

COLCHESTER SENIOR CENTER

October 2018



HAPPY FALL, Y'ALL!

Monday, October 1
11:00 a.m.

Celebrate this colorful season with a beautiful slideshow presentation by professional nature photographer, Roger Hart! After the program, enjoy a hearty autumn luncheon of meat lasagna, broccoli, tossed salad, dinner roll, and warm donuts. Tickets are \$8.00. Call 860-537-3911 for ticket availability.



QUILTING WORKSHOP

Wednesdays, Oct. 3-31
1:00-3:00 p.m.

Quilt a handmade purse/tote during this 5-week class instructed by Lori Barbaresi. Beginners are welcome, but some knowledge of machine sewing is required. Bring your own machine or use one provided. Cost is \$40.00 person plus materials. Class size is limited. Pre-registration is required. Call 860-537-3911 for space availability.



ROME & TUSCANY 2019 TRAVEL PRESENTATION

Wednesday, October 10
10:30 a.m.

Join Casey Skarecki from Premier World Discovery as she details the amazing tour to Rome and the Roads of Tuscany that we are offering in October 2019. You won't want to miss this once-in-a-lifetime travel opportunity! Please pre-register by Tuesday, October 9th.

FLU VACCINATION CLINICS

Fridays, Oct. 12 & 26
9:30 a.m. to 12:00 p.m.

Chatham Public Health will be conducting two clinics at our senior center this month. Please be sure to bring any Medicare and/or insurance cards. Call 860-537-3911 to schedule your appointment.



MEMORY LOSS & BEHAVIORAL INTERVENTIONS

Wednesday, October 24
10:30 a.m.

If you or someone you know has a loved one with memory loss, please don't miss this informative program presented by Suzanne Sorensen of Buckingham Estates, which will address resistance to care as well as interventions for common behaviors associated with dementia. Please pre-register by Mon., Oct. 22nd.



PUPPET WORKSHOP: DECORATIVE MASKS

Thursday, October 25
2:00 p.m.

Just in time for Halloween! Colchester puppetry expert and teacher Sharon Murphy Boski will lead us in this fun, easy craft where you will decorate your own decorative mask. You can choose between a full face mask for display or a half mask to wear. No previous experience required. Cost of materials is \$5.00. Pre-registration required by Friday, October 19th.

AARP MEET THE CANDIDATES

Tuesday, October 30
2:00 p.m.

Engage in a panel discussion with local politicians who are running for election this November. All are welcome! Due to space, please pre-register by Monday, October 29th to reserve a seat.



HALLOWEEN COSTUME PIZZA PARTY

Wednesday, October 31
12:00 p.m.

Join us for this not-so-scary event! Following a special pizza lunch, we will engage in traditional Halloween festivities including a costume parade & contest as well as a game of "spooky" bingo with prizes! Costumes are encouraged, but not required. Tickets are \$6.00 and on sale through Friday, October 26th or until sold out.



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 for this fun program.

**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
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Susan Plefka
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Missy Bauman
Making Memories Program Coord.
mbaumman@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

October is the essence of autumn to me! Crispy leaves underfoot, painted trees, corn stalks waving to passers-by, potted mums in a rainbow of colors. I just love this time of year, when we can be especially proud to live amongst the loveliness of our New England landscape. It's the perfect time to curl up under a blanket with a hot cup of tea, or even better—warm, mulled cider. I hope you will all enjoy the season before we get ready to hibernate—winter will be here before you know it! And New England winters aren't nearly as nice.

This month also marks the official start to cold and flu season. As you can see from the cover of our newsletter, Chatham Health District will be providing a series of Flu Shot Vaccination Clinics, conveniently located at the senior center. There are 2 days to choose from and a variety of available times. We encourage you to contact your doctor to see if he/she would recommend a flu shot for you and if so, call the office to pre-register for an appointment. You will need to bring any Medicare and/or insurance cards with you to the appointment, so the vaccination can be properly billed. We hope this service will be a convenience to the seniors of our community and we are grateful to Chatham Health for partnering with us in this effort to help everyone stay as healthy as possible.

