

COLCHESTER SENIOR CENTER



news

June 2020

VIRTUAL "HAPPY HOUR"

Wednesdays in June
2:00 to 3:00 p.m.

Let's get together, virtually, and have a "Happy Hour". Mix your favorite cocktail, "mock-tail" or drink of choice and join us on Zoom to just say hello, see each other's smiles and share some much needed laughs. Please call the senior center to register and for the Zoom link to be sent or provide the phone in information.

THE WEEK IN THE NEWS CONFERENCE CALL

Fridays in June
9:00 to 9:30 a.m.

Join Justine to hear a brief, unbiased review of what was in the world, national and local news. This will just be a read review and won't entail any editorial discussion or debate on the topics reviewed. Please call the senior center and the phone conference call in information, long distance rates may apply.

JUSTINE'S MUSIC APPRECIATION & TRIVIA HOUR

Fridays in June
1:00 to 2:00 p.m.

Do you enjoy all sorts of music or a curiosity to learn more? If so, come try out a music appreciation and trivia hour with Justine via Zoom, while she spins songs from her extensive record collection and discusses the music and artists, followed by an interactive trivia game. For the month of June, we will go through the music eras each week beginning with the music of the 20s & 30s. Call the senior center in order to have the Zoom link and instructions or call in instructions sent to you.

COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

Monday, June 8
10:00 to 11:00 a.m.

Come and join Mary Bylone, the First Selectman of Colchester, via Zoom to engage in meaningful dialogue about Colchester. Learn more about the Town's plan for the safe re-opening of Colchester, a topic of interest to us all. Please sign up by calling the office at 860-537-3911 by Thursday, June 4th, in order to provide you with the Zoom meeting log in/dial in information.

KEEPING A HEALTHY IMMUNE SYSTEM

Thursday, June 18
1:00 p.m.

Now more than ever, it is very important to build and maintain a healthy immune system. Please join Vickie Han, R.N. as she gives a Zoom lecture on the best ways to build a healthy immune system through diet, exercise, sleep and stress-management. Call the senior center at 860-537-3911 by Friday, June 12th, in order to have the Zoom link or call in instructions sent to you.

HEALTHY HEART COOKING DEMO ON ZOOM

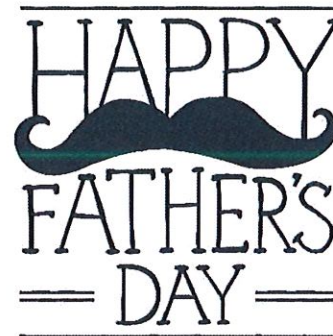
Thursday, June 25
1:30 p.m.

Please join Justine for a virtual Zoom Cooking Demo focused on heart healthy meals and snacks. She will show you how to make easy bean and mushroom veggie sliders, which you can recreate at home. Call 860-537-3911 by Tuesday, June 23rd in order to have the Zoom link or call in instructions sent to you.

FATHER'S DAY B.Y.O.L. "BRING YOUR OWN LUNCH" VIRTUAL SOCIAL

Wednesday, June 24
12:00 p.m. to 12:30 p.m.

It's time to celebrate Father's Day for all of the special fellas in our lives. This virtual gathering will be Bring Your Own Lunch style. Come join your friends for some fellowship while dining on your favorite lunch and log in or dial into the Zoom. All are welcome—men and women. Call the office at 860-537-3911 by Monday, June 22nd in order to have the Zoom link or call in instructions sent to you.



SHARE YOUR SELFIE

Snap a quick pic of yourself and show us how you are keeping busy during self-quarantine—joining us for Zoom class? Winning at Conference Call Bingo? Reading the latest Book Club selection? There are so many ways that you can keep yourself connected with the Colchester Senior Center, even at this time of social distancing. We will share photos (with your permission) on our Facebook page to let the community see for themselves how Colchester Seniors are doing and print them to display in the halls here, so you can all enjoy them when we get back. Email photos to pwatts@colchesterct.gov.

