

# COLCHESTER SENIOR CENTER

## July 2018

### **CSC RUBY JUBILEE 40<sup>th</sup> ANNIVERSARY CELEBRATION**

**Sunday, September 16  
from 1:30 to 5:30 p.m. at  
Villa Louisa in Bolton**

Please join us as we celebrate this incredible milestone in our senior center's history! Enjoy cocktails at the cash bar, hors d'oeuvres stations, a delicious luncheon buffet, and dancing to the music of Airborne Jazz. Senior bus transportation will be available, by request. Tickets are \$40.00 per person and available now in the senior center office!

### **ICELAND PHOTOGRAPHIC SLIDE SHOW**

**Thursday, July 5  
11:00 a.m.**

Join us for this lovely and interesting presentation of photos from our members who traveled to Iceland earlier this year with our senior center and Collette Vacations. See the beautiful sights and hear a few stories about this once-in-a-lifetime travel experience. You may find you'll want to travel with the Colchester Senior Center in the future, too. Please pre-register.

### **WELLNESS 4-LATER LIFE DINNER**

**Wednesday, July 11  
4:30 p.m.**

Join our sponsor Colebrook Village at Hebron for this fun presentation that pairs socialization and physical wellness for longevity. A complimentary dinner will be provided for those that sign up by Monday, July 9<sup>th</sup>.

### **AGELESS GRACE® WORKSHOP**

**Friday, July 13  
10:00 a.m.**

Ageless Grace® is a seated exercise program that is designed to target neuroplasticity (development of new connections within the brain) and holistic attention of body and brain function. It is evidence-based, looking to address the five key functions of the brain (somatosensory & kinesthetic learning, memory, analytical thinking, and cognitive music and 21 individual tools to address these areas. Physical therapist and licensed Ageless Grace® instructor Tom Atwood, owner of Better Balance Physical Therapy in Hebron, will lead this wonderful, free workshop demonstration. We'd love to offer this great class on a regular basis. Please try it out! Pre-registration recommended for space.



### **AARP SMART DRIVER COURSE**

**Wednesday, July 18  
2:00-6:00 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.



## news

### **TRAVEL PRESENTATION: LANCASTER "JESUS" & TRAPP FAMILY LODGE**

**Thursday, July 19  
10:30 a.m.**

Brett Isaacson from Friendship Tours will present all the details for these two upcoming overnight travel opportunities that we have coming up this fall. Don't miss it!

### **PATRIOTIC BINGO, CRAFT, AND ICE CREAM SOCIAL**

**Monday, July 23  
10:00 a.m.-1:00 p.m.**

Students from Youth & Social Services will join us for some fun patriotic-themed activities. We'll start with Bingo, followed by a craft at 11:00 a.m. After lunch, we will enjoy an ice cream social where you can make your own sundaes. Please pre-register.

### **ALL-AMERICAN BBQ**

**Tuesday, July 24  
11:00 a.m.**

Don't miss this fun patriotic event with a delicious BBQ menu following fantastic ballroom and swing dancing entertainment by Louis Mongillo & Sally Frielle! Lunch includes BBQ Chicken Drumsticks, Baked Beans, Tossed Salad, Cornbread, and Strawberry Shortcake for dessert. Tickets are \$8.00 and are on sale through Tuesday, July 17<sup>th</sup>.

**HOME  
OF THE  
FREE  
BECAUSE  
OF THE  
BRAVE**



**COLCHESTER SENIOR  
CENTER**

95 Norwich Ave.  
Colchester, CT 06415

Phone: 860-537-3911  
Fax: 860-537-5574

Email: [csc@colchesterct.gov](mailto: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](mailto:pwatts@colchesterct.gov)

**Becky Kowalczyk**  
Program Coordinator  
[rsullivan@colchesterct.gov](mailto:rsullivan@colchesterct.gov)

**Hiring for Vacancy**  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto: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 Mlodzinzi**, Treasurer  
**Roberta Avery**  
**Linda Grzeika**  
**Goldie Liverant**  
**Jennifer Rayburn-DeHay**  
**Nan Wasniewski**, Alternate

**From the Director's Desk**

Our long-time Administrative Assistant, Donna Paty, (who this month would have worked for the Town of Colchester for 19 years) retired last month. Donna is wonderful and I wanted to dedicate this month's article to honor her and her hard work here.

