

# COLCHESTER SENIOR CENTER

## May 2018



## news

### SR. FINANCIAL SCAMS

#### LUNCH n' LEARN

Thursday, May 3

11:00 a.m.

To increase your odds that you or a loved one can avoid becoming a victim of financial exploitation, you need to know the facts. Susan Dombroski from CorePlus Credit Union will teach us ways to protect ourselves and loved ones from these financial scams. Lunch catered by Chestelm Health & Rehab. Sponsored by the Colchester Commission on Aging. Space is limited.

### MEMORY LOSS & SIGHT

Wednesday, May 9

10:30 a.m.

Those with memory loss may experience problems with their sight, which causes them to misinterpret the world around them. Don't miss this wonderful presentation by Suzanne Sorensen from Brookdale Buckingham which will address this important topic. Please pre-register by Tues., May 8<sup>th</sup>.

### QUILTING WORKSHOP

Weds., May 9–June 20

1:00-3:00 p.m.

Learn the principles of quilting during this 6-week class where participants will make a jelly roll quilt. Beginners are welcome, but some knowledge of machine sewing is required. Bring your own machine or use one provided. Cost is \$45.00 per person plus materials. Class size is limited. Instructed by Lori Barbaresi. Pre-register by May 7<sup>th</sup>. (No class 6/6.)

### MOTHER'S DAY

#### LUNCHEON

Monday, May 14

12:00 p.m.

All are welcome to enjoy a lovely catered luncheon to honor the special women in our lives. Paul Shlien will entertain us on the piano with favorites from the 50's, 60's & 70's, including Billy Joel, The Beatles, and more! Luncheon menu includes stuffed sole, rice pilaf, sugar snap peas, and peach cobbler. Tickets are \$8.00 and available through Monday, May 7<sup>th</sup> or until sold out.

### SENIOR CENTER Q & A

Wednesday, May 16

11:00 a.m.

Please join First Selectman, Art Shilosky and Selectman Rosemary Coyle for an open discussion on our senior center, the new senior center and our exciting future. All are welcome!

### ELECTRIC CHOICES

#### LUNCH n' LEARN

Monday, May 21

11:30 a.m.

Don't miss this great program, presented by AARP, which educates individuals about their choices for electric suppliers in CT. Bring your electric bill to better understand its components and learn how to make informed decisions based on your own situation. A complimentary luncheon will be provided for those that pre-register by Wednesday, May 16<sup>th</sup>. Sponsored by Marlborough Health & Rehab. Space is limited, please register early.

### MINDFULNESS PROGRAM

Friday, May 25

10:00 a.m.

Lindsay Moser from UCFS will lead us in some wonderful mindfulness exercises and explain the benefits of practicing "being in the moment". Please pre-register by Thurs., May 24<sup>th</sup>.

### MEMORIAL DAY

#### COOKOUT

Tuesday, May 29

12:00 p.m.

Please join us as we celebrate the beginning of the summer season with a patriotic-themed cookout with burgers, french fries, and onion rings catered by Harry's Place. Tickets are \$8.00 and are on sale through Tues., May 22<sup>nd</sup> or until sold out.

### ARTISTS WANTED

We are looking for artists for our 2<sup>nd</sup> Annual Senior Art Show. Artwork should be submitted by May 25<sup>th</sup> and can be in any of the following categories: Painting (oil, acrylic, water color, pen, ink wash); Drawing (pastel, charcoal, pen, ink or pencil); Photography (color or black & white); or Sculpture. All work should have been created between June 2016 & May 2017. Pieces will be judged at our Art Reception on June 6<sup>th</sup>. First place winners will be entered in the Regional Senior Art Show at the Senior Expo in July at Norwich Technical High School. Please affix name, address, phone and category to art work. Please contact Becky for a registration form or for more information about the event.



**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)

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

**From the Director's Desk**

This month's letter will not be penned by me, but rather I will take information directly from an educational letter put together from our local Area Agency on Aging, Senior Resources in their CHOICES Chatter April 2018 Newsletter.

"You asked, they listened! The Center for Medicare and Medicaid Services (CMS) will be issuing new Medicare cards to all beneficiaries. The new Medicare 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. The numbers and letters are randomly generated for each person. Your Medicare benefits will not change, only your Medicare Claim Number.

In Connecticut, actively enrolled Medicare beneficiaries should expect your card to be mailed sometime after June 2018.

