

COLCHESTER SENIOR CENTER



news

November 2018

IDENTITY THEFT PROTECTION

Thursday, November 1
10:30 a.m.

Michael Robidoux from Harvard Risk Management will be here to discuss the different types of identity theft, how you can protect your personal information, and what you can do if you are a victim. Register.

BECKY'S BABY SHOWER

Friday, November 2
1:00 p.m.

"Baby Kowalczyk" will be arriving in mid-November and we expect Friday, November 2nd will be our Program Coordinator Becky's last day before the baby's arrival. Help us send her (and baby) off in style! Please join us for a cake and punch reception including fun baby shower games. Those wishing to contribute toward a group gift may do so in the office, see Susan or Patty. Please pre-register.

MEDICARE OPEN ENROLLMENT

Fridays, November 9 & 30
9:00 a.m. – 3:00 p.m.

Changes to Medicare Advantage and Prescription Drug plans can only be made annually, between October 15th and December 7th. Plans change every year, and it is important that the plan you select offers the best coverage at the most affordable rates. Schedule your appt. by calling 860-537-3911.

PRESERVING YOUR PHOTO LEGACY

Tuesday, November 13
10:30 a.m.

Your photos contain your precious memories; they are your stories without words. It is important to preserve those photos and tell their stories before the stories and the people are gone. But the task of preserving these photo memories and organizing them can seem daunting. In this presentation, Caren Osborne, a certified personal photo organizer will de-mystify this process and will show you an easy-to-follow system for organizing and preserving your photo memories so that they are accessible for you to enjoy now and for future generations. Pre-register by Fri., Nov. 9th.

TURKEY DAY LUNCHEON

Wednesday, November 14
11:00 a.m.

Let's give thanks for all of our wonderful friends at the Colchester Senior Center! We'll have a delicious luncheon with a traditional Thanksgiving menu of Oven Roasted Turkey with Gravy, Stuffing, Cranberry Sauce, Green Beans, Butternut Squash, Buttered Roll, fruit juice and Pumpkin Pie for dessert. Before lunch, sing along with wonderful musical entertainment by The Elderly Brothers! Tickets are \$8.00 and are on sale through Wednesday, November 7th or until sold out.

AARP SMART DRIVER COURSE

Friday, November 16
12:00-4:00 p.m.

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



SIGNING IN TO MY SENIOR CENTER

During the time when our Program Coordinator is out, I ask for your special attention to signing in using *My Senior Center* every time you come to the senior center. Being short staffed is a challenge at any time of the year, but particularly during the busy holiday season when we have a lot of fun, special programs planned; we kindly ask for your cooperation. Knowing that everyone is doing their part during this transition will be very helpful, while also keeping our statistics accurate. If you are a volunteer, please also remember to log your volunteer hours. If you need a new scan tag, replacements are available for \$2.00 in the office.

Sincerest thanks,
Patty & CSC Staff

**COLCHESTER SENIOR
CENTER**
95 Norwich Ave.
Colchester, CT 06415

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

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-4:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
pwatts@colchesterct.gov

Becky Kowalczyk
Program Coordinator
rsullivan@colchesterct.gov

Susan Plefka
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
Nan Wasniewski, Alternate

From the Director's Desk

Sometimes when I sit down to write my monthly article, I refer back to other articles that I've written throughout the years. Five years ago this month, my article was dedicated to welcoming a brand new staff member. Hiring a new Program Coordinator was one of my first challenges, as I began as director in 2013. The former Program Assistant had decided to retire right around the time of my arrival. As a matter of fact, I remember meeting with then-First Selectman, Gregg Schuster, as he officially offered me the position. He said because of Priscilla's impending retirement, that my onboarding might be more of a "baptism by fire" than I might have expected. Thankfully, Priscilla held off her retirement for 5 weeks, until I at least started to know some people's names.