When I arrived at the Colchester Senior Center in June of 2013, it was my first job as the director of a senior center. Although I had served in a senior center and in many management roles throughout my career; there was quite a learning curve that came with my new job, in a different region of the state than I had previously worked. There was a lot for me to learn in those early days. I tell you this to share that if not for Donna Paty, I'm not entirely sure that I would have made it through. Donna taught me so much—sharing willingly from her years of experience, her connections within Colchester and the southeastern region of Connecticut and her history at the Colchester Senior Center, having worked for each of the previous directors. But she was so much more than a teacher—Donna was game for any and all changes that I made, seeking to organize the center and get us poised for the growth, which I had anticipated and which we have now realized. She was a great cheerleader, both sensing and believing in the vision that I set for the future.

At Donna's farewell party, I shared that, "Somehow when I inhaled, Donna instinctively knew to exhale." That is a special person, who was an incredible listener, showed sensitivity towards the needs of others, who treated everyone she encountered with graciousness, kindness, respect and the utmost dignity. Donna, if you're reading this, you're one in a million and your presence, your smile and your dedication will be missed!

Many of you are probably a bit worried what it'll be like at the senior center without Donna here, too! Just as I have mentioned, I know many of our members would seek Donna out to chat and spend time with her. Although it won't be the same without her, I am remaining open to the fact that whomever I hire as our new Administrative Assistant, will bring their own special set of personality traits, skills and warmth. We will all have fun getting to know "the new Donna" and finding out all he/she has to offer. Although change can be difficult for a variety of reasons, we at the Colchester Senior Center will remain steadfastly dedicated to serving the senior community of Colchester with excellence. We're all going to miss Donna, but I also know that we're going to be just fine. Happy Retirement, Donna—we wish you nothing but the best!

Warmly,

*Patty*



## PROGRAMS

### **GARDENING**

**Mon., July 2, 8:30 a.m.**

Help the Colchester Garden Club maintain our beautiful gardens at the senior center. Led by Lori Faski. Join us!

### **TED TALK DISCUSSION**

**Mon., July 9, 10:30 a.m.**

Join Becky for this month's topic on "How to Have Better Political Conversations". Social psychologist Robb Willer shares compelling insights on how we might bridge the ideological divide and offers some intuitive advice on ways to be more persuasive when talking politics. Register.

### **INTERGENERATIONAL BINGO**

**Wed., July 11, 10:30 a.m.**

The children from Camp Christ Lutheran will be here for the 5<sup>th</sup> summer in a row to play a fun game of bingo with summer-themed prizes. Don't miss out! Space is limited. Please pre-register by Tuesday, July 10<sup>th</sup>.

### **HOLIDAY SCHEDULE**

Closed on

**Wednesday, July 4<sup>th</sup>**

For Independence Day



### **SHOPPING TRIP**

**Thurs., July 12, 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.

### **HOSPITALITY COMMITTEE MEETING**

**Mon., July 16, 11:00 a.m.**

We are looking for volunteers willing to help organize and set up for special events and programs. Please join us for a brief meeting to talk about upcoming opportunities.

### **BOOK CLUB**

**Tues., July 17, 10:30 a.m.**

This month's selection is available at Cragin Library. All are welcome!

### **STITCH & FIX W/ MARIA**

**Fri., July 20, 9:30 a.m.**

Volunteer Maria Cusano will tend to your minor sewing & mending needs at no cost. Drop off items for later pick-up or stay & chat while she sews.

### **LUNCH BUNCH**

**Fri., July 20, 11:00 a.m.**

This month's lunch outing will be to Captain Scott's in New London. Suggested donation is \$5.00 for bus transportation. Pre-registration by Wednesday, July 18<sup>th</sup>, even if driving yourself.

### **DINNER & MOVIE NIGHT**

**"Black Panther" (PG-13)**

**Wed., July 25, 3:30 p.m.**

Don't miss this great film based about a costumed warrior known as Black Panther who defends his country of Wakanda and has to face a dissident who wants to sell his country's natural resources to fund an uprising in this thrilling superhero adventure! Cost is \$5.00 for pizza, chips & soda from Colchester Pizza. Register by Tuesday, July 24<sup>th</sup>.

### **BIRTHDAY CELEBRATION**

**Tues., July 31, 12:00 p.m.**

Cake provided by Apple Rehab.

### **IN THE KNOW**

**Tues., July 31, 12:00 p.m.**

Hear the latest senior center news and updates. Join us!

