

COLCHESTER SENIOR CENTER



news

December 2018

HANUKKAH PARTY

Tuesday, December 4
10:30 a.m.

We'll learn about the history and tradition of the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue and enjoy traditional potato latkes! Open to people of all faiths. Celebrate with us! Please pre-register by Monday, December 3rd.

HEARING HEALTH PRESENTATION

Wed., December 5
10:30 a.m.

Join Mark Brown and Barbara Stone from Beltone Hearing Aids in Norwich as they talk about basics of hearing health, hearing loss and treatment. There will be an opportunity after the presentation to have your ears checked with their special instruments. Please pre-register by Tuesday, December 4th.

PRESERVING YOUR PHOTO LEGACY

Friday, December 14
10:30 a.m.

Rescheduled from its original date: In this presentation, Caren Osborne, a certified personal photo organizer will de-mystify this process and will show you an easy-to-follow system for organizing and preserving your photo memories so that they are accessible for you to enjoy now and for future generations. Pre-register by Fri., Dec. 7th.

COPING WITH HOLIDAY & WINTER SADNESS

Tuesday, December 18
10:00 a.m.

Sara Walker from United Community Family Services (UCFS) will discuss coping skills for seniors during the winter months and how to deal with "feeling down". Please pre-register by Monday, December 17th.

FRIDAY FILM SERIES

Fridays at 10:00 a.m.

Don't miss these great classics to get you in the Holiday spirit!

Friday, December 7th
"Miracle on 34th Street"
starring Natalie Wood

Friday, December 14th
"It's a Wonderful Life"
starring Jimmy Stewart

Friday, December 21st
"White Christmas"
starring Bing Crosby & Danny Kaye

Friday, December 28th
"Holiday Inn"
starring Bing Crosby & Fred Astaire

HOLIDAY SCHEDULE

Monday, December 24th
CSC Closing at 12:00 p.m.

Tuesday, December 25th
CSC Closed

Monday, December 31st
CSC Closing at 12:00 p.m.

Tuesday, January 1st
CSC Closed

HOLIDAY HOMECOMING LUNCHEON

Wed., December 19
11:00 a.m. to 1:00 p.m.

Sing along with our senior center's own choral group "Senior Moments" holiday music performance before enjoying a special seasonal luncheon that is sure to put you in the holiday spirit! The menu includes Glazed Ham, Sweet Potatoes, Scandinavian Vegetable Blend, Whole Wheat Roll, and Gingerbread Cake with Cream Cheese Frosting. Tickets are \$8.00 and are on sale through Wednesday, December 12th or until sold out.

NEW YEAR'S BRUNCH N' BASH!

Monday, December 31
10:00 a.m.-12:00 p.m.

Ring in the New Year with wonderful friends at this fun annual event! Enjoy a menu of egg & cheese omelets, turkey sausage patties, home fries, fruit cups and orange juice and a mock-champagne toast! After brunch, listen to wonderful music of crooner Patrick Tobin, in his Colchester Senior Center debut, before counting down the minutes together until 12:00—Noon! Tickets are \$6.00 and are on sale through Friday, December 21st or until sold out.



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

Hiring for Vacancy
Program Coordinator

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

Jane Moreno
Nutrition Site Server

COMMISSION ON AGING

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

From the Director's Desk

Happy Holidays to you! It seems that 2018 has whizzed by even faster than usual. It was an action-packed year here at the Colchester Senior Center and we look eagerly ahead to all that 2019 holds in store. In the past year, many friends have come (our membership now stands at over 1,200 members) and with the retirement of Donna Paty and birth of Becky's child, some of our good friends have left (but with promises to return and visit). We marked our "Ruby Jubilee" with 125 people attending an incredible celebration of our 40th Anniversary this past September. Together, we've traveled the globe to domestic locations like Ellis Island and the Statue of Liberty, the Black Hills of South Dakota, cruised to the Lighthouses of Boston, jammed in America's Music Cities and witnessed the world-famous Christmas Spectacular at Radio City. Still others explored international destinations, such as Iceland, cruising the Caribbean and Canada's eastern shores. We've eaten more than our share of Special Luncheon Meals and were delighted by many entertaining people. We sure know how to pack a whole lot of life into a calendar year! Thank you for joining us.

