

COLCHESTER SENIOR CENTER



news

March 2018

HAWAIIAN CRUISE 2019 TRAVEL PRESENTATION Wednesday, March 7 10:30 a.m.

Brett from Friendship Tours & Cruises will present the details for next March's exciting cruise of the Hawaiian Islands, which includes a 2-night stay in Honolulu! You won't want to miss this incredible slideshow presentation. Please register by Wednesday, March 6th.

FACEBOOK PRIVACY Wednesday, March 7 4:30 p.m.

Becky will lead this free workshop about the importance of Internet security and how to update your Facebook privacy settings. Please pre-register.



PUBLIC BUDGET FORUM Wednesday, March 7 6:00 p.m.

Please join the Colchester Board of Finance here at the senior center for an open discussion and Q&A about the town's budget and how it impacts the senior population. Senior bus transportation is available to those who pre-register through March 5th.

AARP TAX AIDE Fridays in March–April

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

KEYS TO CONSIDER: DEMENTIA & DRIVING Wednesday, March 14 10:30 a.m.

The topic of driving and when a person with dementia can no longer drive can be a hard topic for families. This program, presented by Kristine Johnson from the Alzheimer's Association, will discuss how the progression of dementia affects the skills we utilize to drive and what safety concerns might come into play. Pre-register.



CURRENT EVENTS BREAKFAST Monday, March 19 8:00 a.m.

Students from the Lifespan Development Class at Bacon Academy will be here to share bagels and muffins & discuss current events and social media trends. Register by March 16th.



LUCK O' THE IRISH LUNCHEON Tuesday, March 20 11:00 a.m.

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

"LUCKY" BINGO Tuesday, March 20 2:30 p.m.

Students from Youth & Social Services will be here to lead a fun, free bingo with St. Patrick's themed prizes and refreshments. Please sign up in the office by Mon., March 19th.

AARP SMART DRIVER COURSE Wednesday, March 21 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 challenging driving environment. Open to anyone age 50 and up. Cost is \$15 for AARP members and \$20 for non-members. Registration required.



COPING WITH GRIEF & LOSS Tuesday, March 27 10:00 a.m.

It's common knowledge that we experience more loss in our lives as we age. Sara Walker from UCFS will talk about how to cope with the loss of loved ones, independence, and more. Pre-register, if you wish to attend.

COOKING DEMO Wednesday, March 28 1:00 p.m.

By request, Becky will show you how to make a delicious Ham Potato Bacon Chowder, which is great for using up your holiday leftovers. Recipes and samples are available to those who pre-register by Tuesday, March 27th.

**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 Mlodzinzi, Treasurer
Roberta Avery
Linda Grzeika
Goldie Liverant
Jennifer Rayburn-DeHay

From the Director's Desk

As I write this month's article, I am in the process of developing the Department of Senior Services' budget for fiscal year 2019. You might say I've got "budget on the brain"! I take my role as Director of Senior Services quite seriously and feel it is, in part, my responsibility to advocate for community seniors and communicate and represent their needs to our Town's leadership. This year, however, there is a role that you are also being encouraged to play.

As we plan ahead in the annual budgeting process; I want to be sure that you are all aware that you are being invited by the Board of Finance to be part of the discussion. The BoF has set up numerous Budget Forums on a variety of topics. On **Wednesday, March 7th at 6:00 p.m.**, there is one scheduled which will address senior issues right here at the senior center. Please plan to come and let your opinions be known. It is important (particularly at this point in Colchester's history when a new senior center is on everyone's mind) that we have a good showing. I am very happy that the Board of Finance has recognized the seniors of our community and set them up with this unique opportunity. Should transportation be a barrier for you, please make a reservation for our buses to pick you up. I want everyone who wants to be there to have an opportunity to be part of the conversation.

I want to particularly thank those of you who participated in this year's online Budget Survey (either online or by paper copies). There was a good response rate and I feel as if seniors are being well-represented in this year's budget planning process. Seniors comprise a large segment of Colchester's total population and I believe that it is crucial that the Town's elected leaders know what your priorities are. Thank you for taking the time to express your opinions and complete your surveys.

Communities work best when every stakeholder's viewpoint is understood. Our communities' leaders are most effective, when they are considering and representing the needs of the whole community. I am grateful to you for getting involved and sharing your viewpoint. Thank you in advance for your respectful (and vital) participation.

Warmly,

Patty

PROGRAMS

DONATIONS NEEDED

We're looking for clean, plastic candy and chip bag wrappers for an upcoming craft project.