It was amidst these challenging circumstances that I began my career in Colchester, but it wasn't too terribly long until I was extending an invite to Becky Sullivan (her name at that time) to join our team. One of the things that made me excited to have Becky on staff is that she had wonderful experience in therapeutic recreation, specifically in planning and supervising programs, and we also had very similar professional backgrounds. As we met to assess where our strengths and weaknesses were programmatically, we shared a common vision to diversify and grow the programs offered through our center, with special attention to healthy aging/fitness, Baby Boomer friendly programs, free community education and growing our travel opportunities. We sought to develop new community partnerships for programs and program supplies. The results have been incredible. In just over 5 years, the Colchester Senior Center's programs have garnered a great reputation throughout our region of being fun, welcoming, diverse, well-organized and on the cutting edge, with one winning a prestigious Program of Excellence Award.

More than just Becky's last name has changed in the past 5 years and it has been fun to bear witness. We were happy for her when she became Mrs. Kowalczyk in September 2016 and now, as she and her husband Vin welcome the blessing of their second child this month, we celebrate with her again. As Becky transitions to a new season of motherhood with her little one, we wish her and her beautiful family nothing but the best. We expect that after cold and flu season passes, she will return to visit with her new little bundle, and that she will forever remain a friend of ours.

I thank you, Becky, for your hard work over the past 5 years, your enthusiasm and your genuine love for seniors. You were everything I had hoped you would be when I hired you and more—and as you know, it is difficult to exceed my expectations! I have enjoyed such a synergy while working together—as well as a friendship, for which I will always be thankful. You will be missed, by me and so many others. Best wishes to you....always!

Warmly,

Patty

PROGRAMS

GARDENING

Mon., Nov. 5, 8:30 a.m.

We want to thank volunteers from the Colchester Garden Club for their time and attention spent in maintaining the senior center flower gardens surrounding our building. They seem to get more beautiful every year! This is the last session of the season for fall clean up led by the Colchester Garden Club.

ELECTION DAY

ASSIGNED POLLING PLACES

Tues., November 6

We will be running buses to the polls throughout town on Election Day. Those needing our senior bus transportation services to vote in the upcoming election, please make your reservations by Monday, November 5th at noon. Please contact the senior center for more information, including the time that the bus will be going to your assigned polling place.

MAKE YOUR OWN

FIRE CIDER WORKSHOP

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

Irene Watson will lead this great class where you will make and take your own pint of Fire Cider, which has great immunity-boosting benefits. Cost is \$10.00 per person for all ingredients. Participants will need to provide their own cutting boards and knives. Pre-register by Friday, Nov. 2nd.

SEASONAL CRAFTS

Wed., Nov. 7, 1:00 p.m.

This is the final session where the group will decorate the tree before its delivery to the Wadsworth.

SHOPPING TRIP

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

This month's trip will be to the Crystal Mall & Walmart in Waterford. Suggested donation is \$4.00 for bus transportation. Pre-register.

HOLIDAY SCHEDULE

Monday, November 12th

Closed for Veterans Day

Thursday, November 22 &

Friday, November 23 for the

Thanksgiving Holiday

STITCH & FIX W/ MARIA

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

Volunteer Maria Cusano will help with your minor sewing and mending needs at no cost to you! Drop off items or stay and chat while she works.

BOOK CLUB

Tues., Nov. 20, 10:30 a.m.

This month's selection is the novel *The Reason You're Alive* by Matthew Quick. Books are available at Cragin Library. Everyone is welcome to join.

BIRTHDAY CELEBRATION

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

Join us for birthday cake as we celebrate our friends born in the month of November at this festive monthly birthday party!

IN THE KNOW

Tues., Nov. 27, 12:30 p.m.

Receive the most up-to-date news about senior center happenings from Director, Patty Watts.

TREE TRIMMING PARTY

Fri., Nov. 30, 11:00 a.m.

Get into the Holiday spirit and enjoy festive music while we decorate the Christmas tree in the center's dining room. Cookies and eggnog will be served as well. Join us for this fun annual tradition!

HANUKKAH PARTY!

Tues., Dec. 4, 10:30 a.m.

We'll learn about the history and tradition of the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue and enjoy traditional potato latkes! Open to people of all faiths. Celebrate with us! Please pre-register.

