

COLCHESTER SENIOR CENTER

April 2018



news

LIVE WELL WORKSHOP SERIES

Mondays, April 2 – May 7
12:30 p.m.

Do you have a chronic health condition like diabetes, arthritis, high blood pressure, heart disease, or depression? Workshops provide tips on reducing pain and fatigue, eating better, making exercise fun, talking with your doctor, and more. Class size is limited. Please pre-register.

ATLANTIC CANADA CRUISE PRESENTATION

Wednesday, April 4
4:30 p.m.

Tyler Zajacz, President of Tours of Distinction, will be here to discuss the new Atlantic Canada Cruise that we are promoting for this June. Don't miss it! Please pre-register.

KATHARINE HEPBURN: FROM HARTFORD TO HOLLYWOOD LUNCHEON

Wednesday, April 11
11:00 a.m.

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. The CT Historical Society will be here to tell us about her life here in CT and as a Hollywood star. After the presentation, we'll enjoy a delicious luncheon of pot roast with carrots, onions & gravy, mashed potatoes, tossed salad, and pie. Tickets are selling fast, and space is limited. Tickets are \$8.00 and are on sale through Wednesday, April 4th or until sold out.

GOLF LEAGUE MEETING

Tuesday, April 17
2:30 p.m.

Play with our co-ed Golf League for 16 weeks at Chantclair Golf Course. Attend this informational meeting to learn more.

HAWAIIAN CRUISE 2019 TRAVEL PRESENTATION

Wednesday, April 18
10:30 a.m.

Brett from Friendship Tours & Cruises will present the details for next March's exciting cruise of the Hawaiian Islands!

"OUR CUBAN EXPERIENCE"

Tuesday, April 24
10:30 a.m.

John & Irene Malsbenden will take us on a virtual journey to Cuba and share their experiences with the people and culture of this fascinating country. Please join us!

ULTIMATE BINGO

Wednesday, April 25
Game begins at 4:30 p.m.

Enjoy a fun night out with the chance to win cash prizes! Refreshments will be served. Admission is \$10.00 for 5 cards. Pre-registration recommended.

VISION LOSS PRESENTATION

Thurs., April 26 11:30 a.m.

Kevin McNally will speak about his personal experience with the rare degenerative retina disease Albi Punctate Dystrophy and the importance of education and understanding of vision loss. Sponsored by Marlborough Health & Rehab.

VOLUNTEER APPRECIATION EVENT

Friday, April 27
11:00 a.m.

For volunteers who serve the Colchester Senior Center 25 hours or more annually, we are hosting a lovely luncheon program to say thank you! Invitations have been individually sent. Please RSVP by Friday, April 13th.

ADULT FAMILY LIVING PROGRAM

Monday, April 30
10:30 a.m.

William Mendoza from Juniper Home Care will discuss this important program offered through the State of CT under the Connecticut Home Care Program for Elders. Learn how you may be eligible to receive extra income while caring for a loved one in your home. Pre-register by Thursday, April 26th.

SENIOR FINANCIAL SCAMS LUNCH n' LEARN

Thursday, May 3
11:00 a.m.

To increase your odds that you or a loved one can avoid becoming a victim of financial exploitation, you need to know the facts. Susan Dombroski from CorePlus Credit Union will teach us ways to protect ourselves and loved ones from these financial scams. Lunch catered by Chestelm Health & Rehab. Sponsored by the Colchester Commission on Aging. Pre-register by Tuesday, May 1st. Space is limited for this free presentation which includes a complimentary lunch.

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.-6:00 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/Municipal
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Missy Bauman
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Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Jane Moreno
Nutrition Site Server

COMMISSION ON AGING

Jean Stawicki, Chair
Eleanor Phillips, Vice Chair
Marjorie Mlodzinski, Treasurer
Roberta Avery
Linda Grzeika
Goldie Liverant
Jennifer Rayburn-DeHay
Nan Wasniewski, Alternate

From the Director's Desk

We seek to recognize the substantial efforts of our volunteers during Volunteer Appreciation Month, held annually in the month of April. At the end of the month, we will be hosting a celebratory lunch in honor of our volunteers and it goes without saying that we could not do all that we do without the time and talents of this wonderful bunch of people. In the year 2017, volunteers served a total of 5,871 hours here at our center. That is astounding for a senior center that serves a town the size of Colchester! There are many roles that our volunteers play and each and every one is vital to our ability to carry out our mission successfully.

