

COLCHESTER SENIOR CENTER



news

September 2018

ROME & TUSCANY 2019 TRAVEL PRESENTATION Wednesday, September 12 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, Sept. 11th.

"40 YEARS AGO TODAY... A GROOVY GET-TOGETHER" Thursday, September 13 1:00 p.m.

On September 13, 1978, the Colchester Senior Center opened its doors for the first time! Come and celebrate this important milestone in our center's history in your best 1970's "hippie" attire and take a trip down memory lane with groovy tunes, tie-dyed cake, purple punch and themed games and activities, which will evoke some fun memories from 40 years ago. Please pre-register by Monday, Sept. 10th.

AARP SMART DRIVER COURSE Friday, September 14 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 by Thursday, September 13th.



CSC RUBY JUBILEE 40th ANNIVERSARY CELEBRATION

**Sunday, September 16
from 1:30 to 5:30 p.m. at
A Villa Louisa in Bolton**

Enjoy cocktails at the cash bar, hors d'oeuvres stations, a delicious luncheon buffet, and dancing to the music of Airborne Jazz. Dress to impress for this elegant event! Senior bus transportation will be available, by request. Tickets are \$40.00, and September 5th is the **LAST DAY** to purchase your tickets.

BOOK CLUB: AUTHOR READING & SIGNING Tuesday, September 18 10:30 a.m.

Former Bacon Academy teacher and local author Brien Brown will be speaking about his new novel *The Fourth Son* and will have books available for purchase and signing, for those that are interested. Pre-register.

BACK 2 SCHOOL BRUNCH Monday, September 24 10:00 a.m.

Come celebrate that special time of year when the students are back in school and those last few warm days of summertime with some delicious breakfast fare and some nostalgic activities. Our brunch menu includes broccoli, cheese and bacon quiche, sausage patties, home fries, fruit and orange juice. Tickets cost \$5.00, sold through Friday, September 14th.



"LIVING LONGER, LIVING SMARTER" DINNER Wednesday, September 26 4:30 p.m.

AARP volunteers lead this interactive session offers a look at how to prepare for your future so you can live your best life. The topics covered include caring for yourself & health access, legal documents & getting organized, cost of care as you age, and checklists & resources to fit your changing needs. A complimentary dinner will be catered by Chestelm Health & Rehabilitation. Pre-registration is required by 9/21.

HAPPY FALL, Y'ALL! Monday, October 1 11:00 a.m.

Celebrate this colorful season with a 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 on sale through 9/24.

SECT REGIONAL EVENT at the Port n' Starboard Friday, October 5 11:30 a.m. to 3:00 p.m. Bus departs at 10:45 a.m.

Enjoy a sit-down dinner dance with other local senior centers! This year will be an "Under the Sea" Senior Prom. Dinner choices include Roast Beef, Baked Cod with Scallop & Crab Stuffing, or Stuffed Chicken Breast. Cash bar is available. Tickets are \$20.00 each and seats are limited! Sign up required by Friday, Sept. 21st. Bus transportation provided for \$5.00, if requested.

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

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

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-6:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

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

Becky Kowalczyk
Program Coordinator
rsullivan@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbaumana@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

The National Council on Aging's celebration theme for National Senior Center Month is **Senior Centers: Building Momentum!** This year's theme was chosen to highlight how senior centers **build momentum** for aging well in their communities. NCOA states that, "This year, senior centers celebrate their 75th anniversary. Just as older adults build on their past experiences and lessons learned to create a rich life, senior center professionals are building on lessons learned from 75 years of experience and wisdom."

We too, have great reason to celebrate! This month, we mark the incredible milestone of the 40th Anniversary of the opening of the Colchester Senior Center. Four decades of service to our senior community—what a reason to be proud and throw a party! We hope that you will consider joining us in a special celebration on Sunday, September 16th from 1:30-5:30 p.m. at our **Ruby Jubilee 40th Anniversary Celebration** at A Villa Louisa in Bolton which will include dining, live music and dancing and a celebration of our center's rich history and legacy to our community's senior citizens.

