

COLCHESTER SENIOR CENTER

October 2019

IN MY BACKYARD TRIP

Monday, October 7

10:00 a.m.

Sign up for our IMBY (In My Back Yard) Trip to Colchester's "School for Colored Children", circa 1790, run by the Colchester Historical Society. We will then stop by for a brief visit to see the Scarecrow on the Green Contest displays (weather permitting), where you'll have an opportunity to vote for your favorites. Apple cider and donuts will be provided. Sign up by October 4th. Tickets cost \$3.00 and includes transportation.

SECT REGIONAL EVENT

Thursday, October 17

7:00 – 10:00 p.m.

Don't miss this opportunity to dine and dance with members of nine other senior centers from Southeastern CT at this great annual event! The Corvette's bring a high-energy show, featuring some of your favorite music from the 50's and 60's. Hot appetizers will be served from 7:00pm-8:00pm. A cash bar will be available, featuring special craft cocktails including a "Blue Moon" and "Love Potion #9". Tickets are \$20.00, and available in the office. Sign up required by Friday October 4th. Senior Bus transportation will be provided, for a suggested donation of \$5.00.

FLU VACCINATION CLINIC

Friday, October 18

10:00 a.m.-12:00 p.m.

Flu vaccines will be provided by Chatham Public Health. Call our office to schedule your appointment. Please bring your insurance/Medicare cards. Clinic also held on November 1st. Walk-ins are welcome.

OKTOBERFEST LUNCHEON

Wednesday, October 16

11:00 a.m.

Come celebrate Oktoberfest, a 209 year old Bavarian-German tradition of festivals, parades, foods, and beer. First, we will be entertained with a live performance by local singer-songwriter, Ashley Hamel. Following the concert, we will feast together on delicious German fare of Bratwurst, German Potato Salad, Red Cabbage, German Chocolate Cake and Grape Juice. Ticket cost is \$8.00 and are available for purchase in the senior center office until Wednesday, October 9th.

TRIP PRESENTATION FOR CANADIAN ROCKIES & GLACIER NATIONAL PARK

Monday, October 21

10:30 a.m.

Collette Tours will present the highlights of the 7 day Adventure trip to the Canadian Rockies and Glacier National Park in June 2020. Please sign up.

TRIP PRESENTATION FOR FRENCH RIVIERA & PROVENCE

Thursday, October 24

10:30 a.m.

Bonjour! Premier World Discovery will present the wondrous features of the 8 day trip to the French Riviera and Provence in November 2020. Please pre-register for this presentation.



news

AARP MEET THE CANDIDATES FORUM

Tuesday, October 29

2:00 p.m.

AARP Chapter #4019 will be hosting this moderated discussion with the candidates running for local offices this November. Come learn about their positions, policies, and platforms. Please pre-register by Friday, October 26th.

KNOW THE 10 SIGNS Wednesday, October 30 6:30 p.m.

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Light refreshments will be served. This program is sponsored by the Colchester Commission on Aging. Please sign up by Monday, October 28th.

HALLOWEEN COSTUME PIZZA PARTY

Thursday, October 31

12:00 p.m.

Dress your spooky best for this fun annual Halloween costume pizza party (costumes not required). Join us for a lunch of pizza with assorted toppings, garden salad, and soda or bottled water, with a special Halloween dessert surprise. We will have fun Halloween games, activities and prizes. Tickets are \$5.00 and are on sale in the office through Friday, October 25th, or until sold out.

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

Justine Kowinsky
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
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Missy Bauman
Making Memories Program Coord.
mbaum@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Jean Stawicki, Secretary
Goldie Liverant
Linda Pasternak

From the Director's Desk

October is the essence of autumn to me! The sound of crisp leaves underfoot, colorful fall foliage, piles of pumpkins, 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!

October 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.

Another health-related program that we will be hosting this month is a program sponsored by the Colchester Commission on Aging, **Know the 10 Signs**. This evening workshop will be conducted by the Alzheimer's Association and helps individuals who may be struggling with memory loss, or those who love them, to recognize 10 signs which help differentiate normal age-related memory loss and memory loss related to dementia, including Alzheimer's. It's important to know the difference because early intervention can make a difference. Join us to learn more information about an important topic.