I have always thought that a senior center can never be all things to all people, but we work hard to be sure that we can have "something" for everyone who wants it. I have similar thoughts and feelings about volunteering. Diversity in volunteering is to be encouraged and celebrated—it is really an area where there is something for everyone. Not everyone will feel comfortable leading a class, or enjoy answering phones or producing our monthly newsletter, but I want to believe that anyone who makes it known that they have time to give; we will do our best to match them up with a volunteer opportunity that will be appealing for them and their schedule. Some people prefer working in groups, others would rather work alone; some people prefer visible roles, others only feel comfortable working behind the scenes; some people are looking to spend a lot of time and others are more time-limited. Not everyone is the same, and we value that here!

Although we appreciate the efforts of everyone's volunteer efforts and truly believe that every gift of time is important and necessary, we needed to institute some objective criteria when considering who would be included in the recognition. Because of this, we have sent personal invitations to anyone who gave in excess of 25 hours in service to the benefit of the Colchester Senior Center. This month's recognition is to honor those hours served in 2017. If you do not currently volunteer with us but would like to, I'd love to talk with you about how and where the senior center could benefit from you!

You can find in our departmental description that one of the various missions of the Colchester Senior Center is to provide "meaningful volunteer opportunities" for our members. Just like with monetary donations, I believe that when it comes to volunteering your time—no gift is too small! Thank you to all of our wonderful volunteers, we appreciate all that you do...and we couldn't do it all without you!

Warmly,

Patty

PROGRAMS

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KNIT & CROCHET

Thursdays at 1:00 p.m.

Work on your own project or the "pattern of the month." Supplies provided or bring your own.

LINE DANCING

Thursdays at 1:00 p.m.

Do you like to dance? Learn routines with diverse fun songs ranging from country to hip hop. Don't miss the fun!

GARDENING

Mon., April 2, 8:30 a.m.

The Colchester Garden Club maintains our beautiful gardens at the senior center and is looking for more volunteers. Led by Lori Faski. Join us!

TED TALK DISCUSSION

Tues., April 3, 10:30 a.m.

Join Becky for this month's topic on the environment and discuss ways to help cut down on plastic pollution. Please pre-register in the office.

AARP CHAPTER #4019

Tues., April 3, 1:30 p.m.

After this month's meeting, enjoy an engaging presentation on "Disrupt Aging". AARP volunteers facilitate discussion about changing the stories we tell ourselves about aging through new solutions that help us to age differently. Don't miss this incredible, innovative program that puts a new perspective on getting older! This program is open to all.

"STEP ON IT!"

CELEBRATION

Thurs., April 5, 11:00 a.m.

Our walkers have made their way (virtually) to Savannah, GA! Participants will celebrate with a themed luncheon. Co-sponsored by Kindred at Home.

GROCERY BINGO

Fri., April 6, 10:30 a.m.

Join us for this fun, free Bingo game with prizes for your pantry! Sponsored by Crescent Point in Niantic. Pre-register.

FACEBOOK PRIVACY

Wed., April 11, 4:30 p.m.

Attend this free workshop about the importance of Internet security and how to update your Facebook privacy settings.

SHOPPING TRIP

Thurs., April 12, 10:30 a.m.

This month's trip will be to Walmart and Crystal Mall in Waterford. Suggested donation is \$4.00 for bus transportation. Pre-register.

HISTORICAL PHOTOS

Mon., April 16, 10:30 a.m.

Sheila Tortorigi, Chair of Collections for the Colchester Historical Society needs help identifying people and buildings in photos that she has on file.

BOOK CLUB

Tues., April 17, 10:30 a.m.

We'll discuss *Small Great Things* by Jodi Picoult. Books are available at Cragin Library.

PINTEREST CRAFT

Wed., April 18, 1:00 p.m.

Becky will lead this fun craft where you will create a set of 2 marbled mugs! Cost is \$5.00 for materials. Register 4/17.

DINNER & MOVIE NIGHT

"Darkest Hour" (PG-13)

Wed., April 18, 3:30 p.m.

Don't miss this critically-acclaimed film starring Gary Oldman as Winston Churchill. Cost is \$5.00 for pizza, chips & soda from Colchester Pizza. Pre-register by Tues., April 17th.

