

COLCHESTER SENIOR CENTER

February 2018



GO RED FOR WOMEN Friday, February 2

February is Heart Health month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. If you come into the center wearing red, you will receive a little token as a thank you. We also have items for sale to support the American Heart Association—Sponsored Hearts and AHA Rubber Bracelets are \$1.00 each and Red Dress Pins are \$5.00 each. These are available for purchase at the Volunteer Reception Desk throughout the month.

‘SOUPER BOWL’ PARTY Friday, February 2 12:00 p.m.

Get ready for the big championship game with fun activities and a themed menu which includes a bowl of hearty hamburger soup (similar to Shady Glen's Minestrone), bread and butter, garden salad with dressing and football-shaped "whoopie pies" for dessert. Cost is \$7.00, please go to the office to see if tickets are still available.

AARP TAX AIDE By Appointment Only

AARP Tax Aide Counselors will be available by appointment on Fridays from February 9th through April 6th to assist you with your tax preparations. Please call 860-537-3911 to schedule your tax appointment soon, space is limited.

VALENTINE'S BINGO Friday, February 9 10:30 a.m.

Join us for a fun, free bingo game with Valentine-themed prizes. Sponsored by Crescent Point in Niantic. Please pre-register by February 6th.

MARDI GRAS CELEBRATION Tuesday, February 13 11:00 a.m. to 1:00 p.m.

Let's bring a taste of New Orleans to the Colchester Senior Center! Traditional jambalaya (mildly spiced) & themed cupcakes are on the menu as we celebrate this Creole holiday. Before lunch, enjoy festive Cajun music by John Banker! Tickets are \$8.00 and are on sale through Friday, February 9th or until sold out.

“LOVE SONGS THROUGH THE AGES” CONCERT Wednesday, February 14 11:00 a.m.

CSC's choral group "Senior Moments" will perform their favorite love songs from the past 50 years during this Valentine concert. Join us!

COLCHESTER HISTORICAL SOCIETY Thurs., Feb. 15, 10:30 a.m.

Sheila Tortorigi, Chair of Collections for the Colchester Historical Society is requesting help from our seniors to help identify people and buildings in photos that she has on file.

DANCE PERFORMANCE Tuesday, February 20 10:30 a.m.

Students from Doreen's Dance Center's Performance Team (including Becky's daughter Kelsey) will entertain us with their fun, upbeat dance routines. Don't miss this great performance!

AMERICA'S MUSIC CITIES 2018 TRAVEL PRESENTATION Wednesday, February 21 10:30 a.m.

Tracy O'Neill from Collette will present the details for October's exciting trip to New Orleans, Nashville & Memphis! Don't miss it! Pre-register.

RETIREEES INSURANCE LUNCH n' LEARN Monday, February 26 11:00 a.m.

Representatives from Liberty Mutual Insurance will help you to make sure that you are not overpaying for your current insurance and will teach you ways to help your income grow during retirement. A complimentary lunch will be provided for those that have pre-registered by February 22nd.



**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/M.A.
pwatts@colchesterct.gov

Becky Kowalczyk
Program Coordinator
rsullivan@colchesterct.gov

Donna Paty
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@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 Mlodzincki, Treasurer
Roberta Avery
Linda Grzeika
Goldie Liverant
Jennifer Rayburn-DeHay

From the Director's Desk

February is full of fun and meaningful celebrations. It's the month where we celebrate Valentine's Day; watch the Super Bowl (gotta admit that for me it's only about the commercials—not the game!); it's the beginning of the Lenten season; and this year will also begin the start of the Winter Olympics in South Korea. **GO USA!** There is so much to keep us busy this chilly month in the "heart" of winter.

On February 2nd we join with the American Heart Association in celebrating the "Go Red! for Women" campaign. This annual event attracts a lot of attention for heart disease prevention, specifically for women. Cardiac disease and its symptoms in women often do not present themselves in the same ways as they do in men. We share this opportunity to spread awareness and education about this important subject. We invite you to join us to wear red as we observe this day and we will reward you with a kiss from our office staff—a Hershey's Chocolate Kiss! Throughout the month, you will also have the opportunity to purchase AHA Hearts in honor or in memory of a loved one for \$1.00 each and "Red Dress" lapel pins for \$5.00. The Hearts will hang on display in the hallway and all proceeds from the sales will be sent to the American Heart Association.