**COLCHESTER SENIOR
CENTER**
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574

Email: csc@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

Justine Kowinsky
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
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Jean Stawicki, Secretary
Sandra Gaetano
Linda Pasternak
Geraldine Transue

From the Director's Desk

You'll probably notice this month's newsletter more closely follows our typical format. This is symbolic, as we take steps towards being ready to reopen to the public. This time of COVID-19 has been stressful and particularly challenging for seniors, who are said to be most vulnerable to this virus. For this reason, we are making slow and deliberate progress forward. We want our reopening to be a success, but even more importantly, we want it to be safe for both our senior members and our staff that serve them.

I first want to give a heartfelt shout out to our team. I am so proud of the way the many ways that the staff of the Colchester Senior Center have found creative ways to continue to serve our members. COVID-19 turned our service model of seniors coming into our building on its head and forced us to think outside the box. This field of work is all about people and the relationships we've forged with them. Our strength lies within those bonds. Without the ability to see our senior friends, we were left without some of our most valuable tools, including the ability to observe how well people are doing. I am proud of the many ways that we found to work around that obstacle and even found that there were some benefits. By reaching out to each member with our wellness checks, we've been able to connect with so many more people than just those who are regular visitors to our center. We also were able to clean up our database by archiving those who have moved away without our knowing and those who had passed. In all we archived about 75 members, still leaving an impressive 1,300+ active members. I also want to thank all of you for your positive attitudes and appreciation. I am proud of our community of friends.

Secondly, I want to talk a little bit about the plan for reopening the senior center. We are working closely with the First Selectman, our Emergency Management Director, Chatham Heath District, Senior Resources, our Area Agency on Aging and other directors throughout the State of Connecticut. We are working out a plan for when it will make the most sense to begin reopening our buildings to the public and when we do, what measures must be in place to maintain public health and safety. This is a charge we are taking very seriously, and we are learning as we go, because this pandemic is unprecedented in our lifetime. We will be slowly adding back in some services, which are deemed safe using the precautions of mask-wearing and social distancing, while keeping the Wellness Check-ins, the weekly communications by email and robo-call intact and offering many more virtual programs for you to stay connected to staff, instructors and each other. When we know more and we have projected reopening dates, we will communicate them with you. It will likely be a long time before we can return to the casual drop-in, stay-and-visit-with-friends atmosphere that we enjoyed pre-coronavirus, though. Please be patient with us and cooperative and know that if there are established rules that it is only for your safety. As we've been saying all along... Together we'll get through this. Well, Together we'll get back to normal, too.

Warmly,

Patty

FITNESS CLASSES VIA ZOOM

For the duration of the time that our building needs to remain closed to the public, for the safety of our members, we are offering our usual Fitness Classes via Zoom. Contact us if you would like to participate and we would be happy to share the log-in/call-in information with you. During this time, we will also be waiving the per class charge, for your convenience.

EXERCISE WITH ANNE

Mondays & Thursdays
9:15 to 9:45 a.m.

Anne Beauregard's fitness class features gentle aerobic exercises, which help improve balance, mobility, flexibility and strength. Please register by calling 860-537-3911 so we can send you the Zoom link by email or phone-in instructions.

SITTERCIZE

Mondays & Thursdays
10:00 to 10:30 a.m.

Anne Beauregard's seated fitness class is safe for all levels of fitness or mobility. This seated exercise class is a full-body workout. Please register by calling 860-537-3911 so we can send you the Zoom link by email or phone-in instructions.

TAI CHI

Tuesdays
9:45 to 10:15 a.m.

Tai Chi is a mind/body practice known as "moving meditation." Steve Arbuckle will guide you through the movements while you join along at home. Please register by calling 860-537-3911 so we can send you the Zoom link by email or phone-in instructions.

YOGA WITH SUSAN

Fridays
11:00 to 11:30 a.m.

Simple Hatha Yoga postures and deep breathing led by Susan McCaffrey in a relaxing, and fun environment. Bring your own yoga mat, or participate while seated in a chair. Please register by calling 860-537-3911 so we can send you the Zoom link by email or phone-in instructions.

NEW TO ZOOM?