KNIT & CROCHET

Thursdays at 1:00 p.m.

March's "Pattern of the Month" is an infinity scarf. Patterns will be handed out and instruction given, if needed. Supplies provided or bring your own.

BOOK CLUB

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

This month we will discuss *Little Pink House: A True Story of Courage & Defiance* by Jeff Benedict. Books are available at Cragin Library.

AARP CHAPTER #4019

Tues., March 6, 1:30 p.m.

After this month's meeting, enjoy an engaging presentation on men's health called "Everything Your Father Never Taught You" by author Dr. Jeff Ruffalo. Open to all.

SHOPPING TRIP

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

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

"STEP ON IT!"

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

Count up our cumulative steps towards our destination. Kindred at Home sponsored event.

HOLIDAY SCHEDULE

Friday, March 30th

CSC Closed for Good Friday

PUZZLE BINGO

Fri., March 9, 10:30 a.m.

Come enjoy this FREE bingo game and win all kinds of puzzles! Sign up in the office.

"ALL ABOUT GERD"

Tues., Mar. 13, 11:30 a.m.

Andrea Deedy, R.D. from TVCCA will talk about Gastroesophageal Reflux Disease. Sign up in the office.

GAME NIGHT!

Wed., March 14, 5:00 p.m.

Becky and her friends are back! Learn fun table top games like *Lotus* (where you build flowers with cards) and *Takenoko* (where you grow bamboo to feed a panda). Pre-register.

STITCH & FIX

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

Volunteer Maria Cusano helps with all of your minor mending.

PINTEREST CRAFT

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

Becky will lead this fun craft where you will create a set of 4 coasters—great for yourself or a hostess gift! Cost is \$4.00 for materials. Pre-register by 3/13.

JEOPARDY! TRIVIA

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

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

LUNCH BUNCH

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

This month's lunch outing will be to The Log Cabin in Lebanon. Suggested donation is \$3.00 for bus transportation. Pre-registration is required by Wednesday, March 21st.

BIRTHDAY CELEBRATION

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

Cake provided by Apple Rehab.

IN THE KNOW

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

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

DINNER & MOVIE NIGHT

"Wonder" (PG)

Wed., March 28, 3:30 p.m.

Don't miss this beautiful film starring Julia Roberts & Owen Wilson, based on the novel by R.J. Palacio. Cost is \$5.00 for pizza, chips & soda dinner from Colchester Pizza. Please pre-register by Tues., March 27th.

LIVE WELL

WORKSHOP SERIES

**Mondays, April 2 – May 7
12:30 p.m.**

Do you have a chronic health condition like diabetes, arthritis, high blood pressure, heart disease, or depression? Workshops provide tips on reducing pain and fatigue, eating better, making exercise fun, talking with your doctor, and more. Class size is limited. Please pre-register.

CLASS SCHEDULE

PAGE 4

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.	4 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: Barbara McKelvey & Kathy Pasay	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
SIT & BE FIT Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Kowalczyk	WEDNESDAYS & FRIDAYS 10:00 A.M.	8 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	4 CLASSES	NO FEE
WALKING GROUP Meet at the center and walk with peers at the Airline Trail. Walk inside to a DVD during cold or inclement weather. Group led.	WEDNESDAYS 10:00 A.M.	4 CLASSES	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.			
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	9 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.	9 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	4 CLASSES	PRE-PAID CARD
ZUMBA GOLD Fun, aerobic choreographed dances at a slower pace than traditional Zumba. Instructor: Patty Flubacher	TUESDAYS 11:00 A.M. & THURSDAYS 12:00 P.M.	6 CLASSES	PRE-PAID CARD

SPECIAL INTEREST GROUPS

BINGO Tuesdays & Fridays at 1:30 p.m.
 (Doors open at 1:00 p.m.)

BRIDGE Wednesdays at 12:30 p.m.

CHARITABLE CRAFTS Wednesdays at 10:30 a.m.

MAH JONGG Mondays at 12:30 p.m.

MEXICAN TRAIN DOMINOES Thursdays at 12:30 p.m.

FRI. FILM SERIES Fridays at 10:00 a.m.

PINOCHLE Tues. & Fri. at 12:30 p.m.

SETBACK Mondays at 12:30 p.m.

Wii BOWLING Thursdays at 10:00 a.m.