Don't miss your chance to enjoy our "Souper Bowl" Party, where you'll have a "hearty" helping of hamburger soup, salad and bread and even football-shaped whoopie pies for dessert. Play games, trivia and other activities good for sports fans and non-fans alike. Party at our Mardi Gras Celebration, complete with a creole-inspired feast—just perfect for "Fat Tuesday". Inspired by Valentine's Day, plan to come to a very special Bingo on February 9th, where our friends at Crescent Point in Niantic will sponsor a free, Valentine's-themed Bingo game.

Over the past few months, I've been updating you on the changes with the Medicare Savings Program. Due to the many calls, emails and messages from throughout the state, the changes to the income limits were overturned in early January by our legislators. I applaud those of you who got involved and used your unified voice to share the real impact of these changes and for our State legislators for their decision to keep this program in place for those who need this help. Great job to everyone involved!

Last, but not least, I want to welcome Jacqueline Myers, our new student intern from Eastern Connecticut State University. She will be with us learning more about our senior center programs and services, every Wednesday until May. We're glad to have her join our team! Please welcome her...

Warmly,

Patty

PROGRAMS

KNIT & CROCHET

Thursdays at 1:00 p.m.

February's "Pattern of the Month" is an adorable Elmo baby/toddler hat. Patterns will be handed out and instruction given, if needed. Supplies provided or bring your own.

BOOK CLUB

Tues., Feb. 6, 10:30 a.m.

This month we will read and discuss *Prayers for Sale* by Sandra Dallas. Books are available at Cragin Library.

CHARITABLE CRAFTS

Wednesdays at 10:30 a.m.

This group meets weekly to make pediatric surgical caps for Backus Hospital. On Wednesday, Feb. 7th, volunteers are needed to help make a special Valentine project for our friends at local nursing care centers. Please join us!

TED TALK DISCUSSION

Wed., Feb. 7, 4:30 p.m.

February is all about love. After watching two short talks, you'll have a better understanding of why we, as humans, need to love and be loved by others.

HOLIDAY SCHEDULE

Monday, February 19th

CSC Closed
for Presidents' Day

SHOPPING TRIP

Thurs., Feb. 8, 10:30 a.m.

This month's trip will be to the Walmart & Kohl's in Willimantic. Suggested donation is \$4.00 for bus transportation. Pre-register.

"STEP ON IT!"

Thurs., Feb. 8, 11:00 a.m.

We're continuing to get our steps in and keep moving this winter. Join us! Sponsored by Kindred at Home.

RUBBER STAMPING

Wed., Feb. 14, 9:00 a.m.

Marie Sola from Chestelm leads this free class where you will craft a Valentine card. Pre-register by Tues., Feb. 13th.

DINNER & MOVIE NIGHT

"Victoria & Abdul" (PG-13)

Wed., Feb. 14, 3:30 p.m.

Don't miss this the true story of friendship starring Dame Judi Dench. Cost is \$5.00 for pizza, chips & soda dinner from Colchester Pizza. Please pre-register by Tues., February 13th.

STITCH & FIX

Fri., Feb. 16, 9:30 a.m.

Volunteer Maria Cusano will be here to help with all of your minor mending needs.

PINTEREST CRAFT

Wed., Feb. 21, 1:00 p.m.

Becky will lead this fun craft where you will create a bird bath from terra cotta pots. Cost is \$5.00 for materials. Please pre-register by Tues., Feb. 20th.

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YOUTUBE & YOU WORKSHOP

Wed., Feb. 21, 4:30 p.m.

Learn the ways that you can navigate YouTube and use it as an educational tool. Pre-register by Tuesday, Feb. 20th.