**What do you need to do to ensure a smooth transition?**

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, contact SSA by calling (800) 772-1213 or visit <https://www.ssa.gov/myaccount>.

You may begin to use your new Medicare card immediately once 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). Please do not simply throw away your old card.

**Be careful!** Scammers will try to take advantage of this situation. There have been cases reported to CMS where scammers call Medicare beneficiaries and ask for payment for the new card. You are not required to pay a fee to anyone for your new Medicare card! Medicare and Social Security already have all the information they need to issue you a new card. Social Security and CMS have no reason to contact you."

If you have any questions during this rollout, please ask us. We will have all of the information about this that you may need--here at the Colchester Senior Center. As always, we're happy to help!

Warmly,

**Patty**



## **PROGRAMS**

### **SENIOR GOLF LEAGUE**

**Tuesdays at 9:00 a.m.**

The CSC Golf League meets for a 16-week season at Chantclair on Tuesdays beginning on May 8<sup>th</sup>. Season cost is \$200 which includes an end-of-season cookout. Please sign up in the office.

### **AARP CHAPTER #4019**

**Tues., May 1, 1:30 p.m.**

After this month's meeting, enjoy a presentation on Exercise & Aging by John Santella from Anytime Fitness.

### **BRAIN GAMES**

**Wed., May 2, 4:30 p.m.**

Our graduate student intern Jacqueline will lead us in some great trivia and activities that will help stimulate our brains and keep them active! Sign up.

### **GARDENING**

**Mon., May 7, 8:30 a.m.**

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

### **ICE CREAM SOCIAL**

**Tues., May 8, 12:30 p.m.**

Enjoy delicious ice cream and hear about a free telephone device offered to seniors with hearing loss. Sponsored by ClearCaptions. Register by 5/7.

### **HOLIDAY SCHEDULE**

**Monday, May 28<sup>th</sup>**

Closed for Memorial Day

### **PINTEREST CRAFT**

**Wed., May 9, 1:00 p.m.**

Jacqueline will lead this fun craft where you will create a neat canvas using melted crayons! Please bring ideas for images that you would like in the background. See below for example. Cost is \$5.00 for materials. Pre-register by 5/8.



### **GAME NIGHT!**

**Wed., May 9, 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.

### **SHOPPING TRIP**

**Thurs., May 10, 10:30 a.m.**

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

### **LUNCH BUNCH**

**Fri., May 18, 11:15 a.m.**

This month's lunch outing will be to The Blue Hound Cookery in Ivoryton. Suggested donation is \$5.00 for bus transportation. Pre-registration by May 9<sup>th</sup>.

### **BOOK CLUB**

**Tues., May 15, 10:30 a.m.**

### **PAGE 3**

### **JEOPARDY! TRIVIA**

**Wed., May 16, 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., May 18, 9:30 a.m.**

### **AARP SMART**

### **DRIVER COURSE**

**Fri., May 18, 12-4 p.m.**

Learn the rules of the road, defensive driving techniques, and how to operate your vehicle more safely. Cost is \$15 for AARP members, \$20 for non-members. Please pre-register.

### **BIRTHDAY CELEBRATION**

**Tues., May 22, 12:00 p.m.**

Cake provided by Apple Rehab.

### **IN THE KNOW**

**Tues., May 22, 12:00 p.m.**

### **DINNER & MOVIE NIGHT**

**"The Shape of Water" (R)**

**Wed., May 23, 3:30 p.m.**

Don't miss this Academy Award favorite! Cost is \$5.00 for pizza, chips & soda from Colchester Pizza. Register by May 22<sup>nd</sup>.

### **"ASK A NURSE"**

### **ARTHRITIS & EXERCISE**

**Wed., May 30, 10:30 a.m.**

Stacy Zdanis, R.N. from Brookdale Mountain Laurel will be here to discuss this health concern, which affects many seniors. Bring your questions! Sign up by Tues., May 29<sup>th</sup>.