Health and safety seem to go hand-in-hand. This month Suzanne Sorensen of Buckingham Estates in Glastonbury, an assisted living facility which specializes in memory and dementia care, will be with us to share strategies and interventions for common behaviors which are associated with dementia which can cause harm to the individual and/or their caregivers. We are also highlighting an Identity Theft Protection workshop by Michael Robidoux from Harvard Risk Management, which will discuss the different types of identity theft, how you can protect your personal information and what you can do if you become a victim. Lastly, you've probably seen that lately Colchester has had a number of instances of personal items and money being taken from cars, as well as an increase in car thefts, mostly occurring in the overnight hours. The Town of Colchester wants to remind everyone to "Take Your Keys. Remove Your Valuables. Lock Your Vehicle." It seems simple, but many of the car thefts occurred because citizens had left their keys in the car overnight with their car unlocked. As always, if you see any suspicious activity, please report it to the Colchester Police Department at 860-537-7270.

These are just a few ways that the Colchester Senior Center is trying to keep our community healthy and safe.

Wishing you all a **beautiful, healthy and safe** month,

Patty

PROGRAMS

SEASONAL CRAFTS

Wednesdays at 1:00 p.m.

Join our weekly workshop where we will make decorations for our annual submission to the Wadsworth Museum's Festival of Trees. This year's theme is "CSC at the Beach".

GARDENING

Mon., Oct. 1, 8:30 a.m.

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

AARP CHAPTER #4019

Tues., Oct. 2, 1:30 p.m.

After this month's meeting, enjoy a presentation by Norm Dupuis about his newly published book *Stabbed in the Back: the Life of Civil War Private James Gillispie*.

AUTUMN PUMPKIN CENTERPIECE CRAFT

Tuesday, Oct. 9, 10:30 a.m.

Members of the Colchester Garden Club lead this annual craft program where you can create a beautiful autumn centerpiece to decorate your table. Please bring your own pumpkin; all other materials provided. Register by Fri. 10/5.

RUBBER STAMPING

Wed., Oct. 10, 9:00 a.m.

Marie Sola from Chestelm leads this free class where you will make and take a beautiful greeting card. Pre-register.

HOLIDAY SCHEDULE

Monday, October 8th
Closed for Columbus Day

BOOK CLUB

Tues., Oct. 16, 10:30 a.m.

This month's selection is the novel *Anne of Green Gables* by L.M. Montgomery. Books are available at Cragin Library.

SHOPPING TRIP

Thurs., Oct. 18, 10:30 a.m.

This month's trip will be to the Walmart & Christmas Tree Shops in Manchester. Suggested donation is \$5.00. Sign up.

STITCH & FIX W/ MARIA

Fri., Oct. 19, 9:30 a.m.

HISTORICAL PHOTOS

Fri., Oct. 19, 10:30 a.m.

MOVIE PRESENTATION

"Anne of Green Gables (G)

Tues., Oct. 23 & 30
10:00 a.m.

BIRTHDAY CELEBRATION

Tues., Oct. 23, 12:00 p.m.

IN THE KNOW

Tues., Oct. 23, 12:30 p.m.

DINNER & A MOVIE

Wed., Oct. 24, 3:30 p.m.

"I Can Only Imagine" (PG) tells the true life story of Bart Millard, lead singer of "Mercy Me", who learned to use music and faith to heal from the childhood abuse of his father, and went on to write the inspirational song known throughout the world. Cost is \$5.00 for pizza, snacks and soda.

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LUNCH BUNCH

Fri., Oct. 26, 11:30 a.m.

This month's lunch outing will be to Sadler's Ordinary. Suggested donation is \$3.00 for bus transportation. Pre-registration by Wed., Oct. 24th, even if driving yourself.

CHILDREN'S COSTUME PARADE!

Wed., Oct. 31, 10:30 a.m.

Don't miss our young friends from Enchanted Jungle Learning Center as they parade through with their costumes!

IDENTITY THEFT PROTECTION

Thurs., Nov. 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. Please pre-register for this free workshop by Tues., Oct. 30th.