We are also offering some opportunities to get out and experience our gorgeous surroundings this month. The first of which is an **IMBY Out Trip**. Are you familiar with the term IMBY? It stands for "In My Back Yard" and these quick local trips will explore interesting and fun things to do that are quite literally, right in our back yard. This month, we will check out the "School for Colored Children" with a tour led by the Colchester Historical Society, which proudly shares Colchester's history of progressive and inclusive policies to educate all children. If weather is amenable, we will make a stop at the Colchester Business Association's Annual Scarecrow on the Green Contest to vote for your favorites. Later in the month, we will be traveling to the Annual **SECT Regional Event** in Waterford, where we will enjoy Doo Wop music by the Corvettes, dancing and good food with 9 other local senior centers in Eastern Connecticut. Sign up soon; you don't want to miss the bus on these fun programs!

Have a wonderful month exploring this beautiful Town!

Patty

**AARP CHAPTER #4019
MEETING**
Tuesday, October 1
1:30 p.m.

Physical Therapist, Jim Ferland, will be our guest speaker sharing important information about seniors, safety and balance. This program is open to the public and refreshments will be served.

GARDEN CLUB
Monday, October 7
8:30 a.m.

Help maintain our beautiful gardens at the senior center. All volunteers and green thumbs are welcome. Rain date is Fri. 10/11.

**DIY PUMPKIN
CENTERPIECE CRAFT**
Tuesday, October 8
10:00 a.m.

Members of the Colchester Garden Club will help facilitate this annual craft to create a pumpkin centerpiece to decorate your table or gift to someone special. Craft supplies will be provided. Bring your own pumpkin or pay \$5.00 and we will provide one for you. Please pre-register by October 4.

SHOPPING TRIP
Thursday, October 10
10:30 a.m.

This month, we'll be traveling to Walmart and Shop Rite in Norwich. \$5.00 suggested donation for bus. Please sign up in office by October 8.

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

October 4
Hidden Figures
Rated PG

❖
October 18
Aladdin
Rated PG

BINGO FALL CELEBRATION
Friday, October 11
12:00 p.m.

Gather at this fun Bingo social luncheon, catered by Papa Z's. This event is exclusively for members who have played a minimum of 10 Bingo games in the past 6 months and is funded through the Bingo 50/50 Drawing proceeds. Please pre-register in the office.

**CSC will be closed on
Monday, October 14th
in observance of
Columbus Day**

BOOK CLUB
Tuesday, October 15
10:30 a.m.

This month's selection will be *And Then There Were None* by Agatha Christie. Books are on reserve at Cragin Memorial Library. All are welcome!

STITCH & FIX W/ MARIA
Friday, October 18
9:30 a.m.

Volunteer, Maria Cusano helps mend and do simple alterations free of charge.

PET THERAPY
Monday, October 21
10:30 a.m.

We invite our pet-loving members to come and get a little TLC from "Stitch" a certified therapy dog, during this monthly program. Spending time with this sweet and gentle Newfoundland and owner, Mary will lift your spirits.

"WITCH" SPECIAL BINGO
Tuesday, October 22
10:30 a.m.

Come enjoy a FREE Witch Bingo game with Halloween theme prizes, including sugar-free candies, provided by our friends at Apple Rehab. Please sign up in the office.

**MONTHLY MATINEE
PIZZA PARTY**

Wednesday, October 23
12:00 p.m.

Please register for this monthly program. \$5.00 gets you two slices of cheese pizza, snacks and a soft drink, as well as a special presentation of the cult-classic, funny, and "spirited" movie *Hocus Pocus* (Rated PG). Pre-registration is required to attend this program.

**HOLIDAY FAIR
VOLUNTEER MEETING**
Friday, October 25
10:00 a.m.

LUNCH BUNCH
Friday, October 25
11:00 a.m.

By popular request this month, we are going to East Side German Restaurant in New Britain. Enjoy traditional German fare in celebration of Oktoberfest. Donation for bus transportation is \$5.00. Please pre-register in the office by October 21st or until sold out. Space is limited.

BIRTHDAY CELEBRATION
Monday, October 28
12:00p.m.

Our new friends from B.A.'s Transitions Program will be baking the birthday cake and helping us out with the birthday festivities.

IN THE KNOW
Monday, October 28
12:30 p.m.

RUBBER STAMPING
Wednesday, October 30
9:00 a.m.

Marie Sola from Chestelm will lead this free class where you make and take hand-stamped greeting cards. Please pre-register, space is limited.