If there is anything that COVID-19 has given us, it's the ability to stay adaptable and learn new things. You may notice that many of our "distance program opportunities" feature a technology which may be new to you. Learning to use Zoom will open up many new and potentially important things for you—like doctors' appointments via tele-health. One of the great things about Zoom is that you can use it on most any device—computer, laptop, smart phone, tablet, which gives you both interactive video and audio interactions. But even if you don't have any of those technologies, you can still participate by dialing in for a voice-only experience. If you'd like to learn more, we can help.

SENIOR GOLF LEAGUE

Tuesdays at 9:00 a.m.

The Senior Golf League is back "in the swing", starting on May 26. Meet up at Chanticlair Golf Course and enjoy time in this social and co-ed league. The league will meet for 16 weeks and will end with a Luncheon Banquet. The cost is \$200 for the season, which includes the 16 weeks of golf and the banquet. There will be new COVID safety rules for golfing. Please follow them and have a wonderful golf season!

CONFERENCE CALL BINGO

Tuesdays
1:30 to 3:00 p.m.

If you are interested in playing Bingo by phone, please call the senior center at 860-537-3911 and we will mail you out 2 reusable bingo cards and markers and provide the call in information. Although there will not be cash prizes for each round, we will be giving out \$15.00 gift certificates, generously provided by Maria's Pizza, which will be mailed out weekly to the lucky winner of the final Fill-Your-Card round. Please note: long distance charges will apply unless you have unlimited long distance coverage on your phone plan.

IN THE KNOW

Wednesday, June 10
10:30 to 11:30 a.m.

Please join Patty, as she discusses the up to date happenings at the Colchester Senior Center. Please call 860-537-3911 to register for this program and be sent the Zoom link or be provided call in instructions.

VIRTUAL BOOK CLUB

Tuesday, June 16
10:30 a.m.

The Senior Center continues to facilitate a monthly book club meeting via Zoom. This month's book is The Lost Roses, written by Martha Hall Kelly. It is the prequel to The Lilac Girls, a previous Book Club selection, although you don't need to have read it to enjoy this month's book. If you are interested in obtaining The Lost Roses from Cragin, please call Justine. Zoom link or call in info will be sent upon registration for the discussion. New Members are always welcome.

CLASS	DAY & TIME	INFO	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Bring your own supplies. However, If you forget your supplies or are in need, please let us know.	ANYTIME	COLORING PACKETS AVAILABLE	NO FEE
CONFERENCE CALL BINGO Join your friends at this fun and lively weekly free Bingo Game Conference Call led by Justine Kowinsky. Donated prizes available for the Fill Your Card round.	TUESDAYS 1:30 P.M.	BINGO CARDS & MARKERS AVAILABLE	LONG DISTANCE FEES MAY APPLY
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:15 A.M.	ON ZOOM	NO FEE
JUSTINE'S MUSIC APPRECIATION & TRIVIA Enjoy music and trivia of specific eras. Led by Justine Kowinsky	FRIDAYS 1:00 P.M.	ON ZOOM	NO FEE
SENIOR GOLF LEAGUE Play at Chantclair Golf Course for 16 weeks of fun, social play and a season-ending banquet. Co-ed league	TUESDAYS 9:00 A.M.	REGISTER FOR SEASON	\$200.00
SENIOR YOGA Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	FRIDAYS 11:00 A.M.	ON ZOOM	NO FEE
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ON ZOOM	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ON ZOOM	NO FEE
VIRTUAL "HAPPY HOUR" Bring your own drink and enjoy a social gathering to say hello and connect with friends, once per week. Led by Justine Kowinsky or Patty Watts	WEDNESDAYS 2:00 P.M.	ON ZOOM	NO FEE
WEEK IN THE NEWS CONFERENCE CALL Join Program Coordinator, Justine Kowinsky, as she gives a brief, unbiased review of the world, national, state and local news.	FRIDAYS 9:00 A.M.	CALL FOR DIAL-IN INFO	LONG DISTANCE FEES MAY APPLY

Until the building can reopen fully, we will be using Zoom technology to teach a variety of your favorite classes. Please email Justine at cscprograms@colchesterct.gov or call 860-537-3911 to be sent a link for any of the classes being taught through Zoom or assistance to address your questions about using Zoom technology.