EVENING PROGRAMS

Beginning, on Wednesday, October 31st, the Colchester Senior Center will be closing at 4:00 p.m., rather than staying open extended hours until 6:00 p.m. We thank you for your understanding as we experience staffing shortages throughout the holiday months. We will continue to do our best to provide the excellent programs which you are used to from 8:00 a.m.-4:00 p.m. Monday through Friday.

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.	5 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes! Leader: Becky Kowalczyk	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 Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Kowalczyk	WEDNESDAYS 10:00 A.M.	5 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	5 CLASSES	NO FEE
WALKING GROUP Meet at the center and walk with peers at the Airline Trail. Group led.	WEDNESDAYS 10:00 A.M.	5 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.	8 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.	8 CLASSES	PRE-PAID CARD
STRENGTH & STRETCH Stay strong! Exercises aimed at improving your balance, increasing flexibility and reducing risk for falls. Instructor: Anne Beauregard	FRIDAYS 9:00 A.M.	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 TOURNAMENTS

We are hosting these friendly competitions with local senior centers. Please sign up with Becky if interested in attending any games or learning how to play this fun game. All are welcome!

Colchester vs. East Hampton
Thursday, October 4, 10:00 a.m.

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

TECH CORNER

"ASK THE TECH GEEK"
Wednesdays, Oct. 3 & Nov. 7
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 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, October 1
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, October 5
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, October 2
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.

OPEN ENROLLMENT FOR MEDICARE

The annual season which runs from **October 15th through December 7th** is what is known as “Open Enrollment” for Medicare and it is a very important time of year for Medicare beneficiaries. Policies change annually and it is important to review your coverage and make sure that the policy you have is the best option for you.

During the Annual Enrollment Period, a Medicare beneficiary may:

- Enroll in a Prescription Drug Plan or a Medicare Advantage (managed care) Prescription Drug Plan
- Switch from one (Part D) Prescription Drug Plan to another
- Switch from a (Part D) Prescription Drug Plan to a Medicare Advantage Drug Plan
- Switch from one Medicare Advantage (managed care) Prescription Drug Plan to another
- Switch from a Medicare Advantage (managed care) Prescription Drug Plan to Original Medicare with a Medicare Part D Prescription Drug Plan.

The Colchester Senior Center will be hosting an Open Enrollment Event for Medicare, where certified CHOICES counselors will be available to screen individuals for policies which will offer the best coverage, are the most affordable and even enroll individuals who wish to make changes to their existing policies.

Please call 860-537-3911 to schedule your free one hour appointment on Friday, November 9th or November 30th from 9:00 a.m. to 3:00 p.m.



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SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, October 9
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 Socials Services at 860-537-7255 for more information, including eligibility criteria, a list of required paperwork, and to schedule your appointment.

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. Certified CHOICES Counselors will be available to review your Medicare plans with you and help you select what is best. 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.

MEETINGS IN OCTOBER

AARP CHAPTER #4019

October 2 at 1:30 p.m.

COMMISSION ON AGING

October 9 at 8:30 a.m.

CSC STAFF MEETING

October 10 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.

VOLUNTEER OPPORTUNITIES

AARP TAX AIDE VOLUNTEER: 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 on November 1 & 28. More information in the November newsletter.

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

VOLUNTEER RECEPTIONIST: 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.

Artist's Reception for an Exhibition of Photographs by Eleanor Phillips at Cragin Library

Thursday, October 18
6:00-8:00 p.m.



TURKEY DAY LUNCHEON Wednesday, November 14 at 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, and Pumpkin Pie for dessert. Before lunch, sing along with wonderful musical entertainment by The Elderly Brothers (Brian Gillie & Tom "T-Bone" Stankus)! Tickets are \$8.00 and are on sale through Wednesday, November 7th or until sold out.



Many thanks to everyone involved who made our Ruby Jubilee Celebration incredibly special and memorable. In the photo above, Director of Senior Services, Patty Watts (middle), receives a citation for the Colchester Senior Center's 40th Anniversary by State Representatives Linda Orange (left) and Melissa Ziobron (right).