2018 isn't quite over, and we look forward to keeping you busy with fun opportunities for socialization and growth throughout the rest of the year, too. Don't miss the great things that we have in store for you this December, right until the stroke of NOON of New Year's Eve. We invite you to join us for Rabbi Alter's annual Hanukkah Party, where people from all faith traditions (or none at all) will learn about the Festival of Lights, sing songs, spin the dreidel and enjoy crispy latkes (potato pancakes). Our Friday Film series will be overtaken by holiday classics such as "Miracle on 34th Street," "It's a Wonderful Life," (my personal favorite), "White Christmas," and the ever-popular "Holiday Inn." Our Chorale Group "Senior Moments" will perform at Harrington Court and Apple Rehab to help to spread a little Christmas Cheer. You won't want to miss our Holiday Homecoming Luncheon with a festive menu of glazed ham, sweet potatoes, vegetables and even gingerbread cake with cream cheese frosting. Of course we are also having our New Year's Brunch 'n Bash, which has become a tradition around here—with breakfast fare, a mock-champagne toast, music by crooner Patrick Tobin and a countdown to 12 o'clock (noontime) to usher in a brand new year.

Please remember that we will have some scheduling changes this month with closures on Christmas (12/25) and New Year's Day (1/1) and half day closures, closing at 12:00 noon on Christmas Eve (12/24) and New Year's Eve (12/31). We are happy to spend this holiday season with you—Happy Hanukkah & Merry Christmas to one and all.

Warmly,

Patty

PROGRAMS

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SHOPPING TRIP

**Thursday, December 6
10:30 a.m.**

December's monthly shopping trip will be to the Walmart & Kohl's at Lisbon Landing. Get some holiday shopping done or stock up on essentials. Suggested donation is \$5.00 for bus transportation. Pre-register.



BOOK CLUB

**Tuesday, December 11
10:30 a.m.**

The Book Club will continue to meet, now led by Joyce Sypher. Copies of this month's selection, *Red Clocks* by Leni Zumas, are on reserve for this class at Cragin Library. All are welcome!



RUBBER STAMPING

**Wed., December 12
9:00 a.m.**

Marie Sola from Chestelm leads this free class where you will make and take a beautiful greeting card. Imagine the joy of friends & family opening a handmade card this holiday season! Please pre-register by Monday, December 10th.



RECOGNIZING FAD DIETS

**Thurs., December 13
11:30 a.m.**

There are so many diets on the market that advertise being the healthiest and fastest to lose weight. Registered Dietician Andrea Deedy from TVCCA will talk about how to recognize which meal plans are the healthiest and best for you. Please pre-register by Wed., Dec. 12th.

BIRTHDAY CELEBRATION

**Tuesday, December 18
12:00 p.m.**

Join us for birthday cake provided by our friends at Apple Rehab as we celebrate our friends born in the month of December!

IN THE KNOW

**Tuesday, December 18
12:30 p.m.**

Join us for this informative program led by Patty Watts, where you will receive the most up-to-date news about the Colchester Senior Center and other important info.



STITCH & FIX WITH MARIA

**Friday, December 21
9:30 a.m.**

Volunteer Maria Cusano will help with your minor sewing and mending needs at no cost to you! Drop off items or stay and chat while she works.



HISTORICAL PHOTOS

**Friday, December 21
10:30 a.m.**

Join Sheila Tortorigi from the Colchester Historical Society, in helping to identify people and buildings from Colchester's history in photos that she has on file.



Congratulations to Becky, her husband, Vin, and Big Sister, Kelsey, as they welcome baby Kara Mae Kowalczyk into their family and into their hearts. Born on November 14th, Kara weighed 7 lbs. 2 oz. and measured 20 inches. Mother and baby are doing great!