COLLECTING FOR HAITI

During the month of November, please join with us in collecting necessary supplies for health and dental clinics in Haiti. The Diabetic & Hypertension Relief Clinic works to provide free medical and dental screenings with the mission to improve the health and wellbeing of the citizens of Petit-Goave, Haiti. Helpful items include: **toothpaste, toothbrushes, vitamins, ibuprofen and iron pills.** You can help make a difference! Thank you in advance for your generosity.

CLASS SCHEDULE

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CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Leader: Irene Watson	TUESDAYS 11:00 A.M.	4 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes! Group led.	MONDAYS 10:30 A.M.	3 CLASSES	NO FEE
KNITTING & CROCHET Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	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 VIDEO Chair exercises that focus on all areas of the body. Beginner level. 40 minute video featuring Becky Kowalczyk.	WEDNESDAYS 10:00 A.M.	4 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 Walk with peers at the Airline Trail, weather permitting. 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.			
AGELESS GRACE® Evidence-based seated program designed to target body and brain function. Instructor: Tom Atwood, P.T.	FRIDAYS 10:00 A.M.	4 CLASSES	PRE-PAID CARD
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	7 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.	8 CLASSES	PRE-PAID CARD
SITTERCIZE Exercise your entire body while seated. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	7 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	4 CLASSES	PRE-PAID CARD

SPECIAL INTEREST GROUPS

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

CHARITABLE CRAFTS Wednesdays at 10:30 a.m.

MAH JONGG Mondays at 12:30 p.m.

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

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

PINOCHLE Tuesdays, Wednesdays
& Fridays at 12:30 p.m.

SETBACK Mondays at 12:30 p.m.

Wii BOWLING Thursdays at 10:00 a.m.

Wii BOWLING TOURNAMENT

We enjoy hosting friendly competitions with local senior centers. We will be taking a break for the winter and will resume in the spring. Please sign up in the office if interested in learning how to play this fun game. All are welcome!

Colchester vs. Glastonbury
Thursday, November 29, 10:00 a.m.



TECH CORNER

“ASK THE TECH GEEK”

Wednesdays, Nov. 7 & Dec. 5
2:30-4:00 p.m.

Tech volunteers Larry Donovan and Jakob Misbach give one-on-one advice for your computer, tablet, or phone. If your device is portable, please feel free to bring it along with you. Please pre-register for your free 20-minute appointment.

TRANSPORTATION SERVICES

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

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

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

REGISTRATION POLICIES

Registration for any programs, activities, meals or trips can be made during our regular business hours. You may call the senior center office to register for any trips, classes or programs that do not require payment after sign ups begin. For registrations with an advertised cost, 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/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.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

**Monday, November 5
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, November 2
10:30 – 11:30 a.m.**

Dr. Matthew Cross from the HearUSA can check your hearing or clean your devices. Call to schedule.

FOOT CLINIC

**Tuesday, December 11
1:00 – 3:00 p.m.**

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

MAKING MEMORIES

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

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

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

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

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

ARE YOU READY?

Winter is on the way and we never know what to expect. Now is the perfect time to be sure you are ready for whatever Mother Nature throws at us. Here are just a few reminders of what you need to remember when that winter blast hits.

Take a look at the trees around your home, if any limbs look questionable have a tree service check them out and remove any dangerous branches. If you have a generator, be certain it's tuned up and ready to run. When it is running be sure that it's far enough away from any doors or windows so no carbon monoxide exhaust fumes could enter your home. If your purchasing a generator, please have a qualified electrician be sure it's connected properly. A lot of furnaces and water heaters have direct power vents nowadays, not all go up the chimney any more. If you have direct power vent styles of exhausts be certain they aren't buried in a snow drift. Safety circuits in these types of units should automatically shut them down if the vent is blocked. Should is the key word in that sentence! Don't ever go near a downed power line. Call and report power lines and outages to Eversource at 1-800-286-2000. Remember to change those batteries in your smoke and carbon monoxide detectors. Stock up on ice melt for your walks and call your plow guy to be sure your still on his list. Check out your car to be sure it's ready with good tires and a strong battery. Stock up your pantry with lots of nonperishable food and plenty of bottled water. Keep that cell phone charged up and be sure to have your emergency contact numbers entered in it. Update your File of Life. Pick up your prescriptions before any storms come our way.