It's interesting to see how the Colchester Senior Center has **built momentum** across the decades. On September 13, 1978 the first meal was served by T.V.C.C.A. to a group of senior citizens living in Colchester at the Grange Hall, now NuNu's Bistro, on Hayward Avenue. That simple meeting on a warm September day represents the humble origins of our senior center. Through the efforts of an active Commission on Aging, which had formed just about a year before, the CoA, led by Chairman Frank Tamburrino, set to work to establish programs and services which would meet the needs of the community seniors. During their stay at the Grange Hall, Mr. Tamburrino and Rev. Theodore Essebaggars sought out funding for a Director and senior transportation. In December 1978, a van was delivered to meet the transportation needs and a few weeks later in January 1979, the first Director, Catherine (Cathy) Russi, answered the call, as well. As the scope of programs and services grew, the Grange Hall facilities were quickly outgrown and on September 22, 1980 the Colchester Senior Center moved into Bacon Academy's Arts & Sciences building at 95 Norwich Avenue, where it has continued until present day.

Although proud of our rich heritage, there is no time to rest on our laurels because our job is not done! Today there are a record number of older adults in our community and it remains our mission to serve them with excellence. In the past 5 years alone, our membership has more than doubled and every week new seniors come through our doors for the first time. In February 2017, in a unanimous vote, the Town of Colchester passed a motion to acquire a parcel of land on Lebanon Avenue, on which we hope to build a new and larger senior center facility. Although we don't yet have a definitive timeline, just as in its earliest days of growth, the Colchester Senior Center has continued to **build momentum**. The time is coming where the Colchester Senior Center will need to evolve into a larger facility in order to meet the needs of its seniors, both today and into the future. It's very exciting! We wish the Colchester Senior Center and Town of Colchester our heartfelt congratulations for this wonderful 40 year achievement. Past, present and into the future—let's keep on **building momentum** together!

Warmly,

Patty

PROGRAMS

SEASONAL CRAFTS

Wednesdays at 1:00 p.m.

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

HOLIDAY SCHEDULE

Monday, September 3rd

Closed for Labor Day Monday,
September 3rd.

TED TALK DISCUSSION

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

This month's requested topic is "Fifty Shades of Gay". After an idyllic childhood in New York City, iO Tillett was surprised by the hate and closedmindedness of the wider world. In her TEDxWomen talk, she shows how putting familiar face to the LGBT community can spark progressive conversation and empathy. Please pre-register.

AARP CHAPTER #4019

Tues., Sept. 4, 1:30 p.m.

After our monthly meeting, enjoy a presentation on the Benefits of Touch as We Age by Julie Shilosky, Licensed Massage Therapist and owner of Elements of the Earth. Julie will perform a demonstration, as well as introduce techniques to relieve some aches and pains yourself. Everyone will leave feeling better. Open to all.

JEOPARDY! TRIVIA

Wed., Sept. 5, 4:30 p.m.

ALL ABOUT FIBER

Thurs., Sept. 6, 11:30 a.m.

Andrea Deedy, R.D. from TVCCA will talk about the benefits of including fiber in your diet. Please register.

GARDENING

Mon., Sept. 10, 8:30 a.m.

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

KARAOKE NIGHT!

Wed., Sept. 12, 4:30 p.m.

Sing along to your favorites during this fun night out!

BOOK CLUB

Tues., Sept. 18, 10:30 a.m.

Please see Pg. 1 for more info.

DINNER & MOVIE NIGHT

**"Won't You Be My
Neighbor?" (PG-13)**

Wed., Sept. 19, 3:30 p.m.

Don't miss this incredible documentary about the legacy of Fred Rogers, the beloved creator and host of the popular TV show "Mr. Rogers' Neighborhood". Cost is \$5.00 for pizza, chips & soda from Colchester Pizza. Register by Tuesday, September 18th.

SHOPPING TRIP

Thurs., Sept. 20, 10:30 a.m.

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

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STITCH & FIX W/ MARIA

Fri., Sept. 21, 9:30 a.m.

BINGO ICE CREAM

SOCIAL

Fri., Sept. 21, 12:30 p.m.

This end of summer celebration is specifically for our Bingo players who have regularly paid into our Bingo Fund through 50/50 Bingo Raffles throughout the year. A regular afternoon game will follow after the social. Please sign up in the office.

BIRTHDAY CELEBRATION

Tues., Sept. 25, 12:00 p.m.

IN THE KNOW

Tues., Sept. 25, 12:30 p.m.

LUNCH BUNCH

Fri., Sept. 28, 11:00 a.m.

