

COLCHESTER SENIOR CENTER

April 2024



news

HEALTHY BRAIN SERIES SESSION 2: Diet & Nutrition Tuesday, April 2 10:45 a.m.

Join us for this month's Healthy Brain Series program with Hartford Healthcare's Center for Healthy Aging. Each month they will cover a different topic of brain health.

This month's topic is *Diet and Nutrition*. What you eat can have a profound effect on your brain functioning. New studies are showing just how much of an impact nutrition plays in keeping the brain healthy and repairing cells. This is a free series and open to all. Registration is requested.

FINANCIAL SAVINGS FOR SENIORS Tuesday, April 10 10:30 a.m.

Are you missing out on any money saving programs available for seniors? Ellen, our Senior Benefits Counselor, will go over senior programs that can save you money and the eligibility criteria for those programs. Many programs are not being utilized by all those who are eligible. This is a good way to review your current situation and see if you may be overlooking any beneficial programs. This is a free program. Registration is required.

MEDICARE BOOT CAMP Thursday, April 11 5:00 – 7:00 p.m.

Are you new to Medicare or nearing the age to apply? Then Medicare Bootcamp is for you. Join us as we learn the A, B, C & D's of Medicare. A counselor from Senior Resources will be here to share the important information you need to know. This is a free program; registration is required by calling 860-537-3911.

SENIOR GOLF LEAGUE PRE-SEASON MEETING Tuesday, April 16 2:00 p.m.

This is an informational meeting to discuss the 2024 golf league season at the Chanticleir Golf Course in Colchester. This is a co-ed league and new members are welcome! Call the Senior Center for more information.

FLOWER POWER! GROOVY LUNCHEON Wednesday, April 17 11:00 a.m.

Let's groove into spring with some Flower Power. Wear your 60/70's inspired florals and be entertained by the soulful sounds of Tomaca as she brings us back in time. Her performance will be followed by Roast Turkey Dinner complete with gravy, stuffing, mashed potatoes, squash, rolls and butter. A carrot cake will be served for dessert. The cost is \$9 per person. Space is limited.



2-DAY AIR DRY CLAY JEWELRY CLASS Tuesday, April 23 & 30 10:00 a.m. – 12:00 p.m.

Join CSC member Gabriella DuCharme as she shows you the wonders of air-dry clay. Day one, you will learn how to handle the clay (it is soft and easy to manipulate), use clay tools and create some jewelry (pendants, earrings, etc.). Day two, bring your dried pieces back and learn how to embellish and complete them. This is a 2-day class, you must be able to attend both days. Space is limited. The cost of this program is \$10 per person and includes all the supplies and use of clay tools.

LIVE YOUR BEST LIFE NOW Wednesday, April 24 10:30 a.m.

Join Middlesex Health Care at Home for a discussion on healthy aging, sharing tips to empower your healthcare choices and answer your questions. We will be discussing ways to maintain independence, make the most of your doctor's visits, setting health care goals, and health resources in our community. This is a free program and open to all. Registration is required.

VOLUNTEER APPRECIATION EVENT LUNCHEON Friday, April 26 10:30 a.m.

For those volunteers who serve our members at the Colchester Senior Center 25 hours or more annually, we are hosting a Mexican fiesta themed luncheon program to say thank you! Invitations have been individually sent to recognize volunteer service from the calendar year 2023. Please RSVP by Friday, April 19th.



PHOTOS NEEDED

As part of our tribute to Mother's for Mother's Day and as part of our May Luncheon we are looking for photos of your mother, that special someone in your life that was like a mother, or you as a mother with your children. Photos can be sent electronically to Jodi at cscprograms@colchesterct.gov or you can bring them into the senior center and we can scan them and give them back to you to ensure that nothing happens to them. This is open to all members. Photos needed by 5/3/24.

Colchester Senior Center
95 Norwich Ave.
Colchester, CT 06415

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

HOURS OF OPERATION

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

SENIOR CENTER STAFF

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

Jodi Savage
Program Coordinator
cscprograms@colchesterct.gov

Susan Pleafka
Administrative Assistant
csc@colchesterct.gov

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

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nola Weston, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Terry Brown
Rosanne Tousignant
William Otfinoski, Alternate
Bonnie Trecarten, Alternate
Rosemary Coyle, BOS Liaison
Scott Chapman, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

April is Volunteer Appreciation Month and I want to dedicate this month's article to the many dedicated volunteer groups who serve the Colchester Senior Center. We are so proud to have so many fine men and women who give so willingly and selflessly, many who have done so for years. We have a relatively small staff and yet we serve over 1,800 seniors. How are we able to do so? The only reason is because there are so many who help us out in many different ways.