STITCH & FIX

Fri., April 20, 9:30 a.m.

LUNCH BUNCH

Fri., April 20, 11:15 a.m.

This month's lunch outing will be to Maine Fish Market in Windsor. Suggested donation is \$5.00 for bus transportation. Pre-registration by April 18th.

BIRTHDAY CELEBRATION

Tues., April 24, 12:00 p.m.

Cake provided by Apple Rehab.

IN THE KNOW

Tues., April 24, 12:00 p.m.

RUBBER STAMPING

Wed., April 25, 9:00 a.m.

Marie Sola from Chestelm leads this free class. Register.

HOLIDAY SCHEDULE

Friday, April 27th

CSC Closed for Volunteer Appreciation Event

CLASS SCHEDULE

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CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Instructor: Irene Watson	TUESDAYS 11:00 A.M.	4 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes! Leader: Becky Kowalczyk	MONDAYS 10:30 A.M.	4 CLASSES	NO FEE
KNITTING & CROCHET Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	4 CLASSES	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Barbara McKelvey & Kathy Pasay	THURSDAYS 1:00 P.M.	4 CLASSES	NO FEE
SIT & BE FIT Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Kowalczyk	WEDNESDAYS & FRIDAYS 10:00 A.M.	7 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	4 CLASSES	NO FEE
WALKING GROUP Meet at the center and walk with peers at the Airline Trail. Walk inside to a DVD during cold or inclement weather. Group led.	WEDNESDAYS 10:00 A.M.	4 CLASSES	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.			
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	9 CLASSES	PRE-PAID CARD
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.	7 CLASSES	PRE-PAID CARD
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	9 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	3 CLASSES	PRE-PAID CARD
ZUMBA GOLD Fun, aerobic choreographed dances at a slower pace than traditional Zumba. Instructor: Patty Flubacher	TUESDAYS 11:00 A.M. & THURSDAYS 12:00 P.M.	8 CLASSES	PRE-PAID CARD

SPECIAL INTEREST GROUPS

BINGO	Tuesdays & Fridays at 1:30 p.m. (Doors open at 1:00 p.m.)
BRIDGE	Wednesdays at 12:30 p.m.
CHARITABLE CRAFTS	Wednesdays at 10:30 a.m.
MAH JONGG	Mondays at 12:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
FRI. FILM SERIES	Fridays at 10:00 a.m.
PINOCHLE	Tues. & Fri. at 12:30 p.m.
SETBACK	Mondays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.

Wii BOWLING TOURNEYS

Members will carpool to these fun, friendly games! Please sign up with Becky.

VERNON SENIOR CENTER

Friday, April 6, 12:45 p.m.

EAST HAMPTON SR CENTER

Friday, April 13, 10:30 a.m.

TECH CORNER

"ASK THE TECH GEEK"

**Weds., April 4 & May 2
2:30-4:30 p.m.**

Tech volunteers Larry Donovan and Jakob Misbach give one-on-one advice for your computer, tablet, or phone. Pre-register for your free 20-minute appointment.

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 for any programs, activities, meals or trips can be made on **Mondays, Tuesdays, Thursdays or Fridays**. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. **As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up on or after the first day of the month.** 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 during our business hours.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Monday, April 2
9:30 a.m. – 10:15 a.m.

Have your blood pressure checked by Liz Muller, L.P.N. from Chestelm Adult Day Services at this free monthly clinic.

HEARING SCREENINGS

Friday, April 6
10:30 – 11:30 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your devices. Call to schedule.

FOOT CLINIC

Tuesday, May 8
1:30 – 3:00 p.m.

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

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 is scheduled at the Colchester Senior Center on:

Mon. 9:00 a.m.-1:00 p.m.
Tues. 9:00 a.m.-1:00 p.m.
Wed. 9:00 a.m.-1:00 p.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 Title 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.

Colchester Housing Authority



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SOCIAL SERVICES

CHOICES COUNSELING

New to Medicare? Have questions about how to change your prescription drug coverage? Please contact Senior Resources in Norwich at 860-887-3561 for assistance.

RENTERS REBATE

Wednesdays in April

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Call 860-537-3911 for more information and to schedule your appointment.