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. Leader: Irene Watson	TUESDAYS 11:00 A.M.	3 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes! Group led.	MONDAYS 10:30 A.M.	3 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: Rose Marie Chicoine, Barbara McKelvey & Kathy Pasay	THURSDAYS 1:00 P.M.	4 CLASSES	NO FEE
SIT & BE FIT VIDEO Chair exercises that focus on all areas of the body. Beginner level. 40 minute video featuring Becky Kowalczyk.	WEDNESDAYS 10:00 A.M.	4 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	3 CLASSES	NO FEE
WALKING GROUP Meet at the center and walk with peers at the Airline Trail, weather permitting. Group led.	WEDNESDAYS 10:00 A.M.	NO CLASSES IN DECEMBER	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.</i>			
AGELESS GRACE® Evidence-based seated program designed to target body and brain function. Instructor: Tom Atwood, P.T.	FRIDAYS 10:00 A.M.	4 CLASSES	PRE-PAID CARD
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	7 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.	6 CLASSES	PRE-PAID CARD
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	7 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.	4 CLASSES	PRE-PAID CARD

SPECIAL INTEREST GROUPS

BINGO Tuesdays & Fridays at 1:30 p.m.
(Doors open at 1:00 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 Tuesdays, Wednesdays
& Fridays at 12:30 p.m.

SETBACK Mondays at 12:30 p.m.

Wii BOWLING Thursdays at 10:00 a.m.

CHORAL PERFORMANCES

Catch our choral group "Senior Moments" at one of the following locations this Holiday season!

Monday, December 3, 10:30 a.m.
Performance at Harrington Court

Monday, December 10, 10:30 a.m.
Performance at Apple Rehab

Wednesday, December 19, 12:00 p.m.
Lead Sing-Along at CSC's
Holiday Homecoming Luncheon

TECH CORNER **"ASK THE TECH GEEK"** **Wednesday, December 5** **2:30-4:00 p.m.**

Tech volunteers Larry Donovan and Jakob Misbach give one-on-one advice for your computer, tablet, or phone. If your device is portable, please feel free to bring it along with you. Please 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, December 3

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, December 7

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, December 11

1:00 – 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.

HOLIDAY FOOD SAFETY TIPS

The holidays are upon us and with it comes celebrations and great food. However, the improper storing, cooking and serving of some of our favorite holiday foods can lead to growth of harmful bacteria like salmonella, which can cause foodborne illness.

THIS HOLIDAY SEASON, DON'T GIVE THE GIFT THAT NO ONE WANTS --- FOOD POISONING!

Thaw frozen turkey in the refrigerator. Allow one day per every 5 pounds of meat. Remove neck & giblet pouch from inside the bird to hasten thawing.

Wash you hands. Wash hands with warm, soapy water before and after handling raw poultry.

Avoid cross contamination. Whether shopping in the store, storing food in the refrigerator or while preparing meals, keep raw eggs, meat, poultry, seafood and their juices away from foods that won't be cooked.

Use separate cutting boards Consider using one cutting board for only foods that will be cooked and one for those that will not be cooked, such as raw vegetables and fruits. Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry or seafood.

Refrigerate leftovers and any type of food that needs refrigeration including (pie) within two hours.

Don't taste food that looks or smells questionable. When in doubt...throw it out!

Leftovers are time sensitive. Always use leftovers within three to four days, unless frozen.

Enjoy the holidays with good health,
Chatham Health District



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SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, December 11

12:30 – 3:30 p.m.

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 appt.

ENERGY ASSISTANCE

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. For application assistance, please call Colchester Socials Services at 860-537-7255 for more information, including eligibility criteria, a list of required paperwork, and to schedule your appointment.

AARP TAX AIDE TRAINING

Thurs., Dec. 13, 1:30 p.m.

Tax Training Sessions for AARP Tax Aide volunteers will be held in the Activity Room of the Colchester Senior Center, in preparation for the upcoming tax season. Must have attended previous classes, in order to participate.

MEETINGS IN DECEMBER

AARP CHAPTER #4019

December 4 at 12:30 p.m.

(Luncheon at Papa Z's)

COMMISSION ON AGING

December 10 at 8:30 a.m.

CSC STAFF MEETING

December 12 at 2:30 p.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.



