

COLCHESTER SENIOR CENTER



news

February 2024

**Colchester Senior Center
will be CLOSED**

**Monday, February 19
for Presidents' Day
in accordance with the
Town Holiday Schedule**



**GO RED FOR WOMEN
Friday, February 2
(Group Photo at 11:45 a.m.)**

February is American Heart month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. If you come into the center wearing red, you will receive a little token as a thank you. We will be taking our annual group photo at 11:45 a.m. We also will be selling paper hearts for \$1 at the Volunteer Reception Desk throughout the month. Consider purchasing one in the name of a loved one, friend or yourself. All money donated will go to the American Heart Association.

**AARP TAX AIDE
Fridays, February 2-April 5
by appointment**

AARP Tax Aide Counselors will be available by appointment on Fridays from February 2nd through April 5th to assist you with your tax preparations. Please call 860-537-3911 to schedule your appointment. Limited space is available.

**"SOUPER" BOWL LUNCH
Friday, February 9
12:00 p.m.**

Join us for our annual tradition of preparing for the big super bowl game by joining us for our "souper" bowl lunch party. Lunch will be your choice of a bowl of Broccoli Cheddar soup (gf & vegetarian), roll, salad, soda or water and a Super Bowl themed dessert. Wear the colors of the team you are rooting for and be entered into a prize drawing. The cost is \$7 per person, space is limited. Sign up before February 7th.

**EXPERIENCING CULTURE
THROUGH
COOKING & CRAFTS**

Join us for the next few months as we take a journey to other parts of the world through food demonstrations and craft projects in a celebration of culture, cooking and craft-making.

**Chinese New Year Fortune
Cookie Food Demo
Monday, February 12
10:30 a.m.**

Learn how to make a simple fortune cookie at home with your own handwritten fortune. Each person will leave with 3 personalized cookies. The cost is \$5 per person. Space is limited.

**Hand-Painted Chinese Fans
Monday, February 26
10:30 a.m.**

Paint a bamboo folding fan with a cherry blossom pattern following along with Jodi or do your own design. The fan can be hung as a decoration or used during the warmer months. The cost is \$5 per person.

**LOVE BOAT LUNCHEON
Wednesday, February 21
11:00 a.m.**

Come aboard, we're expecting you!
Join us as we leave the cold and snow of February behind and sail off on a tropical cruise, even if it is only in our imaginations. Jose Paulo returns to the senior center to entertain us with his enthusiastic multicultural performance that will not disappoint. A menu of Glazed Ham with Pineapple, Mashed Sweet Potatoes, Green Beans, Rolls & Butter, and Chocolate Cake will be served. The cost is \$9 per person. Space is limited.

**BALLPARK MOVIE EVENT
Wednesday, February 28th
11:30 a.m.**

It may be too cold to watch a movie at a ballpark but join us for the screening of "The League," a documentary film directed by Sam Pollard. This picture celebrates the dynamic journey of the Negro League Baseball's triumphs and challenges through the first half of the twentieth century. Enjoy some ballpark favorites including hot dogs, popcorn, Cracker Jacks, and a soda or water while viewing this film. The cost is \$6 per person. Space is Limited. Please register by February 21st.

**WILLS & TRUSTS SEMINAR
Tuesday, February 27
10:00 a.m.**

Attorney Baker is returning to discuss wills and trust. This is the same presentation that was done in September. Priority will be given to those that were on the September waitlist. Additional openings will be made available if space permits. Please call the office to inquire about space and to register. Registration is required.

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.
mbaumann@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
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Terry Brown
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Rosemary Coyle, BOS Liaison
Scott Chapman, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

February is full of fun celebrations. It's the month where we celebrate Valentine's Day; watch the Super Bowl (gotta admit that for me it's only about the commercials—not the game!); it's the beginning of the Lenten season--there is so much to keep us busy this chilly month in the "heart" of winter.

On February 2nd we join with the American Heart Association in celebrating the "Go Red! for Women" campaign. This annual event attracts a lot of attention for heart disease prevention, specifically for women. Cardiac disease and its symptoms in women often do not present themselves in the same ways as they do in men. We share this opportunity to spread awareness and education about this important subject. We invite you to join us to wear red as we observe this day and we will reward you with a kiss from our office staff—a Hershey's Chocolate Kiss! Throughout the month, you will also have the opportunity to purchase AHA Hearts in honor or in memory of a loved one for \$1.00 each and "Red Dress" lapel pins for \$5.00. The Hearts will hang on display in the hallway and all proceeds from the sales will be sent to the American Heart Association.

