



COLCHESTER SENIOR CENTER NEWSLETTER



APRIL 2025

**The Senior Center
will be CLOSED
Friday, April 18 for
Good Friday
&
Friday, April 25
for the Volunteer
Appreciation Luncheon**

**COLCHESTER COA PRESENTS:
HEARTSTRINGS
ACROSS THE MILES
PROGRAM POSTPONED
DATE/TIME TBD**

This program, as advertised in our newsletter and in the local paper will need to be postponed due to circumstances beyond our control. The Colchester Commission on Aging and the Colchester Senior Center look forward to bringing you this special presentation in the future when the speaker is able to reschedule. We apologize for any inconvenience.

Author, Garrison Leykam, will be presenting his book, Heartstrings Across the Miles: a practical guide for grandparents to stay closely connected to their grandchildren, no matter the miles between them.

**COLCHESTER GARDEN CLUB
FAIRY GARDENS
Tuesday, April 8
10:30 AM**

Every other month we will be partnering with the Colchester Garden Club to bring new and exciting programs to the senior center. We will kick it off with a Fairy Container Garden Project. Fairy gardens are popular because they connect us with our long-lost imaginations and allow us to create a whimsical world of our very own. Join us for this creative workshop. The cost is \$5 per person. Space is Limited. Registration required.

**SENIOR SERENADERS "SONGS
OF THE ELEMENTS" CONCERT
Friday, April 11
10:30 AM**

Our Senior Serenaders have been hard at work learning new music and are ready to share their new showcase with you. Do you know how many songs there are about fire, wind, rain and the sun? Come and enjoy the "Songs of the Elements" and hear some old favorites and even some new tunes. Refreshments will be served. This is a free program. Registration is required.

**BEGINNING SEWING CLASS
Tuesday, April 15 & 22
9:30 AM - 11:30 AM**

Have you ever wanted to learn to sew? Looking for a new hobby? Join CSC member Nola Weston as she walks you through how to thread a machine and make several small projects. This is a two-week class designed to give you the very basics in sewing skills. Week one, you will make a fabric bookmark and week two, you will make a fabric potholder. Kits will be provided for these two projects. If time permits other projects will be available for you to work on. The cost is \$15 per person. Space is limited. Registration is required.

**PRE-SEASON GOLF LEAGUE
MEETING
Tuesday, April 15
2:00 PM**

This is an informational meeting to discuss the 2025 golf league season at the Chanticleir Golf Course in Colchester. This is a senior co-ed league and new members are welcome! Attend the meeting or call CSC for more information.

**FLY AWAY LUNCHEON
Wednesday, April 16
11:00 AM**

Did you know that the third Sunday in April is National Go Fly A Kite Day? In many cultures kites are used as a symbol of celebration. Join us as we celebrate the start of the spring season with our kite themed luncheon. We will welcome Tre' Johnson to CSC for her debut performance with her jazz and pop musical stylings, followed by a dinner of glazed ham, mashed sweet potatoes, green bean almondine, and apple crumble pie. Tickets cost \$10 per person. Registration is required.

**CRAGIN LIBRARY DAYS AT CSC
Thursday, April 24
11:30 AM - 12:30 PM**

Cragin Library is collaborating with CSC to offer monthly library days here at the senior center. Each month members from the library staff will be here to answer your questions, help you reserve books, make library cards for residents (with ID), check out books, share information about library programs and more! They may also bring some of their favorite books to share. We hope you will take advantage of this new program.

**VOLUNTEER APPRECIATION
EVENT LUNCHEON
Friday, April 25
10:30 AM**

For those volunteers who serve in any capacity at the Colchester Senior Center, we are hosting a special themed luncheon event to say thank you! Invitations will be sent by mail to those who've met the requirement of 25 or more hours served in 2024. Please RSVP by Friday, April 18th to the office and share any special dietary needs you may have with Susan. Call 860-537-3911.