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Bring your own supplies. However, If you forget your supplies or are in need, please let us know.	TUESDAYS 10:00 A.M.	5 CLASSES	NO FEE
CHORAL GROUP Sing along with your favorite tunes, as we prepare for our annual Holiday Show. All are welcome!	MONDAYS 10:30 A.M.	3 CLASSES	NO FEE
KNIT & CROCHET Create your own personal projects or learn a new "Pattern of the Month". Supplies provided or bring your own. Leader: Madeleine Downey	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leaders: Barbara McKelvey & Kathy Pasay	THURSDAYS 1:00 P.M.	5 CLASSES	NO FEE
SIT & BE FIT VIDEO Chair exercises that focus on all areas of the body. Beginner level. 40 minutes video, featuring Becky Kowalczyk.	WEDNESDAYS & FRIDAYS 10:00 A.M.	9 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
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00.			
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	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.	9 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.)

CHAIR MASSAGE by appt. Thursdays
beginning at 12 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 TOURNEY at EAST HAMPTON SR. CENTER Friday, October 4 departing at 10:00 a.m.

We will be carpooling to this month's Wii bowling tournament with our friends from the East Hampton Senior Center. Please see Bernie Dixon to coordinate a ride.

"ASK THE TECH GEEKS" Wednesday, October 2 2:30 to 4:00 p.m.

Come meet our three new tech volunteers--Ron Vasquez, a senior center member, and Bacon Academy students, Owen Mocksfield and Nate Kowinsky. They will be here monthly to assist you with your computer, tablet, or smart phone. Pre-register for your free 20-minute appointment. Bring your equipment and they will help you and answer your questions.

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 office hours Monday-Friday. Please note that the office is closed daily from 12:30-1:00 p.m. for lunch. 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.

HEALTH & WELLNESS

HEARING SCREENINGS

Friday, October 4

10:30 a.m. – 11:30 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call to schedule at 860-537-3911.

BLOOD PRESSURE CLINIC

Monday, October 7th

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.

FOOT CLINIC

Tuesday, November 26

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.

FIRE SAFETY MONTH

SMOKING Careless smoking is the number one cause of death among Americans 65 years and older! If you smoke, use large ashtrays and don't smoke when tired or after taking medications or beverages that make you sleepy or drowsy.

COOKING Never leave your stove unattended and be sure to wear tight-fitting or short sleeves when cooking. If you have a pan fire, do not use water—smother it with a lid. Use timers to assist you during the cooking cycle. Try to schedule cooking before you have taken medications that might adversely affect you. Keep curtains, oven mitts, potholders and towels away from the stove.

SMOKE DETECTORS Remember smoke alarms save lives! Have one in each room and test them monthly using a broom handle. Change batteries annually (when you change the clocks is a good reminder).

ESCAPE PLAN Have and practice an emergency escape plan. When you get out, stay out!

Stay safe!

**Colchester Hayward
Volunteer Fire Department**



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, October 8

12:30 p.m. – 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 appointment.

RENTER'S REBATE

(April 1 - October 1)

Per CGS Section 12-170d the renters rebate program application period ends October 1st. Any applicant that misses the 10/01 deadline can request an extension of time to file if they have a medical reason. Deadline to request an extension is December 15th. Extension Request Forms are available in our office.

ENERGY ASSISTANCE

(September 1 - May 1)

Beginning this year, Energy Assistance appointments will be offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255.

MEETINGS IN SEPTEMBER

AARP CHAPTER #4019

October 1 at 1:30 p.m.

COMMISSION ON AGING

October 15 at 8:30 a.m.

CSC STAFF MEETING

October 9 at 2:30 p.m.

DINING OPTIONS

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 \$2.00 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 \$2.00 is requested for each home delivered meal. To register for this program, please call TVCCA at 860-934-1006.



VOLUNTEER OPPORTUNITIES

MEALS-ON-WHEELS DRIVERS: Serve as a substitute volunteer to deliver meals to home-bound residents; training provided. This position requires a valid driver's license and use of a personal vehicle.

VOLUNTEER CHORAL DIRECTOR AND/OR PIANO PLAYER: We are searching for a volunteer to help lead and/or play piano our fun choral ensemble, "Senior Moments" on Mondays from 10:30 a.m. to 12:00 p.m. Assist the group to prepare for concerts at several local nursing homes and performances right here at our senior center!



"GIVE THANKS"

ANNUAL THANKSGIVING LUNCHEON

Wednesday, November 13

11:00 a.m.

