

COLCHESTER SENIOR CENTER

January 2019

news

NAVIGATING YOUR NEW TABLET

Wednesday, January 2
2:30 p.m.

Did you get a new tablet as a present this holiday season and you have no idea how to use it? This program is for you. The Tech Geeks, Larry Donovan and Jakob Misbach will be here to show you how to use your latest device. Please pre-register for this program.

BINGO HOLIDAY LUNCHEON

Friday, January 4
12:00 p.m.

This catered luncheon is for our Bingo players who have paid into our Bingo Fund through 50/50 Bingo Raffles throughout the year. If you are not a Bingo player and wish to participate, the cost is \$5.00. A regular Bingo game will follow the luncheon. Pre-register by Wednesday, January 2nd.

AUTHOR'S BOOK DISCUSSION

Tuesday, January 8
10:30 a.m.

Stabbed in the Back: The Life of Civil War Private James Gillispie is a newly published book by CSC member Norm Dupuis, which he will be here to discuss. This biographical novel is based on the life of Norm's great grandfather who lived in Taunton, Massachusetts at the time of the American Civil War. Please pre-register for this program, if you wish to attend. (Snow date is scheduled for January 29th.)

WELCOME RECEPTION FOR NEW PROGRAM COORDINATOR

Friday, January 11
1:00 p.m.

Maria Panos will be joining our senior center family beginning on Monday, January 7th. Please join us during her first week for a cake & punch reception. Please pre-register.

ALL ABOUT PARKINSON'S DISEASE

Thursday, January 17
10:30 a.m.

Heather Bale from FreshRiver Healthcare in East Windsor will provide this free educational seminar that will touch upon early signs, diagnosis, symptoms, and the clinical tools and supportive services that bring care and treatment to the person with PD and their loved ones. Please pre-register by Wednesday, January 16th. (Snow date is Tuesday, January 22nd.)

AARP SMART DRIVER COURSE

Friday, January 18
12:00-4:00 p.m.

Learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Open to anyone 50 and over. Cost is \$15 for AARP members and \$20 for non-members. Space is limited. Must pre-register. (Snow date is Friday, January 25th.)



WINTER BLAST LUNCHEON

Wednesday, January 23
11:00 a.m. to 1:00 p.m.

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 is intended to warm your heart and stomach and includes Braised Beef Tips with Mushroom Sauce (gravy can be left off if you don't care for mushrooms), Roasted Potatoes, Carrots & Peas, Cake Brownies and Fruit Juice. Tickets are \$8.00 and are on sale now through Wednesday, January 16th or until sold out.

AARP TAX AIDE APPOINTMENTS

Fridays in Feb.-March,
by appointment only

AARP Tax Aide Counselors, who are trained in tax preparations, will be available by appointment on Fridays from February 8th through March 29th to assist you with your tax preparations. Appointments fill up quickly, so please call or stop by the office to schedule yours, beginning January 2nd.

**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

Maria Panagiotakakos
Program Coordinator
mpanos@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbaum@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
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Linda Grzeika
Goldie Liverant
Jennifer Rayburn-DeHay
Nan Wasniewski, Alternate

From the Director's Desk

I had a friend who, on her wedding day, asked her mother for some words of advice. Her wise mother replied, "Some years will be good, and some years will be bad, but whichever it is, you'll get through!" My friend was flabbergasted at the thought of a good year or a bad year...she thought to herself, "Well maybe a bad DAY or even a bad WEEK, but certainly not a bad YEAR!" Over time, she came to understand the truth of her mother's comment, and it has become a nugget of wise counsel that she shares with other young couples as they start off their marriages.

It's true, isn't it? Some years are wonderful, full of happy occasions, robust health and memorable times. Others are fraught with challenges, losses, health problems or just plain bad luck. Life does seem to work in cycles. That's probably one of the reasons that I enjoy the thought of a brand new year. It has always seemed to me to be a fresh start. So no matter what kind of year 2018 was for you, we raise a toast to a hopeful, happy and healthy 2019!