### **SOUTH DAKOTA TRAVEL DOCS PARTY**

**Wed., Aug. 1, 10:30 a.m.**

Casey Skarecki from Premier World Discovery will meet with those traveling to South Dakota to go through their documents and itinerary.

### **ULTIMATE BINGO**

**Wed., Aug. 1, 4:30 p.m.**

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

# CLASS SCHEDULE

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CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Instructor: Irene Watson	<b>TUESDAYS</b> <b>11:00 A.M.</b>	<b>5</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>CHORAL GROUP</b> Sing along with your favorite tunes! Leader: Becky Kowalczyk	<b>MONDAYS</b> <b>10:30 A.M.</b>	<b>NO</b> <b>CLASSES</b> <b>IN JULY</b>	<b>NO FEE</b>
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	<b>THURSDAYS</b> <b>1:00 P.M.</b>	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Rose Marie Chicoine, Barbara McKelvey & Kathy Pasay	<b>THURSDAYS</b> <b>1:00 P.M.</b>	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>SIT &amp; BE FIT</b> Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Kowalczyk	<b>WEDNESDAYS</b> <b>&amp; FRIDAYS</b> <b>10:00 A.M.</b>	<b>6</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	<b>5</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>WALKING GROUP</b> Meet at the center and walk with peers at the Airline Trail. Group led.	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.</b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp; THURSDAYS</b> <b>9:00 A.M.</b>	<b>9</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>SENIOR YOGA</b> Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	<b>THURSDAYS &amp; FRIDAYS</b> <b>11:00 A.M.</b>	<b>4</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Exercise your entire body while seated. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> <b>10:00 A.M.</b>	<b>9</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>STRENGTH &amp; STRETCH</b> Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	<b>FRIDAYS</b> <b>9:00 A.M.</b>	<b>4</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>



## 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 TOURNAMENTS

We play fun, friendly games against neighboring centers. For those games that are out of town, members car pool. Please sign up with Becky if interested in attending any games. All are welcome!

**Colchester vs. Lisbon**

**Tuesday, July 3, 10:00 a.m.**

**Colchester vs. Mansfield**

**Thursday, August 2, 10:00 a.m.**

**Colchester @ Vernon**

**Friday, September 7, 10:00 a.m.**

Lunch after the game at Vernon Diner!

**Colchester vs. East Hampton**

**Thursday, October 4, 10:00 a.m.**

## TECH CORNER

**"ASK THE TECH GEEK"**

**\*Sessions will resume in September\***

## 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, July 2**

**9:30 a.m. – 10:15 a.m.**

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

### **HEARING SCREENINGS**

**Friday, July 6**

**10:30 – 11:30 a.m.**

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

### **FOOT CLINIC**

**Tuesday, July 24**

**1:30 – 3:00 p.m.**

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

## MAKING MEMORIES

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment.

**The Making Memories Program is scheduled at the Colchester Senior Center on:**

**Mon. 9:00 a.m.-1:00 p.m.**

**Tues. 9:00 a.m.-1:00 p.m.**

**Wed. 9:00 a.m.-1:00 p.m.**

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator at 860-537-3911 for more information.

*This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.*

## **IDENTITY THEFT AND CREDIT FRAUD WARNINGS**

The Colchester Police have seen a recent increase in the volume of credit/debit card fraud and identity theft cases. Residents are encouraged to take the following steps to protect themselves from identity theft and credit fraud:

- Report lost/stolen cards immediately.
- Keep your personal information in a secure place.
- Never give out personal information over the phone, through the mail or over the internet unless you know and trust the business you are dealing with.
- Do not put personal information such as social security numbers or birth dates on checks.
- Do not use obvious passwords or PIN's such as birth dates, last four SS#, etc.
- Never click on links in unsolicited emails, use computer firewalls and anti-spyware/anti-virus software.
- Guard your mail against theft and remove delivered mail from your mailbox promptly.
- Shred sensitive paperwork containing personal information.

You are the best defense against identity theft, protect your personal information and monitor your credit/debit statements regularly. You can always contact your local police if you have any questions about this topic at 860-537-7270.



## SOCIAL SERVICES

### **CHOICES COUNSELING**

**Tuesday, July 10**

**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.

### **RENTERS REBATE**

**Wednesdays in July**

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

## **TAX RELIEF PROGRAMS**

The Colchester Assessor's Office offers Multiple Tax Relief Options for Colchester residents including: State of CT Elderly and Totally Disabled Homeowners Tax Credit Program; Town of Colchester Elderly or Totally Disabled Homeowners Tax Deferral Program; State of CT Totally Disable Exemption and State of CT Legally Blind Exemption. Please contact the Assessor's Office at 860-537-7205 for eligibility criteria or more information.

