

COLCHESTER SENIOR CENTER

JULY 2020



news

"EXPLORING NEW WAYS TO TRAVEL"

WITH FRIENDSHIP TOURS

Wednesday, July 8th
11:00 a.m. – 12:00 p.m.

Friendship Tours and Colchester Senior Center proudly present a fun, interactive Zoom event- "Exploring New Ways To Travel." Come join Brett Isaacson from Friendship Tours as he shows us unique ways to "travel" and experience the places, events and live shows, through their virtual forums: "More Than Tours": Armchair tours, Interactive Virtual Tours, & Live Shows. Please call the office by Thursday, July 2nd so we can help you register and receive the Zoom invite from Friendship Tours.

MOVIE CLUB ZOOM MEETING

Friday, July 10th

10:00 a.m. to 10:45 a.m.

If you love movies and discussing them, then come join a new monthly Movie Club, via Zoom. For this first month, we will watch in the comfort of our home on CPTV-PBS, a documentary, "The Vote: An American Experience." Explore the challenges facing the women's suffrage movement. Part 1 airs on July 6th at 9:00 p.m. and Part 2 airs on July 7th at 9:00 p.m. Please call the office to register so we can send you the Zoom link or call in instructions.

MEDITATION WITH SUSAN BY ZOOM

Monday, July 13th

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

Please join a relaxing, guided meditation with Susan McCaffrey. Please call the Senior Center by July 8th to register so we can send you the Zoom link or call in instructions.

THE "MEMORY LANE SHOW" WITH MICHAEL ELLIOT

Wednesday, July 15th
11:00 – 12:00 p.m.

Memory Lane Entertainment has donated a special Memory Lane Show that presents the fabulous music of the 1950's, followed by a live Zoom interactive narration and trivia game with Michael Elliot. Please call the office to register for this free and fun activity by July 13th to register so we can send you the Zoom link or call in instructions.

HIGHLIGHTING COLCHESTER'S HISTORY WITH THE COLCHESTER HISTORICAL SOCIETY

Friday, July 17th

10:00 a.m. to 10:45 a.m.

Did you know that Colchester has 8 treasures listed on the National Register of Historic Places? Sign up for this informative Zoom presentation by members of the Colchester Historical Society that will highlight our wonderful town's history. Please call the office by July 13th to register so we can send you the Zoom link or call in instructions.



HAPPY INDEPENDENCE DAY!

One Flag, One Land, One Heart, One Hand, One Nation Evermore.

– Oliver Wendell Holmes

GARDEN Q & A ZOOM FORUM WITH THE COLCHESTER GARDEN CLUB

Wednesday, July 22nd
10:00 a.m. to 10:45 a.m.

Colchester Senior Center and the Colchester Garden Club present a Garden Q & A Zoom Forum with a certified Master Gardener through UCONN. Please call in to the office or email cscprograms@colchesterct.gov to register and send in your gardening questions by July 15th. We will send you the Zoom link or call in instructions.

"BRING YOUR OWN LUNCH" VIRTUAL LUNCH BUNCH

"MEMBERS"

RESTAURANT REVIEWS"

Friday, July 24th

12:00 p.m. to 1:00 p.m.

We know everyone misses the monthly Lunch Bunch outings as much as we do. Come and join our Virtual B.Y.O.L. Lunch Bunch and we can discuss our favorite local restaurants, while we lunch together. Please call by July 22nd to let us know you will be joining us by Zoom to register so we can send you the Zoom link or call in instructions.

HOW TO PROTECT YOUR "STUFF" IN 3 EASY STEPS

FREE ELDER LAW ZOOM WORKSHOP

Wednesday, July 29th
11:00 a.m. – 12:00 p.m.

Sign up for this free workshop conducted by Attorney George Baker. He will discuss topics including protecting retirement assets, avoiding probate, protecting assets after entering a nursing home, and information on Medicare and Medicaid. Please call the office by July 24th to register so we can send you the Zoom link or call in instructions.

**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.
mbaumman@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 Mlodzinzi, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Jean Stawicki, Secretary
Sandra Gaetano
Linda Pasternak
Geraldine Transue

From the Director's Desk

When we closed our building on March 16, 2020, I never imagined that it would be for more than a couple weeks, maybe a month, max—I thought. Here we are months later, in July, and unfortunately, it's not over yet. After much discussion with local leadership, Chatham Health Department, Senior Resources Area Agency on Aging and the Connecticut Association for Senior Center Personnel, among other experts and agencies both local and statewide, we have decided that the Colchester Senior Center will be opening its building to the public on September 1st. It still feels like such a far way off, and to be perfectly honest it's not the news we wanted.