LUNCH BUNCH

Fri., Feb. 23, 11:45 a.m.

This month's lunch outing will be to Toyo Asian Fusion. Suggested donation is \$2.00 for bus transportation. Pre-registration is required by Feb. 21st, even if you are driving.

BIRTHDAY CELEBRATION

Tues., Feb. 27, 12:00 p.m.

Cake provided by Apple Rehab.

IN THE KNOW

Tues., Feb. 27, 12:30 p.m.

Director Patty Watts gives the latest senior center news at this monthly program.

HOW TO: GROCERY DELIVERY SERVICES

Wed., Feb. 28, 11:00 a.m.

Learn how to make your life easier with local grocery delivery services, including Stop & Shop's Peapod & others. Please pre-register.

KARAOKE NIGHT!

Wed., Feb. 28, 4:30 p.m.

Sing along to your favorites during this fun night out! No previous singing experience required. Pre-register.

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.	2 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.	8 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.	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.	8 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
ZUMBA GOLD Fun, aerobic choreographed dances at a slightly slower pace than traditional Zumba, resulting in a fun, vigorous, full body workout. 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 TOURNEY at MANSFIELD SR. CTR.

Tuesday, February 6, 10:00 a.m.

Members will carpool to this fun, friendly game! Please sign up with Becky.

TECH CORNER

"ASK THE TECH GEEK"

**Weds., February 7 & March 7
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.

YOUTUBE & YOU WORKSHOP

Wednesday, February 21, 4:30 p.m.

Please see Page 3 for more information.

HOW TO: GROCERY DELIVERY SERVICES

Wednesday, February 28, 11:00 a.m.

Please see Page 3 for more information.

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, February 5
9:30 a.m. – 10:15 a.m.

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

HEARING SCREENINGS

Friday, February 2
10:30 – 11:30 a.m.

Call to schedule your free 10-minute appointment with Dr. Matthew Cross from the Hearing Center of Glastonbury.

FOOT CLINIC

Tuesday, February 27
1:30 – 3:00 p.m.

Call to schedule your free appointment with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and Insurance information.

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.

THINGS I LEARNED FROM MY HEART CONDITION...

The heart is a very hard working, highly specialized muscle that is expected to work continuously for your lifetime. At any age you can develop any one of many heart conditions that reduce the effectiveness of your heart. I have had some of these conditions, such as cardiomyopathy, atrial fibrillation, a heart attack, mitral valve repair and chronic heart failure. Going through all that, there are some important lessons I learned along the way.

It is important to make sure you have a knowledgeable primary care physician and a cardiologist that you trust and will listen to you to help develop the right path to good heart health. Everyone should learn the symptoms of heart trouble. Between the two doctors you should also learn how to live your life so that it helps your heart stay healthy. Effective weight management, regular exercise, healthy blood pressure are all important factors. I know a healthy life style can be very difficult for some, but it is best to start before the pressure of a serious loss of your capabilities occurs. I have found and cannot stress enough that healthy eating (including eating a low sodium diet), daily exercise (especially walking) and faithfully taking your meds has helped my recoveries and keeps me in good shape.

Some important things that I've learned are: 1) Don't ignore your symptoms; 2) Don't be embarrassed to call 911; 3) Don't make the mistake of thinking you do not have time for a ride in an ambulance; 4) In the hospital your nurses can help and are usually readily available; 5) Ask questions and keep asking until you get the answers you understand; 6) Rest is necessary and important--don't overdo anything; 7) When leaving the hospital, ask your doctor if he/she recommends you going into cardiac rehab program and 8) Join a support group because stories and advice from people with your problems are much more powerful than hearing it from a doctor.

Bill Otfinoski
TRIAD Committee Member

**Bill is speaking from personal experience; he is not a doctor. Please consult your physician for medical advice.*

SOCIAL SERVICES

CHOICES COUNSELING

Thursday, February 22
9:30 a.m. – 12:30 p.m.

New to Medicare? Have questions about Medicare? Personal Medicare counseling is provided by Janet Hale, certified CHOICES counselor. Call 860-537-3911 to schedule your confidential appointment.