Wii BOWLING TOURNEY
at EAST HAMPTON SR. CENTER
March, Date & Time TBD

Wii BOWLING TOURNEY
at VERNON SR. CENTER
April 6th at 12:45 p.m.

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

TECH CORNER

"ASK THE TECH GEEK"
Weds., March 7 & April 4
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.

FACEBOOK PRIVACY WORKSHOP
Wednesday, March 7, 4:30 p.m.

Please see Page 1 for more information.

TRANSPORTATION SERVICES

Bus Transportation is available for seniors living in Colchester. We provide transportation services Monday through Friday to and from the Colchester Senior Center, local and out-of-town medical appointments, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

In order to best serve you, we require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. Please call to make out-of-town medical transportation arrangements as soon as you know the date of your appointment. All rides are on a first-come-first served basis. We do not charge for bus transportation. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be made in the Colchester Senior Center office.

REGISTRATION POLICIES

Registration for any programs, activities, meals or trips can be made on **Mondays, Tuesdays, Thursdays or Fridays**. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. **As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up on or after the first day of the month.** Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment at any time during our business hours.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Monday, March 5

9:30 a.m. – 10:15 a.m.

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

HEARING SCREENINGS

Friday, March 2

10:30 – 11:30 a.m.

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

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.

FILE OF LIFE

A File of Life is a miniature health history which fits into a magnetic sleeve and placed on an individual's refrigerator and in their wallet. It is a phenomenal program which can and has saved lives by putting vital information about health history, medication and insurance information into the hands of emergency personnel. All Police, Fire, and EMS personnel are trained to look for this information, while responding to emergencies.

It is the hope of the Colchester TRIAD to bring awareness to this important program and to provide through the Colchester Senior Center and senior/congregate housing communities, a File of Life kit for every senior (ages 55 and up) living in the Town of Colchester, free of charge.

With your kit, you will receive a large F.O.L. in a magnetic sleeve for your refrigerator, a small F.O.L. in a plastic sleeve for your wallet and a form with tips on how to use your F.O.L. kit. We proudly offer File of Life kits as part of our welcome packet, when you register for membership at the Colchester Senior Center. If you don't already have one. Please stop by and get yours today!



PAGE 6

SOCIAL SERVICES

CHOICES COUNSELING

Thursday, March 22

9:30 a.m. – 12:30 p.m.

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

ENERGY ASSISTANCE

Wednesdays in March

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. Call 860-537-3911 for more information, including eligibility criteria, a list of required paperwork and to schedule an appointment. Please note: Last day of deliverable fuel is March 15th.

COMING SOON

RENTERS REBATE

Wednesdays in April

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. Will begin scheduling appointments in March. Call 860-537-3911 for more information.

MEETINGS IN MARCH

AARP CHAPTER # 4019

March 6 at 1:30 p.m.

COMMISSION ON AGING

March 12 at 8:30 a.m.

CSC STAFF MEETING

March 14 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.

TVCCA'S CARNIVALE

**Saturday, April 21 at 5:30 p.m.
Uncas Ballroom at Mohegan Sun**

TVCCA's annual gala event Carnivale is their largest fundraiser of the year for their Meals on Wheels program. Don't miss this evening festival featuring specialty dishes from local guest chefs, exciting silent auction, dancing to the band Mind Body and Soul, and a cash bar. Tickets are \$50.00 per person and are on sale in our office through Friday, March 23rd.

RAFFLE BASKET DONATIONS

Each year, Colchester Senior Center donates a themed raffle basket towards the silent auction at TVCCA's Carnivale. Cash donations (of any value) are greatly appreciated and can be brought in to the office before Friday, March 16th. If you have any inspired thoughts on this year's theme, please let us know! Thank you in advance!

BACON ACADEMY SCHOLARSHIP

Every year, the Colchester Senior Center offers a scholarship award to a graduating senior from Bacon Academy, who has expressed an interest in working with senior citizens. We are taking donations toward this annual award. Our goal is to give a \$500.00 scholarship. Any contribution is greatly appreciated and can be made in the office. Thank you!

KATHERINE HEPBURN: FROM HARTFORD TO HOLLYWOOD LUNCHEON Wednesday, April 11, 11:00 a.m.

With a stage and film career that spanned six decades, Katherine Hepburn is an American icon. The CT Historical Society will be here to tell us about her life here in CT and as a Hollywood star. After the presentation, we'll enjoy a delicious luncheon of pot roast with carrots, onions & gravy, mashed potatoes, tossed salad, and pie. Tickets are \$8.00 and are on sale through Wednesday, April 4th or until sold out.