For me, 2018 had a series of highs and lows. Some 2018 highlights include the Ruby Jubilee Celebration of our senior center's 40th Anniversary in September; a wonderful intern, Jacqueline Myers, who right out of college was able to secure employment working as a Program Coordinator at an assisted living facility; the welcoming of a new baby to our senior center family; the retirement of a friend (we hear Donna is loving the life of a retiree!) and so much more. But the year has been a difficult one in some ways, too. Losing friends to illness or death is never easy and is hands-down the most challenging part of life at our senior center. Having friends leave us, even if for happy reasons like retirement or sweet newborn babies, is still a loss. We honor those losses, and although we miss the presence of those no longer in our midst, we press onward toward the hope of a happy New Year and all of the possibilities that it may yet reveal.

I am pleased to announce that we have hired a new Program Coordinator who will be starting early in the New Year. Maria Panagiotakakos (or Maria "Panos" as she goes by, which will be easier for all of us to remember) will start in her role beginning Monday, January 7th. I know that as you get to know her, you will find her to be friendly, energetic and a wonderful asset to the Colchester Senior Center. Maria brings knowledge gained from 23 years of experience in the field and some terrific program ideas. Please welcome her warmly, as you always do. I want to say a special "Thank You" to Joyce Sypher, who has assisted me with administrative support during this transition. Thanks to her and all of the others who helped me stay afloat for the past few months. Here's to a whole New Year and the fresh start that it represents for us all. Let's trust that it'll be a good one!

Warmly,

Patty



SHOPPING TRIP

Thursday, January 10
10:30 a.m.

This month's trip will be to the Walmart & Dollar Tree in Cromwell. Suggested donation is \$5.00 for bus transportation. Pre-register.

BOOK CLUB

Tuesday, January 15
10:30 a.m.

This month's selection is the novel *The Fourth Son* by local author Brien Brown. Books are available through Amazon.

STITCH & FIX W/ MARIA

Friday, January 18
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.

LUNCH BUNCH

Friday, January 25
12:00 p.m.

This month's lunch outing will be to Vintage, the new farm-to-table restaurant here in Colchester. The suggested donation for bus transportation is \$1.00. Pre-registration is required by Wednesday, January 23rd, even if you are driving.



SEEKING PARTICIPANTS FOR RESEARCH STUDY

Do you find yourself experiencing "senior moments" that concern you? If you are between the ages of 65 and 80, you may be eligible to participate in a research study from the comfort of your own home. Participation includes 2 online surveys, responding to 2-3 text message prompts for 6 days, & follow up call. Reimbursement is a \$15 electronic gift card to Amazon.com. To learn more contact Katherine from the Langer Lab in the Department of Psychology at Harvard University at kbercovitz@g.harvard.edu or leave a message at 617-800-9357. The start date is flexible for those interested.

BIRTHDAY CELEBRATION

Tuesday, January 29
12:00 p.m.

Join us as for birthday cake as we celebrate our friends born in the month of January! If you wish to have your name added to our monthly birthday list, please contact the office.

IN THE KNOW

Tuesday, January 29
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 senior center.

HOLIDAY SCHEDULE

Tuesday, January 1st

CSC closed for
New Year's Day

Monday, January 21st

CSC closed for
MLK Jr. Day

INCLEMENT WEATHER

At the Colchester Senior Center, it is our policy to follow the Town schedule. This means if Town Hall is closed, the senior center will also be closed for the day. If Town offices remain open, the Colchester Senior Center will remain open. To know if the Colchester Senior Center's schedule is impacted by weather-related closures, check for announcements on WFSB (channel 3 TV) and WICH, WCTY, WNLC and WKNL (radio). If you do not feel safe to travel during a storm, we encourage you to exercise your best judgement to stay safe.

A SINCERE THANK YOU!

