

COLCHESTER SENIOR CENTER



news

June 2018

MEN'S HEALTH LUNCH n' LEARN

**Monday, June 4
12:00 p.m.**

In honor of Men's Health Awareness Month in June, we are pleased to offer an educational opportunity that focuses on health issues that are specifically geared toward men. Please join our speaker Emil Johnson from Hartford Healthcare for an informative presentation **FOR MEN ONLY** on topics such as prostate health, urinary incontinence and erectile dysfunction in this discreet and private program. A complimentary lunch will be provided to those that pre-register by Friday, June 1st. This program is sponsored by Marlborough Health & Rehab.

SENIOR ART SHOW & RECEPTION

**Wednesday, June 6
4:00 p.m.**

We are proud to display some of the artwork that our seniors have created over the past year, in a variety of mediums. Join us for a reception with light refreshments to celebrate the talent right in our own community! Pieces will be judged and winners will be entered into the Regional Senior Art Show next month. The artwork will be displayed at our center through June 29th.

HISTORICAL PHOTOS

**Thursday, June 7
10:30 a.m.**

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

MYSTERY TRIP

**Tuesday, June 12
10:00 a.m.**

Don't miss out on this fun mystery trip to a brand new destination! Please bring good walking shoes, money for lunch, and a small amount of spending money, if you wish. Cost is \$10.00 and includes senior bus transportation & destination admission. Register by 6/8.

STAYING HYDRATED

**Thursday, June 14
11:30 a.m.**

Andrea Deedy, Registered Dietician from TVCCA, will be here to discuss this important health topic that becomes increasingly relevant as the weather gets warmer. Register.

ATLANTIC CANADA DOCUMENTS PARTY

**Monday, June 18
10:30 a.m.**

Those who are registered for our upcoming Atlantic Canada Cruise, come to this fun party where you will receive important information about your trip, your travel documents and meet your fellow travelers.

DIABETES LIVE WELL WORKSHOP SERIES

**Weds., June 20-July 25
12:30-3:30 p.m.**

Attend this FREE 6-week workshop series and learn skills to understand and take control of your diabetes. Learn about diet, foot care, blood sugar, stress management & more! (No class on 7/4.) Sponsored by Chatham Public Health. Please register by Monday, June 18th.

SIZZLIN' SUMMER BBQ

**Thursday, June 21
11:00 a.m.**

Celebrate the first official day of summer with a delicious grilled luncheon of Hot Dogs, Baked Beans, Chips, Macaroni Salad, and Watermelon. Before lunch, kick up your heels to country music by local recording artist Frankie Justin Lamprey! Tickets are \$8.00 and are on sale through Thursday, June 14th or until sold out.

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 9th.

COLCHESTER SENIOR CENTER RUBY JUBILEE 40th 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. Dress to impress for this elegant event! Senior bus transportation will be available, by request. Tickets are \$40.00 per person and available at Colchester Senior Center now!

**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 Mlodzinzki, Treasurer
Roberta Avery
Linda Grzeika
Goldie Liverant
Jennifer Rayburn-DeHay
Nan Wasniewski, Alternate

From the Director's Desk

Summer is finally here! What joy!! What bliss!! To be perfectly honest, I'm not the biggest fan of hot weather, but after what truly felt like the winter that would never end, don't these warm days and sunshine feel so good? Personally, I wait all year for the few glorious days where the weather is perfect, in the high sixties to the low seventies and sunny. In my mind, that's as good as it gets. If there was a place where the weather stayed in that range year-round, well I guess I would have to move and open a senior center there. I'm just teasing, I'm not going anywhere, especially since this month marks my 5 year anniversary at the Colchester Senior Center. Didn't that fly by?

There are a lot of wonderful opportunities that this mild late-spring/early summer weather affords. June is prime time for graduations. This time of year, with the lovely days and nights, many local graduation ceremonies are held outdoors. I want to recognize the graduation of our student intern, Jacqueline Myers. She interned with us beginning in January and was with us until early May. She graduated in May from Eastern Connecticut State University with a degree in Psychology, and (thanks in part to her experience with us, we hope) a love of working with seniors. We thank her for the terrific job she did; she was a joy!