Colchester Senior Center
15 Louis Lane
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574
Email: csc@colchesterct.gov
facebook.com/www.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

Jodi Savage
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbauman@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Medical Driver

Linda Martin
Out-of-Town Medical Driver

Fred Murphy
Nutrition Site Server

COMMISSION ON AGING

William Otfinoski, Chair
Nola Weston, Vice Chair
Terry Brown, Treasurer
Roberta Avery, Secretary
Rosanne Tousignant
Geraldine Transue
Bonnie Trecarten
Madelyn Starkey, Alternate
VACANT, Alternate
Rosemary Coyle, BOS Liaison
Michael Hayes, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

April is Volunteer Appreciation Month, and I want to dedicate this month's article to the many volunteer groups who serve the Colchester Senior Center in numerous ways. We are so proud to have so many fine men and women who give so willingly and selflessly, many who have done so for years. We have a relatively small staff and yet we serve nearly 2,300 seniors since moving into our new home. How are we able to do so? The only reason is because there are so many who help us out in many ways.

We have volunteers who lead classes and share their talents to teach others—this includes many of our class and group leaders and our Bingo callers. Some serve weekly, others for special events. This month, our Senior Serenaders Group will be performing a special spring concert of songs they've been rehearsing for some time to entertain us—but often they will take their show on the road to sing at local Veteran's hospitals and nursing homes. **We are grateful**, for without you we could not provide our seniors with nearly as many opportunities to attend all the programs they enjoy. If you have a special talent or area of interest, please reach out to Jodi. We love seeing our many gifted members using their skills for the benefit of others.

We have volunteers who help serve others. Volunteers deliver Meals on Wheels, making sure that home-bound residents have nutritious meals and a short visit. We have many volunteers who help Fred serve meals for our growing Community Café Lunch. We have AARP volunteers who lead monthly meetings and others who provide tax preparation services. **We are grateful**, because without you there would be more people in our community in need. We are currently looking for volunteers to help with the lunch cleanup as a dishwasher. If this job appeals to you, please let Fred know.

We have many visible volunteers, like the dedicated ladies who serve as our volunteer receptionists and greeters. And we have many who work behind the scenes, not looking for any acknowledgement, just wanting to be helpful. Volunteers who brew coffee, set out baked goods, pick up food donations, manage our senior center library, and help us to decorate. We even have volunteers who help others access and apply for benefits and navigate the Medicare system. **We are grateful**, for without you we just couldn't get it all done.

To every person who shares their time and talents to benefit the Colchester Senior Center we look to honor and acknowledge you during Volunteer Appreciation Month! For volunteers who have served over 25 hours throughout the past year, you will receive by mail a special invitation to attend a Volunteer Appreciation Luncheon in your honor. Every volunteer makes us better and we want to thank you for doing all you do to make CSC the best it can be.

Warmly,
Patty

INSPIRED BY ART – FRIDA KAHLO
Monday, April 14, 10:00 AM

Each month we will look at an artist and/or style of art and use their work as a springboard to create an art piece of our own. In April we will be exploring the life and art of Mexican Artist Frida Kahlo. Attendees will make a Mexican Niche/Shadowbox using her art as inspiration. Participants are encouraged to bring photos they may want to include in their niche. The cost for this program is \$5 and covers the cost of all the supplies needed to complete the project. Space is limited. Registration required.

CSC MOVIE TIME
“I AM WOMAN, THE HELEN REDDY MOVIE”
Tuesday, April 22, 10:00 AM

In 1966, Helen Reddy arrives in New York with her three-year-old daughter, a suitcase, and \$230 in her pocket. She had been told she'd won a recording contract, but the record company promptly dashes her hopes. She struggles with misogyny in the music business until she records an anthem for the women's movement. Join us as we view this 2019 movie starring Tilda Cobham-Hervey, Evan Peters, and Danielle MacDonald. Popcorn will be provided. This is a free program. Registration is Required.

CSC SURVEY RESULTS FORUM
Monday, April 21, 10:30 AM

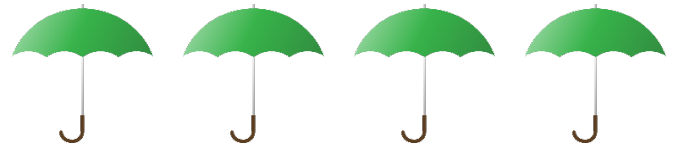
Thank you for completing our Activity Interest Survey. Between paper surveys and those completed digitally, we received 304 responses, more than any of our previous surveys. We will be discussing the survey findings with you and how we can strategically implement your suggestions and ideas within the limitations of our personnel and budgetary constraints.