We received a thank you card on behalf of the Diabetic and Hypertension Relief Center (DHRC) for the support shown by your assistance in collecting medical and dental supplies for their organization this past November. Thank you for supporting this cause.



| 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. | 4 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. | 5 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. | NO CLASSES UNTIL APRIL | 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. | 5 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, weather permitting. Group led. | WEDNESDAYS 10:00 A.M. | NO CLASSES IN JANUARY | NO FEE |
| FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00. | | | |
| 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. | 8 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. | 9 CLASSES | PRE-PAID CARD |
| SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard | MONDAYS, THURSDAYS 10:00 A.M. | 8 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.

Wii BOWLING TOURNAMENT

We enjoy hosting friendly competitions with local senior centers. Please sign up in the office if interested in learning how to play this fun game. All are welcome!

Colchester vs. Mansfield
Wednesday, January 30
10:00 a.m.

TECH CORNER

NAVIGATING YOUR NEW TABLET

Wednesday, January 2
2:30 p.m.

Please see Page 1 for more information.

“ASK THE TECH GEEK”
Wednesday, February 6
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 in the senior center office during business hours, Monday-Friday. 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, January 7
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, January 4
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, February 19
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.

WINTER REMINDERS...

Residents are reminded that this is the season that causes a lot of problems for fire and EMS personnel attempting to provide emergency services quickly. Snow and ice covered driveways and sidewalks create difficulty for emergency responders to access your home. Moving a stretcher through snow and ice is extremely difficult—requiring numerous additional personnel. Driveways and walkways should be cleared as soon as possible after snow falls.

It is easy to slip and fall in the winter, especially in icy and snowy conditions. Carefully shovel steps and walkways to your home (or hire someone to shovel for you). Do not walk on icy/snowy sidewalks; look for sidewalks that are dry and have been cleared. Wear boots with non-skid soles so you're less likely to slip when you walk.

If you use a cane, replace the rubber tip before it is worn smooth. When the temperature drops, older adults can run a higher risk of health problems and injuries related to the weather including hypothermia, frostbite and falls.

Remember to take the necessary precautions to stay safe this winter!

Friendly reminders from the Colchester Hayward Volunteer Fire Department



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, January 8
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 Social Services at 860-537-7255 for more information and to schedule your appointment.

AARP TAX-AIDE TRAINING SESSIONS

Thursdays, 1/10, 1/17 & 1/24
1:30-3:30 p.m.

AARP Tax-Aide Counselors will complete their mandatory trainings on these dates to be able to assist with the AARP Tax-Aide Program for free tax preparation assistance. OPEN ONLY TO THOSE WHO HAVE PREVIOUSLY REGISTERED AS TAX AIDE VOLUNTEERS.

MEETINGS IN JANUARY

AARP CHAPTER #4019
No meeting this month

COMMISSION ON AGING
January 14 at 8:30 a.m.

CSC STAFF MEETING
January 9 at 2:30 p.m.

TRIAD MEETING
January 15 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.



INCLEMENT WEATHER WATCHERS

If inclement weather is in the forecast, be sure and pay attention to see if the senior center will be serving lunch. Meal delivery schedules are subject to change, at TVCCA's discretion. Inclement weather closings pertaining to meals will be announced on all local radio stations and TV Channels 3 & 8 under "TVCCA." Any cancelled meals will typically be served the following day, honoring previous reservations.

TVCCA COMMUNITY CAFÉ REGISTRATION

Every person who dines at our senior center must completely fill out a double sided form once per year for TVCCA. This program is funded through Title III funds made available through the Older Americans Act, which accounts for 60% of TVCCA's Nutrition Program funding. In order to continue to make meals affordable at a suggested donation of \$3.00, TVCCA seeks partial reimbursement for meals. Only meals eaten by people who have filled out a form are able to be reimbursed. Registering for the program assists in keeping this vital service available to you and the other seniors of our community. We appreciate your cooperation so this important program receives the funding that is needed.