Last week, I was on a Zoom call with senior center directors from all over the State, there were about 85 of us total. There was also the State Commissioner for Disability and Aging Services, Amy Porter, and a woman who serves on the Governor's Council of Advisors for the Reopening of the State on the call. The topic of the call was safe reopening strategies, specifically for senior centers. On June 17th, Phase 2 of the Reopening Plan was implemented. Under those guidelines, the recommendations for persons ages 65 or over and those who have medical complexities are still urged to "Stay Home. Stay Safe." It was explained that at a minimum, there is a four week phase to observe the status of coronavirus cases statewide in between the different phases. That means it will be late July before Phase 3 even begins. At this point, what's specifically included has not yet been rolled out. We do not know if there will be specific guidelines pertaining to senior center activities or not, though we sincerely hope there will. At one point in the call, we participated in a poll for when our municipality was planning to reopen. The overwhelming majority responded September 1st or later, with a few indicating that they would not reopen until 2021.

We will be flexible to move the reopen date forward or backward, as we are advised by the experts to do so, but it is good to have some clarity around what our goal is. There are benefits to our later opening, because we will learn a lot between now and then, which will only make our reopening that much more successful. To be honest, if we opened in July, there would be so many restrictions for us that it wouldn't feel at all normal. My hope is that by September 1st, we will be able to reinstate in person programming and some of the other requirements will be lifted. Although I'm sure there will be differences from how it was before we closed, a September opening will help it be more like the senior center that you're used to. Until then, we will keep all of the programs and services in place that we are able to safely do, even as we have since we originally closed our doors. Effective June 15th, all staff are back to working in the office and, as always, we are here and ready to help in any way we can. September will be here before you know it. We can't wait!

Warmly,

Patty

FRIDAY, JULY 3rd
CSC WILL BE CLOSED
IN OBSERVANCE OF
INDEPENDENCE DAY.

CONFERENCE CALL BINGO
Every Tuesday
1:30 p.m. to 3:00 p.m.

If you are interested in playing free conference call Bingo, please call the senior center and we will send you 2 reusable bingo cards and markers and provide the call-in information. Although there will not be cash prizes for each round, we will have a mystery prize for the Fill-The-Card round. Please note: long distance charges will apply unless you have unlimited long distance coverage on your phone plan.

WALKING GROUP
Wednesdays
10:00 a.m.

Got Sneakers? The Colchester Senior Center will resume their Walking Group, Wednesday, July 1st, weather-permitting. The group meets at the Airline Trail at Old Hartford Road. Please ensure that you practice the 6 feet social distance rule and have your mask on hand during this time.

VIRTUAL "HAPPY HOUR"
Wednesdays
2:00 p.m. to 3:00 p.m.

Let's get together for "Happy Hour". Mix your favorite cocktail or "mock-tail" 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 receive the Zoom link or call-in instructions.



JUSTINE'S MUSIC
APPRECIATION
& TRIVIA HOUR
Fridays
1:00 to 2:00 p.m.

Are you a music buff? Join in on the fun as we listen to records, learn about music from different eras each week, followed by a trivia game. Call the office to register and receive the Zoom link.

COMMUNITY
CONVERSATIONS
WITH THE FIRST SELECTMAN
Thursday, July 16th
11:00 to 12:00 a.m.

Join Mary Bylone, the First Selectman of Colchester, via Zoom, to engage in meaningful dialogue about Colchester. Please sign up by calling the office at 860-537-3911 by Thursday, July 14th, so we can provide you with the Zoom log in or dial-in information.

VIRTUAL BOOK CLUB
Tuesday, July 21st
10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is Moxie, written by Jennifer Mathieu. If you are interested in obtaining Moxie from Cragin Memorial Library, please call Justine at the office.

MAKE YOUR OWN
GREETING CARDS
Friday, July 24th
9:00 a.m. – 10:00 a.m.

What a fitting time to send your friend or family a homemade greeting card. If you would like to make your own greeting cards with Barbara Gozzo, via Zoom, please call the office by July 13th so we can arrange the in-town delivery of the materials. There will be a cost of \$3.00 which will include pre-stamped cards for you to color in with your own colored pencils, as well as decorative tape/embellishments.

IN THE KNOW
Tuesday, July 28th
12:30 p.m. – 1:30 p.m.

Please join Patty, as she discusses the current happenings at the Colchester Senior Center. Please call the office to register for this program and be sent the Zoom link or call in instructions.

HEALTHY HEART COOKING
DEMO ON ZOOM
Thursday, July 30th
1:30 p.m.