Come be thankful for your friends at the Colchester Senior Center while dining together on traditional Thanksgiving Fare of Oven-Roasted Turkey and Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Green Beans and Pumpkin Pie for Dessert. Before lunch, enjoy a fun and lively show, performed by Brian Gillie and Tom "T-Bone" Stankus—otherwise known as—the Elderly Brothers. Tickets will be available in the office for \$8.00 until November 6th, or sold out.



HOLIDAY CRAFT FAIR & OPEN HOUSE IS BACK!

Saturday, November 23

9:00 a.m. - 2:00 p.m.

Start the holiday season right! Mark your calendars for the Holiday Fair & Open House, the Colchester Senior Center's hugely popular and anticipated fundraising event. Enjoy Holiday tunes; try for an excellent assortment of gift baskets and gift cards and gift certificates; experience our Holiday Café with delicious baked goods, breakfast and lunch items; and get a jump on your holiday shopping with our bargain prices. OPEN TO THE PUBLIC. Bus Transportation for CSC members only, available upon request. Please sign up in the office, if you need a ride.



"BILLY ELLIOT" at the GOODSPEED



Wednesday, November 20, 11:00 a.m.

Young Billy Elliot is pulled between his family's coal-mining roots and his newly discovered passion to dance. Is his future, boxing gloves or ballet shoes? Following your dreams and overcoming obstacles had never been more electric than in this 10 time Tony award winning Broadway phenomenon, with songs by the legendary Elton John. Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story! Tickets are \$64.00 per person and includes reserved side-orchestra seats and senior bus transportation, taxes, and gratuities. **Limited ticket availability.**

A ROCKWELL CHRISTMAS



Wednesday, December 4, 9:15 a.m.

This tour of the Berkshires will begin at the famous Red Lion Inn where lunch will be served. Known for their outstanding food and genuine New England hospitality, you will pre select your entrée from the choices of either Chicken Pot Pie or Yankee Pot Roast with Gravy, all meals served with Salad, Coffee/Decaf/Tea, Bread and Dessert. Next it's on to the Norman Rockwell Museum where you will experience some of Rockwell's most works including covers from his *Saturday Evening Post* and his powerful *Four Freedoms*. In the evening, the bus will go through Forest Park for their annual Bright Nights holiday light display while listening to holiday music. Cost is \$113.00 per person.

OVERNIGHT TRIPS

QUEBEC WINTER CARNIVAL



February 6-9, 2020, 7:00 a.m.

Venture North to Quebec City to enjoy the frozen festivities of the famous Quebec Winter Carnival! Stay at the 4-star Palace Royal located at the St. John Gate to the Walled City. Explore Old Quebec City including the Fresque de Quebecois, the Quartier Petit Champlain, the Quebec Observatory, the Beupre Coast, the Route de la Nouvelle France, St. Anne de Beupre Basilica and Montmorency Falls. Visit Winter Carnival with a local tour guide, see the enchanting Hotel de Glace, a full hotel constructed from ice, the Chateau Frontenac, the world's most photographed hotel and enjoy the famous Winter Carnival Night Parade from the VIP Section. 4 day, 3 night adventure with 6 meals included. Passport is required. Cost is \$889.00 p.p. double occupancy. \$100.00 deposit due upon registration. Final Payment is due by December 2, 2019.

= Light Walking

= Moderate Walking

CANADIAN ROCKIES & GLACIER NATIONAL PARK



June 16-22, 2020, Departure TB

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. Book now for a \$100 per person booking discount. **Trip presentation is scheduled on Monday, October 21st at 10:30 a.m.** Rates are good through December 16, 2019.

PACIFIC COAST ADVENTURE



August 20-28, 2020, departure TBD

Enjoy an exciting 8 day-7 night adventure along the beautiful coastline of the Pacific Ocean. Highlights include a tour of Seattle City, Pike Place Market, the Space Needle, Mt. St. Helens Visitor Center, Portland City Tour, International Rose Test Garden, Oregon's Pacific Coast, Newport, Oregon Dunes National Recreation Area, Rogue River Jet-boat Trip, Redwood National Park, Avenue of the Giants, California Winery Tour & Tasting, Golden Gate Bridge, San Francisco City Tour, Fisherman Wharf Dinner. Includes Roundtrip airfare, 11 meals, tour director, hotel transfers, admissions, baggage handling. \$3,475 per person, double occupancy. Booking discount of \$200 per couple available. **\$300 per person deposit due by February 15th, 2020.**