This month's lunch outing will be to East Side German Restaurant in New Britain. Suggested donation is \$5.00 for bus transportation. Pre-registration by Wed., Sept. 26th, even if driving yourself.

QUILTING WORKSHOP

Weds., Oct. 3-Oct. 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. Please pre-register by September 17th.

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Supplies provided. Instructor: Irene Watson	TUESDAYS 11:00 A.M.	4 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes! Leader: Becky Kowalczyk	MONDAYS 10:30 A.M.	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.	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 Meet at the Airline Trail (Old Hartford Rd entrance). 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 TOURNAMENTS

Please sign up with Becky if interested in attending any games. All are welcome!

Colchester @ Vernon

Friday, September 7, 10:00 a.m.
with lunch at Vernon Diner!

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, Sept. 5 & Oct. 3
2:30-4:30 p.m.

Tech volunteers Larry Donovan and Jakob Misbach give one-on-one advice for your computer, tablet, or phone. Please pre-register for your free 20-minute appointment in the senior center office.

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, September 10
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, September 7
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
1:30 – 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.

FIRE PREVENTION INFO

As Fire Prevention Week approaches, the Colchester Fire Department encourages residents to "Look. Listen. Learn." What does that mean?

Today's home fires burn faster than ever. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Knowing how to use that time wisely takes planning and practice.

The Colchester Fire Department is teaming up with the National Fire Protection Association (NFPA) -- the official sponsor of Fire Prevention Week.

NFPA statistics show that the number of U.S. home fires has been steadily declining over the past few decades. However, the death rate per 1000 home fires that are reported to fire departments was 10 percent higher in 2016 than in 1980.

This year's "Look. Listen. Learn." campaign highlights three steps people can take to help quickly and safely escape a fire.

Look for places fire could start.

Listen for the sound of the smoke alarm.

Learn 2 ways out of every room.

While NFPA and the Colchester Fire Department are focusing on home fires, these fire safety messages apply to virtually anywhere.

"Situational awareness is a skill people need to use wherever they go."

"No matter where you are, look for available exits. If the alarm system sounds, take it seriously and exit the building immediately."

For more information about Fire Prevention Week and home escape planning, visit www.firepreventionweek.org



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SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, September 11
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

Fridays in September

The CT Emergency Assistance Program is designed to help offset winter heating costs for households with lower incomes. Robin Millovitsch from TVCCA will be available here at the Colchester Senior Center to assist with applications. Call her at 860-425-6568 for more information, including eligibility criteria, a list of required paperwork, and to schedule your appointment.

TAX RELIEF PROGRAMS

The Colchester Assessor's Office offers Multiple Tax Relief Options for Colchester residents including: State of CT Elderly and Totally Disabled Homeowners Tax Credit Program; Town of Colchester Elderly or Totally Disabled Homeowners Tax Deferral Program; State of CT Totally Disabled Exemption and State of CT Legally Blind Exemption. Please contact the Assessor's Office at 860-537-7205.

MEETINGS IN SEPTEMBER

AARP CHAPTER #4019

September 4 at 1:30 p.m.

COMMISSION ON AGING

September 10 at 8:30 a.m.

CSC STAFF MEETING

September 12 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.



Participants from the 2017-2018 Lifespan Development Class at Bacon Academy. What wonderful friendships forged over this yearlong collaboration between students and seniors!

VOLUNTEER RECEPTIONIST MEETING **Thursday, September 20, 11:00 a.m.**

Attendance is strongly encouraged for our current Volunteer Receptionists and those that may be interested in volunteering in the future. Patty will be addressing recent changes to policies with the Transportation Book. Please sign up in the office.

“COLCHESTER IS KIND” OUTREACH

We are partnering with the local group “Colchester Is Kind” to organize an outreach program for seniors in the Colchester community. Volunteers from this group would like to send cards to those seniors who could use a little extra cheer. Personal addresses will be given out to volunteers only with permission from the recipient. If you or someone you know could benefit from a program like this, please sign up in the office.

VOLUNTEER OPPORTUNITIES

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 Thursday afternoons for a few hours. Training provided.