This beautiful, beach-themed tree was created by our Seasonal Crafters and donated to the Wadsworth Atheneum's Festival of Trees and Traditions. What a beautiful job they did! We can't wait to see what you create next year?

NEED HELP WITH SNOW REMOVAL AFTER A STORM?

For Colchester residents who are financially and/or physically constrained, removal of snow from town-owned sidewalks and front walks is being offered, anonymously and free of charge. This project is being run by Life Scout, Jared Evans, for his Eagle Scout Project.

For more information please contact Patty at 860-537-3911.

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.**

"ALL YOU CAN EAT LOBSTER"



at THE DELANEY HOUSE

Wednesday, July 10, 10:00 a.m.

A veritable All-You-Can Eat Feast, including cheese and veggie platter, shrimp cocktail, salad and bread basket, served at your table and a buffets of LOSTER! LOBSTER! LOBSTER! and a variety of salads, fresh fruit, Pork Merengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetable, Dessert and Beverages. During the meal, enjoy a show featuring the amazing talents of John Timpanelli for a truly wonderful afternoon. Cost is \$105.00 per person and includes motor coach transportation, taxes and gratuities. **Please sign up by Monday, June 3rd.**

GILDED AGE OF THE BERKSHIRES



HOUSE TOUR & VICTORIAN TEA LUNCH

Wednesday, September 25, 7:15 a.m.

Tour Ventfort Hall in Lenox, MA, one of the last remaining Gilded Age Cottages. Savor lunch & tea in the Hall's elegant dining room renovated to its original glory. Enjoy sandwiches, fruit, cake and cookies, cider and of course, hot tea! The landscape comes to you on a riding and driving tour through Stockbridge-Lenox countryside, which highlights artists, writers, musicians and others which have helped to make the Berkshires "America's Premier Cultural Resort" narrated by a step-on guide. A special walking tour of Tanglewood, home of the Boston Symphony Orchestra, is also included. Cost is \$94.00 per person and includes motor coach transportation, taxes and gratuities. **Sign up by Monday, August 19th.**

OVERNIGHT TRIPS

ISLAND HOPPING:



NANTUCKET & MARTHA'S VINEYARD

May 31-June 2, 2019

Enjoy exciting adventures on Cape Cod, Nantucket & Martha's Vineyard. Enjoy 2 nights at the Holiday Inn Cape Cod Hyannis and tour the Sandwich Glass Museum. Daytrip to Nantucket Island with a Guided Tour highlighting the Old Mill, Sconset Village, Low Beach, Sankaty Head Lighthouse, with free time for shopping, lunch or biking. Ferry over to Martha's Vineyard and enjoy a Guided Tour of the "Storybook Island" including the Victorian Gingerbread cottages with a stop in Edgartown's quaint shops before heading back to the mainland and returning home. Cost is \$527.00 per person, with double occupancy, includes motor coach transportation, 2 nights hotel stay, 2 breakfasts, ferry admission, island tours on both islands, professional trip escort, taxes and gratuities. **A deposit of \$200 per person is due by March 8th to reserve a seat!**

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 \$599.00 per person, double occupancy 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

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 \$3795 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!**



= Light Walking



= Moderate Walking



= Mostly Walking



January 2019

**CSC closed
for
New Year's Day**

New Year's Day

1
9:00 Memories
NO Walking Group
10:00 Sit & Be Fit
10:30 Charitable Crafts
12:30 Pinochle
2:30 Navigating Your New Tablet

2
9:00 Exercise w/ Anne
10:00 Wii Bowling
10:00 Sittercize
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Knit & Crochet

3
9:00 Strength & Stretch
10:30-11:30 Hearing Screenings
10:00 Ageless Grace ®
NO Fri. Film Series
11:00 Yoga
12:00 Bingo Holiday Luncheon
12:30 Pinochle
1:30 Bingo

4
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:30 Fri. Film Series
11:00 Yoga
12:00 Bingo Holiday Luncheon
12:30 Pinochle
1:30 Bingo