FRENCH RIVIERA & PROVENCE



November 3-10, 2020, departure TBD

Highlights of the trip include 6 nights in one hotel in Nice, France, Nice City Tour, Nice Flower Market, Notre Dame Church, Eze Visit, Monte Carlo Area Tour, Casino Monte Carlo, Monte Carlo Cathedral, Aix-en-Provence, Paul Cezanne's Studio, French Riviera Leisure Days with many fantastic optional excursions. Includes roundtrip airfare from Bradley International Airport, 6 nights hotel accommodations, 8 meals, tour director, hotel transfers, motor coach transportation, admissions to sightseeing destinations, baggage handling. Cost is \$3,395 per person for double occupancy. Passport is required. **\$500 per person, deposit required at time of reservation. Final payment due by September 13, 2020. Trip presentation scheduled on October 24 at 10:30 a.m.**

= Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2019

6

8:30 Garden Club
9:00 Making Memories
9:00 Exercise w/ Anne
9:30 B.P. Clinic
10:00 Sittercize
10:00 In My Backyard Trip
10:30 Choral Group
12:30 Mah Jongg
12:30 Setback

7

9:00 Making Memories
9:45 Tai Chi
10:00 DIY Pumpkin
Centerpiece Craft
10:00 Adult Coloring
12:30 CHOICES, by appt
12:30 Pinochle
1:30 Bingo

8

9:00 Making Memories
10:00 Sit & Be Fit Video
10:30 Charitable Crafts
12:30 Pinochle
1:00 Seasonal Crafts
2:30 Staff Meeting

9

9:00 Exercise w/Anne
10:00 Wii Bowling
10:00 Sittercize
10:30 Shopping Trip to
Norwich Walmart
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Line Dancing
1:00 Knit & Crochet

10

9:00 Strength & Stretch
NO Friday Film
10:00 Sit & Be Fit Video
11:00 Yoga
12:00 Bingo Fall
Celebration Lunch
12:30 Pinochle
1:30 Bingo

11

12

13

CSC will be
CLOSED
in observance of
Columbus Day

Columbus Day (US)
Thanksgiving Day (Canada)
Sukkot

14

8:30 C.O.A. Meeting
9:00 Making Memories
9:45 Tai Chi
10:00 Adult Coloring
10:30 Book Club
12:30 Pinochle
1:30 Bingo

15

9:00 Making Memories
10:00 Sit & Be Fit Video
10:30 Charitable Crafts
11:00 Oktoberfest
Luncheon
12:30 Pinochle
1:00 Seasonal Crafts

16

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
6:15 SECT Regional
Event, bus departs

17

9:00 Strength & Stretch
9:30 Stitch & Fix w/ Maria
10:00-12:00 Flu Clinic
10:00 Friday Film: Aladdin
(PG)
10:00 Sit & Be Fit Video
11:00 Yoga
12:30 Pinochle
1:30 Bingo

18

19



20

9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:30 Pet Therapy
10:30 Trip Presentation:
Canadian Rockies &
Glacier National Park
NO Choral Group
12:30 Mah Jongg
12:30 Setback

21

9:00 Making Memories
9:45 Tai Chi
10:00 Adult Coloring
10:30 Witch Bingo
12:30 Pinochle
1:30 Bingo

22

9:00 Making Memories
10:00 Sit & Be Fit Video
10:30 Charitable Crafts
12:30 Monthly Matinee
Pizza Party: Hocus
Pocus (PG)
12:30 Pinochle
1:00 Seasonal Crafts

23

9:00 Exercise w/Anne
10:00 Wii Bowling
10:00 Sittercize
10:30 Trip Presentation:
French Riviera/Provence
11:00 Yoga
12:00 Chair Massage
12:30 Dominoes
1:00 Line Dancing
1:00 Knit & Crochet

24

9:00 Strength & Stretch
10:00 Holiday Fair
Volunteer Meeting
NO Friday Film
10:00 Sit & Be Fit Video
11:00 Yoga
11:00 Lunch Bunch-East
Side German Restaurant
12:30 Pinochle
1:30 Bingo

25

26

27

9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:30 Choral Group
12:00 Birthday Party
12:30 In The Know
12:30 Mah Jongg
12:30 Setback