# CLASS SCHEDULE

PAGE 4

| CLASS   | DAY & TIME                            | SESSIONS PER MONTH | FEE           |
|---|---------------------------------------|--------------------|---------------|
| <b>ADULT COLORING</b><br>Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Instructor: Irene Watson                                 | TUESDAYS<br>11:00 A.M.                | 5<br>CLASSES       | NO FEE        |
| <b>CHORAL GROUP</b><br>Sing along with your favorite tunes! Leader: Becky Kowalczyk   | MONDAYS<br>10:30 A.M.                 | 3<br>CLASSES       | NO FEE        |
| <b>KNITTING &amp; CROCHET</b><br>Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey       | THURSDAYS<br>1:00 P.M.                | 5<br>CLASSES       | NO FEE        |
| <b>LINE DANCING</b><br>Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Barbara McKelvey & Kathy Pasay                                       | THURSDAYS<br>1:00 P.M.                | 5<br>CLASSES       | NO FEE        |
| <b>SIT &amp; BE FIT</b><br>Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Kowalczyk   | WEDNESDAYS<br>& FRIDAYS<br>10:00 A.M. | 9<br>CLASSES       | NO FEE        |
| <b>TAI CHI</b><br>A mind/body practice known as "moving meditation." Leader: Steve Arbuckle   | TUESDAYS<br>9:45 A.M.                 | 5<br>CLASSES       | NO FEE        |
| <b>WALKING GROUP</b><br>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<br>10:00 A.M.              | 5<br>CLASSES       | NO FEE        |
| <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><br>Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard                             | MONDAYS &<br>THURSDAYS<br>9:00 A.M.   | 8<br>CLASSES       | PRE-PAID CARD |
| <b>TAI JI QUAN:MOVEMENT FOR BETTER BALANCE</b><br>This evidence-based class is great for fall prevention. Instructor: Sue McCaffrey   | FRIDAYS<br>12:00 P.M.                 | 4<br>CLASSES       | PRE-PAID CARD |
| <b>SENIOR YOGA</b><br>Simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey | THURSDAYS<br>& FRIDAYS<br>11:00 A.M.  | 9<br>CLASSES       | PRE-PAID CARD |
| <b>SITTERCIZE</b><br>Exercise your entire body while seated. Instructor: Anne Beauregard  | MONDAYS,<br>THURSDAYS<br>10:00 A.M.   | 8<br>CLASSES       | PRE-PAID CARD |
| <b>STRENGTH &amp; STRETCH</b><br>Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard      | FRIDAYS<br>9:00 A.M.                  | 4<br>CLASSES       | PRE-PAID CARD |



## SPECIAL INTEREST GROUPS

|                               |  |
|-------------------------------|--|
| <b>BINGO</b>                  | Tuesdays & Fridays at 1:30 p.m.<br>(Doors open at 1:00 p.m.) |
| <b>BRIDGE</b>                 | Wednesdays at 12:30 p.m.                                     |
| <b>CHARITABLE CRAFTS</b>      | Wednesdays at 10:30 a.m.                                     |
| <b>MAH JONGG</b>              | Mondays at 12:30 p.m.  |
| <b>MEXICAN TRAIN DOMINOES</b> | Thursdays at 12:30 p.m.                                      |
| <b>FRI. FILM SERIES</b>       | Fridays at 10:00 a.m.  |
| <b>PINOCHLE</b>               | Tues. & Fri. at 12:30 p.m.                                   |
| <b>SETBACK</b>                | Mondays at 12:30 p.m.  |
| <b>Wii BOWLING</b>            | Thursdays at 10:00 a.m.                                      |

PAGE 5

## 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.

## **Wii BOWLING TOURNEY**

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

**VERNON SENIOR CENTER**  
Friday, May 4, 12:45 p.m.

**EAST HAMPTON SENIOR CENTER**  
Friday, June 15, 10:30 a.m.

## TECH CORNER

**"ASK THE TECH GEEK"**  
Weds., May 2 & 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.

## 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, May 14**  
**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, May 4**  
**10:30 – 11:30 a.m.**

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

### **FOOT CLINIC**

**Tuesday, May 8**  
**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.*

## **CONNECTICUT TRAILS DAY**

On the weekend of June 2<sup>nd</sup> and 3<sup>rd</sup>, Connecticut and the Chatham Health District is set to host Connecticut Trails Day—the largest National Trails Day celebration in the nation with over 200+ free events scheduled statewide.

This annual celebration features activities for everyone including hiking, biking, horseback riding, running, trail maintenance, kayaking, bird watching, letterboxing and more. These events are guided by knowledgeable volunteers from local hiking clubs, parks and recreation departments, state agencies, conservation organizations, historic groups, educational programs and land trusts. This long-standing event celebrates the state's spectacular trails and the many joys and benefits they provide. On June 2<sup>nd</sup>, join the towns of the Chatham Health District, along with a hike leader and join in on the outdoor adventure. A full listing of events can be viewed on the online directory of events and interactive map at [www.ctwoodlands.org/ct-trails-weekend/events-2018](http://www.ctwoodlands.org/ct-trails-weekend/events-2018) or in the printed 2018 Connecticut Trails Day booklet.

