

COLCHESTER SENIOR CENTER

AUGUST 2020



news

TOUR THE WORLD FROM YOUR HOME

Friday, August 7 & August 21
11:00 a.m.

Join Tours of Distinction for travel trivia and tour the world from your home. Journey around the world through a series of questions and images for your chance to win a \$50 Visa Gift card! On August 7th, the travel trivia will focus on the Northeast of the United States. On the 21st, the travel trivia will be a broader world base. It is a 21 multiple-choice question format, which operates on the honor system. Participants write down their answer, then submit their score through the 'chat' feature. Winner gets the gift card. If there is a tie, we do a draw on the zoom meeting. Please call the Senior Center to register and receive the Zoom instructions and link.

**KEEPING OUR COOL
THROUGH LAUGHTER:
A HISTORY OF COMEDY**
Wednesday, August 12
11:00 a.m.

Let's have a laugh fest! Come and join a Zoom hour on the direct benefits of laughter to our health and overall outlook in life. We will explore the history of comedy and watch well known and not-so-well-known clips of comedians and comedic moments in time. Please register for this fun event by August 10th for this activity by calling or emailing the Senior Center: cscprograms@colchesterct.gov.



HIGHLIGHTING HISTORY

Friday, August 14
10:00 a.m.

Come learn about the history of the beautiful town of Colchester. Sign up for this informative Zoom presentation by members of the Colchester Historical Society. Please call the office by August 10th to register so we can send you the Zoom link or call in instructions.

LIFELONG LEARNING: PROMOTING HEALTHY HABITS

Friday, August 14
1:30 p.m.

Now more than ever, it is very important to maintain a healthy lifestyle. Join Andrea Deedy, the nutritionist from TVCCA, in a discussion and Q&A on forming habits which promote your good health. Please call the office by August 10th to register so we can send you the Zoom link or call in instructions.

VIRTUAL TOUR OF BOSTON WITH FRIENDSHIP TOURS

Wednesday, August 19
11:00 a.m.

Experience the sights and learn about the rich history of Boston's famous Freedom Trail and North End, with a guide who will narrate a live walking tour on Zoom. Please go on www.friendshiptours.net, by August 17th to register in advance. Call the Senior Center if you need assistance in registering. The live, guided tour features Bob, a Friendship Tours FAVORITE as your tour guide. A suggested donation of \$10 per person would be welcomed to help offset the cost, payable on Friendship's website when you register.

LETTERS FROM COLCHESTER PAST

Friday, August 21
1:30 p.m.

Join us on Zoom to hear a loving son read his beloved father's very detailed and expressive letters about growing up in Colchester during the 1920s and 1930s. Don't miss this special moment to hear a poignant voice from the past. Please call the office by August 19th to register so we can send you the Zoom link or call in instructions.

PICNIC PARADE

Wednesday, August 26
11:30 a.m.

Join our exciting drive through picnic. Greet the CSC staff as they hand out a boxed lunch from TVCCA, of summer picnic fare including a Hamburger, chips, coleslaw, cookie and a bottle of water. If you cannot attend by driving, our ever-generous bus drivers will deliver your meal locally. Cost of lunch is \$6.00, payable as your drive through (exact change or checks preferred). Please call to register by Wednesday, August 19th. We're so excited to SEE YOU!

VIRTUAL LUNCH BUNCH

Friday, August 28
12:00 p.m.

We know everyone misses the monthly Lunch Bunch outings. We do, too. Come and join our Virtual Lunch Bunch where you bring your own lunch from your favorite take out joint or even your very own kitchen and enjoy an hour of socializing with friends. Please call by August 26th to let us know you will be joining us by Zoom to register so we can send you the 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

Who's in need of a little good news? I know I am. It's my pleasure to report that things are moving right along for the Senior Center Building Committee, as we move closer and closer toward the goal of a brand new senior center facility for our Town, provided it passes a future referendum vote. We are at the point, as of our last meeting, where the Committee has decided to pursue one specific floor plan out of the twelve different options shown to them by the architects firm, Silver, Petrucelli & Associates. Can I just say how exciting that is? The building has so many beautiful program and gathering spaces and I can picture it in my mind's eye full of our members enjoying every bit of it.