Please stay mindful of all the things that can turnout wrong and have a safe healthy winter season.



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SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, November 13
12:30 – 3:30 p.m.**

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appt.

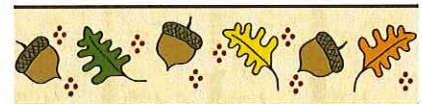
ENERGY ASSISTANCE

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. For application assistance, please call Colchester Social Services at 860-537-7255 for more information, including eligibility criteria, a list of required paperwork, and to schedule your appointment.

AARP TAX AIDE TRAINING

Thurs., Nov. 1, 1:30-3:30 p.m.

AARP is looking for volunteers that are able to assist with free tax preparation for seniors. Tax season runs mid-February through April. Please sign up in the office if interested.



MEETINGS IN NOVEMBER

AARP CHAPTER #4019

No meeting this month

COMMISSION ON AGING

November 13 at 8:30 a.m.

CSC STAFF MEETING

November 14 at 2:30 p.m.

Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room. See the monthly menu on page 10 of our newsletter.

COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. 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.



VOLUNTEER OPPORTUNITIES

AARP TAX VOLUNTEERS: AARP is looking for individuals who are willing to be trained to assist in free tax preparation services for community seniors. Trainings will be held at the senior center. See Page 6 for more information.

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

THINGS I'M THANKFUL FOR

(THOUGHTS FROM OUR MAKING MEMORIES CLASS)

"I'm thankful that I've met a lot of wonderful and caring people in my life."

"I'm thankful for the U.S.A."

"I'm thankful for the love of my husband."

"I'm thankful that I get to see my granddaughter two or three days a week."

"I am thankful for the Making Memories class."

"I'm thankful for fresh air."

"I'm thankful for Coca-Cola and seafood."

"I'm thankful to be living in Connecticut for so many years and for my children."

"I'm thankful I can get up in the morning."



HOLIDAY HOMECOMING LUNCHEON **Wednesday, December 19 at 11:00 a.m.**

Sing along to musical entertainment featuring your favorite holiday tunes with our senior center's own choral group "Senior Moments" before enjoying a special seasonal luncheon that is sure to put you in the Christmas spirit! The menu includes Glazed Ham, Sweet Potatoes, Scandinavian Vegetable Blend, Whole Wheat Roll, and Gingerbread Cake with Cream Cheese Frosting. Tickets are \$8.00 and are on sale through Wednesday, December 12th or until sold out.

New! FOXWOODS CASINO



Wednesday, April 24, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Cost is \$22.00 per person and includes \$10 meal voucher, \$10 bonus slots, motor coach bus transportation & driver gratuity. **Must sign up by Friday, April 12th.**

New! "MAMMA MIA!" at WARNER THEATRE



Sunday, May 5, Time TBA

Don't miss this favorite production featuring a hit soundtrack by 70's band ABBA about a bride-to-be trying to find her real father. Prior to the show enjoy a full course luncheon at La Cupola Restaurant. Cost is \$102.00 per person and includes reserved orchestra seats, motor coach transportation, taxes and gratuities. **Must sign up by Friday, March 1st.**

EXTENDED TRIPS & CRUISES

New! NO-FLY BERMUDA CRUISE 2019



May 5 – May 12, 2019

Spend 7 nights aboard the Celebrity Summit (3 of those days docked in King's Wharf!) and enjoy an island tour of Bermuda, time at the pink sand beaches, shopping, craft markets, the Maritime Museum, roundtrip motor coach to/from the pier and so much more! Cabins start at \$1249 per person (inside twin) plus taxes and fees. **Deposit of \$450 per person is due ASAP. Space is limited, so book now by calling Friendship Tours at 800-243-1630!**