Don't miss your chance to enjoy our "Souper Bowl" Party, where you'll have a "hearty" helping of chowder, salad and bread and even a football-inspired dessert--perfect for sports fans and non-sports fans alike! Speaking of sports, we are also featuring a Ballpark Movie Event later in the month with a screening of the documentary film "The League." Though it's too cold to watch the Boys of Summer play outdoors at this chilly time of year, we will be serving hot dogs, popcorn, Cracker Jacks and more to get into the true spirit of the game.

You can't plan for February programs without recognizing Valentine's Day, and we are getting a bit nostalgic with a daytime cruise aboard the Love Boat. With a special tropical-inspired menu and a return performance from the very talented Jose Paulo, it's sure to be a great escape from these cold winter days.

I also want to highlight an exciting new program series, Experiencing Culture through Cooking and Crafts. Saturday, February 10th is the Chinese New Year and begins the Year of the Dragon. Register for two programs this month which highlight Chinese culture with a Fortune Cookie Cooking Demonstration and a crafting session where you can paint your own bamboo fan with a beautiful cherry blossom design.

There is so much in store this February to fill your heart and soul. Come join us.

Warmly,

Patty

PROGRAMS

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ACROSS THE AGES

February 2, 9, & 23
10:15 a.m. – 11:00 a.m.

Our intergenerational program with WJJMS has started up again. CSC members will meet with students for two six-week sessions on Fridays from 10:15 to 11:00. We will share life experiences with chosen topics to discuss and/or work on small projects together. Please see Jodi for more information or to sign up for this program, it is not too late to join us.

LIFE REVIEW WRITING

Wednesday, February 7
10:30 a.m. – 12:00 p.m.

Learn the process and practice of reviewing one's life through writing using various prompts and group brainstorming sessions. This program allows for individual self-expression and is a great way to share memories with others or as a private way to reflect on your own life. This is a free program and new members are welcome. Contact Jodi for this month's writing prompts.

CARD MAKING WORKSHOP

Thursday, February 8
10:00 a.m.

Join talented CSC member, Barbara Gozzo, for a seasonal card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is February 5th, in the senior center office.

TECH TIME WITH HARRY

Friday, February 9
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 for an appointment

PET THERAPY

Monday, February 12
10:00 a.m.

Our buddy Stitch and her owner will be visiting the center to spread doggie cheer to all. Stop by for some "puppy love".

SEWING CIRCLE

Wednesday, February 14 & 28
2:00 p.m.

Come and work on a project of your own or a small project that we will have on hand. We do have some machines to use but you are encouraged to bring your own if you can.

SHOPPING TRIP

Thursday, February 15
10:30 a.m. Departure

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

HAM RADIO MEETING

Friday, February 16
2:00 p.m.

Join us for our monthly Ham Radio Meeting. Learn about the hobby and chat with those that are already ham radio operators. All are welcome.

BOOK CLUB

Tuesday, February 20
10:30 a.m.

This month's book selection is *Those That Saved Us* by Jenna Blum. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

LUNCH BUNCH OUTING

Friday, February 23
11:00 a.m.

In honor of Chinese New Year, this month's Lunch Bunch destination will be to Po's Rice & Spice in East Hampton. Suggested Donation for bus transportation is \$3.00. Please sign up in the office, even if you plan to drive yourself.

STITCH & FIX WITH MARIA

Monday, February 26
by appt. beginning at
10:00 a.m.

Bring your items that need hemming, slight mending, buttons replaced, etc. Items will be returned within 2 weeks. Please sign up for an appointment in the office.

IN THE KNOW

Tuesday, February 27
12:30 p.m.

Join Patty Watts as she discusses new programs, events, and trips; shares updates about the new senior center; addresses concerns and answers your questions at this monthly forum.

TOWN WIDE BLACK HISTORY BOOK DISCUSSION

Thursday, February 29
1:00 p.m.

CSC will be collaborating with the Town CORE Commission for a community book read in honor of Black History Month. The CORE Commission has selected *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee. The New York Times says *The Sum of Us* is "one of today's most insightful and influential thinkers offers a powerful exploration of inequality and the lesson that generations of Americans have failed to learn: Racism has a cost for everyone—not just for people of color." Join us as we come together as a community to discuss her work and the impact racism has on all of us. Two books are available at the senior center to borrow, and others are available at Cragin Library. This will be one of three town wide discussions of the book.