IMPORTANT ANNOUNCEMENT

Regretably, this year we will not be able to hold our Annual Holiday Fair & Open House. Due to our recent staff turnover, Becky's upcoming maternity leave and the sheer amount of labor hours that this one event requires, with the blessing of the First Selectman, we have made the decision to cancel the fair this November. This event is our favorite of the year and we want to assure you that we look forward to reinstating it next year, once our staffing is better stabilized. We will have other fun celebrations throughout the holiday season. We sincerely appreciate your understanding.

Last Call! BERKSHIRE GHOST TOUR



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

Late lunch at the famous Red Lion Inn in Stockbridge, MA and hear stories of their paranormal history. After lunch, stop at Bartlett's Orchard in Richmond, MA for fall produce and delicious baked goods before paying a call to Edith Wharton's "The Mount" in Lenox. If you enjoy strange and unusual, you won't want to miss this guided tour and learn about ghostly encounters from visitors of this home, just as darkness falls. By the end of the day, you may be able to answer the question: Do you believe in ghosts? Cost is \$103.00 per person and includes lunch, museum admission, Tour Director, motor coach transportation, taxes and gratuities. **Must sign up by Friday, September 14th.**

Last Call! FOXWOODS CASINO



Wednesday, October 17, 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, September 28th.**

Last Call! "CHRISTMAS SPECTACULAR" at RADIO

CITY MUSIC HALL



Thursday, November 15, 6:30 a.m.

Join us for the 90th anniversary of this famous Rockettes performance! Before the show, enjoy a family-style lunch out in the City at Tony's DiNapoli Italian Restaurant. Cost is \$170.00 per person and includes reserved orchestra seats, lunch, motor coach transportation, taxes and gratuities. **Deposit of \$70 per person is due ASAP.**

"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., Sept. 12th at 10:30 a.m.!**

TRIP REGISTRATION

Trips have been selling out quickly this summer, so please register as soon as you are interested for the best chance of securing a space. All trips are sold on a first-come-first-served basis. We develop a prioritized waiting list, for anyone who is interested and you will be contacted in case of cancellation, in the order of wait list registration.

CHANGES REGARDING TRIP PARKING


Due to the popularity of our trips recently, we have made some changes to our bus boarding procedures. Effective immediately, for all outgoing trips/travel you are now able to park in the **back of the parking lot at St. Andrew's Church**, across the street. The motor coach bus will be picking up and departing from there. There will be either a tour guide, provided by the travel company or a volunteer group leader who will get you checked and boarded in the same order in which you registered. **You will no longer be required to come to the senior center to check in before a trip.** We are hopeful that this step will make our trip opportunities even more enjoyable. We thank St. Andrew's Church for their willingness to help us out in this way!

= Light Walking

= Moderate Walking

= Mostly Walking

September 2018

2	CSC Closed for Labor Day	3	9:00 Memories 9:45 Tai Chi 10:30 TED Talk 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo 1:30 AARP Meeting	4	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 2:30 Ask the Tech Geek 4:30 Jeopardy! Trivia	5	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 11:00 Yoga 11:30 All About Fiber 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	6	9:00-3:00 Energy Assist., by appointment only 9:00 Strength & Stretch 10:00 Ageless Grace NO Fri. Film Series 10:00 Wii Bowling @ Vernon Sr. Ctr. 10:30 Hearing Clinic 11:00 Yoga 12:30 Pinochle 1:30 Bingo	7	8
9	8:30 COA Meeting 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 Rosh Hashanah	10	6:30 Covered Bridges Departs 9:00 Memories 9:45 Tai Chi 11:00 Adult Coloring 12:30-3:30 CHOICES 12:30 Pinochle 1:30 Bingo	11	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Rome & Tuscany Travel Presentation 12:30 Pinochle 1:00 Seasonal Crafts 2:30 Staff Meeting 4:30 Karaoke Night!	12	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 1:00 40 Years Ago Today... A Groovy Get-Together	13	14	15	
16	Grandparents Day 1:30-5:30 Ruby Jubilee 40th Anniversary Gala @ A Villa Louisa Restaurant 60 Villa Louisa Rd. Bolton (ticket required)	17	9:00 Memories 9:45 Tai Chi 10:30 Book Club with Author Brien Brown 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	18	9:00 Memories 9:45 Tai Chi 10:30 Book Club with Author Brien Brown 11:00 Adult Coloring 12:30 Pinochle 1:30 Bingo	19	9:00 Exercise w/ Anne 10:00 Wii Bowling 10:00 Sittercize 10:30 Shopping Trip 11:00 Vol. Recept. Meeting 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Line Dancing 1:00 Knit & Crochet	20	21	22	
23	9:00 Memories 9:00 Exercise w/ Anne 10:00 Back 2 School Brunch 10:00 Sittercize NO Choral Group 12:30 Mah Jongg 12:30 Setback Sukkot	24	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	25	9:00 Memories 10:00 Walking Group 10:00 Sit & Be Fit 10:30 Charitable Crafts 12:30 Pinochle 1:00 Seasonal Crafts 4:30 Living Longer, Living Smarter Dinner	26	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	27	28	29	
											