VOLUNTEER APPRECIATION EVENT Friday, April 27

During Volunteer Appreciation Month in April, we host a special event to honor our volunteers. Volunteers serving 25 or more hours at the Colchester Senior Center will receive a personal invitation to attend the luncheon, as our way of saying "Thank you for all you do!"

VOLUNTEER OPPORTUNITIES

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

MEALS-ON-WHEELS SUBSTITUTE DRI-VERS: Meals on Wheels provides a vital service to the community, delivering meals to home-bound residents; training provided. This position requires a valid driver's license and use of a personal vehicle.

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

Last Call! "EXIT LAUGHING" at NEWPORT PLAYHOUSE



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

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

"RENT" at the PALACE THEATER



Sunday, April 15, 10:00 a.m.

A re-imagining of Puccini's La Bohème, RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out in this incredible rock musical. Before the show, enjoy lunch on your own at San Marino Ristorante. Cost is \$75.00 per person and includes rear orchestra seats and senior bus transportation. **Seats are limited. Must sign up by Friday, April 6th.**

Last Call! CULINARY INSTITUTE OF AMERICA



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

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

Last Call! CHERRY BLOSSOM FESTIVAL



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

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

ELLIS ISLAND & STATUE OF LIBERTY



Thursday, June 14, 6:00 a.m.

Don't miss this incredible day trip in New York City, where you can relive the immigrant experience! Roundtrip Ferry ticket allows you to depart Liberty Island Park, NJ and spend time at both the Statue of Liberty and Ellis Island, which features a new 45-minute audio tour. Cost is \$77.00 per person and includes roundtrip ferry ticket, admissions to both locations, motor coach transportation, Tour Director, taxes and gratuities. **Must sign up by Thursday, April 26th.**

BOSTON POPS at TANGLEWOOD



Sunday, June 24, 9:45 a.m.

Travel to Tanglewood in Lenox, MA and hear the Boston Pops Orchestra perform with special guest star, Tony Award-winning Audra McDonald. Time prior to the performance to grab a bite to eat and wander the beautiful grounds. Cost is \$98.00 per person and includes reserved Shed seats, motor coach transportation, taxes and gratuities. **Must sign up by Friday, April 13th.**

OVERNIGHT TRIPS & CRUISES

Last Call! ATLANTIC CANADA CRUISE



June 30 – July 6, 2018

Cruise on the Bay Ferry CAT to Nova Scotia and enjoy a guided tour of Lunenburg, Peggy's Cove, Halifax, Prince Edward Island, and more. The highlight of the week will be experiencing the Royal Nova Scotia International Tattoo, a music festival that feature military guards from all over the world. Cost is \$1849 per person, double occupancy. Seats are limited. **Deposit of \$250 is due ASAP!**

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.**

AMERICA'S MUSIC CITIES



October 25 – November 1, 2018

Step back in time on a cultural getaway that brings you to 3 American cities that have had a profound influence on our musical heritage! Highlights include French Quarter/New Orleans tour, Louisiana Swamp Tour, Graceland, Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B & more! Cost is \$2999 per person, double occupancy. **Deposit of \$500 per person is due by 4/24.**

HAWAIIAN ISLANDS CRUISE 2019



March 7- March 17, 2019

Don't miss this incredible Hawaiian experience, which includes 2 nights in Honolulu and 7 nights aboard Norwegian's Pride of America! Inside cabins start at \$4399 per person plus taxes double occupancy and includes roundtrip airfare and transportation to the airport. **Deposit of \$900 per person is due ASAP. Reservations are first come, first served, so book now! Please join Brett from Friendship Tours for a presentation on March 7th at 10:30 a.m.!**