ROME AND TUSCANY 2019



October 15 – October 23, 2019

Don't miss this once-in-a-lifetime journey to Italy! Highlights include 5 nights in Tuscany, 2 nights in Rome, Siena, Tuscan Winery Visit & Tasting, Florence City Tour, Academy Gallery (Statue of David), Leaning Tower of Pisa, Assisi, Rome City Tour, St. Peter's Basilica, and more! Cost is \$3795 per person double occupancy and includes roundtrip airfare, 10 meals, admissions, and more. **Deposit of \$500 per person is due ASAP to secure reservation. Book now!**

= Light Walking

= Moderate Walking

= Mostly Walking

TRIP PARKING

Due to the popularity of our trips recently, we have made some changes to our bus boarding procedures. For all outgoing trips/travel, you are now able to park in the **BACK PARKING LOT** (closest to the woods) at St. Andrew's Church, across the street. **PLEASE DO NOT PARK YOUR CAR IN THE SIDE LOT**, which is used by people who are attending Mass or other services throughout the day. The motor coach bus will be picking up and departing from the church lot. We thank St. Andrew's Church for their willingness to help us out! You will no longer be required to come to the senior center before a trip. Please note, if the weather is cold/rainy/snowy, feel free to stay warm and dry in your cars until boarding begins.

TRIP REGISTRATION

If interested in traveling with the Colchester Senior Center, we invite you to stop in or call us to check on availability for our trips. Reservations are on a first come, first served basis. Payment must be received to reserve a seat on the bus. If there is not current availability, you can be placed on a waiting list and will be called if there are any cancellations. If you need to cancel your reservation, a refund will be made only if there is someone to take your place on the trip. Our trips are available to those ages 55 and over and their guests. Some larger international and domestic trips are open to those 18 and over and will be advertised as such individually. All individuals who register for travel should be able to manage their own needs independently for the duration of the trip or bring along a guest (family member, friend or caregiver) that can assist them. We also ask that if you register for multiple trips with our center that you sign up for membership so that we can have your emergency contacts on file and can contact you regarding details of the trip.

TRIP CHECK-IN

A few days before departure, you will receive a call from our center with a reminder of trip details. If you haven't received a call or are unsure of what the message said, please call us at 860-537-3911. On the day of travel, please plan to arrive at least 10-15 minutes in advance of departure time. Once you've arrived, a volunteer Group Leader or paid Tour Manager from the travel company will get you checked and boarded in the same order in which you registered. They are responsible for keeping track of boarding/exiting the bus, communicating with the bus driver, handing out tickets (if any) and evaluations, and will be the liaison for the senior center. Please be sure to communicate with them any important information that they should know as the trip is in progress. And please be sure to complete the evaluations so that we can be sure to follow up with any feedback received. Thank you for traveling with us!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2018

4	8:30 Gardening 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	5	Election Day-buses will be driving to polling places 9:00 Memories 9:45 Tai Chi 10:30 Make Your Own Fire Cider Workshop 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	6	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts Tree Set Up 2:30 Ask the Tech Geek 1:30 Bingo	7	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts Tree Set Up 2:30 Ask the Tech Geek 1:30 Bingo	8	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip Departs 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	9	9:00-3:00 Medicare Open Enrollment 9:00 Strength & Stretch 10:00 Ageless Grace NO Fri. Film Series 11:00 Yoga 12:30 Pinochle 1:30 Bingo	10	
11	Don't forget to turn your clocks back!  Daylight Saving Time Ends	12	CSC Closed in observance of Veterans Day	13	8:30 COA Meeting 9:00 Memories 9:45 Tai Chi 10:30 Preserving Your Photo Legacy 11:00 Adult Coloring 12:30 Pinochle 12:30-3:30 CHOICES Counseling 1:30 Bingo	14	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 11:00 Turkey Day Luncheon 12:30 Pinochle 2:30 Staff Meeting 1:30 Bingo	15	6:30 Radio City Trip Departs 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	16	9:00 Strength & Stretch 9:30 Stitch & Fix 10:00 Ageless Grace NO Fri. Film Series 11:00 Yoga 12:00-4:00 AARP Smart Driver Course 12:30 Pinochle 1:30 Bingo	17	
18	Veterans Day (US) Remembrance Day (Canada)	19	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Goodspeed Trip Departs 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	20	9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	21	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle	22	CSC Closed for Thanksgiving Holiday	23	CSC Closed for Thanksgiving Holiday	24	
25	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wadsworth Tree Delivery 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	26	9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wadsworth Tree Delivery 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	27	9:00 Memories 9:45 Tai Chi 11:00 Adult Coloring 12:00 Birthday Celebration 12:30 In the Know 12:30 Pinochle 1:30 Bingo	28	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit Video 10:30 Charitable Crafts 12:30 Pinochle	29	9:00 Exercise w/ Anne 10:00 Wii Bowling vs. Glastonbury Sr. Ctr. 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	30	9:00-3:00 Medicare Open Enrollment 9:00 Strength & Stretch 10:00 Ageless Grace NO Fri. Film Series 11:00 Tree Trimming Party 11:00 Yoga 12:30 Pinochle 1:30 Bingo		