ENERGY ASSISTANCE

Wednesdays in February

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. Call 860-537-3911 for more information, including eligibility criteria, a list of required paperwork, and to schedule an appointment.

MEETINGS IN FEBRUARY

AARP CHAPTER # 4019

No meeting this month

COMMISSION ON AGING

February 12 at 8:30 a.m.

CSC STAFF MEETING

February 14 at 2:30 p.m.

INCLEMENT WEATHER

If the Colchester Senior Center's schedule or services are impacted by the weather, it will be announced on WFSB Channel 3 (TV) and WICH, WCTY, WNLC and WKNL (Radio). If the senior center is open, but you do not feel safe to travel during a storm, we encourage you to exercise your best judgement to stay safe.

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.



LUCK O' THE IRISH LUNCHEON

Tuesday, March 20, 11:00 a.m.

On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for our annual luncheon which includes corned beef & cabbage, boiled potatoes, carrots, and Irish soda bread. Before lunch, musical entertainment by Pierce Campbell will get us all "dancin' a jig"! Tickets are \$8.00 and are on sale through Wednesday, March 7th or until sold out.

VOLUNTEER OPPORTUNITIES

BINGO CALLER: Set up, clean up, and call Bingo games on Friday afternoons. Training provided.

HOSPITALITY COMMITTEE: Volunteers willing to help organize and set up for special events and programs.

VOLUNTEER RECEPTIONISTS: Answer incoming calls throughout the day, greet participants and provide them with information. Coverage needed for shifts on Tuesday mornings and Thursday afternoons. Training provided.



MEMBERSHIP RENEWALS

Just a reminder that membership renewals are due one year from the date of your registration at the Colchester Senior Center. Phone call reminders for membership renewals go out once a month. When it is your renewal month, please give us a call or stop in the office to make sure all of your information in our computer is up-to-date. The \$10 yearly fee will be collected for non-residents at this time as well. Please call us with any questions. Thank you!

IMPORTANT "ROBO"-CALL REMINDERS

Please be aware that we are using **My Senior Center** more often for reminder phone calls for programs and trips. The "robo-call" feature makes it easier for us to contact more people in an efficient manner, so please be sure that we have your updated phone numbers on file. The phone number is (617) 440-3507 and is out of Somerville, Massachusetts.

CELTIC TENORS PERFORMANCE

Saturday, March 18, 1:30 p.m.

The Celtic Tenors have performed together for 15 years, and are comfortable in all genres from classical and folk to Irish and pop. See this incredible performance at SSCU's Lyman Theater in New Haven. Cost is \$35.00 per person and includes reserved premium seats and senior bus transportation. **Must sign up by Friday, March 9th.**

New! FOXWOODS CASINO

Wednesday, March 28, 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, March 16th.**

"EXIT LAUGHING" at NEWPORT PLAYHOUSE

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

Paul Elliot's gentle comedy "Exit Laughing" is a bit like the "Golden Girls" meets "Steel Magnolias". Before the show, enjoy a wonderful buffet luncheon featuring a wide variety of dishes. After the play, return to the dining room for the always entertaining Cabaret Show. Cost is \$87.00 per person and includes 2 performances, buffet lunch, motor coach transportation, taxes and gratuities. **Must sign up by 3/2.**

"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.**

CULINARY INSTITUTE OF AMERICA

Thursday, April 19, 8:15 a.m.

Upon our arrival at this renowned culinary college located in Hyde Park, New York, we will enjoy a 3-course meal at the school's own Caterina de Medici. After lunch, there will be a student guided tour and free time to explore the cafes and beautiful grounds. Cost is \$128.00 per person and includes admission, lunch, motor coach transportation, Tour Director, taxes and gratuities. **Must sign up by Friday, March 16th.**

CHERRY BLOSSOM FESTIVAL

Sunday, April 29, 7:00 a.m.