Please join Justine for her virtual Zoom Cooking Demo focused on heart healthy recipes. July's recipe will be a strawberry, feta and candied pecan spinach salad with raspberry vinaigrette. Justine will send out the ingredient list and recipe to you beforehand, if you desire to make the recipe along with the class. Call the office by Friday, July 24th, in order to have the Zoom link or call in instructions sent to you.

A "BERRY" SPECIAL
CONFERENCE CALL BINGO
Friday, July 31st
10:00 a.m.

We will hold a "Berry" special BINGO conference call game on Friday, July 31st. We will have a surprise BINGO caller on this day and have a "Berry" delicious prize for the fill the card round. If you need 2 reusable BINGO and markers, please call the Senior Center by July 22nd, so we can arrange to get them to you, as well as provide the conference call information



CLASS	DAY & TIME	INFO	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Please call Justine if you are in need of Coloring Packets to be delivered to you, if in town.	TUESDAYS 11:00 A.M.	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. Prizes available for the Fill Your Card round.	TUESDAYS 1:30 P.M.	BINGO CARDS & MARKERS AVAILABLE	NO FEE
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard. *See below on how to obtain Zoom link and instructions.	MONDAYS & THURSDAYS 9:00 A.M.	ON ZOOM	NO FEE
JUSTINE'S MUSIC APPRECIATION & TRIVIA Enjoy music and trivia of specific eras. Led by Justine Kowinsky *See below on how to obtain Zoom link and instructions.	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 *See below on how to obtain Zoom link and instructions.	THURSDAYS & FRIDAYS 11:00 A.M.	ON ZOOM	NO FEE
SITTERCIZE This seated fitness class is a full-body workout and is safe for all levels of fitness or mobility. Instructor: Anne Beauregard *See below on how to obtain Zoom link and instructions.	MONDAYS, THURSDAYS 10:00 A.M.	ON ZOOM	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle *See below on how to obtain Zoom link and instructions.	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 *See below on how to obtain Zoom link and instructions.	WEDNESDAYS 2:00 P.M.	ON ZOOM	NO FEE
WALKING GROUP Meet at the "Airline Trail" and walk with peers. Group Led.	WEDNESDAYS 10:00 A.M.	5 CLASSES	NO FEE

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 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.

HEALTH & WELLNESS

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 feels 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, July 13 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.

COMMUNITY VOICES:

SENIORS TO SENIORS

SPECIAL BOOK ROLL OUT EVENT IN EARLY SEPTEMBER



Back in March, right before we closed due to COVID, a workshop was held at the Senior Center where our members were asked to create a personal 6-word memoir to be included with the memoirs from the 2020 graduating seniors from Bacon Academy for the 2nd edition publication called, *Community Voices: Seniors to Seniors*. The beautifully poignant book is complete. We will celebrate in early September, upon our opening, with a special roll out party with Lynette Dimock and Geri Dineen from Bacon Academy who led the project with the Bacon Academy Seniors to publish this amazing piece of Colchester history. We will announce the date of the event in August's newsletter. The full color, spiral bound book will be available to order, with a cost of \$5.00. Please call the Senior Center to order your copy and make arrangements to send in your payment. Thank you to all the Senior Center members who submitted their 6-word memoirs.

COLCHESTER SENIOR CENTER "FROM OUR HEARTS" RECIPE BOOK

Do you have a tasty, favorite recipe that you would like to share in our very own Colchester Senior Center recipe book? We would like to put together a booklet of special recipes from our members, including little "recipes of wisdom" for living well. We will have the book ready in September. To submit your personal recipe, you can mail them to Justine Kowinsky at the Senior Center: 95 Norwich Avenue, Colchester, CT 06415 or you can email them to: cscprograms@colchesterct.gov.



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 postponed to 2021. 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.

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.