**Colchester Hike -Salmon River Trail; Hebron Hike-Airline State Park Trail; Marlborough Hike-Marlborough Elementary School Trail & more!**



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

New to Medicare? Have questions about how to change your prescription drug coverage? Please contact Senior Resources in Norwich at 860-887-3561 for assistance.

### **RENTERS REBATE**

**Wednesdays in May**

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 Homeowner's Tax Deferral Program; State of CT Totally Disabled Exemption and State of CT Legally Blind Exemption. Please contact the Assessor's Office at 860-860-537-7205 for eligibility criteria or more information.

## **MEETINGS IN MAY**

### **COMMISSION ON AGING**

**May 14 at 8:30 a.m.**

### **CSC STAFF MEETING**

**May 9 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.



### **ANGELO'S BAKERY LUNCHEON** **Friday, May 11 at 12:00 noon**

The TVCCA Senior Nutrition Program will be closed this day for their Annual Employee Appreciation Day. So we will be serving the ever-popular Angelo's Stuffed Breads instead. Select two flavors of stuffed bread served alongside a tossed salad with your choice of dressing, a bottle of water and a cookie for dessert. Purchase your ticket by Thursday, May 10<sup>th</sup> for \$5.00.

## 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.

**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 Tuesday mornings for a few hours. Training provided.



### **VOLUNTEER RECEPTIONIST MEETING**

**Tuesday, May 1, 10:30 a.m.**

Mandatory meeting for all current and prospective Volunteer Receptionists to review duties & responsibilities. Please see Becky for more information and to RSVP.



### **MEN'S HEALTH LUNCH n' LEARN**

**Monday, June 4 at 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 special guest speaker for an informative **MEN ONLY** presentation 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 Thursday, May 31<sup>st</sup>. This program is sponsored by Marlborough Health & Rehab.



## **New! ESSEX STEAM TRAIN LUNCH EXCURSION**



**Tuesday, July 10, 10:15 a.m.**

All aboard for a lovely 3-course meal on the Essex Steam Train 1920's Pullman dining car and view the sights along the CT River while you dine. After lunch, board the Becky Thatcher Riverboat for a leisurely cruise. Cost is \$60.00 per person and includes lunch, train and riverboat admission, senior bus transportation, taxes and gratuities. **Must sign up by Friday, June 22<sup>nd</sup>.**

## **"OLIVER!" at the GOODSPEED OPERA HOUSE**



**Wednesday, July 25, 10:30 a.m.**

Charles Dickens' beloved orphan makes his Goodspeed debut in the hope-filled musical set in the dark shadows of Victorian London. Before the show, enjoy lunch at the lovely Gelston House. Cost is \$89.00 per person and includes lunch, reserved side orchestra seats, and senior bus transportation. **Must sign up by Friday, June 22<sup>nd</sup>.**

## **LOCKS n' LUNCH CRUISE on the HUDSON**



**Saturday, August 4, 7:00 a.m.**

Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. You will also enjoy a hot and cold buffet lunch with onboard entertainment. Following the cruise, take a leisurely stroll down Main Street in Stockbridge. Cost is \$95.00 per person and includes luncheon cruise, motor coach transportation, taxes and gratuities. **Must sign up by Friday, June 22<sup>nd</sup>.**