## MEETINGS IN JULY

### **COMMISSION ON AGING**

July 9 at 8:30 a.m.

### **CSC STAFF MEETING**

July 11 at 2:30 p.m.



## DINING OPTIONS

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*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.



### **SUMMER SWEEPS MEAL CONTEST**

This summer, we are holding a monthly contest to increase the number of meals we serve. When you eat a TVCCA meal, you will receive a ticket for a prize drawing to be held at the monthly In the Know at the end of each month. The winner will receive a \$10 gift card to Starbucks. Eat, enjoy...and win!

## VOLUNTEER OPPORTUNITIES

**VOLUNTEER RECEPTIONIST:** Answer incoming calls throughout the day, greet participants and provide them with information. Coverage needed Tuesday mornings and Thursday afternoons for a few hours. Training provided.



### **COUNTRY JAMBOREE**

**Wednesday, August 22 at 11:00 a.m.**

Yee haw! Wear your cowboy hats, learn how to square dance with instructor Rich Sbardella and enjoy a hearty meal at this fun hoedown event! Lunch includes Smoked Brisket, Corn on the Cob, Coleslaw, Biscuit, and Blueberry Cobbler for dessert. Tickets are \$8.00 and are on sale through Wednesday, August 15<sup>th</sup> or until sold out.



### **SENIOR ART SHOW WINNERS**

Congratulations to winners of our recent Senior Art Show here at the Colchester Senior Center: **Evelyn Barr-Painting, Linda Waters-Photography, and Irene Watson in the categories of both Sculpture and Drawing.** These artists' pieces were jurored by Bacon Academy Art Teacher, Paula Berglund. Honorable Mention Awards were given to **Neal Alderman-Sculpture, Pat Bahnsen-Drawing, Steve Holowach-Photography, and Sally Spencer-Timmons-Painting.** Thank you to all of our senior artists who participated in this successful event! This was our second annual event and we grew from 6 artists to 10 this year and from 12 to 21 pieces of art! The work was on display throughout the month of June in the hallway gallery and Dining Room. We are so incredibly proud of the talent in our community and look forward to future fine arts events!



## DAY TRIPS

### COVERED BRIDGES OF VERMONT

**Tuesday, September 11, 6:30 a.m.**

Head to Vermont for a day of exploring covered bridges with a local tour guide. Make a lunch stop at Bentley's Restaurant, a local favorite, before stopping to shop in the unique area of Quechee Gorge Village where you can purchase items like Cabot cheese, olive oils, unique gifts, antiques, and more. Cost is \$92.00 per person and includes guided driving tour, lunch, Tour Director, motor coach transportation, taxes and gratuities. **Must sign up by Friday, August 3<sup>rd</sup>.**

### BERKSHIRE GHOST TOUR

**Thursday, October 11, 10:45 a.m.**

Late lunch at the famous Red Lion Inn in Stockbridge, MA and hear stories of their paranormal history. After lunch, stop at Bartlett's Orchard in Richmond, MA for fall produce and delicious baked goods before paying a call to Edith Wharton's "The Mount" in Lenox. If you enjoy strange and unusual, you won't want to miss this guided tour and learn about ghostly encounters from visitors of this home, just as darkness falls. By the end of the day, you may be able to answer the question: Do you believe in ghosts? Cost is \$103.00 per person and includes lunch, museum admission, Tour Director, motor coach transportation, taxes and gratuities. **Must sign up by Friday, September 14<sup>th</sup>.**

### FOXWOODS CASINO

**Wednesday, October 17, 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, September 28<sup>th</sup>.**

## OVERNIGHT TRIPS

### Last Call! LANCASTER, PA "JESUS"

**October 22 – October 24, 2018**

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

### TRAPP FAMILY LODGE

**December 3 – December 5, 2018**

Don't miss this holiday excursion to Stowe, VT and enjoy a 2 night stay at the beautiful Trapp Family Lodge. Learn all about the Von Trapp Family Singers as well as local history with multiple guided tours of the area. You'll also have an opportunity for a cool treat at Ben & Jerry's Ice Cream Factory on the way home. Cost is \$601 per double occupancy. **Deposit of \$250 per person due by Friday, August 31<sup>st</sup>.**

## EXTENDED TRIPS & CRUISES

### New! 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, San Gimignano, Tuscan Winery Visit & Tasting, Florence City Tour, Academy Gallery (Statue of David), Leaning Tower of Pisa, Lucca, Assisi, Rome City Tour, St. Peter's Basilica, and more! Cost is \$3795 per person double occupancy and includes roundtrip airfare, 10 meals, transportation to the airport, and more.