ADULT COLORING PAGES

Adult Coloring is a relaxing past time that has been shown to reduce stress and anxiety, improve motor skills and vision and even improve your sleep. The Colchester Senior Center has a group that meets on a weekly basis to create and share their art. Let us know if you would enjoy receiving Adult Coloring Sheets while at home, by calling Justine at 860-537-3911. No previous experience is required. Provide your own markers, crayons or colored pencils.

**STAY-AT-HOME
PRINTABLE ACTIVITIES**

On the Town website at www.colchesterct.gov under the "Town Services" tab, click on "Senior Center" to navigate to our webpage, find "Stay-at-Home Printable Activities" and click it. There you will find a variety of mazes, word puzzles, crossword puzzles, Sudoku games, coloring pages and more! Those sheets have been posted for your enjoyment. Print them out and complete whichever ones are enjoyable to you, at a pace that is right for you. Keep that brainpower working to its maximum capacity and have fun!

COLCHESTER PARKS & REC

To learn more about what virtual programs they have available, go to the town website at www.colchesterct.gov, under "Town Services" listing, click on "Recreation Department" to navigate to their webpage and explore all that they have to offer.

CRAGIN MEMORIAL LIBRARY

Resources and programs are available on the town website at www.colchesterct.gov, under the "Town Services" tab, click on "Cragin Memorial Library" to navigate to their webpage and explore some of the great links, virtual programs and more!

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, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of 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 at this time is **MAIL-IN ONLY** to limit personal contact. Please make checks payable to "Colchester Senior Center" and mail to Colchester Senior Center 95 Norwich Avenue, Colchester, CT 06415 attn: Susan Plefka. Payment is required at the time of sign up. 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.

HEARING SCREENINGS

Suspended until further notice

Until such time as our building re-opens, this program will not be meeting in person. You may reach Dr. Matthew Cross on his office at HearUSA at 860-657-2286.

BLOOD PRESSURE CLINIC

Suspended until further notice

When we have more information about when this program can safely re-open, we will share it.

FOOT CLINIC

Suspended until further notice

While we are closed, those with podiatric needs may call Dr. Morgan's office at 860-537-5520. If there is no one in the office, leave a message and they will get back in touch with you.

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 Making Memories Program will be suspended until further notice, due to the COVID-19 pandemic. Until we are able to reopen the program, MMP Coordinator, Missy Bauman, will be in touch weekly with participants and their family members. If you need anything, please leave her a message at 860-537-3911.

This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

COVID-19 HEALTH TIPS

Take every day preventative actions

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Watch for symptoms and emergency warning signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feel like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs—*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

SOCIAL SERVICES

CHOICES COUNSELING

by appointment only

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment. Masks and distancing will be required for all personal appointments until further notice.

RENTERS REBATE

(April 1-October 1)

Beginning this year, Renters' Rebate appointments will be offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator will begin taking appointments in person.

COLCHESTER FOOD BANK

Thursdays by appointment

The Colchester Food Bank is located on the third floor of Town Hall at 127 Norwich Avenue. Its mission is to provide relief for those experiencing food insecurity. For more information, please contact Amber in Youth & Social Services at 860-537-7255.

MEETINGS IN JUNE

COMMISSION ON AGING

Monday, June 8 at 8:30 a.m.

This month's meeting will be held via Zoom. Link to join can be found on the Town Website under Boards and Commissions.

DINING OPTIONS

MEAL DELIVERY PROGRAMS

At this time of COVID-19 and until our building can safely reopen, our on-site dining program will be suspended until further notice. It has been determined that contact-free meal deliveries are deemed to be the safest option during this period. Please read below to see how TVCCA and the Colchester Senior Center have responded to this unprecedented crisis.

MEALS ON WHEELS

TVCCA has done a terrific job of adapting to this challenge in several ways. Funding has been added to provide additional resources for Meals on Wheels and some of the previous requirements have been relaxed to allow more people to qualify for services. At this time, we have a record number of meal deliveries going out to our patrons on Tuesdays through Fridays. We are deeply grateful to our Meals on Wheels volunteers and our bus drivers Sheri and Ginny for their hard work to keep this program functioning. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.