6
9:00 Memories
9:00 Exercise w/ Anne
9:30 BP Clinic
10:00 Sittercize
10:30 Choral Group
12:30 Mah Jongg
12:30 Setback

7
9:00 Memories
9:45 Tai Chi
10:30 Author's Book Discussion
11:00 Adult Coloring
12:30 CHOICES Counseling, by appt.
12:30 Pinochle
1:30 Bingo
NO AARP Meeting

8
9:00 Memories
NO Walking Group
10:00 Sit & Be Fit
10:30 Charitable Crafts
12:30 Pinochle
2:30 Staff Meeting

9
9:00 Exercise w/ Anne
10:00 Wii Bowling
10:00 Sittercize
10:30 Shopping Trip
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Knit & Crochet
1:30 Tax-Aide Training

10
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:00 Fri. Film Series
"Adrift" PG-13
11:00 Yoga
12:30 Pinochle
1:00 Welcome Reception for New Program Coordinator
NO Bingo

11
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:30 Fri. Film Series
11:00 Yoga
12:30 Pinochle
1:00 Welcome Reception for New Program Coordinator
NO Bingo

13
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

14
8:30 TRIAD Meeting
9:00 Memories
9:45 Tai Chi
10:30 Book Club
11:00 Adult Coloring
12:30 Pinochle
1:30 Bingo

15
9:00 Memories
NO Walking Group
10:00 Sit & Be Fit
10:30 Charitable Crafts
12:30 Pinochle

16
9:00 Exercise w/ Anne
10:00 Wii Bowling
10:00 Sittercize
10:30 All About Parkinson's Disease
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Knit & Crochet
1:30 Tax-Aide Training

17
9:00 Strength & Stretch
9:30 Stich & Fix w/ Maria
10:00 Ageless Grace ®
NO Fri. Film Series
11:00 Yoga
12:00-4:00 AARP Smart Driver Course
12:30 Pinochle
1:30 Bingo

18
9:00 Strength & Stretch
9:30 Stich & Fix w/ Maria
10:00 Ageless Grace ®
NO Fri. Film Series
11:00 Yoga
12:00-4:00 AARP Smart Driver Course
12:30 Pinochle
1:30 Bingo

20
**CSC closed
in observance of
MLK Day**

21
9:00 Memories
9:45 Tai Chi
11:00 Adult Coloring
12:30 Pinochle
1:30 Bingo

22
9:00 Memories
NO Walking Group
10:00 Sit & Be Fit
10:30 Charitable Crafts
11:00 Winter Blast Luncheon
12:30 Pinochle

23
9:00 Exercise w/ Anne
10:00 Wii Bowling
10:00 Sittercize
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Knit & Crochet
1:30 Tax-Aide Training

24
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:00 Fri. Film Series
"Chappaquiddick" PG-13
11:00 Yoga
11:45 Lunch Bunch at Vintage
12:30 Pinochle
1:30 Bingo

25
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:00 Fri. Film Series
"Chappaquiddick" PG-13
11:00 Yoga
11:45 Lunch Bunch at Vintage
12:30 Pinochle
1:30 Bingo

27
9:00 Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:30 Choral Group
12:30 Mah Jongg
12:30 Setback

28
9:00 Memories
9:45 Tai Chi
11:00 Adult Coloring
12:00 Birthday Celebration
12:30 In the Know
12:30 Pinochle
1:30 Bingo

29
9:00 Memories
NO Walking Group
10:00 Sit & Be Fit
10:00 Wii Bowling
Tournament vs. Mansfield
10:30 Charitable Crafts
12:30 Pinochle

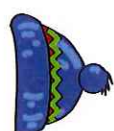
30
9:00 Exercise w/ Anne
10:00 Sittercize
NO Wii Bowling
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Knit & Crochet