VOLUNTEER OPPORTUNITIES

AARP TAX VOLUNTEERS: AARP is looking for individuals who are willing to be trained to assist in free tax preparation services for community seniors. Trainings will be held at the senior center. See Page 6 for more information.

VOLUNTEER RECEPTIONISTS: Answer incoming calls throughout the day, greet participants and provide them with information. Coverage needed Monday and Wednesday afternoons for a few hours. Training provided.



BINGO HOLIDAY LUNCHEON

Friday, January 4

12:00 p.m.

This complementary holiday luncheon is for our Bingo players, funded by our Bingo Fund, established with the proceeds of 50/50 Bingo Raffles throughout the year. By popular demand, this year's luncheon will be catered by Plum Tomato. If you are not a Bingo player and wish to participate, the cost is \$5.00 per person. A regular Bingo game will follow the luncheon. Pre-register in the office by Wednesday, January 2nd.

WINTER BLAST LUNCHEON

Wednesday, January 23

11:00 a.m. to 1:00 p.m.

It may be cold outside, but this special luncheon will warm your heart! Join us for a festive luncheon where we will celebrate the beauty of winter and enjoy fun music on the accordion by local musician Bob Czarnecki! Lunch menu includes Braised Beef Tips with Mushroom Sauce, Roasted Potatoes, Diced Carrots & Peas, Cake Brownies and Juice. Tickets are \$8.00 and are on sale now through Wednesday, January 16th or until sold out.



FOXWOODS CASINO



Wednesday, April 24, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Cost is \$22.00 per person and includes \$10 meal voucher, \$10 bonus slots, motor coach bus transportation & driver gratuity. **Must sign up by Friday, April 12th.**

"MAMMA MIA!" at WARNER THEATRE



Sunday, May 5, 9:45 a.m.

Don't miss this favorite production featuring a hit soundtrack by 70's band ABBA about a bride-to-be trying to find her real father. Prior to the show enjoy a full course luncheon at La Cupola Restaurant. Cost is \$102.00 per person and includes reserved orchestra seats, motor coach transportation, taxes and gratuities. **Must sign up by Friday, March 1st.**

OVERNIGHT TRIPS

New! ESCAPE TO ACADIA 2019



September 16-18, 2019

Escape to Maine's beautiful coastline and enjoy the beauty of the Acadia National Park and the bustle of Portland and Bar Harbor on this 3-Day/2-Night experience! Cost is \$599 pp double and includes hotel, 4 meals, tours & admissions, roundtrip motor coach, tour director, taxes and gratuities. **A deposit of \$50 per person is needed to reserve your seat!**

EXTENDED TRIPS & CRUISES

NO-FLY BERMUDA CRUISE 2019



May 5 – May 12, 2019

Spend 7 nights aboard the Celebrity Summit (3 of those days docked in King's Wharf!) and enjoy an island tour of Bermuda, time at the pink sand beaches, shopping, craft markets, the Maritime Museum, roundtrip motor coach to the pier and so much more! Cabins start at \$1249 per person (inside twin) plus taxes and fees and includes roundtrip motor coach to pier. **Deposit of \$450 per person is due ASAP. Call Friendship Tours for availability at 800-243-1630!**

= Light Walking

= Moderate Walking

= Mostly Walking

ROME AND TUSCANY 2019



October 15 – October 23, 2019

Don't miss this once-in-a-lifetime journey to Italy! Highlights include 5 nights in Tuscany, 2 nights in Rome, Siena, Tuscan Winery Visit & Tasting, Florence City Tour, Academy Gallery (Statue of David), Leaning Tower of Pisa, Assisi, Rome City Tour, St. Peter's Basilica, and more! Cost is \$3595 per person double occupancy and includes roundtrip airfare, 10 meals, admissions, and more. **Deposit of \$500 per person is due ASAP to secure reservation. Book now!**

TRIP PARKING

Due to the popularity of our trips recently, we have made some changes to our bus boarding procedures. For all outgoing trips/travel, you are now able to park in the **BACK PARKING LOT** (closest to the woods) at St. Andrew's Church, across the street. **PLEASE DO NOT PARK YOUR CAR IN THE SIDE LOT**, which is used by people who are attending Mass throughout the day. The motor coach bus will be picking up and departing from the church lot. We thank St. Andrew's Church for their willingness to help us out! You will no longer be required to come to the senior center before a trip. Please note, if the weather is cold/rainy/snowy, feel free to stay warm and dry in your cars until boarding begins.

