 Fairs happening in Town on Saturday, November 18th, we really had the sense that we were kicking off the Holiday Season. The Fair is an enormous endeavor, and we could not pull it off without the help of our many volunteers, staff members, community partners, donors, bakers, cooks, and of course, shoppers. I am pleased to announce that this year's Fair yielded our highest total yet--\$4,741.92 with \$702 going to support the Colchester Garden Club, and \$4,039.92 for CSC, before After Sales revenues.



DEPARTING SOON

NEW YORK BOTANICAL GARDEN – HOLIDAY TRAIN SHOW

Thursday, Dec. 7, 2023- CANCELED

NEWPORT PLAYHOUSE – MIRACLE ON SOUTH DIVISION STREET

Thursday, December 14, 2023, 9:30 a.m.

DAY TRIPS



New Day
Trips
Coming Soon

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.**

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.**



= 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.



If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding and delays or closures of programs, meals, or transportation, listed under "Colchester Senior Center" or on our Facebook page.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

Colchester Senior Center

					9:00- 3:00 Open Enrollment, by appt. 10:00 Sit & Be Fit 10:30 Tree Trim Party 10:30 Choral Group 11:00 Yoga 1:30 Bingo	
3 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 11:15 TVCCA Potassium Presentation 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	4 9:00 Making Memories 9:45 Tai Chi 10:30 Snowflake Snowman Craft 12:30 Pinochle 12:30 AARP Holiday Meeting @Papa Z's 1:30 Bingo	5 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 Senior Serenaders depart for Harrington Ct. 1-3 Backus Stroke Survivors Program 1:30 Line Dancing	6 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 Hanukkah Begins	7 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 Presentation 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Club	8 	9
 10 9:00 Making Memories 9:00 Exercise w/ Anne 9:00 COA Meeting (TH) 10:00 Sittersize 10:30 Hanukkah Party 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	11 9:00 Making Memories 9:45 Tai Chi 10:00 LTC Ombudsman Mtg 10:30 Scotland & Iceland Trip Presentation 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 3:30 Cookie Decorating 7:00 SCBC Meeting (Z)	12 9:00 Making Memories 9:00 Walking Group 9:30 Free Prize Bingo 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming 2:00 Sewing Circle 2:30 Staff Meeting	13 9:00 Exercise w/ Anne 9:30 Newport Trip departs 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counsel. 12:30 Dominoes 1:00 Knit & Crochet 1:00 Cookie Baking	14 10:00 Sit & Be Fit 10:30 Cookies, Cocoa, & Choir Holiday Show 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo	15	16
17 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	18 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 In the Know 12:30 Pinochle 1:30 Bingo 4:00 Holiday Lights Evening Trip departs	19 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Sugar and Spice Holiday Luncheon 1:30 Line Dancing	20 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage NO Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet Winter Begins	21 10:00 Holiday Box Deliveries 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:00 Lunch Served CSC Closing at Noon	22 	23
 24	25 CSC Closed for Christmas Day Christmas	26 9:00 Making Memories 9:45 Tai Chi 10:00 Stitch & Fix 12:00 Subway Lunch 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z) Boxing Day (Canada) Kwanzaa Begins	27 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	28 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	29 NO Sit & Be Fit NO Choral Group NO Yoga 10:00 New Year's Brunch 'n Bash CSC Closing at Noon	30
 31 New Year's Eve	<div>  <div> <p>We wish you a wonderful Holiday Season and a Healthy and Happy New Year!</p> <p>Patty, Jodi, Susan, Missy, Valerie, Sheri, Ginny, & Noella</p> </div>  </div>					

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

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TVCCA SENIOR CAFÉ MENU ~ DECEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(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 Pineapple Glazed Ham Glazed Sweet Potato Green Beans Diced Peaches</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>4 Stuffed Cabbage Casserole Peas Carrot Coins Diced Pears</p>	<p>5 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>6 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Birthday Treat Grape Juice</p>	<p>7 Cheese Omelet Home Fries Broccoli Mixed Fruit Cup</p>	<p>8 Swedish Meatballs Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>11 Crispy Cod Macaroni & Cheese Green Beans Fresh Orange</p>	<p>12 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Asian Vegetable Blend Sweet Treat Orange Juice</p>	<p>13 Braised Beef Tips Garlic Mashed Potatoes Green & Yellow Squash Diced Peaches</p>	<p>14 Cheese Ravioli w/ Marinara Snap Peas Corn w/ Peppers & Onions Diced Pears</p>	<p>15 Chicken Cordon Bleu Roasted Garlic Rice Zucchini, Peas & Carrots Mixed Fruit Cup</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>18 Country Style Chicken Buttermilk Mashed Potatoes Broccoli Pineapple Tidbits</p>	<p>19 Meatballs Marinara Penne Pasta Mixed Vegetables Medley Applesauce Cup</p>	<p>20 <u>Sugar, Spice & Everything Nice</u> Herb Roasted Prime Rib Garlic Roasted Potatoes Squash w/ Peppers & Carrots Assorted Cookies Apple Juice Dinner Roll w/ Margarine Ticket Cost: \$9.00</p>	<p>21 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Tropical Fruit Cup</p>	<p>22 Vegetarian Lasagna Broccoli Diced Carrots Fresh Fruit</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>25 Christmas Day Holiday</p>  <p><u>Senior Nutrition Program Closed</u></p>	<p>26 <u>Subway Boxed Lunch</u> Choice of 6" sub Bag of Chips Cookie Bottle of Water Ticket Cost: \$10.00 <u>Senior Nutrition Program Closed</u></p>	<p>27 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Fresh Orange</p>	<p>28 Beef Chili Loaded Mashed Potatoes Green Beans Waxed Beans Pineapple Tidbits</p>	<p>29 Salisbury Steak w/Gravy Herb Roasted Potatoes Green & Yellow Squash Sweet Treat Orange Juice</p> <p><u>Add-On: Split Pea & Ham Soup</u></p>