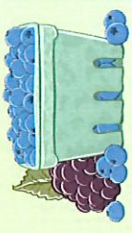
Bronx Zoo, September 10, 2020: As of right now, we anticipate this trip going off as anticipated, although this is subject to change. Should Friendship Tours cancel this trip or you feel uncomfortable with traveling, issues will be refunded according to the cancellation schedule.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Walking Group 2:00 Virtual "Happy Hour" on Zoom	2 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan	3 CSC CLOSED In Observance Of Independence Day	4 
5 8:30 Colchester Garden Club 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	6 9:00 Golf League at Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	7 9:00 Golf League at Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	8 10:00 Walking Group 11:00 "Exploring New Ways to Travel" Friendship Tours Zoom Presentation 2:00 Virtual "Happy Hour" on Zoom	9 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan	10 10:00 Movie Club Discussion on ZOOM 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	11 Independence Day (US)
12 8:30 C.O.A Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Meditation with Susan on Zoom	13 8:30 C.O.A Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Meditation with Susan on Zoom	14 9:00 Golf League at Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30- Conference Call BINGO	15 10:00 Walking Group 11:00 The Memory Lane Show- The Fabulous 50's show and trivia on Zoom 2:00 Virtual "Happy Hour" on Zoom	16 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Community Conversations with Mary Bylone on Zoom	17 10:00 Highlighting Colchester's History with Colchester Historical Society on Zoom 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	18
19 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	20 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	21 9:00 Golf League at Chantclair 9:45 Tai Chi on Zoom 10:30 Zoom Book Club 11:00 Adult Coloring 1:30 Conference Call BINGO	22 10:00 Walking Group 10:00- Garden Q&A Forum on Zoom 2:00 Virtual "Happy Hour" on Zoom	23 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 12:00 Live Well Workshop on Zoom 11:00 Yoga with Susan	24 9:00 Make At Home Greeting Cards 11:00 Yoga with Susan 12:00 B.Y.O.L. Lunch Bunch- Restaurant Reviews 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	25
26 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	27 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	28 9:00 Golf League at Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 12:30 In The Know on Zoom 1:30 Conference Call BINGO	29 10:00 Walking Group 11:00 Free Elder Law Workshop via Zoom 2:00 Virtual "Happy Hour" on Zoom	30 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan 12:00 Live Well Workshop on Zoom 1:30 Healthy Heart Cooking Demo on Zoom	31 10:00 Conference Call BINGO 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	We Care About You! Be Safe and Be Well! 



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.



TVCCA SENIOR CAFÉ MENU ~ JULY 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 860-886-1720 (24hr voice mail available).</p>	<p>1 % milk and Whole Grain Bread served with each meal. Menu is subject to change without notice.</p>	<p>1 Crispy Cod Macaroni & Cheese Broccoli Diced Peaches</p>	<p>2 Stuffed Chicken w/ Broccoli & Cheese Rice Pilaf Carrot Coins Sweet Treat Orange Juice</p>	<p>3 <u>Senior Nutrition Program Closed</u></p>
<p>6 Chicken Primavera Shells Pasta w/ Herbs Brussels Sprouts Fruit Cocktail</p>	<p>7 Steak Fajita w/ cheddar cheese Rice and Beans Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>8 <u>Ethnic Celebration</u> French Style Chicken w/ Wine Sauce Turnips w/ Herbs Green Beans Sweet Treat Grape Juice</p>	<p>9 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Mixed Fruit Cup</p>	<p>10 Shrimp Stir Fry Steamed rice Oriental Vegetable Blend Pears w/ Mandarin Oranges</p>
<p>13 Stuffed Pepper Casserole Peas & Pearl Onions Yellow Squash Fresh Fruit</p>	<p>14 BBQ Chicken Drumsticks Glazed Sweet Potatoes Mixed Vegetables Sweet Treat Apple Juice</p>	<p>15 <u>July Celebration meal</u> Pub Burger w/ Bun Baked Beans Squash Mix w/ Carrots & String Beans Fruit Cocktail</p>	<p>16 Cheese Pierogis Kasha (Groats w/ Roasted Vegetables) Broccoli Diced Peaches</p>	<p>17 Swedish Meatballs Egg Noodles Zucchini Pineapple Tidbits</p>
<p>20 Cod w/ Mango Salsa Cilantro Lime Rice Broccoli Tropical Fruit Cup</p>	<p>21 Salisbury Steak w/ gravy Garlic Mashed Potatoes Corn w/ Onions & Peppers Mixed Fruit Cup</p>	<p>22 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Zucchini, Peas, & Carrots Fresh Orange</p>	<p>23 Beef Hot Dog w/ Bun Tater Tots Green & Waxed Beans Pineapple Tidbits</p>	<p>24 <u>Birthday Celebration</u> Pesto Grilled Chicken Lemon Parmesan Pasta Cauliflower, Carrots, & Snap Peas Birthday Treat Grape Juice</p>
<p>27 Stuffed Chicken Kiev Garlic Mashed Potatoes Corn Pineapple Tidbits</p>	<p>28 Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Oriental Vegetable Blend</p>	<p>29 Stuffed Shells w/ marinara Yellow Squash Mixed Vegetables Diced Peas</p>	<p>30 Chicken Tacos Spanish Rice Zucchini Sweet Treat Grape Juice</p>	<p>31 Cod w/ Lemon Dill Sauce Herb Roasted Potatoes Broccoli Fresh Fruit</p>