Saturday

March 2018						
4	5	6	7	8	9	10
9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring <u>NO</u> Zumba Gold 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo 1:30 AARP Meeting	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Hawaiian Cruise Travel Presentation 10:30 Charitable Crafts 12:30 Bridge 2:30 Ask the Tech Geek 4:30 Facebook Privacy Workshop 6:00 Public Budget Forum	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip Departs 11:00 Step On It! 11:00 Yoga 12:00 Chair Massage <u>NO</u> Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 10:30-11:30 Hearing Clinic 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit Video 10:30 Puzzle Bingo <u>NO</u> Fri. Film Series 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo
11	12	13	14	15	16	17
8:30 COA 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	9:00 Memories 9:45 Tai Chi 11:00 Adult Coloring 11:00 Zumba Gold 11:30 "All About GERD" 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Keys to Consider: Dementia & Driving 10:30 Charitable Crafts 12:30 Bridge 2:30 Staff Meeting 4:30 Game Night!	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo
18	19	20	21	22	23	24
8:00 Current Events Breakfast 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	9:00 Memories 9:45 Tai Chi 11:00 Luck o' the Irish Luncheon! 11:00 Adult Coloring 11:00 Zumba Gold 12:00 Tai Ji Quan 12:30 Pinochle 2:30 "Lucky" Bingo	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Bridge 1:00 Pinterest Craft 2:00-6:00 AARP Smart Driver Course 4:30 Jeopardy Trivia	9:00 Exercise w/ Anne 9:30 Medicare Counseling 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo
25	26	27	28	29	30	31
9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	9:00 Memories 9:45 Tai Chi 10:00 Coping with Grief & Loss 11:00 Adult Coloring 11:00 Zumba Gold 12:00 Tai Ji Quan 12:00 Birthday Celebration 12:30 In the Know 12:30 Pinochle 1:30 Bingo	9:00 Memories 9:30 Foxwoods Casino Departs 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Bridge 1:00 Cooking Demo 3:30 Dinner & Movie: "Wonder" (PG)	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:00 Zumba Gold 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo	9:00-3:00 AARP Tax Aide 9:00 Strength & Stretch 9:30-12:00 Stitch & Fix 10:00 Sit & Be Fit <u>NO</u> Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch 12:00 Tai Ji Quan 12:30 Pinochle 1:30 Bingo
CSC Closed in observance of Good Friday						
First Day of Passover Good Friday						
PAGE 9						



TVCCA SENIOR CAFE MENU MARCH 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p>	<p>Inclement weather watcher: If severe inclement weather in the forecast, delivery schedules are subject to change. Inclement weather closings will be announced on local radio stations and TV channels 3, 4 & 8</p>			
<p>5 Beef Hot Dog w/ Roll Baked Beans Mixed Vegetables Applesauce Cup</p>	<p>6 Chicken Parmesan Penne Pasta Italian Vegetable Mix Fresh Orange</p>	<p>7 BBQ Pulled Pork Tater Tots Chopped Broccoli Sweet Treat & Juice</p>	<p>8 Chicken Stew w/Diced Vegetables Garlic Roasted Potatoes Green Beans Pineapple Tidbits</p>	<p>9 Cheese Omelet Home Fries Stewed Tomatoes Fruit Cocktail</p>
<p>12 Chicken Cacciatore Buttered Shells Italian Vegetable Mix Fresh Fruit</p>	<p>13 Cuban Pulled Pork Seasoned Rice & Black Beans Broccoli Fruit Cocktail</p>	<p>14 Western Omelet Hash Brown Potatoes Chuck Wagon Vegetables Pineapple Tidbits</p>	<p>15 BBQ Chicken Drumsticks Tater Tots Chuck Wagon Vegetables Diced Peaches</p>	<p>16 Stuffed Shells w/ Marinara Green Beans Carrot Coins Pears w/ Mandarin Oranges</p>
<p>19 Beef Stew w/Diced Vegetables Rice Pilaf Chopped Broccoli Fruit Cocktail</p>	<p>20 <u>Luck 'o the Irish Luncheon</u> Corned Beef & Cabbage Boiled Potatoes Carrots Irish Soda Bread & Apple Juice Chocolate Mint Pudding Parfait Ticket Cost: \$8.00</p>	<p>21 Creamy Dijon Chicken Brown Rice Mixed Vegetables Sweet Treat & Juice</p>	<p>22 Pub Burger w/ Bun Roasted Potatoes Capri Vegetable Medley Fresh Fruit</p>	<p>23 Crispy Cod Patty Macaroni & Cheese Scandinavian Vegetable Blend Applesauce Cup</p>
<p>26 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Chuck Wagon Vegetables Diced Peaches</p>	<p>27 Stuffed Chicken Cordon Bleu Buttered Shells Peas & Carrots Birthday Treat Grape Juice <u>Birthday Celebration</u></p>	<p>28 Pot Roast Roasted Potatoes Capri Vegetable Medley Fresh Orange</p>	<p>29 Meatballs Grinder w/ 6" Sub Roll & Mozzarella cheese Italian Vegetable Mix Applesauce Cup</p>	<p>30 Good Friday Holiday <u>PROGRAM CLOSED</u></p>

1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.