The Building Committee Meetings are open to the public, and during this time are being held on Zoom for anyone who would like to tune in. Citizens can join the meeting by following the links found on the Town website at www.colchesterct.gov and click the "Your Government" tab, click on "Boards & Commissions", scroll down to the "Senior Center Building Committee" and click on it, open the most recent agenda and the Zoom log in information (Meeting ID and Password) will be listed there. You can add any comments you may have during Citizens Comments, which is on the agenda in two places at every meeting. I encourage you to join. I promise it will get you excited about the potential for a new senior center, too.

Some folks have asked me what types of rooms will be included. Although the plan is still being adjusted based upon the Building Committee's feedback, there is some general information I can give you. Most of the design aspects were suggestions made in the 2017-2022 Strategic Plan for the Department of Senior Services, which was approved by the Board of Selectmen in 2017. The Building Committee and architectural firm have used these recommendations as a jumping off point to begin their design work. There is a spacious Multi-Purpose Room for large scale programs, special events and the daily lunch meal. This room will be able to be divided to provide two smaller program spaces, as well. A commercial kitchen will be connected to this room. There is a Game Room, to contain a billiard table and card tables; an Arts & Crafts Room with a sink for cleaning up paints, etc.; a large Activity Room which could be used in many ways; a Fitness Room for exercise classes and a Fitness Center for stationary fitness equipment; the Making Memories Program will have a dedicated classroom, a Library and Computer Room; a warm reception and lobby area and staff offices. The architects are also looking at features like a drive under portico for loading/unloading the senior buses, and the site design for plenty of parking.

In this time when the news is so difficult to hear, stress is heightened and tensions are running high--doesn't it feel good to hear a bit of good news for our Town and community? Let's celebrate together.

Warmly,

Patty

ZOOM MEDITATION

Mondays in August
11:00 a.m.

The medical establishment has agreed that the benefits of meditation is great. Please join us on Mondays for a half hour of meditation. We will be using various meditation forums available online and live to foster a relaxed state of mind and being. Call the senior center to register and receive the Zoom link or call-in instructions.

CONFERENCE CALL BINGO

Tuesdays in August
1:30 p.m.

If you are interested in playing Conference Call Bingo, let us know 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 prize for the Fill-The-Card round. Please note: long distance charges may apply.

WALKING GROUP

Wednesdays in August
10:00 a.m.

Got Sneakers? Weather permitting this group meets at the Airline Trail entrance at Old Hartford Road. Please practice social distancing (6 ft. or more) and wear your mask. Please preregister.

"HAPPY HOUR"

WHAT ARE YOU GRATEFUL FOR?

Wednesdays in August
2:00 p.m.

Let's get together for a social and fun "Happy Hour". Mix your favorite cocktail or "mock-tail" and come say hello. We will take a moment to share something we are grateful for. Please call the senior center to register and receive the Zoom link or call-in instructions.

COLCHESTER GARDEN CLUB

Monday, August 3
8:30 a.m.

Join the Colchester Garden Club volunteers as they meet up to offer some socially distanced garden maintenance for the front and side gardens of the Colchester Senior Center. No experience required. Bring a water bottle.

JUSTINE'S MUSIC APPRECIATION & TRIVIA HOUR

Friday, August 7
1:00 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 by August 6th to register and receive the Zoom link.

COMMUNITY CONVERSATIONS WITH THE FIRST SELECTMAN

Thursday, August 13
3:00 p.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 August 12th, so we can provide you with the Zoom log in or dial-in information.

VIRTUAL BOOK CLUB

Tuesday, August 18
10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is *Homegoing*, written by Yaa Gyasi. Books are held on reserve at Cragin Memorial Library. Everyone is welcome. Join having read the book in preparation for the discussion.