MEAL DELIVERY PROGRAMS

For those who would typically be coming to the Colchester Senior Center for the Community Café Meals, TVCCA is providing a once-weekly meal delivery which includes 5 meals (lunches for Monday through Friday), bread, fruit and milk. For more information on this, please contact Valerie Webster, Nutrition Site Server at 860-537-3911.

COLCHESTER FOOD BANK

During this challenging time, if you need assistance through the Colchester Food Bank, please call 860-537-7255 to schedule a food pick up at Town Hall. Those with compromised immunity or other conditions which makes this a hardship, the senior center can deliver Food Bank items to your door. Just let the Food Bank know your needs and they will coordinate a drop-off with us for you.

THANK YOU TO THE COLCHESTER GARDEN CLUB

The Colchester Senior Center would like to extend a heartfelt thank you to the Colchester Garden Club for their caretaking of our garden beds and senior center grounds. Their knowledge, talent and dedicated team-work is on display throughout Town in all seasons, at Town Hall, the Library, and planters located in the center of Town, as well as here at CSC. We thank them for their dedication to the beautification of our lovely Town.

ENJOY NATIONAL GARDENING WEEK

Here are some fun ideas to celebrate by Colchester Garden Club President, Katherine Kosiba. Enjoy the different garden spaces right here in Colchester, with a walk downtown, paying special attention to the following garden areas planted in our Town:

- 🌹 Cragin Memorial Library
- 🌹 Xeriscape garden at the corner of Linwood Avenue and Main Street
- 🌹 Red twig dogwood gardens on Linwood Avenue between Stop and Shop and Federated Church
- 🌹 Colchester Senior Center
- 🌹 Cohen Woodlands Butterfly Pollinator Garden

https://www.colchesterct.gov/sites/colchesterct/files/uploads/brochure_cohen_garden_ltr_size.pdf



JUNE IS NATIONAL ROSE MONTH

- 🌹 Read about the United States first municipal rose garden right here in Connecticut at Elizabeth Park in West Hartford
<https://elizabethparkct.org/garden/rose-garden>
<https://www.elizabethparkct.org/about-the-park/designer-of-elizabeth-park>
- 🌹 Read Elizabeth Park's Blog "A Rose a Week"
<https://elizabethparkroseblog.wordpress.com/>
- 🌹 Some interesting rose facts:
<https://www.dvflora.com/index.php/2018/06/04/national-rose-month-free-downloads/>

UPDATES ON TRIPS & TRAVEL OPPORTUNITIES

There is no denying that the travel industry, like many others, has been hard-hit by this global pandemic. The travel and tour companies whom we partner with are working hard to notify us if any of the upcoming trips we have scheduled are impacted by cancellations or scheduling changes.

Foxwoods Casino-April 29, 2020: The Foxwoods Casino Trip has been cancelled but will be rescheduled when the Casinos reopen. Those who have reservations currently may choose to cancel and be issued a full refund or you may opt to keep your reservation, which will be honored for the rescheduled date, when it becomes known to us. A robo-call did go out to everyone scheduled to go on this trip.

Goodspeed Opera House "South Pacific"-May 27, 2020: The "South Pacific" show at the Goodspeed is being rescheduled for the fall. When that date is released, we will notify everyone who currently holds a reservation. Should the rescheduled date not work, we will issue a full refund. Please note that this show was sold out and we cannot get any additional tickets, unless we have cancellations.

Lancaster in Style-June 9-11, 2020: This trip has been cancelled and will not be rescheduled. At the time of cancellation, we did not have anyone registered for it. We are not likely to reschedule this trip.

Canadian Rockies & Glacier National Parks-June 16-22, 2020: This trip will be postponed until mid-June 2021. All travelers have been notified and have either chosen to cancel and have been issued a refund or will be joining this tour next year, when the threat of COVID-19 is behind us.

Mangia, Mangia-June 24, 2020: This trip has been cancelled. Travelers who had registered for this trip have been notified and have been issued refunds. Due to low interest in this trip, it will not be rescheduled.