We also recognize a special senior at Bacon Academy, Lydia Guy, who was this year's recipient of the Colchester Senior Center scholarship award. Lydia will graduate from B.A. this month, but she plans to continue onto college to pursue a degree and then a career in nursing. Many thanks to those of you who donated to establish the funds for this scholarship. As the mother to a college-aged daughter, I know how expensive those college-years are! Lydia and her family, I'm sure, are grateful.

To all of the folks who will be graduating within our community; whether it's from Kindergarten at CES; fifth grade at JJIS, eighth grade from WJJMS or twelfth grade as a senior at Bacon Academy; or those who are graduating from college or post-graduate degrees--we wish you well on your way and share in the celebration of your achievements.

There is a favorite quote of mine, found in a book given to me by my sister at my own graduation many, many years ago. It's a Dr. Seuss quote from his book *Oh, the Places You'll Go!*, appropriate for all of our graduates: ***"You'll be on your way up! You'll be seeing great sights! You'll join the high fliers who soar to high heights. You're off the Great Places! Today is your day! Your mountain is waiting, so....get on your way!"***

Warmly,

Patty

PROGRAMS

PINOCHLE

By request, our Pinochle card players are now meeting 3 afternoons a week—Tuesdays, Wednesdays, and Fridays at 12:30 p.m. Come and learn how to play this fun card game!

MOVEMENT FOR BETTER BALANCE

Fridays at 12:00 p.m.

This wonderful evidence-based class uses 8 Tai Ji Quan movements & forms to shift your weight and balance, to help prevent falls. This class is instructed by Sue McCaffrey and part of our exercise card system. Try your first class for free!

GARDENING

Mon., June 4, 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

Tues., June 5, 10:30 a.m.

Join Becky for this month's topic on "The Transformative Power of Classical Music". Benjamin Zander has two infectious passions: classical music, and helping us all realize our untapped love for it -- and by extension, our untapped love for all new possibilities, new experiences and new connections. Please register.

SHOPPING TRIP

Thurs., June 7, 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.

NAME THAT TUNE BINGO

Friday, June 8, 10:30 a.m.

Nancy from Friends for Friends leads this fun, free bingo game—with a musical twist! Please pre-register.

JEOPARDY! TRIVIA

Wed., June 13, 4:30 p.m.

Put your knowledge to the test during this fun game, based on the popular TV show. Register.

STITCH & FIX W/ MARIA

Fri., June 15, 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.

BOOK CLUB

Tues., June 19, 10:30 a.m.

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

RUBBER STAMPING

Wed., June 20, 9:00 a.m.

Marie Sola from Chestelm leads this free class. This month, you will make and take a beautiful greeting card with a seascape theme. Please pre-register by Monday, June 18th.

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DINNER & MOVIE NIGHT

"The Post" (PG-13)

Wed., June 20, 3:30 p.m.

Don't miss this great film based on a true story! Cost is \$5.00 for pizza, chips & soda from Colchester Pizza. Register by Tuesday, June 19th.

BIRTHDAY CELEBRATION

Tues., June 26, 12:00 p.m.

Cake provided by Apple Rehab.

IN THE KNOW

Tues., June 26, 12:00 p.m.

Learn what's new at CSC with Director, Patty Watts.

TABLET/PHONE COMPUTING

Wed., June 27, 2:30 p.m.

Tech volunteers Larry & Jakob will lead this class that answers your questions about using your tablet & smartphones. Please pre-register.

KARAOKE NIGHT!

Wed., June 27, 4:30 p.m.

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

LUNCH BUNCH

Fri., June 29, 10:45 a.m.

This month's lunch outing will be to Mango's Wood-Fired Pizza in Old Mystic Village. Suggested donation is \$5.00 for bus transportation. Pre-registration by June 27th, even if you plan on driving yourself.