## **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 20<sup>th</sup>.**

## **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 3<sup>rd</sup>.**

# 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 20<sup>th</sup>.**

## **New! 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

## **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!**

 = Light Walking

 = Moderate Walking

 = Mostly Walking



Saturday

## May Day

**\*All activities are subject to change\***





# TVCCA SENIOR CAFÉ MENU MAY 2018


**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|   |   |  |   |  |
|---|---|--|---|--|
| <p><b>1% milk and whole grain bread are served with each meal.</b><br/><b>Menu is subject to change without notice.</b></p>   | <p><b>1</b><br/>Swedish Meatballs<br/>Buttered Shells<br/>Italian Vegetable Medley<br/>Pears w/ Mandarin Oranges</p>  | <p><b>2</b><br/>BBQ Chicken Drumsticks<br/>Tater Tots<br/>Chuck Wagon Vegetables<br/>Birthday Treat<br/>Grape Juice</p>                    | <p><b>3</b><br/>Western Omelet<br/>Roasted Potatoes<br/>Peas &amp; Carrots<br/>Fruit Cocktail</p>   | <p><b>4</b><br/><b>Ethnic Celebration</b><br/>Steak Fajitas w/ Cheddar Cheese<br/>Flour Tortillas<br/>Rice &amp; Beans<br/>Mixed Vegetables<br/>Applesauce Cup</p> |
| <p><b>7</b><br/>Salisbury Steak w/ Gravy<br/>Mashed Potatoes<br/>Stewed Tomatoes<br/>Fresh Fruit</p>  | <p><b>8</b><br/>Stuffed Chicken w/ Broccoli &amp; Cheese<br/>Roasted Potatoes<br/>Green Beans<br/>Pineapple Tidbits</p>   | <p><b>9</b><br/>Braised Shredded Pork w/ Herb Sauce<br/>Yellow Rice &amp; Black Beans<br/>Mixed Vegetables<br/>Sweet Treat &amp; Juice</p> | <p><b>10</b><br/>Chicken Parmesan<br/>Penne Pasta<br/>Italian Vegetable Medley<br/>Applesauce Cup</p>   | <p><b>11</b><br/><b>Angelo's Bakery Luncheon</b><br/>Assorted Stuffed Breads<br/>Tossed Garden Salad<br/>Cookie<br/>Bottled Water<br/>Ticket Cost: \$5.00</p>      |
| <p><b>14</b><br/><b>Mother's Day Luncheon</b><br/>Crab Stuffed Sole<br/>Rice Pilaf<br/>Sugar Snap Peas<br/>Peach Cobbler &amp; Juice<br/>Tickets Cost: \$8.00</p>   | <p><b>15</b><br/>BBQ Pulled Pork w/ Bun<br/>Baked Beans<br/>Chopped Broccoli<br/>Peach Cup</p>  | <p><b>16</b><br/>Beef &amp; Bean Chili<br/>Egg Noodles<br/>Capri Vegetable Medley<br/>Fresh Orange</p>                                     | <p><b>17</b><br/>Crispy Cod Patty<br/>Macaroni &amp; Cheese<br/>Scandinavian Vegetable Blend<br/>Pineapple Tidbits</p>                          | <p><b>18</b><br/>Pesto Grilled Chicken<br/>Rice Pilaf<br/>Spring Vegetable Mix<br/>Sweet Treat &amp; Juice</p>   |
| <p><b>21</b><br/>Stuffed Shells w/ Marinara<br/>Carrot Coins<br/>Bean Medley<br/>Applesauce Cup</p>   | <p><b>22</b><br/>Meatloaf w/ Gravy<br/>Garlic Mashed Potatoes<br/>Capri Vegetable Medley<br/>Fruit Cocktail</p>   | <p><b>23</b><br/>Chicken &amp; Broccoli Alfredo<br/>Ziti<br/>Mixed Vegetables<br/>Fruit Cocktail</p>                                       | <p><b>24</b><br/>Chicken Sausage &amp; Peppers<br/>Grinder Roll &amp; Cheese<br/>Zucchini &amp; Yellow Squash<br/>Pears w/ Mandarin Oranges</p> | <p><b>25</b><br/>Cheese Omelet<br/>Hash Brown Potatoes<br/>Stewed Tomatoes<br/>Fresh Fruit</p>   |
| <p><b>28</b><br/><br/><b>Memorial Day</b><br/><b>Memorial Day Holiday</b><br/><b>Senior Nutrition Program Closed</b></p> | <p><b>29</b><br/><b>Memorial Day Cookout</b><br/>Harry's Place choice of:<br/>Hamburger or Cheeseburger<br/>French Fries &amp;<br/>Onion Rings<br/>Ice Cream Sandwiches<br/>Ticket Cost: \$8.00</p> | <p><b>30</b><br/>Meatballs Grinder w/ 6" Sub Roll &amp;<br/>Mozzarella Cheese<br/>Italian Vegetables<br/>Sweet Treat &amp; Juice</p>       | <p><b>31</b><br/>Baked Haddock w/ Salsa<br/>Spanish Rice<br/>Mixed Vegetables<br/>Fruit Cocktail</p>  | <p>TVCCA Senior Nutrition Program<br/><b>81 Stockhouse Road</b><br/><b>Bozrah, CT 06334</b><br/><b>860-886-1720</b><br/>(24hr voice mail available)</p>            |