**Deposit of \$500 per person is due ASAP to secure reservation. Please join Casey Skarecki from Premier World Discovery for a travel presentation on Wednesday, September 12<sup>th</sup> at 10:30 a.m.**

## TRIP REGISTRATION




Trips have been selling out quickly this spring and summer, please register as soon as you are interested, for the best chance of securing a space. All trips are sold on a first-come-first-served basis.

## TRIP PARKING


While attending Colchester Senior Center trips, we ask you to park at either the bank or the office complex located on either side of the property to allow adequate parking availability for those coming to other senior center activities. While parking at Citizens Bank, please be sure to leave 6 spaces available for their customers.

 = Light Walking

  = Moderate Walking

   = Mostly Walking



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8:30 Gardening 9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize NO Choral Group 12:30 Mah Jongg 12:30 Setback	<b>2</b> 8:30 Gardening 9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize NO Choral Group 12:30 Mah Jongg 12:30 Setback	<b>3</b> 9:00 Golf League 9:00 Memories 9:45 Tai Chi 10:00 Wii Bowling vs. Lisbon Sr. Ctr. 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	<b>4</b> <b>CSC Closed for Independence Day</b> Independence Day	<b>5</b> 9:00 Exercise w/ Anne NO Wii Bowling 10:00 Sittercize 11:00 Iceland Photographic Slide Show NO Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	<b>6</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit 10:00 Fri. Film Series A Wrinkle in Time PG 10:30-11:30 Hearing Clinic NO Yoga 12:30 Pinochle 1:30 Bingo	<b>7</b>
<b>8</b> Canada Day 8:30 COA Meeting 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 TED Talk NO Choral Group 12:30 Mah Jongg 12:30 Setback	<b>9</b> 8:30 COA Meeting 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 TED Talk NO Choral Group 12:30 Mah Jongg 12:30 Setback	<b>10</b> 9:00 Golf League 9:00 Memories 9:45 Tai Chi 10:15 Essex Steam Train Trip 11:00 Adult Coloring 12:30 Pinochle 12:30-3:30 CHOICES Counseling 1:30 Bingo	<b>11</b> 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video NO Charitable Crafts 10:30 Intergen. Bingo 12:30 Pinochle 12:30 Diabetes Live Well 2:30 Staff Meeting 4:30 Wellness 4-Later Life Dinner	<b>12</b> 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip Departs NO Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	<b>13</b> 9:00 Strength & Stretch NO Sit & Be Fit NO Fri. Film Series 10:00 Ageless Grace® Workshop NO Yoga 12:30 Pinochle 1:30 Bingo	<b>14</b>
<b>15</b>	<b>16</b> 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize NO Choral Group 11:00 Hospitality Committee Meeting 12:30 Mah Jongg 12:30 Setback	<b>17</b> 9:00 Golf League 9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	<b>18</b> 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 12:30 Diabetes Live Well 2:00-6:00 AARP Smart Driver Course	<b>19</b> 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Travel Presentation 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	<b>20</b> 9:00 Strength & Stretch 9:30-11:00 Stitch & Fix 10:00 Sit & Be Fit 10:00 Fri. Film Series "Every Day" (PG-13) 11:00 Lunch Bunch to Captain Scott's 11:00 Yoga 12:30 Pinochle 1:30 Bingo	<b>21</b>
<b>22</b>	<b>23</b> 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Patriotic Bingo 11:00 Intergen. Craft NO Choral Group 12:30 Ice Cream Social 12:30 Mah Jongg 12:30 Setback	<b>24</b> 9:00 Golf League 9:00 Memories 9:45 Tai Chi 11:00 All American BBQ 11:00 Adult Coloring 12:30 Pinochle 1:00-3:00 Foot Clinic 1:30 Bingo	<b>25</b> 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Goodspeed "Oliver!" Departs 10:30 Charitable Crafts 12:30 Pinochle 12:30 Diabetes Live Well 3:30 Dinner & Movie: "Black Panther" (PG-13)	<b>26</b> 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	<b>27</b> 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:00 Fri. Film Series "Tomb Raider" (PG-13) 11:00 Yoga 12:30 Pinochle 1:30 Bingo	<b>28</b>
<b>29</b>	<b>30</b> 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize NO Choral Group 12:30 Mah Jongg 12:30 Setback	<b>31</b> 9:00 Golf League 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				