Experience a great spring day during peak blooming time for over 200 dazzling trees in the Japanese Garden at Brooklyn Botanic Garden. Spend the day enjoying festivities, food vendors, sword fighting, tea ceremonies and more! Cost is \$77.00 per person and includes admission, motor coach transportation, taxes and gratuities. **Must sign up by 3/16.**

Last Call! BOSTON RED SOX

Sunday, August 19, 7:30 a.m.

Join us at Fenway Park to witness the Red Sox play Tampa Bay! Don't miss this great afternoon of baseball! Cost is \$140.00 per person and includes tickets in Left Field, motor coach transportation, taxes and gratuities. **Seats are limited. Deposit of \$70.00 is due by Friday, February 16th.**

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 ASAP.**

EXTENDED TRIPS & CRUISES

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. **Place a \$250 deposit by February 16th and receive \$50 off the final payment!**

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 ASAP. Please join Tracy from Collette for a presentation on Wednesday, February 21st at 10:30 a.m.!**

New! 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! Please join Brett from Friendship Tours for a presentation on Wednesday, March 7th at 10:30 a.m.!**



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TVCCA SENIOR CAFE MENU ~ FEBRUARY 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI-

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice.</p>		<p>¹ Beef Hot Dog w/ Roll Baked Beans Mixed Vegetables Applesauce Cup</p>	<p>² "Souper Bowl" Party Hamburger Soup Bread with Butter Garden Salad with Dressing Football "Whoopie Pies" Ticket Cost: \$7.00</p>
<p>⁵ Chicken Parmesan Penne Pasta Italian Vegetable Blend Pineapple Tidbits</p>	<p>⁶ Pub Burger w/ Bun Tater Tots Chuck Wagon Vegetables Fresh Orange</p>	<p>⁷ Creamy Dijon Chicken Brown Rice Mixed Vegetables Sweet Treat & Juice</p>	<p>⁸ Beef & Bean Chili Egg Noodles Capri Vegetable Medley Pears w/ Mandarin Oranges</p>	<p>⁹ Ethnic Celebration Cuban Braised Pork Seasoned Rice & Black Beans Broccoli Fruit Cocktail</p>
<p>¹² Salisbury Steak w/Gravy Mashed Potatoes Stewed Tomatoes Fresh Fruit</p>	<p>¹³ Mardi Gras Celebration Mildly Spiced Jambalaya Garden Salad with Dressing Roll with Butter "King Cake" Cupcakes Ticket Cost: \$8.00</p>	<p>¹⁴ Ash Wednesday Crispy Cod Patty Macaroni & Cheese Scandinavian Vegetable Blend Sweet Treat & Juice <i>Happy Valentine's Day</i></p>	<p>¹⁵ Chicken Stew w/ Diced Vegetables Garlic Roasted Potatoes Green Beans Diced Peaches</p>	<p>¹⁶ Cheese Omelet Hash Brown Potatoes Chuck Wagon Vegetables Applesauce Cup</p>
<p>¹⁹ Presidents Day Holiday  PROGRAM CLOSED</p>	<p>²⁰ BBQ Chicken Drumsticks Baked Beans Mixed Vegetables Fruit Cocktail</p>	<p>²¹ Pot Roast Roasted Potatoes Capri Vegetable Medley Fresh Orange</p>	<p>²² Baked Haddock w/ Salsa Spanish Rice Chopped Broccoli Diced Peaches</p>	<p>²³ Cheese Manicotti w/ Marinara Peas Carrot Coins Pears w/ Mandarin Oranges</p>
<p>²⁶ Western Omelet Tater Tots Peas & Pearl Onions Fruit Cocktail</p>	<p>²⁷ Beef Stew Brown Rice Capri Vegetable Medley Applesauce Cup</p>	<p>²⁸ Birthday Celebration Stuffed Chicken Cordon Bleu Buttered Shells Peas & Carrots Birthday Treat Grape Juice</p>	<p>Inclement weather watch: If severe inclement weather in the forecast, delivery schedules are subject to change. Inclement weather closings will be announced on local radio stations and TV channels 3, 4 & 8.</p>	 <p>PAGE 10</p>