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	WILL RESUME IN SPRING	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: Debra Yanki	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 in-town transportation services Monday through Friday within Town limits to/from the Colchester Senior Center, local shopping and medical appointments; other outings, as advertised in the newsletter; and out-of-town medical appointments within a 40-mile radius of Colchester.

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.

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, February 9, 10:45 a.m.**

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

CHATHAM HEALTH EDUCATION SERIES **Friday, February 9 11:15 a.m.**

This month, Chatham Health District will share information about Eye 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 PROGRAM

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.

ELDERLY & DISABLED (CURCUIT BREAKER) PROPERTY TAX CREDIT PROGRAM

Property Tax Credit (Circuit Breaker) Program is available to all CT real property owners who are age 65 or older or totally disabled. Annual income cannot exceed \$43,800 for an individual or \$53,400 for a couple in 2023. Discounts are based on a graduated income scale and are calculated by the town's Tax Assessors Office. Discount is applied directly to the applicant's real property tax bill.

Colchester Residents: For more information or to apply for the Property Tax Credit Program, please call the Colchester Tax Assessor's Office at 860-537-7205.

**Applications are accepted
between February 1 and May
15, 2024.**

Veterans with established Connecticut residency may also be eligible for other tax credits.

Residents of other towns, please call your Town's Tax Assessor's Office for more information.

John Chaponis,
Colchester Assessor



SOCIAL SERVICES

CHOICES COUNSELING **Tuesday, February 20** **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 February** **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 JANUARY

AARP CHAPTER #4019
No AARP Meeting in February

BACKUS STROKE SURVIVORS
Tues., February 7, 1:00 p.m.

COMMISSION ON AGING
Mon., February 12, 9:00 a.m.
Town Hall Hybrid Meeting Room

**LTC OMBUDSMAN
REGIONAL MEETING**
Tues., February 13, 10:00 a.m.

**SENIOR CENTER
BUILDING COMMITTEE**
Tues., February 13 & 27,
7:00 p.m. on Zoom

CSC STAFF MEETING
Wed., February 14, 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.



SHAMROCK SOCIAL

Wednesday, March 20, 2024, 11:00 A.M.

May the luck of the Irish be with all of us at our annual St. Patrick's Day Feast. A menu of Corned Beef, Cabbage, Potato and Carrots and an Irish Dessert will be served. The Undercover Agents, a guitar playing, harmonizing duo, will be playing a variety of Irish songs and other tunes. Registration will open March 1st for this program. Look for additional information in the March newsletter.



UPDATE FROM THE SENIOR CENTER BUILDING COMMITTEE



Above is an aerial image of the new Senior Center building site at 15 Louis Lane. Construction continues to gain momentum in this New Year. The building's framing is complete, roof trusses are being installed, and plywood sheathing is being installed to enclose the building walls and roof, so that construction may continue throughout the winter months. Installation of roof trusses and sheathing for the roof and exterior walls will continue through the end of the month. An August 2024 completion date is anticipated.

DAY TRIPS

TASTE OF ITALIAN NEW YORK

Saturday, April 20, 2024, 7:00 a.m.



Here is the chance to visit 3 New York food “Hot Spots” all in one fun day. Eat, shop and bring home some Italian food items. You will visit Zabar’s gourmet market in the Upper West Side. The market is known for their selection of meats, smoked fish, cooking gadgets, and New York bagels. You will then enjoy a family style lunch at Carmine’s Italian Restaurant, where the menu will include items such as Rigatoni, Broccoli and Sausage in Marinara, Chicken in Lemon Butter, Ravioli, and Chocolate Cannoli with Pistachios. You will then continue to Arthur Avenue in the Bronx which some consider the real Little Italy of New York as you explore the Arthur Avenue Retail Market a covered Italian market bringing together under one roof all the Italian food specialties you could want. Coolers are encouraged on this trip.

The cost is \$151 per person. Sign up before March 20th.



CURRENTLY CONTRACTING DAYTRIPS FOR 2024



If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding any delays or closures of programs, meals, or transportation, listed under “Colchester Senior Center” or on the CSC Facebook page. The Senior Center does not always follow the schools closing and delays.