We have volunteers who lead classes and share their talents to teach others—this includes many of our class and group leaders and our Bingo callers. We have volunteers who are dedicated to serving in the Making Memories Program. Some serve weekly, others for special events, like the many people who help make our Holiday Fair fundraisers so successful. Your hard work helps to boost our budget. **We are grateful**, for without you we could not provide our seniors with nearly as many opportunities to attend all of the programs they enjoy.

We have volunteers who help serve others. Our volunteers deliver Meals on Wheels, making sure that home-bound residents have nutritious meals and a short visit. We have many volunteers who help serve meals here at the senior center, too. We have AARP volunteers who lead monthly meetings and others who provide tax preparation services. **We are grateful**, for without you there would be more people in our community in need.

We have many visible volunteers, like the dedicated ladies who serve as our volunteer receptionists. And we have many who work behind the scenes, not looking for any acknowledgement, just wanting to be helpful. Volunteers who brew coffee, set out baked goods, pick up food donations, manage our senior center library, set up tables and help us to decorate and clean up. **We are grateful**, for without you the already busy staff would not be able to get it all done.

To every person who shares their time and talents to benefit the Colchester Senior Center we look to honor and acknowledge you during Volunteer Appreciation Month! For volunteers who have served over 25 hours throughout the past year (specifically the 2023 calendar year), you will receive by mail a special invitation to attend a Volunteer Appreciation Luncheon in your honor. Our theme this year is especially festive. Some might even say fiesta-ive! We want to thank you for all you do to make our center the best it can be!

Warmly,

Patty

PROGRAMS

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LIFE REVIEW WRITING

Wednesday, April 3
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.

SEWING CIRCLE

Wednesday, April 10 & 24
1:00 p.m.

Come and work on a project of your own or a small project that we are working on for the Holiday Fair. We do have some machines to use but you are encouraged to bring your own if you can. Please note the new time.

CARD MAKING WORKSHOP

Thursday, April 11
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. The registration deadline is April 5th, in the senior center office.

SHOPPING TRIP

Thursday, April 11
10:30 a.m. Departure

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

EXPERIENCING CULTURE THROUGH COOKING & CRAFTS



INDONESIAN CRAYON BATIK & PANDAN CAKE COOKING DEMO

Thursday, April 11
12:30 – 2:30 p.m.

Explore Indonesia by creating your own batik fabric with melted crayon. Members will paint and dye fabric in class. They will be taught the wax removal process which can be done at home using an iron or arrange a time to come in and use our iron at the senior center. During the session we will also learn about Pandan and taste pandan cake. Recipes and samples of pandan extract will be available to all participants so that you can make your own pandan cake at home. The cost is \$10 per person. Space is limited.

BOOK CLUB

Tuesday, April 16
10:30 a.m.

This month's book selection is *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

ACROSS THE AGES

Friday, April 19
10:15 a.m. – 11:00 a.m.

CSC members will meet with students at WJJMS and share life experiences with chosen topics to discuss and/or work on small projects together.

LUNCH BUNCH OUTING

Friday, April 19
11:00 a.m.

Our lunch bunch restaurant this month will be BJ's Restaurant & Brewhouse in Manchester. Suggested donation for bus transportation is \$4.00. Please sign up in the office, even if you plan to drive yourself.

TECH TIME WITH HARRY

Friday, April 19
1:00 – 2:30 p.m.

Make a one-on-one 30-minute appointment and bring your own device to learn on. Please sign up by calling 860-537-3911.

HAM RADIO MEETING

Friday, April 19
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.

THE COLCHESTER SENIOR
CENTER WILL BE CLOSED
TO THE PUBLIC ON
FRIDAY, APRIL 26TH
SO THAT WE MAY HONOR
OUR VOLUNTEERS

VOLUNTEER



STITCH & FIX WITH MARIA

Monday, April 29
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, April 30
12:30 p.m.

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

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, April 12 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, April 12 11:15 a.m.

This month, Chatham Health District will share information about Shingles.

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.

SENIOR HOUSING

For those seniors who are tired of maintaining a home, senior apartment living may be an option. Senior apartments offer many benefits to our active and not-so-active senior population, without giving up the amenities or comforts of home.

The benefits of senior apartment living include fixed costs. For most senior housing communities, your monthly rental fees also include maintenance, grounds keeping and some even include utility costs. The lease term is usually yearly, which allows flexibility in relocating options and commitment. Senior communities offer amenities or activities specific to the community population. Most cater to accessibility and disability issues within the apartment's layout and design.