TRIP CHECK-IN

A few days before departure, you will receive a call from our center with a reminder of trip details. If you haven't received a call or are unsure of what the message said, please call us at 860-537-3911. On the day of travel, please plan to arrive at least 10-15 minutes in advance of departure time. Once you've arrived, a volunteer Group Leader or paid Tour Manager from the travel company will get you checked and boarded in the same order in which you registered. They are responsible for keeping track of boarding/exiting the bus, communicating with the bus driver, handing out tickets (if any) and evaluations, and will be the liaison for the senior center. Please be sure to communicate with them any important information that they should know as the trip in is in progress. And please be sure to complete the evaluations so that we can be sure to follow up with any feedback received. Thank you for traveling with us!



HOLIDAY GIFT IDEAS



While making your Holiday wish lists this year, keep in mind our wonderful day trip opportunities. Let your loved ones know that you'd like to travel with the Colchester Senior Center! We even have gift certificates available. Stop in to our office or call 860-537-3911 for more information.



December 2018

<div><h1>December 2018</h1></div>							1					
<div></div>	2	9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize 10:30 Choral Group @ Harrington Court 12:30 Mah Jongg 12:30 Setback <small>First Day of Hanukkah</small>	3	9:00 Memories 9:45 Tai Chi 10:30 Hanukkah Party! 11:00 Adult Coloring 12:30 Pinochle 12:30 AARP's Holiday Luncheon @ Papa Z's Restaurant 1:30 Bingo	4	9:00 Memories 10:00 Sit & Be Fit Video 10:30 Hearing Health Presentation 10:30 Charitable Crafts 12:30 Pinochle 2:30 Ask the Tech Geek	5	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip Departure 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing	6	9:00 Strength & Stretch 10:00 Ageless Grace 10:00 Fri. Film Series "Miracle on 34 th Street" 10:30 Hearing Clinic 11:00 Yoga 12:30 Pinochle 1:30 Bingo	8	
	9	8:30 COA Meeting 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group Performance @ Apple 12:30 Mah Jongg 12:30 Setback	10	9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 12:30 CHOICES Counseling, by appointment 1:00-3:00 Foot Clinic 1:30 Bingo	11	9:00 Memories 9:00 Rubber Stamping 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle 2:30 Staff Meeting	12	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 11:30 Recognizing Fad Diets 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet 1:30-3:30 Tax Aide Training	13	9:00 Strength & Stretch 10:00 Ageless Grace 10:00 Fri. Film Series "It's a Wonderful Life" 10:30 Preserving Your Photo Legacy 11:00 Yoga 12:30 Pinochle 1:30 Bingo	15	
	16	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	17	9:00 Memories 9:45 Tai Chi 10:00 Coping with Holiday & Winter Sadness 11:00 Adult Coloring 12:00 Birthday Party 12:30 In the Know 12:30 Pinochle 1:30 Bingo	18	9:00 Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 11:00 Holiday Homecoming Luncheon 12:30 Pinochle	19	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	20	9:00 Strength & Stretch 9:30 Stitch & Fix 10:00 Ageless Grace 10:00 Fri. Film Series "White Christmas" 10:30 Historical Photos 11:00 Yoga 12:30 Pinochle 1:30 Bingo <small>Winter Begins</small>	22	
	23	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize NO Choral Group NO Lunch Served Today CSC Closing at 12 p.m.	24	<div>CSC CLOSED <small>Christmas Day</small></div>	25	9:00 Memories 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle <small>Kwanzaa Begins</small>	26	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize NO Yoga NO Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	27	9:00 Strength & Stretch 10:00 Ageless Grace 10:00 Fri. Film Series "Holiday Inn" NO Yoga 12:30 Pinochle 1:30 Bingo	29	
	30	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 New Year's Eve Brunch n' Bash! NO Choral Group CSC Closing at 12 p.m. <small>New Year's Eve</small>	31	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 New Year's Eve Brunch n' Bash! NO Choral Group CSC Closing at 12 p.m. <small>New Year's Eve</small>	<div></div>							



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, RD, MPH.