MEETINGS IN APRIL

AARP CHAPTER # 4019

April 3 at 1:30 p.m.

COMMISSION ON AGING

April 9 at 8:30 a.m.

CSC STAFF MEETING

April 11 at 2:30 p.m.

TRIAD MEETING

April 17 at 8:30 a.m.

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 \$3.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

MEALS ON WHEELS

Meals can be delivered daily to home-bound residents. Age eligibility for this program is age 60 and above. A suggested donation of \$3.00 is requested for each home delivered meal. To register for this program, please call TVCCA at 860-934-1006.



IMPORTANT NEWS-TVCCA FUNDING

TVCCA meals served at the senior center (Community Café and special event luncheons) are partially funded by the federal government. In order for TVCCA to receive the reimbursement money from the government, all seniors that participate need to fill out paperwork (Form 5) annually. Whether you have lunch at the center daily or just at special events, we need to account for your participation. Each form needs to be filled out to completion and signed. All information on these forms is confidential and used to assess the needs of the senior population. We thank you in advance for your cooperation in completing this paperwork when participating in meals at our center.

VOLUNTEER OPPORTUNITIES

BINGO CALLERS (SUBSTITUTES): We are looking to train volunteers to be Bingo Callers on Tuesday or Friday afternoons, as needed. Great for those looking for a fun, low-commitment volunteer opportunity.

MEALS-ON-WHEELS SUBSTITUTE DRIVERS: Volunteers needed to deliver meals to home-bound residents; training provided. This position requires a valid driver's license and use of a personal vehicle.



ANNUAL SPRING CLEAN UP DAY

Saturday, April 7, 9:00 a.m. to 12:00 p.m.

Colchester Garden Club is looking for volunteers to help with gardening projects at Cragin Library during this year's event. Please bring gardening gloves. Please pre-register with Colchester Parks and Rec. Thank you in advance!

MOTHER'S DAY LUNCHEON

Monday, May 14 from 12:00 p.m.

All are welcome to enjoy a lovely catered luncheon to honor the special women in our lives. Paul Shlein will entertain us on the piano with favorites from the 50's, 60's & 70's, including Billy Joel, The Beatles, and more! Luncheon menu includes stuffed sole, rice pilaf, sugar snap peas, and peach cobbler. Tickets are \$8.00 and available through Monday, May 7th or until sold out.



SPRING MEAL CONTEST

In April, when you eat a TVCCA meal here at the senior center, you will receive a ticket for a \$25 Stop & Shop Gift Card. Drawing will be held at the In the Know program.

Last Call! "RENT" at the PALACE THEATER



Sunday, April 15, 10:00 a.m.

A re-imagining of Puccini's La Bohème, RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out in this incredible rock musical. Before the show, enjoy lunch on your own at San Marino Ristorante. Cost is \$75.00 per person and includes rear orchestra seats and senior bus transportation. **Seats are limited. Must sign up by Friday, April 6th.**

Last Call! ELLIS ISLAND & STATUE OF LIBERTY



Thursday, June 14, 6:00 a.m.

Don't miss this incredible day trip in New York City, where you can relive the immigrant experience! Roundtrip Ferry ticket allows you to depart Liberty Island Park, NJ and spend time at both the Statue of Liberty and Ellis Island, which features a new 45-minute audio tour. Cost is \$77.00 per person and includes roundtrip ferry ticket, admissions to both locations, motor coach transportation, Tour Director, taxes and gratuities. **Must sign up by Thurs., April 26th.**

Last Call! BOSTON POPS at TANGLEWOOD



Sunday, June 24, 9:45 a.m.

Travel to Tanglewood in Lenox, MA and hear the Boston Pops Orchestra perform with special guest star, Tony Award-winning Audra McDonald. Time prior to the performance to grab a bite to eat and wander the beautiful grounds. Cost is \$98.00 per person and includes reserved Shed seats, motor coach transportation, taxes and gratuities. **Must sign up by Friday, April 13th.**

New! "OLIVER!" at the GOODSPEED OPERA HOUSE



Wednesday, July 25, 10:30 a.m.

Charles Dickens' beloved orphan makes his Goodspeed debut in the hope-filled musical set in the dark shadows of Victorian London. Before the show, enjoy lunch at the lovely Gelston House. Cost is \$89.00 per person and includes lunch, reserved side orchestra seats, and senior bus transportation. **Must sign up by Friday, April 13th.**

New! LOCKS n' LUNCH CRUISE on the HUDSON



Saturday, August 4, 7:00 a.m.

Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. You will also enjoy a hot and cold buffet lunch with onboard entertainment. Following the cruise, take a leisurely stroll down Main Street in Stockbridge. Cost is \$95.00 per person and includes luncheon cruise, motor coach transportation, taxes and gratuities. **Must sign up by Friday, June 22nd.**

OVERNIGHT TRIPS

LANCASTER, PA "JESUS"



October 22 – October 24, 2018

Enjoy the foliage as you travel into the heart of Amish Country during this 3 day overnight treat. Highlights include Landis Valley Village Museum, Sight & Sound Theatres' brand new production of "Jesus", Hershey Farm Restaurant, Longwood Gardens, and more. Cost is \$451 per double occupancy. **Deposit of \$150 per person is due by Friday, July 20th.**

EXTENDED TRIPS & CRUISES

Last Call! ATLANTIC CANADA CRUISE



June 30 – July 6, 2018

Cruise on the Bay Ferry CAT to Nova Scotia and enjoy a guided tour of Lunenburg, Peggy's Cove, Halifax, Prince Edward Island, and more. The highlight of the week will be experiencing the Royal Nova Scotia International Tattoo, a music festival that feature military guards from all over the world. Cost is \$1849 per person, double occupancy. Seats are limited. **Deposit of \$250 is due ASAP! Don't miss a travel presentation by Tours of Distinction on Wed. 4/4 at 4:30 p.m.!**

Last Call! AMERICA'S MUSIC CITIES



October 25 – November 1, 2018

Step back in time on a cultural getaway that brings you to 3 American cities that have had a profound influence on our musical heritage! Highlights include French Quarter/New Orleans tour, Louisiana Swamp Tour, Graceland, Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B & more! Cost is \$2999 per person, double occupancy. **Deposit of \$500 per person is due by 4/24.**

HAWAIIAN ISLANDS CRUISE 2019



March 7- March 17, 2019

Don't miss this incredible Hawaiian experience, which includes 2 nights in Honolulu and 7 nights aboard Norwegian's Pride of America! Inside cabins start at \$4399 per person plus taxes double occupancy and includes roundtrip airfare and transportation to the airport. **Deposit of \$900 per person is due ASAP. Reservations are first come, first served, so book now!**

= Light Walking

= Moderate Walking

= Mostly Walking

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Easter! All Fools' Day Easter Sunday	2 8:30 Gardening 9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback 12:30 Live Well Workshop	3 9:00 Memories 9:45 Tai Chi 10:30 TED Talk 11:00 Adult Coloring 11:00 Zumba Gold 12:00 Tai Ji Quan 1:00 Pinochle 1:30 Bingo 1:30 AARP Meeting	4 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Bridge 2:30 Ask the Tech Geek 4:30 Atlantic Canada Travel Presentation	5 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 11:00 Step On It! Celebration 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	6 9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit NO Fri. Film Series 10:30-11:30 Hearing Clinic 10:30 Grocery Bingo 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 12:45 Wii Bowling at Vernon Sr. Ctr. 1:30 Bingo	7 9:00 a.m.-12:00 p.m. Spring Clean Up Day (various locations)
8 10:00 "Rent" at the Palace Theater Departs	9 8:30 COA Meeting 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback 12:30 Live Well Workshop	10 9:00 Newport Playhouse Departs 9:00 Memories 9:45 Tai Chi 11:00 Adult Coloring 11:00 Zumba Gold 12:30 Pinochle 1:30 Bingo	11 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 11:00 "Katharine Hepburn: From Hartford to Hollywood" Luncheon 12:30 Bridge 2:30 Staff Meeting 4:30 Facebook Privacy	12 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip Departs 11:00 Yoga 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	13 7:40 LifeSpan @ Bacon 9:00 Strength & Stretch NO Fri. Film Series 10:00 Sit & Be Fit Video 10:30 Wii Bowling at East Hampton Sr. Ctr. 11:00 Yoga 12:30 Pinochle 1:30 Bingo	14 5:30 TVCCA's Carnivale Gala at Mohegan Sun
15 10:00 "Rent" at the Palace Theater Departs	16 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Historical Photos NO Choral Group 12:30 Mah Jongg 12:30 Setback 12:30 Live Well Workshop	17 8:30 TRIAD Meeting 9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 11:00 Zumba Gold 12:30 Pinochle 1:30 Bingo 2:30 Sr. Golf League Meeting	18 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Hawaiian Cruise Travel Presentation 10:30 Charitable Crafts 12:30 Bridge 1:00 Pinterest Craft 3:30 Dinner & Movie: "Darkest Hour" (PG-13)	19 8:15 Culinary Institute Trip Departs 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	20 9:00 Strength & Stretch 9:30-11:00 Stitch & Fix 10:00 Sit & Be Fit 10:00 Fri. Film Series "Coco" (PG) 11:00 Yoga 11:15 Lunch Bunch to Maine Fish Market 12:30 Pinochle 1:30 Bingo	21 5:30 TVCCA's Carnivale Gala at Mohegan Sun
22 Earth Day	23 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback 12:30 Live Well Workshop	24 9:00 Memories 9:45 Tai Chi 10:30 Cuban Experience 11:00 Adult Coloring 11:00 Zumba Gold 12:00 Birthday Celebration 12:30 In the Know 12:30 Pinochle 1:30 Bingo	25 9:00 Memories 9:00 Rubber Stamping 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Bridge 4:30 Ultimate Bingo	26 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 11:30 Vision Loss Presentation 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	27 CSC Closed for Volunteer Appreciation Arbor Day	28 CSC Closed for Volunteer Appreciation Arbor Day
29 7 a.m. Cherry Blossom Festival Departs	30 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Adult Family Living Presentation NO Choral Group 12:30 Mah Jongg 12:30 Setback 12:30 Live Well Workshop					