Autumn Begins Oktoberfest Begins											



Autumn Begins
Oktoberfest Begins



TVCCA CAFÉ MENU ~ SEPTEMBER 2018



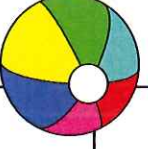

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 <u>Labor Day Holiday</u> <i>Colchester Senior Center is closed today in observance of Labor Day</i></p>	<p>4 Chicken Stew w/ Diced Vegetables Paprika Potatoes Green Beans Fresh Fruit </p>	<p>5 <u>Birthday Celebration</u> Baked Haddock w/ Corn Salsa Yellow Rice & Black Beans Chuck Wagon Vegetables Birthday Sweet Orange Juice <u>Or: Salad Choice:</u> Chopped Cobb Salad</p>	<p>6 Chicken Parmesan Penne Pasta Zucchini & Yellow Squash Applesauce Cup</p>	<p>7 Cheese Omelet Roasted Potatoes w/ Peppers & Onions Stewed Tomatoes Diced Peaches <u>Or: Salad Choice:</u> Mediterranean Salad w/ Grilled Salmon</p>
<p>10 Beef & Bean Chili Parsley Potatoes Capri Vegetable Blend Fruit Cocktail</p>	<p>11 Meatballs Marinara 6" Grinder Roll & Mozzarella Cheese Italian Vegetable Medley Sweet Treat & Grape Juice</p>	<p>12 BBQ Chicken Drumsticks Baked Beans Peas & Carrots Pineapple Tidbits  <u>Or: Salad Choice:</u> Classic Egg Salad</p>	<p>13 <u>Ethnic Celebration</u> Chicken Soft Tacos w/ Cheddar Cheese & Flour Tortilla Spanish Rice Chuck Wagon Vegetables Applesauce Cup</p>	<p>14 Meatloaf w/ Gravy Garlic Mashed Potatoes Chopped Broccoli Fresh Orange <u>Or: Salad Choice:</u> Vegetarian Hummus Salad</p>
<p>17 BBQ Pulled Pork w/ Roll Tate Tots Chuck Wagon Vegetables Diced Peaches</p>	<p>18 Stuffed Chicken Cordon Bleu Rice Pilaf Capri Vegetable Blend Pears w/ Mandarin Oranges </p>	<p>19 <u>Labor Day Celebration Meal</u> Pub Burger w/ Roll & Beef Hot Dog w/ Bun Baked Beans Zucchini & Yellow Squash Cornbread; Watermelon <u>Or: Salad Choice:</u> Tuna, Tomato & Tarragon Salad</p>	<p>20 Swedish Meatballs Egg Noodles Scandinavian Vegetable Blend Pineapple Tidbits</p>	<p>21 Stuffed Shells w/ Marinara Carrot Coins Green Beans Sweet Treat & Grape Juice <u>Or: Salad Choice:</u> Grilled Chicken Caesar Salad</p>
<p>24 <u>Back to School Brunch</u> Broccoli, Cheese & Bacon Quiche Sausage Patty Home Fries Fruit Orange Juice Ticket Cost: \$5.00</p>	<p>25 Crispy Cod Patty Macaroni & Cheese Stewed Tomatoes Diced Peaches </p>	<p>26 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Sweet Treat & Grape Juice <u>Or: Salad Choice:</u> Mediterranean Salad w/ Grilled Salmon</p>	<p>27 Western Omelet Home Fries Peas & Pearl Onions Fruit Cocktail</p>	<p>28 Teriyaki Chicken Drumsticks Seasoned Rice Oriental Vegetables Pears w/ Mandarin Oranges <u>Or: Salad Choice:</u> Chopped Cobb Salad</p>
<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org PAGE 10</p>				