Last Call! "THE DROWSY CHAPERONE"**at the GOODSPEED OPERA HOUSE** **Monday, November 19, 11:00 a.m.**

When a diehard theatre fan plays his favorite cast album, the characters come to life in this hilarious musical comedy featuring one show-stopping song and dance number after another. Before the show, enjoy lunch on your own at La Vita Gustosa. Cost is \$64.00 per person and includes reserved side orchestra seats and senior bus transportation. **Must sign up by Friday, October 12th.**

EXTENDED TRIPS & CRUISES**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!** **Please join Casey from Premier World Discovery for a travel presentation on Wed., October 10th at 10:30 a.m.**

CSC TRIP POLICIES**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. 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 in 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!

WALKING KEY FOR TRIPS

= Light Walking



= Moderate Walking



= Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 8:30 Gardening 9:00 Memories 9:00 Exercise w/ Anne 9:30-10:15 BP Clinic 10:00 Sittercize NO Choral Group 11:00 Happy Fall Y'All! 12:30 Mah Jongg 12:30 Setback	2 9:00 Memories 9:45 Tai Chi 11:00 Adult Coloring NO Pinochle 1:00-3:00 Foot Clinic 1:30 Bingo 1:30 AARP Meeting	3 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 1:00 Quilting Workshop 2:30 Ask the Tech Geek 4:30 Karaoke	4 9:00 Exercise w/ Anne 10:00 Wii Bowling vs. East Hampton Sr. Ctr. 10:00 Sittercize 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	5 9:00 Strength & Stretch 10:00 Ageless Grace NO Fri. Film Series 10:30 Hearing Clinic 10:45 Regional Event to Port n' Starboard Departs 11:00 Yoga 12:30 Pinochle 1:30 Bingo	6
7	8 CSC Closed Columbus Day (US) Thanksgiving Day (Canada)	9 8:30 COA Meeting 9:00 Memories 9:45 Tai Chi 10:30 Autumn Centerpiece Craft 11:00 Adult Coloring 12:30 Pinochle 12:30-3:30 CHOICES Counseling 1:30 Bingo	10 9:00 Memories 9:00 Rubber Stamping 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Rome & Tuscany Travel Presentation 12:30 Pinochle 1:00 Seasonal Crafts 1:00 Quilting Workshop 2:30 Staff Meeting CSC closing at 4:00 p.m.	11 9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:45 Berkshire Ghost Tour Departs 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	12 9:00 Strength & Stretch 9:30-12:00 Flu Clinic 10:00 Ageless Grace NO Fri. Film Series 11:00 Yoga 12:30 Pinochle 1:30 Bingo	13
14	15 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	16 9:00 Memories 9:45 Tai Chi 10:30 Book Club 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	17 9:00 Memories 9:30 Foxwoods Trip Departs 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle NO Seasonal Crafts 1:00 Quilting Workshop 4:30 Jeopardy Trivia	18 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	19 9:00 Strength & Stretch 9:30 Stitch & Fix 10:00 Ageless Grace NO Fri. Film Series 10:30 Historical Photos 11:00 Yoga 12:30 Pinochle 1:30 Bingo	20
21	22 TBA Lancaster "Jesus" Trip Departs 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	23 9:00 Memories 9:45 Tai Chi 10:00 "Anne of Green Gables—Part One" (G) 11:00 Adult Coloring 12:00 Birthday Celebration 12:30 In the Know 12:30 Pinochle 1:30 Bingo	24 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Memory Loss & Behavioral Interventions 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 1:00 Quilting Workshop 3:30 Dinner & A Movie "I Can Only Imagine" PG	25 TBA America's Music Cities 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 2:00 Puppet Workshop	26 9:00 Strength & Stretch 9:30-12:00 Flu Clinic 10:00 Ageless Grace NO Fri. Film Series 11:00 Yoga 11:30 Lunch Bunch to Sadler's 12:30 Pinochle 1:30 Bingo	27
28	29 9:00 Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Choral Group 12:30 Mah Jongg 12:30 Setback	30 9:00 Memories 9:45 Tai Chi 10:00 "Anne of Green Gables—Part Two" (G) 11:00 Adult Coloring 12:30 Pinochle NO Bingo 2:00 AARP's Meet the Candidates	31 9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Children's Halloween Costume Parade 12:00 Halloween Pizza Party! 12:30 Pinochle NO Seasonal Crafts 1:00 Quilting Workshop CSC closing at 4:00 p.m. Halloween	October 2018		

*All activities are subject to change



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, RD, MPH.