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: Rose Marie Chicoine, 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.	9 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. 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.	8 CLASSES	PRE-PAID CARD
MOVEMENT FOR BETTER BALANCE This evidence-based class is great for fall prevention. Instructor: Sue McCaffrey	FRIDAYS 12:00 P.M.	5 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.	5 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 TOURNEY

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

EAST HAMPTON SR CENTER

Friday, June 15, 10:30 a.m.

TECH CORNER

"ASK THE TECH GEEK"

Wednesday, June 6
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.

TABLET/PHONE COMPUTING

Weds., June 27
2:30 p.m.

See Page 3 for more details.

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, June 4
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, June 1
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.

NEW MEDICARE CARDS

The Center for Medicare and Medicaid Services (CMS) will be issuing new Medicare cards to all beneficiaries beginning April 2018-April 2019. The new cards will no longer list your social security number as your claim number. You will be issued a unique Medicare Beneficiary Identifier which is a combination of 11 uppercase letters and numbers. These numbers and letters are randomly generated for each person. Your Medicare benefits will not change, only your Medicare Claim Number.

If your mailing address is correct with the Social Security Administration (SSA), there is nothing you need to do to receive your new card. If you are unsure if your address is correct, please contact SSA by calling (800) 772-1213 or visit their website at <https://www.ssa.gov/myaccount>

You may begin to use your new Medicare card immediately once it has been received. Bring your new Medicare card when you visit your healthcare providers. If you are enrolled in a Medicare Advantage Plan, continue to use your Medicare Advantage Plan insurance card and place your new Medicare card in a safe and secure location.

Destroy your old Medicare card safely and securely, by shredding, once your new card is received. Please do not simply throw away your old card. And be careful! Scammers will try to take advantage of this situation, to collect money for new cards. There is no fee for the new Medicare cards. Medicare and Social Security have everything they need to issue you a new card. They have no reason to contact you by phone. If someone is calling claiming to be a Medicare representative, please hang up the phone.



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, June 12
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 June

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 more information.

MEETINGS IN JUNE

AARP CHAPTER #4019
June 5, off premises

COMMISSION ON AGING
June 11 at 8:30 a.m.

CSC STAFF MEETING
June 13 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.



ALL-AMERICAN BBQ

Tuesday, July 24 at 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 Wednesday, July 11th or until sold out. Space is limited, so sign up today!

REMINDER CALLS

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. Please see Becky if you have any questions.

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!

VOLUNTEER OPPORTUNITIES

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

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

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

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

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 ASAP.**

THE LIGHTHOUSES OF BOSTON HARBOR

Wednesday, August 29, 7:45 a.m.

Don't miss this beautiful day on the shores of Boston! Relax aboard the catamaran Provincetown III, and enjoy a 90 minute narrated cruise highlighting the history of the 5 Boston Lighthouses. Be sure to bring your camera and binoculars! Prior to the cruise, enjoy lunch at the waterfront Venezia Restaurant. Cost is \$105.00 per person and includes lunch, cruise admission, motor coach transportation, taxes and gratuities. **Must sign up by Friday, July 20th.**

COVERED BRIDGES OF VERMONT

Tuesday, September 11, 6:45 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 3rd.**

New! BERKSHIRE GHOST TOUR

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

Enjoy a 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. Cost is \$105.00 per person and includes lunch, museum admission, Tour Director, motor coach transportation, taxes and gratuities. **Must sign up by Friday, 9/14.**

New! FOXWOODS CASINO

Wednesday, October 17, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Trip includes a \$10 meal voucher, \$10 bonus slots, motor coach bus transportation and driver gratuity for the cost of \$22.00 per person. **Must sign up by Friday, September 28th.**

OVERNIGHT TRIPS

LANCASTER, PA "JESUS"

October 22 – October 24, 2018

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

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 31st.**

EXTENDED TRIPS & CRUISES




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.**

 = Light Walking

  = Moderate Walking

   = Mostly Walking

JUNE 2018

[illegible]

