

COLCHESTER SENIOR CENTER

March 2024



news

HEALTHY BRAIN SERIES SESSION 1: Activities to Challenge Your Mind Tuesday, March 5 10:45 a.m.

This month we begin a monthly Healthy Brain Series with Hartford Healthcare's Center for Healthy Aging. Each month they will cover a different topic of brain health and will include information about the brain, how we can improve our brain health and how this impacts our lives. This month's topic is *Activities to "Challenge" Your Mind*. Challenging your mind helps to maintain, and may even improve, memory and other brain functions. Join us as we learn creative ways to do this. This is a free series and open to all. Registration is requested.

MARCH MADNESS COOKIE CHALLENGE Thursday, March 7 12:30 p.m.

Do you have a favorite cookie recipe? Do you think your chocolate chip cookies are the best? Do you have a unique cookie that you would like to share? Join us for our March Madness Cookie tasting contest. Bake at least 1 1/2 dozen of your favorite cookies and we will add them to our cookie brackets. We will work our way down to one winner. This is free for those that bake for the event. To just be a taster it is \$3 per person. Prizes will be awarded along with bragging rights.

Colchester Senior Center
will be CLOSED

Friday, March 29th
for Good Friday
in accordance with the
Town Holiday Schedule

EXPERIENCING CULTURE THROUGH COOKING & CRAFTS

IRISH POTATO SPICE CAKE FOOD DEMO Monday, March 11 10:30 a.m.

This is an old-fashioned Irish cake that's super moist and packed with flavor, thanks to creamy mashed potatoes, walnuts, and raisins. It's perfectly spiced with cinnamon, cloves, and nutmeg for a delicious taste and gorgeous aroma while it's baking. \$2 per person. Space is limited.



BRIGID'S CROSS CRAFT Wednesday, March 27 10:30 a.m.

In addition to the shamrock and Celtic harp, Brigid's Cross is a national symbol of Ireland. Come and learn how to make one from paper and the folklore surrounding the symbol. This is a free class, but registration is required, space is limited.

FOOD FOR THOUGHT PRESENTATION Tuesday, March 12 11:30 a.m.

The food that we consume can have positive and negative affects on our cognitive function and brain health. Join TVCCA Dietitian Andrea Deedy as she explores the benefits and risks of certain foods and how you can eat to better your brain health.

SHAMROCK SOCIAL LUNCHEON Wednesday, March 20 11:00 a.m.

"There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, and may they always be" An Irish Blessing
Join your friends at CSC for a delightful St. Patrick's Day performance by The Undercover Agents, a guitar and harmonizing duo, who will be playing some Irish and non-Irish tunes for us. Following their performance, we will enjoy a traditional feast of Corn Beef and Cabbage, Potatoes, Carrots, Irish Soda Bread, and juice. The cost is \$9 per person. Space is limited. Register by March 13th or until full.

"LUCKY" BINGO Thursday, March 21 9:30 a.m.

During the month of March, everyone has a little luck o' the Irish in them, so join us for a free Lucky Bingo game sponsored by our friends at Harrington Court. Green is the theme as all the prizes will be green in color, green products, food, etc. Don't miss out or you're liable to be green with envy. This is a free program, but registration is required. Space is limited.

WAFFLE DAY BREAKFAST Monday, March 25 9:00 a.m.

March 25th is International Waffle Day. Let us explore the wonderful world of waffles with a special waffle breakfast. Breakfast will consist of 2 waffles with various toppings from our waffle bar, breakfast sausage, fruit cup and assorted beverages. Of course, we will learn about waffles from various countries, and you will expand your waffle knowledge. The cost is \$5 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
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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
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Bonnie Trecarten, Alternate
Rosemary Coyle, BOS Liaison
Scott Chapman, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

March is a month of transitions. You know the saying, "in like a lion—out like a lamb." There is a fresh blanket of snow on the ground from our largest storm in years, even as I type this article. It is definitely feeling more **lion** than **lamb** right now—but we hold out for the promise of spring, which is sure to show itself toward the end of this month. At least that's what the calendar says; March 20th is the official start of Spring! As the warmer weather emerges, so do many opportunities for different programs and activities. Like our furry friends coming out of hibernation, when the weather improves, we tend to see our center become its busiest, especially as our "snowbirds" start to fly home.