28

9:00 Making Memories
9:45 Tai Chi
10:00 Adult Coloring
12:30 Pinochle
NO Bingo
2:00 AARP's Meet the
Candidates Forum

29

9:00 Making Memories
9:00 Rubber Stamping
Workshop
10:00 Sit & Be Fit Video
10:30 Charitable Crafts
12:30 Pinochle
1:00 Seasonal Crafts
6:30 Know the 10 Signs

30

9:00 Exercise w/Anne
10:00 Wii Bowling
10:00 Sittercize
10:30 Enchanted Jungle
11:00 Yoga
12:00 Halloween Pizza Party
12:00 Chair Massage
12:30 Dominoes
1:00 Line Dancing
1:00 Knit & Crochet

31

9:00 Strength & Stretch
10:00 Holiday Fair
Volunteer Meeting
NO Friday Film
10:00 Sit & Be Fit Video
11:00 Yoga
11:00 Lunch Bunch-East
Side German Restaurant
12:30 Pinochle
1:30 Bingo

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Halloween



TVCCA CAFÉ MENU—OCTOBER 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p>1 Chicken Cordon Bleu Shredded Herb Potatoes Brussel Sprouts Fresh Orange</p>	<p>2 Stuffed Green Peppers Carrot Coins Cauliflower Diced Peaches</p>	<p>3 Crispy Cod Macaroni & Cheese Broccoli Fruit Cocktail</p>	<p>4 Chicken Fajita w/ Cheddar Cheese & Flour Tortilla Spanish Rice Mixed Vegetables Medley Sweet Treat & Orange Juice <u>Add-On: Corn Chowder Soup</u></p>
<p>7 Italian Sausage & Peppers Penne Pasta w/ Marinara Green Beans & Waxed Beans Fresh Fruit</p>	<p>8 <u>Birthday Celebration</u> Swedish Meatballs Egg Noodles Zucchini, Peas, & Carrots Birthday Sweet Grape Juice</p>	<p>9 Pot Roast au Jus Mashed Potatoes Mixed Vegetables Medley Fruit Cocktail</p>	<p>10 Pork Stir Fry Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</p>	<p>11 Haddock w/ Lemon Dill Sauce Steamed Parsley Potatoes Squash Mix w/ Carrots & String Beans Applesauce Cup <u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>14 CSC closed in observance of Columbus Day</p>	<p>15 Chicken Chili w/ Cheddar Baked Potato Green Beans Lima Beans Fruit Cocktail</p>	<p>16 <u>Oktoberfest Celebration Lunch</u> Bratwurst w/ Sauerkraut German Potato Salad Red Cabbage German Chocolate Cake Grape Juice Tickets Cost: \$8.00</p>	<p>17 Stuffed Haddock w/ Shellfish Rice Pilaf Broccoli Fresh Fruit</p>	<p>18 Braised Beef Tips Herb Roasted Potatoes Peas & Pearl Onions Pears w/ Mandarin Oranges <u>Add-On: Split Pea & Ham Soup</u></p>
<p>21 Broccoli & Cheese Stuffed Chicken Garlic Roasted Potatoes Mixed Vegetable Medley Fruit Cocktail</p>	<p>22 <u>Ethnic Celebration</u> Cheese Pierogis Kasha (Wheat Berries w/ roasted vegetables) Cabbage w/ Roasted Apples Diced Peaches</p>	<p>23 Pork Sausage & Gravy w/ Biscuit Tater Tots Corn w/ Peppers & Onions Sweet Treat & Orange Juice</p>	<p>24 Stuffed Shells w/ Marinara Green & Waxed Beans Cauliflower Pineapple Tidbits</p>	<p>25 Teriyaki Chicken Breast Steamed Rice Japanese Vegetable Blend Fresh Orange <u>Add-On: Minestrone Soup</u></p>
<p>28 Applesauce & Sage Glazed Pork Loin w/ Root Vegetables Rice Pilaf Broccoli Sweet Treat Apple Juice</p>	<p>29 Shepherd's Pie Corn Peas & Carrots Applesauce Cup</p>	<p>30 Chicken Cacciatore Pasta Shells w/ Marinara Green Beans Fresh Fruit</p>	<p>31 Halloween Pizza Party Pizza with Assorted Toppings Garden Salad with Dressing Bottled Water /Can of Soda Special Halloween Dessert Ticket Cost: \$5.00</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>