***All activities are subject to change**

TVCCA SENIOR CAFÉ MENU ~ JUNE 2018


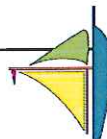
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice		<div>6</div> <div>Cheese Omelet Hash Brown Potatoes Stewed Tomatoes Fresh Fruit</div> 	<div>7</div> <div>Swedish Meatballs Buttered Shells Italian Vegetable Medley Pears w/ Mandarin Oranges</div>	<div>1</div> <div>BBQ Pulled Pork w/ Bun Baked Beans 5-Way Vegetable Medley Applesauce Cup</div>
<div>4</div> <div>Stuffed Chicken w/ Broccoli & Cheese Roasted Potatoes Green Beans Pineapple Tidbits</div>	<div>5</div> <div>Ethnic Celebration Steak Fajitas w/ Cheddar Cheese & Flour Tortillas Rice & Beans Mixed Vegetables Applesauce Cup</div> <div>Or Salad Choice: Mediterranean Salad w/ Grilled Salmon</div>			<div>8</div> <div>Birthday Celebration BBQ Chicken Drumsticks Tater Tots Chuck Wagon Vegetables Birthday Treat Grape Juice</div> <div>Or Salad Choice: Tuna, Tomato & Tarragon Salad</div>	
<div>11</div> <div>Beef & Bean Chili Egg Noodles Capri Vegetable Medley Fresh Orange</div>	<div>12</div> <div>Western Omelet Roasted Potatoes Peas & Carrots Fruit Cocktail</div> <div>Or Salad Choice: Chopped Cobb Salad</div>	<div>13</div> <div>Chicken Stew w/ Diced Vegetables Paprika Potatoes Green Beans Sweet Treat & Juice</div>	<div>14</div> <div>Baked Haddock w/ Salsa Spanish Rice Mixed Vegetables Diced Peaches</div>	<div>15</div> <div>Meatloaf w/ Gravy Garlic Mashed Potatoes Stewed Tomatoes Pineapple Tidbits</div> <div>Or Salad Choice: Classic Egg Salad</div>	
<div>18</div> <div>Pesto Grilled Chicken Rice Pilaf Spring Vegetable Mix Applesauce Cup</div>	<div>19</div> <div>Meatballs Marinara Grinder w/ 6" sub roll & Mozzarella Cheese Chuck Wagon Vegetables Fresh Fruit</div> <div>Or Salad Choice: Vegetarian Hummus Salad</div>	<div>20</div> <div>Father's Day Special Meal Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Garden Salad Whole Wheat Roll Brownies & Juice for \$4.50</div>	<div>21</div> <div>Sizzlin' Summer BBQ Grilled Hot Dogs w/ Bun Baked Beans Potato Chips Macaroni Salad Fresh Sliced Watermelon Ticket Cost: \$8.00</div>	<div>22</div> <div>Crispy Cod Patty Macaroni & Cheese Scandinavian Vegetable Blend Pears w/ Mandarin Oranges</div> <div>Or Salad Choice: Grilled Chicken Caesar Salad</div>	
<div>25</div> <div>Chicken & Broccoli Alfredo over Ziti Peas & Carrots Pineapple Tidbits</div>	<div>26</div> <div>Stuffed Shells w/ Marinara Carrot Coins Sugar Snap Peas Pears w/ Mandarin Oranges</div> <div>Or Salad Choice: Mediterranean Salad w/ Grilled Salmon</div>	<div>27</div> <div>Chicken Sausage & Peppers Grinder Roll & Cheese Zucchini & Yellow Squash Sweet Treat & Juice</div>	<div>28</div> <div>Lemon Herb Haddock Roasted Potatoes 5-Way Vegetable Medley Applesauce Cup</div>	<div>29</div> <div>Braised Shredded Pork w/ Herb Sauce Yellow Rice & Black Beans Green Beans Fresh Orange</div> <div>Or Salad Choice: Tuna, Tomato & Tarragon Salad</div>	

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