This month I'd like to focus on the many different travel excursions available to our members. You will see that although we tend to schedule very few winter trips, due to the uncertainty of the New England weather, when springtime arrives we offer many different options. March is certainly not too early to pay attention to what we will be offering in the coming spring and summer months. If you've never taken a trip with the senior center before, indulge me in a chance to inform you of the many different trips, designed to suit every interest and even most budgets. The most affordable options are trips which utilize our senior bus. This could include a shopping trip—with different stores offered every month, or maybe a Lunch Bunch, where we travel to local eateries. Sometimes we include Mystery Trips on the calendar of events, where only the driver knows the final destination. We also partner with local travel and touring companies to an assortment of destinations and attractions. Some of these are day trips and some are extended trips with one or more overnight stays as part of the trip itinerary. The most extravagant trips we offer are "trips of a lifetime" which include either domestic or international travel destinations. Currently, we are promoting a September trip—Exploring Scotland & Ireland with a fabulous itinerary. With the maiden name of McCauley, that's one I'd love to go on!

There are many benefits to traveling with the Colchester Senior Center. First of all, it's easy; we take care of all of the arrangements and reservations. For an affordable price our trips include comfortable transportation, wonderful points of interest and many times, depending on the destination, your meal is included. Traveling with others is a great way to meet friends, too. It is our hope that there's something for everyone, when you travel with us. Please see **page 8** of this newsletter to see what wonderful trips we have planned. CSC What a great way to see the world! Come and travel with us.

Warmly,

Patty

ACROSS THE AGES

Friday, March 1 & 15

10:15 a.m. – 11:00 a.m.

Our intergenerational program with WJJMS has started up again. CSC members will meet with students and share life experiences with chosen topics to discuss and/or work on small projects together.

LIFE REVIEW WRITING

Wednesday, March 6

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 is a free program and new members are welcome. Contact Jodi for this month's writing prompts.

TECH TIME WITH HARRY

Wednesday, March 13

9:00 a.m. – 11:00 a.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

AARP DRIVER SAFETY

Wednesday, March 13

11:30 a.m. – 3:30 p.m.

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging environment. You'll learn how you can manage and accommodate age-related changes, vision, hearing, and reaction time and you may qualify for a discount from your insurance provider. Open to anyone 50 and over. The cost is \$20 for AARP members and \$25 for non-members. Please register by March 8th. Participants are encouraged to bring their lunch with them.



CARD MAKING WORKSHOP

Thursday, March 14

10:00 a.m.

Join talented CSC member, Barbara Gozzo, for a seasonal card making workshop. Each person will craft 4 cards. There is a material fee of \$8.00 per person. Registration deadline is March 8th, in the senior center office.

SHOPPING TRIP

Thursday, March 14

10:30 a.m. Departure

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

HAM RADIO MEETING

Friday, March 15

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.

READ ACROSS AMERICA VOLUNTEERS NEEDED

Tuesday, March 19

10:30 a.m.

March is designated as Read Across America Month. The senior center and the children's department at Cragin Library will be doing an intergenerational reading and craft program. Jodi is looking for 5 members to help with this project. We will read a book to preschoolers and then create dog puppets with them. Please sign up with Jodi if you are interested.

BOOK CLUB

Tuesday, March 19

10:30 a.m.

This month's book selection is *The Girl Who Lived Twice* by David Lagercrantz. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

SEWING CIRCLE

Wednesday, March 20 & 27

1:00 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. Please note the new time.

LUNCH BUNCH OUTING

Friday, March 22

11:30 a.m.

Our lunch bunch restaurant this month will be Filomena's in Waterford. 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, March 25

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, March 26

12:30 p.m.

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

NEW REGISTRATION PROCEDURES

Registration for monthly programs, special events, trips and class sign-ups will begin on the **first business day of the month beginning at 10:00 a.m.** You are permitted to sign up 2 people (yourself and one guest) at a time. We appreciate your patience and cooperation as we all adjust to these new procedures which make monthly registration fair for every CSC member.

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 P.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.*

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)

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 **beginning on the first business day of the month after 10:00 a.m..** 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 860-537-3911 after registration is open for the month.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, March 8 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, March 8 11:15 a.m.

This month, Chatham Health District will share information about Diabetes Prevention and Management.

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.

ARE YOU ELIGIBLE FOR SNAP?

The Supplemental Nutrition Assistance Program (SNAP) gives people in Connecticut help to buy food. It used to be called "food stamps." SNAP benefits include:

Monthly money on a **debit-like EBT card** to buy food

Free education and job training through SNAP

Get \$2 for every \$1 when you spend your SNAP money at certain **Farmer's Markets and Farm Stands**

Free budget-friendly and healthy **recipes and nutrition tips**

If your gross monthly income is at or below \$2,430 for a one-person household, or at or below \$3,287 for a two-person household, you may qualify for a monthly SNAP benefit.

There is no asset limit if you are under the gross income limit. If your income is above the gross income limit and you are over 60 years of age or disabled, you may also qualify using the net income method that takes into consideration rent, medical expenses and utilities.