31
9:00 Strength & Stretch
10:00 Ageless Grace ®
10:00 Fri. Film Series
"Chappaquiddick" PG-13
11:00 Yoga
11:45 Lunch Bunch at Vintage
12:30 Pinochle
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32
9:00 Strength & Stretch
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TVCCA SENIOR CAFÉ MENU~JANUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|--|---|--|--|
| <p>Inclement weather watcher: If severe inclement weather is in the forecast, delivery schedules are subject to change. Inclement weather closings will be announced on all local radio stations and TV Channel 3 & 8.</p> | <p>1 Happy New Year CSC Closed</p> | <p>2 Seafood Stew Spanish Rice Green Beans Sweet Treat & Juice <u>Add-on: Chicken Noodle Soup</u></p> | <p>3 Salisbury Steak w/ Gravy Egg Noodles Zucchini, Peas & Carrots Fresh Fruit </p> | <p>4 Ethnic Celebration Cuban Pulled Pork Yellow Rice & Black Beans Broccoli Fruit Cocktail <u>Add-on: Butternut Squash Soup</u></p> |
| <p>7 BBQ Chicken Drumsticks Garlic Roasted Potatoes Cauliflower, Carrots & Snap Peas Fresh Orange </p> | <p>8 Cheese Omelet w/ Salsa Home Fries Peas & Pearl Onions Pineapple Tidbits</p> | <p>9 <u>Birthday Celebration</u> Stuffed Chicken Cordon Bleu Pasta Shells w/ Herbs Mixed Vegetables Medley Birthday Treat: Grape Juice <u>Add-on: Corn Chowder Soup</u></p> | <p>10 Philly Cheese Steak w/ Roll Tater Tots Corn w/ Peppers & Onions Applesauce Cup </p> | <p>11 Chicken Parmesan Bow Tie Pasta w/ Marinara Zucchini Diced Peaches <u>Add-on: Chicken Noodle Soup</u></p> |
| <p>14 Beef Stew Steamed Parsley Potatoes Mixed Vegetable Medley Fruit Cocktail</p> | <p>15 Baked Haddock w/ Lemon Dill Sauce Brown Rice Stewed Tomatoes Pears</p> | <p>16 <u>New Year Celebration Meal</u> Roasted Pork Loin w/ Roasted Apples & Cranberry Stuffing Herb Roasted Potatoes Broccoli Apple Crumb Pie w/ Whipped Cream Juice</p> | <p>17 Stuffed Shells w/ Marinara Zucchini Yellow Squash w/ Oregano Pineapple Tidbits</p> | <p>18 Pot Roast Au Jus Mashed Potatoes Peas & Carrots Fresh Orange <u>Add-on: Split Pea & Ham Soup</u></p> |
| <p>21 Dr. Martin Luther King Jr. Holiday  CSC Closed</p> | <p>22 Chicken Cacciatore Lemon Garlic Orzo Green Beans Fruit Cocktail</p> | <p>23 <u>Winter Blast Luncheon</u> Braised Beef Tips w/ Mushroom Sauce Roasted Potatoes Carrots & Peas Cake Brownies Fruit Juice Ticket Cost: \$8.00</p> | <p>24 Baked Salmon Fillet Lime Scented Rice Broccoli Diced Peaches</p> | <p>25 Cheese Manicotti w/ Marinara Dill Carrot Coins Green Beans Sweet Treat & Juice <u>Add-on: Chicken Noodle Soup</u></p> |
| <p>28 Stuffed Chicken w/Broccoli & Cheese Shredded Herb Potatoes Zucchini Sweet Treat Juice</p> | <p>29 Pub Burger w/ Bun Baked Beans Corn w/ Peppers & Onions Fresh Fruit</p> | <p>30 Chicken a la King Rice Pilaf Squash Mix w/ Carrots & String Beans Applesauce Cup <u>Add-on: Chicken Noodle Soup</u></p> | <p>31  Broccoli & Cheddar Omelet Home Fries Peas & Pearl Onions Pears</p> | <p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) 1% milk and whole grain bread served with each meal. Menu is subject to change without notice. www.tvcca.org PAGE 10</p> |