MOVIE CLUB ZOOM MEETING

Friday, August 21
10:00 a.m.

Join our monthly Movie Club, via Zoom. This month, we will watch *Fearless*, starring Jeff Bridges and Isabella Rossellini. A man's personality is dramatically changed after surviving a major airline crash. It airs on CPTV/PBS August 8th at 9:00 p.m. and again on August 9th at 2:00 p.m. Please register for Zoom link or call in instructions.

IN THE KNOW

Tuesday, August 25
12:30 p.m.

Please join Patty, as she discusses the current happenings at the Colchester Senior Center. Please call the office to be sent the Zoom link.

HEALTHY HEART COOKING DEMO ON ZOOM

Thursday, August 27
1:30 p.m.

Please join Justine for her virtual Zoom Cooking Demo focused on heart healthy recipes. August's recipe will be a Vegetarian Lo Mein with Shiitakes, Carrots & Bean Sprouts. The ingredient list and recipe can be sent beforehand, if you desire to make the recipe along with the class. Call the office by Friday, August 20th, for Zoom link.

TALENT & HOBBY SHARE HOUR ON ZOOM

Friday, August 28
1:30 p.m.

Do you have a special talent or hobby, such as singing, playing an instrument, poetry, art, or woodworking that you would like to share with others? Please join in on our Talent and Hobby Share on Zoom. Please pre-register for by Monday, August 24th. A Zoom link will be sent.

CLASS	DAY & TIME	INFO	FEE
VIRTUAL MEDITATION A half hour of meditation, using various meditation forums available online and live to foster a relaxed state of mind and being. Led by Justine Kowinsky	MONDAYS 11:00 A.M.	ON ZOOM	NO 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.	MONDAYS & THURSDAYS 9:00 A.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	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	MONDAYS, THURSDAYS 10:00 A.M.	ON ZOOM	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ON ZOOM	NO FEE
VIRTUAL "HAPPY HOUR" Bring your own drink and enjoy a social gathering to say hello and connect with friends, once per week. *No gathering on August 12, due to staff meeting	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.	4 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 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, unless otherwise stated in the newsletter. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment at any time.

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.

Due to COVID-19, the Making Memories Program will not be meeting in person until further notice. Until we can reopen, MMP Coordinator, Missy Bauman, will be hosting weekly Zoom programs, calling all class members and providing activities via email and delivery (in town only) for those who are interested. You can reach Missy at 860-537-3911, for more information.

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 preventative action to protect yourself.

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

Watch for symptoms and emergency warning signs

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

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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. Please bring a mask to your meeting.

MEETINGS IN AUGUST

COMMISSION ON AGING

Monday, August 10
8:30 a.m.

CSC STAFF MEETING

Wednesday, August 12
2:30 p.m.

SENIOR CENTER BUILDING COMMITTEE

Tuesday, August 11 & 25
7:00 p.m.

Zoom links to join Committee or Board Meetings are posted on the Town website at:

www.colchesterct.gov

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.

COMMUNITY CAFÉ MEAL DELIVERIES

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.

SENIOR FARMERS' MARKET VOUCHER DISTRIBUTION

Thursday, August 13 at 10:30 a.m.

For those persons who preregistered for Farmers' Market Vouchers through Senior Resources Area Agency on Aging, your vouchers are ready to be distributed to you. Vouchers are provided as 6 "checks" of \$3.00 (no actual cash value), for a total value of \$18 per person, per season. Vouchers are good for purchases of fruits, vegetables, fresh cut herbs and honey from certified CT Grown Farms at designated Farmers' Markets of farm stands through October 2020. Drive up and see Patty in the gazebo, please wear a mask. No signatures are required this year. Those living at Colchester Housing Authority properties, please see Laura Wheeler to register for and receive your Farmers' Market Vouchers.