It is important to do your research and plan ahead if you are considering senior apartment living. Many communities in our area have a waiting list and eligibility standards specific to their community. Ask questions about pets, lease termination and how the lease may address the need for live-in care, when needed.

Next time you call a plumber or worry about shoveling your sidewalk, consider how easy a senior apartment community may make your life. It provides you with a worry-free environment, with friends and neighbors to spend time with. Your senior center can provide you with a list of senior housing options.



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, April 9

12:30 p.m.- 2:30 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 April

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.

RENTERS' REBATE

April 1-October 1, 2024

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Conselor on Thursday afternoons. The income threshold for the 2023 Benefit Year is \$43,800/single \$53,400/married or under. Call the office for a list of what you need for your appointment at 860-537-3911.

MEETINGS IN APRIL

AARP CHAPTER #4019

Tuesday, April 2, 1:30 p.m.

BACKUS STROKE SURVIVORS

Wednesday, April 3, 1:00 p.m.

COMMISSION ON AGING

Mon., April 8, 9:00 a.m.

Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING

Tues., April 9, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

Tues., April 9 & 23

7:00 p.m. on Zoom

CSC STAFF MEETING

Wed., April 10, 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 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.

Save the Date

THERE'S NO PLACE LIKE HOME LUNCHEON

Wednesday, May 15

11:00 a.m.

Join us as we celebrate mother's and those special women in our lives with a musical video tribute. A special meal of Meatloaf, Mashed Potatoes, Sugar Snap Peas, Rolls & Margarine, Cookies & Juice will be served. Tickets will be on sale on May 1st.

BRUNCH & LEARN

Wednesday, May 22

10:00 a.m.

Join us for an informative session on Hospice Care. Learn about the many services and programs that Hospice offers as they help promote quality of life (emotional, physical, and spiritual) at the end of life. This program is sponsored by Complete Care at Harrington Court. Brunch will be served. More information will be available in the May newsletter.



SENIOR CENTER BUILDING COMMITTEE UPDATE

The Senior Center Building reports that work is almost complete with getting the building weathertight—meaning that the roof and exterior walls are now in place. A drive by the site shows that the crews have almost finished installing a waterproof barrier on the roof and walls, as well.

Work has started on the installation of storefront windows in the fitness and multipurpose rooms. Rough in work for both the electrical and HVAC systems has begun. Interior wall framing is nearly completed. In mid-March, the CSC staff were able to get their first look inside the building, which was very exciting.

DAY TRIPS

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, 8:30 a.m.   

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. **The cost is \$136 per person. Sign up before May 3rd.**

CRUISE COASTAL QUEEN, NEWPORT HARBOR, RI

Thursday, June 27, 2023 9:00 a.m. 

Come aboard the "Coastal Queen" and view Newport Harbor and the East Passage of Narragansett Bay up close of this narrated tour of the historic sites that surround the beautiful Newport Harbor and the Jamestown shoreline. Upon arrival you'll have lunch at Johnny's Restaurant at the Wyndham a beautiful hotel on the waterfront in Middletown, RI. The menu is a choice of chicken, scrod, or pasta primavera. Time on Bowen's Wharf for shopping and browsing prior to the harbor cruise. **The cost is \$142 per person. Sign up before May 24th.**

SOUTH PACIFIC at the GOODSPEED with LUNCH at the GELSTON HOUSE

Wednesday, July 10, 2024, 11:00 a.m. 







Enjoy a group lunch at the Gelston House, then walk to the historic Goodspeed Opera House for a matinee performance of South Pacific. Situated on a lush tropical island during World War II, battles of the heart are center stage in Rodgers and Hammerstein classic. A lovestruck nurse and a young lieutenant are pulled into the tide of separate romances in an exotic world of risk and passion. But prejudice clouds their potential paradise. Get swept away by twin love stories and a rapturous score that includes "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "Bali Ha'i" and more. **The cost is \$98 per person and includes senior bus transportation, meal, and tickets to the show. Space is Limited.**

DEPARTING SOON:

PACIFIC NORTHWEST & CALIFORNIA
April 14 – 21, 2024

TASTE OF ITALIAN NEW YORK
Saturday, April 20, 2024, 7:00 a.m.