You can check out your eligibility and/or apply at <https://www.connect.ct.gov> or you can schedule an appointment with Ellen, our Senior Benefits Counselor on an upcoming Thursday afternoon.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, March 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

**Thursdays in March
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 MARCH

AARP CHAPTER #4019

Tuesday, March 5, 1:30 p.m.

BACKUS STROKE SURVIVORS

Wednesday, March 6, 1:00 p.m.

COMMISSION ON AGING

Mon., March 11, 9:00 a.m.

Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING

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

SENIOR CENTER BUILDING COMMITTEE

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

CSC STAFF MEETING

Wed., March 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 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.

Special Transportation Notice

Due to a mandatory training session for our drivers, Senior Bus Transportation will start at 10:30 a.m. on Friday March 22, 2024.

Thank you for your understanding.



NEW TO MEDICARE?
Thursday, April 11, 5 – 7 p.m.

Join Laura Crews, Director of Benefits Access at Senior Resources as she gives an overview of Medicare Parts A, B, C and D, how and when to enroll, Medicare options, and how to make Medicare affordable. There will be time for questions and answers. Contact the senior center office to register for this free program.



UPDATE FROM THE SR. CENTER BUILDING COMMITTEE

Construction of the Colchester Senior Center at 15 Louis Lane is progressing, as the crew works to enclose the roof and the building's exterior. Once enclosed, work on the building's interior spaces can continue. A utility pole has been placed on Louis Lane, which will bring electricity to the building. Many citizens are eager to observe the changes as they pass the construction site, and public excitement continues to grow. Many details are being discussed including the Furnishings, Fixtures & Equipment (FF&E) and Information and Technology (IT) infrastructure in the building. A completion date of late summer or early fall 2024 is expected.


DEPARTING SOON

PACIFIC NORTHWEST & CALIFORNIA
April 14 – 21, 2024


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.**

NEWPORT PLAYHOUSE & CABARET featuring “THE FORESOME”
Thursday, May 16, 2024, 9:30 a.m. 

Four old school chums get together for a friendly round of golf during their fifteenth college reunion. An early morning T-off and these fellows are carrying more than just their golf bags! Old rivalries, romances and bragging rights are won and lost in 18 entertaining holes. Enjoy a homemade lunch buffet before the show and a fun filled cabaret after the show. **The cost is \$152.00 per person. Sign up before April 16th.**

ENCORE BOSTON HARBOR RESORT CASINO
Wednesday, June 5, 2024, Time TBD 

Encore Boston Harbor is a luxury resort and casino in Everett, MA. The casino has all the table games you know and love. All 166 tables come with phone chargers and beverage service. The 3100 slot machines offer games for every enthusiast, from video to reel slots. You can stroll Harbor Walk which surrounds the property along the Mystic River with breathtaking views. Includes Casino Bonus of \$20 free slot play (subject to change) and deluxe motorcoach. Prior to our time at Encore Casino, we will enjoy a family-style meal at Maggiano’s Little Italy Restaurant in Park Square. **The cost is \$136.00 per person. Sign up before May 5th.**

OVERNIGHT TRIPS

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.**



INCLEMENT WEATHER INFORMATION

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.

WALKING KEY FOR TRIPS

-  = Light Walking
-   = Moderate Walking
-    = Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2024

Colchester Senior Center

8:30-2 AARP Tax Aide, 1
by appt.
10:00 Sit & Be Fit
10:15 Across the Ages
@ WJJMS
10:30 Choral Group
11:00 Yoga
1:30 Bingo

2

3

9:00 Making Memories 4
9:00 Exercise w/ Anne
10:00 Sittersize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

4

9:00 Making Memories 5
9:45 Tai Chi
10:45 Healthy Brain
Series: Session 1
12:30 Pinochle
1:30 Bingo
1:30 AARP Chapter #4019
Meeting

5

9:00 Making Memories 6
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

6

9:00 Exercise w/ Anne 7
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
12:30 Cookie Madness
1:00 Knit & Crochet

7

8:30-2 AARP Tax Aide 8
10:00 Sit & Be Fit
10:30 Choral Group
10:45 Blood Pressure
Clinic
11:00 Yoga
11:15 Chatham Health
Education Series
1:30 Bingo

8



9

10



Ramadan Begins
Daylight Saving Time Begins

9:00 COA Meeting (TH)
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittersize
10:30 Irish Potato Cake
Food Demo
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

11

9:00 Making Memories 12
9:45 Tai Chi
10:00 Regional LTC
Ombudsman Meeting
11:30 Food for Thought
Presentation
12:30 Pinochle
12:30 Choices Counseling
1:30 Bingo
7:00 SCBC Meeting (Z)

12

9:00 Making Memories 13
9:00 Walking Group
9:00-11:00 Tech Time w/
Harry, by appointment
10:00 Adult Coloring
10:00 Sit & Be Fit
11:30 - 3:30 AARP Driver
Safety Class
1:30 Cardio Drumming
2:30 CSC Staff Meeting