DONATIONS GRATEFULLY APPRECIATED

I wanted to say a heartfelt thank you to everyone who has made generous donations to the senior center during this time when our building is shut down to the public. Whether your donations were made out of appreciation for what we are doing or was identified for a specific purpose, like supporting programs, we are grateful for your thoughtfulness and generosity. Financially for our program account, this year of COVID is a challenging one for us. The commissions that we get from the travel companies for the trips that we sponsor provide an enormous amount of funding for our programs. Given that travel has shut down for the foreseeable future, our program account, which has seen steady growth even with the increase in programs, is dwindling. It's also likely that we will not be able to hold our Holiday Fair, our largest fundraiser of the year. To those who have contributed monetary donations, please know that they will go a long way to get us through this challenging year, so we can continue to provide the programs you've come to enjoy. We are deeply grateful!

Sincerely,
Patty Watts, Director of Senior Services



We have partnered with our Travel Vendors for some exciting **Virtual Travel Opportunities**. Please see page 1 of our newsletter for programs hosted by Tours of Distinction and Friendship Tours. They have been very innovative in offering **Virtual Special Events** and **Virtual Travel Experiences** via Zoom for their patrons during this time, when actual travel plans have ceased. We hope that you will avail yourself of these opportunities. It's a great way to stay involved in the world around you, from the comfort and safety of your own home.

Foxwoods Casino-April 29, 2020: With the extended delays in reopening and the likelihood that we will not be able to reschedule this trip during this year, we have issued refunds to everyone who had registered for this trip.

Goodspeed Opera House "South Pacific"-May 27, 2020: The "South Pacific" show at the Goodspeed is being postponed to 2021. Refunds have been issued for anyone who had registered for this trip.

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.

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: This trip has been cancelled and will be rescheduled for the summer of 2021, for all who were interested in going on this trip. Refunds have been issued.

Bronx Zoo, September 10, 2020: This trip is cancelled and refunds have been made.


Virginia Beach & the Outer Banks, September 28-October 2, 2020: This trip is cancelled and will be rescheduled for 2021. Refunds have been issued.

Sounds of the 60's, October 6, 2020: This trip is cancelled. At the time of cancellation, we did not have anyone registered for it.

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.

Ride & Dine Bistro October 21, 2020: We are still taking reservations for this trip, but are monitoring the travel situation carefully and will notify travelers accordingly.

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
<div>  <h1>August 2020</h1> </div>						
2	3 8:30 Colchester Garden Club (Garden Maint.) 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation on Zoom	4 9:00 Golf League @ Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	5 NO Making Memories 10:00 Walking Group @ Airline Trail 2:00 "Happy Hour" What Are You Grateful For? on Zoom	6 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan on Zoom 12:00 Live Well Workshop on Zoom	7 11:00 Tour the World from Your Home with TOD on Zoom 11:00 Yoga with Susan on Zoom 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	1
9	10 8:30 C.O.A Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation on Zoom	11 9:00 Golf League @ Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	12 10:00 Making Memories on Zoom 10:00 Walking Group @ Airline Trail 11:00 Keeping It Cool with Laughter NO "Happy Hour" 2:30 Staff Meeting	13 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 10:30 Farmers' Market Vouchers Distribution 11:00 Yoga with Susan 12:00 Live Well Zoom 3:00 Community Conversations on Zoom	14 10:00 Highlighting History with Colchester Historical Soc. on Zoom 11:00 Yoga with Susan on Zoom 1:30 Lifelong Learning: Promoting Healthy Habits" on Zoom	15
16	17 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation on Zoom	18 9:00 Golf League @ Chantclair 9:45 Tai Chi on Zoom 10:30 Virtual Book Club on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	19 10:00 Making Memories on Zoom 10:00 Walking Group @ Airline Trail 11:00 Virtual Tour of Boston on Zoom 2:00 "Happy Hour" What Are You Grateful For? on Zoom	20 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan on Zoom 12:00 Live Well Workshop on Zoom	21 10:00 Movie Club Zoom Meeting 11:00 Tour the World from Your Home with TOD on Zoom 11:00 Yoga with Susan on Zoom 1:30- Letters from Colchester Past on Zoom	22
23	24 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation on Zoom	25 9:00 Golf League @ Chantclair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 12:30 In the Know on Zoom 1:30 Conference Call BINGO	26 10:00 Making Memories on Zoom 10:00 Walking Group @ Airline Trail 11:30 Picnic Parade 2:00 "Happy Hour" What Are You Grateful For? on Zoom	27 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	28 11:00 Yoga with Susan on Zoom 12:00 Virtual Lunch Bunch on Zoom 1:30 Talent & Hobby Share Hour on Zoom	29
30	31 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Virtual Meditation on Zoom					
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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 CAFE MENU ~ AUGUST 2020