\* All activities are subject to change\*







# TVCCA SENIOR CAFE MENU~ JULY 2018

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<div>2</div> <div>Cheese Omelet Home Fries Stewed Tomatoes Fresh Fruit</div>	<div>3</div> <div>Pub Burger w/ Bun Herb Roasted Potatoes Capri Vegetable Medley Pineapple Tidbits</div>	<div>4</div> <div>Independence Day </div> <div>Senior Nutrition Program Closed</div>	<div>5</div> <div>Teriyaki Chicken Drumsticks Steamed Rice Oriental Vegetables Fruit Cocktail</div>	<div>6</div> <div>Herb &amp; Tomatoes Haddock Penne Pasta Peas &amp; Carrots Sweet Treat &amp; Juice</div> <div>Or Salad Choice: Chopped Cobb Salad</div>
<div>9</div> <div>BBQ Pulled Pork w/ Bun Baked Beans Mixed Vegetables Pears w/ Mandarin Oranges</div>	<div>10</div> <div>Chicken Parmesan Baked Ziti Italian Vegetable Medley Applesauce Cup</div>	<div>11</div> <div>Birthday Celebration Baked Haddock w/ Corn Salsa Yellow Rice &amp; Black Beans Chuck Wagon Vegetables Birthday Treat; Orange Juice</div> <div>Or Salad Choice: Grilled Chicken Caesar Salad</div>	<div>12</div> <div>Meatballs Grinder w/ 6" Sub Roll &amp; Mozzarella Cheese Zucchini &amp; Yellow Squash Pineapple Tidbits</div>	<div>13</div> <div>Meatloaf w/ Gravy Garlic Mashed Potatoes Chopped Broccoli Fresh Orange</div> <div>Or Salad Choice: Vegetarian Hummus Salad</div>
<div>16</div> <div>Stuffed Chicken w/ Broccoli &amp; Cheese Herb Roasted Potatoes Green Beans Diced Peaches</div>	<div>17</div> <div>Beef Hot Dog w/ Roll Tater Tots Chuck Wagon Vegetables Fresh Fruit</div>	<div>18</div> <div>Crispy Cod Patty Macaroni &amp; Cheese Scandinavian Vegetable Blend Applesauce Cup</div> <div>Or Salad Choice: Mediterranean Salad w/ grilled Salmon</div>	<div>19</div> <div>Stuffed Shells w/ Marinara Carrot Coins Sugar Snap Peas Applesauce Cup</div>	<div>20</div> <div>Chicken Stew w/ Diced Vegetables Paprika Potatoes Broccoli Fruit Cocktail</div> <div>Or Salad Choice: Classic Egg Salad</div>
<div>23</div> <div>Western Omelet Tate Tots Chuck Wagon Vegetables Sweet Treat Juice</div>	<div>24</div> <div>All-American BBQ BBQ Chicken Drumsticks Baked Beans Coleslaw Cornbread Strawberry Shortcake Ticket Cost: \$8.00</div>	<div>25</div> <div>Beef &amp; Bean Chili Parsley Potatoes Mixed Vegetables Fresh Orange</div> <div>Or Salad Choice: Chopped Cobb Salad</div>	<div>26</div> <div>Swedish Meatballs Buttered Shells Broccoli Fruit Cocktail</div>	<div>27</div> <div>Asian Beef Stir Fry Steamed Rice Asian Blend Vegetables Pears w/ Mandarin Oranges</div> <div>Or Salad Choice: Tuna, Tomato &amp; Tarragon Salad</div>
<div>30</div> <div>Salisbury Steak w/ Gravy Mashed Potatoes Capri Vegetable Medley Applesauce Cup</div>	<div>31</div> <div>Ethnic Celebration Chicken Soft Tacos w/ Cheddar Cheese &amp; Flour Tortilla Spanish Rice Mixed Vegetables Sweet Treat &amp; Juice</div>		<div>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</div> <div>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720  (24hr voice mail available)</div>	

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