*All activities are subject to changes








TVCCA SENIOR CAFE MENU ~ NOVEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>		<p>1 Philly Cheese Steak w/ Roll Tater Tots Broccoli Fresh Fruit</p>	<p>2 Spanish Style Pork Yellow Rice & Black Beans Mixed Vegetable Medley Applesauce Cup <u>Add-on: Chicken Noodle Soup</u></p>
<p>5 Chicken Cacciatore Pasta Shells w/ Marinara Zucchini Pears</p>	<p>6 Cheese Omelet Home Fries Stewed Tomatoes Diced Peaches</p>	<p>7 Pot Roast w/ Gravy Mashed Potatoes Squash Mix w/ Carrots & String Beans Fresh Orange <u>Add-on: Chicken Noodle Soup</u></p>	<p>8 Herb & Tomatoes Haddock Penne Pasta w/ Marinara Green Beans Applesauce Cup</p>	<p>9 <u>Birthdays Celebration</u> Chicken Masala Rice Pilaf Peas & Carrots Birthdays Sweet; Grape Juice <u>Add-on: Cheese Tortellini Tomato Soup</u></p>
<p>12 Veterans Day Holiday Colchester Senior Center Closed</p>	<p>13 BBQ Chicken Drumsticks Herb Roasted Potatoes Zucchini Fresh Fruit</p> 	<p>14 <u>Thanksgiving Celebration Meal</u> Roasted Turkey w/ Stuffing, Gravy Cranberry Sauce, Butternut Squash Green Beans Whole Wheat Roll Pumpkin Pie & Juice Ticket Cost: \$8.00</p>	<p>15 Chicken Sausage & Peppers Bow Tie Pasta w/ Marinara Peas & Carrots Fruit Cocktail</p>	<p>16 Meatloaf w/ Gravy Garlic Mashed Potatoes Stewed Tomatoes Pineapple Tidbits <u>Add-on: Chicken Tortilla Soup</u></p>
<p>19 Sloppy Joes on Bun Baked Beans Mixed Vegetable Medley Fresh Fruit</p>	<p>20 Cheese Manicotti w/ Marinara and Italian Sausage Green Beans Yellow Squash w/ Oregano Fruit Cocktail</p>	<p>21 Boneless Pork Loin w/ Roasted Apples Israeli Couscous Zucchini, Peas, & Carrots Sweet Treat & Juice <u>Add-on: Chicken Noodle Soup</u></p>	<p>22 Thanksgiving Holiday </p>	<p>23 Thanksgiving Holiday  Senior Nutrition Program Closed</p>
<p>26 Chicken Cordon Bleu Rice Pilaf Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>27 Crispy Cod Patty Macaroni & Cheese Snap Peas Applesauce Cup</p> 	<p>28 <u>Ethnic Celebration</u> Hungarian Goulash Egg Noodles Broccoli, Wax Beans, Carrots Sweet Treat & Juice <u>Add-on: Rustic Onion Soup</u></p>	<p>29 Western Omelet Shredded Herb Potatoes Peas & Pearl Onions Pears</p>	<p>30 Swedish Meatballs Egg Noodles Corn w/ peppers & Onions Fresh Orange <u>Add-on: Chicken Noodle Soup</u> PAGE 10</p>