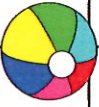

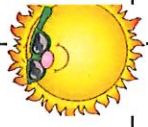


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Western Omelet Sweet Potato Tater Tots Pes & Pearl Onions Mixed Fruit Cup</p>	<p>4</p> <p>Stuffed Pepper Casserole Zucchini Corn Fruit Cocktail</p> 	<p>5</p> <p>Crispy Cod Sandwich Tater Tots Mixed Vegetables Medley Applesauce Cup</p>	<p>6</p> <p>Steak Fajitas w/ Cheddar Cheese Yellow Rice & Black Beans Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>7</p> <p>Stuffed Chicken Cordon Bleu Mashed Potatoes Broccoli Sweet Treat Apple Juice</p>
<p>10</p> <p>BBQ Pulled Pork w/ Bun Baked Beans Yellow Squash Tropical Fruit Cup</p> 	<p>11</p> <p>Birthday Celebration Pesto Grilled Chicken Lemon Parmesan Pasta Cauliflower, Carrots, & Snap Peas Birthday Treat Grape Juice</p>	<p>12</p> <p>Salisbury Steak w/ Gravy Garlic Mashed Potatoes Corn w/ Onions & Peppers Fresh Fruit</p>	<p>13</p> <p>Beef Hot Dog w/ Bun Tater Tots Peas & Carrots Pineapple Tidbits</p> 	<p>14</p> <p>Ethnic Celebration Pork Dumplings w/ Shredded Cabbage & Carrots Steamed Rice Oriental Vegetable Blend Pears w/ Mandarin Oranges</p>
<p>17</p> <p>French Style Chicken w/ Wine Sauce Turnips w/ Herbs Broccoli Diced Peaches</p>	<p>18</p> <p>Cheese Pierogis Kasha (Groats w/ Roasted Vegetables) Peas & Pearl Onions Applesauce Cup</p>	<p>19</p> <p>Summer Celebration Chicken Primavera Shells Pasta w/ Herbs Yellow Squash Sweet Treat Orange Juice</p> 	<p>20</p> <p>Pork Sausage & Gravy Sweet Potato Tater Tots Zucchini Fruit Cocktail</p>	<p>21</p> <p>Cod w/ Mango Salsa Cilantro Lime Rice Corn w/ Onions & Peppers Fresh Fruit</p>
<p>24</p> <p>Swedish Meatballs Egg Noodles Brussel Sprouts Sweet Treat Grape Juice</p>	<p>25</p> <p>Shrimp Stir-Fry Steamed Rice Oriental Vegetable Blend Fresh Orange</p>	<p>26</p> <p>PICNIC PARADE Hamburger w/ Bun Cheese, Lettuce & Tomato Potato Chips, Coleslaw Bottled Water & Cookie Cost: \$6.00 (cash or checks made payable to TVCCA)</p>	<p>27</p> <p>BBQ Chicken Drumsticks Glazed Sweet Potato Green & Waxed Beans Pineapple Tidbits</p>	<p>28</p> <p>Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Zucchini, Peas, & Carrots Mixed Fruit Cup</p>
<p>31</p> <p>Cod w/ Lemon Dill Sauce Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit</p>			<p>1% Milk and Whole Grain Bread served with each meal. Menu is subject to change without notice.</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p>

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