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9:00 Exercise w/ Anne 14
10:00 Sittersize
10:00 Wii Bowling
10:00 Card Making
10:30 Shopping Trip
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

14

10:00 Sit & Be Fit 15
10:15 Across the Ages
@ WJJMS
10:30 Choral Group
11:00 Yoga
1:30 Bingo
2:00 Ham Radio Meeting

15

16

17



St. Patrick's Day

9:00 Making Memories 18
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 19
9:45 Tai Chi
10:30 Book Club
10:30 Read Across
America @ Cragin
Library
12:30 Pinochle
1:30 Bingo
Spring Begins

19

9:00 Making Memories 20
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
11:00 Shamrock Social
Luncheon
1:00 Sewing Circle
1:30 Line Dancing

20

9:00 Exercise w/ Anne 21
9:30 Free Lucky Bingo
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

21

10:00 Sit & Be Fit 22
10:30 Senior Bus
Available
10:30 Choral Group
11:00 Yoga
11:30 Lunch Bunch to
Filomena's
1:30 Bingo

22

23



Purim Begins

24

9:00 Making Memories 25
9:00 Exercise w/ Anne
9:00 Waffle Day Breakfast
10:00 Pet Therapy
10:00 Stitch & Fix
10:00 Sittersize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

25

9:00 Making Memories 26
9:45 Tai Chi
12:30 Pinochle
12:30 In the Know
1:30 Bingo
7:00 SCBC Meeting (Z)

26

9:00 Making Memories 27
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Brigid's Cross
Craft
1:30 Cardio Drumming
2:00 Sewing Circle

27

9:00 Exercise w/ Anne 28
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits
Counseling
12:30 Dominoes
1:00 Knit & Crochet

28

29
Closed for
Good Friday

29

30

31



Easter Sunday



TVCCA SENIOR CAFE MENU ~ MARCH 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 www.tvcca.org</p> <p>(24hr voice mail available)</p> <p>~~~~~</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>~~~~~</p> <p>Menu is subject to change without notice.</p> 	<p><u>FOOD ALLERGY WARNING:</u></p> <p>Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.</p> <p>Please advise a staff member of any food allergies prior to consumptions of meals.</p>		<p>1</p> <p>Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>4</p> <p>Stuffed Chicken Kiev Rice Pilaf Green Beans Fresh Orange</p>	 <p>5</p> <p>Cheese Ravioli w/ Marinara Broccoli Diced Carrots Diced Peaches</p>	<p>6</p> <p>Meatballs Marinara Pasta Shells w/ Herbs Peas Mandarin Oranges</p>	<p>4</p> <p>Pesto Chicken Garlic Mashed Potatoes Cauliflower, Carrots, & Snap Peas Pineapple Tidbits</p>	<p>8</p> <p>Cheese Omelet Tater Tots Corn w/ Peppers & Onions Sweet Treat Grape Juice</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>11</p> <p>Country Fried Beef Steak Buttermilk Mashed Potatoes Green & Yellow Squash Pineapple Tidbits</p>	<p>12</p> <p>Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Fresh Orange</p>	 <p>13</p> <p>Chicken Cacciatore Penne Pasta w/ Herbs Green & Waxed Beans Applesauce Cup</p>	<p>14</p> <p>Stuffed Chicken w/ Broccoli & Cheese Herb Roasted Potatoes Zucchini, Peas, & Carrots Mixed Fruit Cup</p>	<p>15</p> <p>Stuffed Shells w/ Marinara Carrot Coins Waxed Beans Applesauce Cup</p> <p><u>Add-On: Broccoli, Potato & Cheddar Soup</u></p>
<p>18</p> <p>Western Omelet Sweet Potato Tater Tots Mixed Vegetable Medley Diced Peaches</p>	 <p>19</p> <p><u>Birthday Celebration</u> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>20</p> <p><u>Shamrock Social Luncheon</u> Corned Beef & Cabbage Steamed Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice Ticket Cost: \$9.00</p>	<p>21</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup</p>	 <p>22</p> <p>Whole Grain Fish Sticks Home Fries Broccoli, Peppers, & Mushrooms Fresh Fruit</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>25</p> <p>Vegetarian Lasagna Broccoli Diced Carrots Sweet Treat Grape Juice</p>	<p>26</p> <p>Country Style Chicken Garlic Mashed Potatoes Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>27</p> <p>Stuffed Cabbage Casserole Snap Peas Lima Beans Fresh Fruit</p>	 <p>28</p> <p>Beef Stroganoff Gemelli Pasta Mixed Vegetables Medley Mandarin Oranges</p>	<p>29</p> <p>Good Friday Holiday Program Closed</p>