TVCCA SENIOR CAFÉ MENU ~ DECEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Salisbury Steak w/ Gravy Garlic Roasted Potatoes Broccoli Fruit Cocktail</p>	<p>4</p> <p>Chicken Marsala Rice Pilaf Peas & Carrots Birthday Sweet Grape Juice <u>Birthday Celebration</u></p>	<p>5</p> <p>Pot Roast w/ gravy Mashed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit <u>Add-on: Chicken Noodle Soup</u></p>	<p>6</p> <p>Baked Haddock w/ Salsa Yellow Rice & Black Beans Mixed Vegetable Medley Pineapple Tidbits</p>	<p>7</p> <p>BBQ Chicken Drumsticks Herb Roasted Potatoes Zucchini Pears <u>Add-on: Vegetarian Bean & Spinach Soup</u></p>
<p>10</p> <p>Grilled Chicken w/Broccoli & Cheese Shredded Herb Potatoes Peas & Carrots Pineapple Tidbits</p>	<p>11</p> <p>Swedish Meatballs Egg Noodles Corn w/ Peppers & Onions Fresh Orange</p>	<p>12</p> <p>Herb & Tomatoes Haddock Penne Pasta Green Beans Sweet Treat & Juice <u>Add-on: Cheese Tortellini Tomato Soup</u></p>	<p>13</p> <p>Sloppy Joes w/ Bun Baked Beans Broccoli Diced Peaches</p>	<p>14</p> <p>Boneless Pork Loin w/ Roasted Apples Rice Pilaf Mixed Vegetable Medley Pineapple Tidbits <u>Add-on: Chicken Noodle Soup</u></p>
<p>17</p> <p>Eggplant Roulette w/ Marinara Penne Pasta w/ Herbs Squash Mix w/Carrots & String Beans Fresh Fruit</p>	<p>18</p> <p>Broccoli & Cheddar Omelet Home Fries Peas & Pearl Onions Applesauce Cup</p>	<p>19</p> <p><u>Holiday Homecoming</u> Glazed Ham Sweet Potatoes Zucchini, Peas, & Carrots Gingerbread Cake w/ Cream Cheese Frosting; Whole Wheat Roll Tickets Cost \$8.00</p>	<p>20</p> <p>Chicken Sausage & Peppers Bow Tie Pasta w/ Marinara Green Beans Pears</p>	<p>21</p> <p>Meatloaf w/ Gravy Garlic Mashed Potatoes Stewed Tomatoes Fruit Cocktail <u>Add-on: Rustic Onion Soup</u></p>
<p>24</p> <p>Lunch served at 11:00 a.m., CSC closing at 12 noon Philly Cheese Steak w/ Roll Tater Tots Cauliflower, Carrots & Snap Peas Diced Peaches</p>	<p>25</p> <p>Christmas Holiday Colchester Senior Center Closed</p>	<p>26</p> <p>Chicken Cacciatore Lemon Garlic Orzo Mixed Vegetable Medley Sweet Treat & Juice <u>Add-on: Chicken Tortilla Soup</u></p>	<p>27</p> <p>Stuffed Shells w/ Marinara Dill Carrot Coins Broccoli Fruit Cocktail</p>	<p>28</p> <p><u>Ethnic Celebration</u> Country Style Chicken Mashed Potatoes Corn w/ Peppers & Onions Fresh Orange <u>Add-on: Chicken Noodle Soup</u></p>
<p>31</p> <p><u>New Year's Brunch 'n Bash</u> Egg & Cheese Omelet Turkey Sausage Patty Home Fries Fruit & Orange Juice Mock Champagne Toast Ticket Cost: \$6.00</p>	<p>Happy New Year!</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>PAGE 10</p>