April 2018

All activities are subject to change



TVCCA SENIOR CAFE MENU APRIL 2018






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 Western Omelet Roasted Potatoes Peas & Carrots Fruit Cocktail 2	Chicken & Broccoli Alfredo Penne Pasta Green Beans Fresh Fruit 3	Steak Fajitas w/ Cheddar Cheese Flour Tortillas Spanish Rice Chuck Wagon Vegetable Blend Sweet Treat & Juice <u>Ethnic Celebration</u> 4	Stuffed Shells w/ Marinara Carrot Coins Bean Medley Applesauce Cup 5	Chicken Sausage & Peppers Grinder Roll & Cheese Zucchini & Yellow Squash Diced Peaches 6
Chicken Parmesan Penne Pasta Italian Vegetables Applesauce Cup 9	 Meatloaf w/ Gravy Garlic Mashed Potatoes Capri Vegetable Medley Fruit Cocktail 10	<u>Katharine Hepburn Lunch</u> Pot Roast with Gravy Carrots & Onions Mashed Potatoes Tossed Salad Assorted Pie Ticket Cost: \$8.00 11	Crispy Cod Macaroni & Cheese Scandinavian Vegetable Blend Pears w/ mandarin oranges 12	BBQ Chicken Drumsticks Tater Tots Chuck Wagon Vegetables Birthday Treat Grape Juice <u>Birthday Celebration</u> 13
Swedish Meatballs Buttered Shells Bean Medley Pears w/ Mandarin Oranges 16	Lemon Herb Haddock Rice Pilaf Italian Vegetables Applesauce Cup 17	Pesto Grilled Chicken Rice Pilaf Spring Vegetable Mix Fresh Orange 18	 Cheese Omelet Hash Brown Potatoes Stewed Tomatoes Fruit Cocktail 19	Beef & Bean Chili Egg Noodles Capri Vegetable Medley Fresh Orange 20
BBQ Pulled Pork w/ Bun Tater Tots Chopped Broccoli Fruit Cocktail 23	 Stuffed Chicken w/ Broccoli & Cheese Roasted Potatoes Carrot Coins Diced Peaches 24	Salisbury Steak w/ Gravy Seasoned Rice Chuck Wagon Vegetables Sweet Treat & Juice 25	Cheese Manicotti w/ Marinara Lima Beans Zucchini Fresh Fruit 26	No Meals Served CSC Closed for Volunteer Appreciation Event 27
Teriyaki Grilled Chicken Steamed Rice Oriental Blend Vegetables Fresh Orange 30			1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.	<u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)