TVCCA CAFÉ MENU ~ OCTOBER 2018




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 <u>Happy Fall Y'all</u> Meat Lasagna Broccoli Tossed Salad & whole wheat roll Warm Donuts & Juice Ticket Cost: \$8.00</p>	<p>2 Chicken Cacciatore Pasta Shells w/ marinara Zucchini, Peas & Carrots Sweet Treat & Juice</p>	<p>3 Swedish Meatballs Egg Noodles Corn w/ Peppers & Onions Fresh Orange <u>Add-On: Chicken Noodle Soup</u></p>	<p>4 Baked Haddock w/ salsa Rice Pilaf Green Beans Pineapple Tidbits</p>	<p>5 Boneless Pork Loin w/ Roasted Apples Israeli Couscous Snap Peas Applesauce <u>Add-On: French Onion Soup</u></p>
<p>8 <u>Columbus Day Holiday</u>  CSC Closed Today</p>	<p>9 Stuffed Shells w/ marinara Dill Carrot Coins Broccoli Fresh Fruit</p>	<p>10 Spanish Style Pork Yellow Rice & Black Beans Mixed Vegetable Medley Applesauce <u>Add-On: Chicken Noodle Soup</u></p>	<p>11 Pot Roast w/ gravy Mashed Potatoes Zucchini, Peas & Carrots Fruit Cocktail</p>	<p>12 Chicken Sausage & Peppers Bow Tie Pasta w/ marinara Green Beans Sweet Treat & Juice <u>Add-On: Vegetarian Bean & Kale Soup</u></p>
<p>15 BBQ Chicken Drumsticks Herb Roasted Potatoes Zucchini Fresh Fruit</p>	<p>16 Western Omelet Tater Tots Peas & Pearl Onions Fruit Cocktail</p>	<p>17 Sloppy Joes on Bun Tater Tots Broccoli Diced Peaches <u>Add-On: Chicken Noodle Soup</u></p>	<p>18 Crispy Cod Patty Macaroni & Cheese Mixed Vegetable Medley Applesauce</p>	<p>19 Philly Cheese Steak w/ roll Garlic Roasted Potatoes Squash Mix w/ Carrots & String Beans Fruit Cocktail <u>Add-On: Chicken Tortilla Soup</u></p>
<p>22 Manicotti w/ Italian Sausage Broccoli Yellow Squash with Oregano Pears</p>	<p>23 Herb & Tomatoes Haddock Penne Pasta w/ marinara Green Beans Applesauce</p>	<p>24 <u>Birthday Celebration</u> Chicken Masala Rice Pilaf Peas & Carrots Birthday Sweet Grape Juice <u>Add-On: Chicken Noodle Soup</u></p>	<p>25 Cheese Omelet Home Fries Stewed Tomatoes Pineapple Tidbits</p>	<p>26 <u>Ethnic Celebration</u> Teriyaki Beef Steamed Rice Japanese Vegetable Blend Fresh Orange <u>Add-On: Cheese Tortellini Soup</u></p>
<p>29 Broccoli Stuffed Chicken Parsley Potatoes Stewed Tomatoes Fruit Cocktail</p>	<p>30 BBQ Pulled Pork on roll Herb Roasted Potatoes Corn w/ Peppers & Onions Diced Peaches</p>	<p>31 <u>Halloween Pizza Party</u> Pizza with Assorted Toppings Garden Salad with Dressing Halloween Cupcakes Sodas or Bottled Water Ticket Cost: \$6.00</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>	<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>