Sunday Brunch Jazz Cruise, July 26, 2020: This trip has been cancelled and will be rescheduled in the summer of 2021.

Pacific Coast Adventure, August 20-28, 2020: Premier World Discovery is hopeful that this trip will depart, as scheduled. Some passengers have opted to cancel this trip and notified us and we are processing their refunds. If there is adequate interest from those who were planning to travel, we can reschedule this trip for the late summer schedule of 2021.

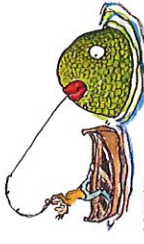
Bronx Zoo, September 10, 2020: As of right now, we anticipate this trip going off as anticipated, although this is subject to change. Should Friendship Tours cancel this trip or you feel uncomfortable with traveling, issues will be refunded according to the cancellation schedule.

Virginia Beach & the Outer Banks, September 28-October 2, 2020: We are still taking reservations for this trip, but are monitoring the travel situation carefully. Trip cancellation insurance is recommended, if you sign up for this trip. Should we need to cancel this for safety reasons, we would look to reschedule it in 2021, as there were a lot of registrations for this trip.

Sounds of the 60's, October 6, 2020: We are still taking reservations for this trip, but are monitoring the travel situation carefully.

Washington DC, October 16-18, 2020: We are still taking reservations for this trip, but are monitoring the travel situation carefully. Trip cancellation insurance is recommended, if you sign up for this trip.

Newport Playhouse Holiday Play, December 7, 2020: We are still taking reservations for this trip, but are monitoring the travel situation carefully and will notify travelers accordingly.



TVCCA SENIOR CAFÉ MENU-JUNE 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Italian Pork Sausage & Peppers Penne Pasta w/ Marinara Green Beans Diced Peaches	2 Baked Cod w/ Corn Salsa Roasted Garlic Rice Green & Yellow Squash Fruit Cocktail	3 Beef & Bean Chili Pasta Shells w/ Herbs Broccoli Fresh Fruit	4 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mandarin Oranges	5 Salisbury Steak w/ Gravy Mashed Potatoes Corn Sweet Treat & Orange Juice
8 Crispy Cod Sandwich Tater Tots Mixed Vegetable Medley Pears w/ Mandarin Oranges	9 <u>Birthday Celebration</u> Creamy Chicken Dijon Garlic Roasted Potatoes Peas & Carrots Birthday Treat Grape Juice	10 Cuban Pulled Pork Yellow Rice & Black Beans Green & Yellow Squash Tropical Fruit Cup	11 Swedish Meatballs Egg Noodles Broccoli Fruit Cocktail	12 Stuffed Chicken Kiev Roasted Garlic Rice Zucchini Fresh Orange
15 Pesto Grilled Chicken Rice Pilaf Corn w/ Onions & Peppers Pineapple Tidbits	16 BBQ Pulled Pork w/ Bun Baked Beans Mixed Vegetables Medley Fresh Orange	17 <u>Father's Day Celebration Meal</u> Beef Brisket Garlic Mashed Potatoes Green Beans Sweet Treat & Grape Juice	18 Western Omelet Sweet Potato Hash Peas & Pearl Onions Mixed Fruit Cup	19 Cheese Pierogis Kasha Broccoli Diced Peas (Groats w/ Roasted Vegetables)
22 Pork Sausage & Gravy Sweet Potato Tater Tots Cauliflower, Carrots & Snap Peas Fresh Fruit	23 Pot Roast Mashed Potatoes Green & Waxed Beans Applesauce Cup	24 Stuffed Chicken Cordon Bleu Tater Tots Squash Mix w/ Carrots & String Beans Pineapple Tidbits	25 Baked Cod w/ Herbs & Tomatoes Parsley Steamed Potatoes Corn Diced Peaches	26 <u>Ethnic Celebration</u> Steak Fajita w/ Cheddar Cheese Spanish Rice Brussel Sprouts Sweet Treat & Apple Juice
29 Stuffed Shells w/ Marinara Broccoli Zucchini, Peas & Carrots Mixed Fruit Cup	30 Chicken & Broccoli Steamed Rice Oriental Vegetables Blend Mandarin Oranges			TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)