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.**

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 on 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. The 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.**

WALKING KEY FOR TRIPS












= Light Walking
 = Moderate Walking
 = Mostly Walking

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 FEBRUARY 2024 Colchester Senior Center				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	1 National Wear Red Day 8:30-2 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 11:00 Yoga 11:45 Wear Red Photo 1:30 Bingo Groundhog Day	3  BLACK HISTORY MONTH
	4 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	5 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo	6 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Backus Stroke Survivors Program 1:30 Line Dancing	7 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:00 Card Making 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	8 8:30-2 AARP Tax Aide 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series 12:00 "Souper Bowl" Lunch 1:00 Tech Time with Harry 1:30 Bingo	10  YEAR OF THE DRAGON Chinese New Year (Year of the Dragon)
11  Mardi Gras	12 9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Pet Therapy 10:30 Fortune Cookie 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	13 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z) Mardi Gras	14 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Sewing Circle 2:30 CSC Staff Meeting	15 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	16 8:30-2 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo 2:00 Ham Radio	17 Happy Valentine's Day
 PRESIDENT'S DAY	19 CSC Closed for the Presidents' Day Holiday Presidents' Day	20 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Choices Counseling 12:30 Pinochle 1:30 Bingo	21 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Love Boat Luncheon 1:30 Line Dancing	22 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	23 8:30-22 AARP Tax Aide, by appt. 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch to Po's Rice & Spice 1:30 Bingo	24
25 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 10:30 Painted Chinese Hand Fans 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	26 9:00 Making Memories 9:45 Tai Chi 10:00 Wills & Trusts Seminar 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	27 9:00 Making Memories 9:45 Tai Chi 10:00 Wills & Trusts Seminar 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	28 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:30 Ballpark Movie Event 1:30 Cardio Drumming I 2:00 Sewing Circle	29 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 1:00 Town Black History Book Discussion		

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



TVCCA SENIOR CAFE MENU ~Workable Copy~FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)	1% milk and whole grain bread served with each meal. Menu is subject to change without notice		1 Beef Chili Loaded Mashed Potatoes Green Beans Waxed Beans Pineapple Tidbits 	2 Stuffed Chicken Cordon Bleu Herb Roasted Potatoes Cauliflower, Carrots & Snap Peas Applesauce Cup <u>Add-On: Chicken Noodle Soup</u>
5 Sloppy Joe w/ Bun Tater Tots Snap Peas Sweet Treat Grape Juice 	6 Country Style Chicken Garlic Mashed Potatoes Mixed Vegetables Medley Applesauce Cup	7 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Fresh Orange 	8 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Tropical Fruit Cup	9 Beef Stroganoff Penne Pasta Broccoli Diced Pears <u>Add-On: Corn Chowder Soup</u>
12 Chicken Cacciatore Pasta Shells w/ Herbs Green & Waxed Beans Applesauce Cup	13 <u>Birthday Celebration</u> Beef Stew Steamed Parsley Potatoes Broccoli Valentine's Cupcakes Orange Juice	14 <u>Ash Wednesday</u> Crispy Cod Patty Macaroni & Cheese Squash Mix w/ Carrots & String Beans Tropical Fruit Cup HAPPY VALENTINE'S DAY 	15 Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Mixed Fruit Cup	16 Vegetarian Lasagna Diced Carrots Snap Peas Fresh Fruit <u>Add-On: Minestrone Soup</u>
19 President's Day Holiday  PROGRAM CLOSED	20 American Chop Suey Green Beans Carrot Coins Fresh Orange 	21 <u>Love Boat Luncheon</u> Pineapple Glazed Ham Mashed Sweet Potatoes Green Beans Rolls & Margarine Chocolate Cake Ticket Cost: \$9.00 	22 Salisbury Steak w/ Gravy Pasta Green & Yellow Squash Mandarin Oranges 	23 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Sweet Treat Grape Juice <u>Add-On: Broccoli, Potato, & Cheddar Soup</u>
26 Country Fried Beef Steak Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Fresh Fruit 	27 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	28 Stuffed Shells w/ Marinara Broccoli Peas & Pearl Onions Sweet Treat Apple Juice 	29 Stuffed Cabbage Casserole Waxed Beans Diced Carrots Diced Peaches	Inclement weather closings will be announced on local radio stations and TV channels 3 & 8.