WALKING KEY FOR TRIPS

 = Light Walking
  = Moderate Walking
   = Mostly Walking

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, 979.**

IMPORTANT INFORMATION ABOUT PARKING

Trips depart from the **far rear parking lot of St. Andrew's Church at 128 Norwich Ave., unless otherwise specified.** Please park in the far rear lot, so we don't interfere with church activities. The bus will pick up there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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 All Fools' Day	2 9:00 Making Memories 9:45 Tai Chi 10:45 Healthy Brain Series 12:30 Pinochle 1:30 Bingo 1:30 AARP Chapter #4019 Meeting	3 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	4 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	5 8:30 AARP Taxaide 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	6 
7	8 9:00 COA Meeting (TH) 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	9 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 7:00 SCBC Meeting (Z)	10 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Financial Savings Presentation 1:00 Sewing Circle 1:30 Cardio Drumming I 2:30 CSC Staff Meeting	11 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:00 Cards w/ Barbara 10:30 Shopping/ Lisbon 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 12:30 Explore Indonesia Craft & Food Demo 1:00 Knit & Crochet 5:00 Medicare Bootcamp	12 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	13
14	15 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	16 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo 2:00 Pre-Season Golf Meeting	17 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Flower Power! Groovy Luncheon 1:30 Line Dancing	18 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	19 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch – BJ's Brewhouse 1:00 Tech Time w/Harry 1:30 Bingo 2:00 Ham Radio Club	20 
21 	22 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 Passover Begins Earth Day	23 9:00 Making Memories 9:45 Tai Chi 10:00 Air Dry Clay Jewelry Part 1 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	24 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Living Your Best Life Program 1:00 Sewing Circle 1:30 Cardio Drumming I Administrative Professionals Day	25 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	26 CSC CLOSED for programs & transportation 10:00 Doors Open 10:30 Volunteer Appreciation Event Luncheon Arbor Day	27
28	29 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	30 9:00 Making Memories 9:45 Tai Chi 10:00 Air Dry Clay Jewelry Part 2 12:30 In the Know 12:30 Pinochle 12:30 In the Know 1:30 Bingo	<div> <div>April 2024</div> <div>Colchester Senior Center</div> </div>			



TVCCA SENIOR CAFÉ MENU ~ APRIL 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Pesto Chicken Herb Roasted Potatoes Corn w/ Peppers & Onions Pineapple Tidbits</p>	<p>2 American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>3 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Sweet Treat Grape Juice</p>	<p>4 Stuffed Chicken w/ Broccoli & Cheese Rice Pilaf Snap Peas Tropical Fruit Cup</p>	<p>5 Pineapple Glazed Ham Sweet Potatoes Green Beans Diced Peaches</p>
<p>8 Beef & Bean Chili Pasta Shells w/ Herbs Mixed Vegetables Medley Fresh Fruit</p>	<p>9 Cod w/ Herbs & Tomatoes Roasted Garlic Rice Broccoli Tropical Fruit Cup</p>	<p>10 Meatballs Marinara Penne Pasta Green & Waxed Beans Mixed Fruit Cup</p>	<p>11 Western Omelet Sweet Potato Tater Tots Zucchini, Peas, & Carrots Diced Pears</p>	<p>12 <u>Birthday Celebration</u> Creamy Chicken Dijon Garlic Mashed Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice</p>
<p>15 Cheese Ravioli w/ Marinara Green Beans Diced Coins Applesauce Cup</p>	<p>16 Country Style Chicken Buttermilk Mashed Potatoes Peas & Pearl Onions Sweet Treat Orange Juice</p>	<p>17 <u>Flower Power! Groovy Luncheon</u> Roast Turkey & Gravy Stuffing Mashed Potatoes Squash Dinner Roll & Margarine Carrot Cake Ticket Cost: \$9.00</p>	<p>18 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Pineapple Tidbits</p>	<p>19 Vegetarian Lasagna Lima Beans Carrot Coins Fresh Orange</p>
<p>22 Whole Grain Fish Sticks Tater Tots Cauliflower, Carrots, & Snap Peas Mixed Fruit Cup</p>	<p>23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>24 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Fresh Fruit</p>	<p>25 Stuffed Chicken Cordon Bleu Roasted Garlic Rice Green & Waxed Beans Sweet Treat Orange Juice</p>	<p>26 CSC Closed for Volunteer Appreciation No SNP Lunch Served Today</p>
<p>29 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Sweet Treat Apple Juice</p>	<p>30 Beef Stroganoff Gemelli Pasta Green & Yellow Squash Applesauce Cup</p>	<p><u>FOOD ALLERGY WARNING:</u> Please be advised that our food may have come in contact or con- tain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to con- sumptions of meals.</p>	<p>1% Milk and Whole Grain bread are served with each meal.</p>  <p>Menu is subject to change without notice</p>	<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p><u>www.tvcca.org</u></p>