RESCHEDULED LUNCH & LEARN
Wednesday, April 23, 11:00 AM

Our February Lunch & Learn, “Sex as We Age” has been rescheduled for the 23rd of April. As we age there are many things that impact our intimacy and sexual health. Let's break the taboos and talk openly about this important topic. This is open to all members not just those in relationships. This program is sponsored by Marlborough Health and Rehabilitation Center and Psychotherapy Counseling Services. A choice of turkey or tuna sandwich will be served. Those that registered in February will be contacted and offered seats first, remaining spots will be open for registration on April 1st. This is a free program. Registration is required. Space is limited.

UNLEASH YOUR JOY
THE ART OF COMMUNICATION
Monday, April 28, 10:00 AM

Join us for our monthly workshop where we will focus on finding joy and happiness in our everyday lives. Our topic this month is the Art of Communication. Becoming a thoughtful communicator and an active listener is the cornerstone that can deepen our relationships with everyone around us, leading to a more joyful and peaceful life. This is a free program. Registration is required. Space is Limited.



DINING OPTIONS

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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 their 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 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 DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA's MOW Hotline at 860-934-1010. Please allow 24-48 hours for a response and someone from TVCCA will contact you.

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	Wednesdays 10:00 AM	Dining Room	NO FEE
BILLARDS – OPEN PLAY This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Daily 9:00 – 11:30 AM & Wed. & Thursday 1:00 – 3:30	Game Room	NO FEE
BINGO Play one or 9 cards, Monetary prizes, 12 games	Tuesdays & Fridays 1:30 PM	Activity Room	50 cents a Card
BOOK CLUB Join us for a lively discussion about this month's book: The Girl Who Came Home by Hazel Gaynor	Third Tuesday of the Month 10:30 AM	Conference Room	NO FEE
BRIDGE This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy.	Mondays 12:30 PM	Activity Room	NO FEE
CARD MAKING WITH BARBARA (Registration Required) Join CSC Member Barbara Gozzo for a seasonal card making session. Craft 4 cards	Third Thursday of the Month 10:00 AM	Art Room	\$10 Per Person
DOMINOES – MEXICAN TRAIN The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains.	Thursdays 12:30 PM	Art Room	NO FEE
HAM RADIO CLUB Monthly Ham Radio Meeting, learn about the craft, how to get licensed and about our broadcasting equipment	Third Friday of the Month 12:30 PM	Dining Room	NO FEE
IN THE KNOW Join Patty Watts as she shares CSC updates & information about our programs and answers questions	Last Tuesday of the Month 12:30 PM	Dining Room	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	Thursdays 1:00 PM	Dining Room	NO FEE
LEARNING TO SIGN Learn the basics of American Sign Language (ASL). Group led	Mondays 11:00 AM	Conference Room	NO FEE
LIFE REVIEW WRITING Learn the process and practice of reviewing one's life through writing and various writing prompts.	First Tuesday of the Month 10:30 AM	Activity Room	NO FEE
LUNCH BUNCH Join us for our monthly lunch outing	NO LUNCH BUNCH FOR APRIL	Various Locations	Fee for Transportation
MAH JONGG A rummy-like game played with tiles instead of cards	Mondays 12:30 PM	Game Room	NO FEE
PINOCHILE trick-taking ace–ten card game	Tuesdays 12:30 PM	Game Room	NO FEE
SENIOR SERENADERS CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	Fridays 10:30 AM	Activity Room	NO FEE
SETBACK Setback is a name sometimes used for the trick-taking card game also known as Pitch	Mondays 12:30 PM	Art Room	NO FEE
SEW-CIAL TIME Bring your projects and work on them with like-minded individuals. Once a month we work on projects for the holiday fair – Group Led	Wednesday 1:00 – 3:30 PM	Art Room	NO FEE

SHOPPING TRIP (Registration Required) This month's shopping trip will be to LISBON WALMART	Thursday April 17th	CSC BUS	\$5 Suggested Donation
STITCH & FIX WITH MARIA Bring items that need hemming, slight mending, buttons replaced etc. Items returned within 2 weeks. Must Register	Last Monday of the Month 10:00 AM	Dining Room	NO FEE
TED TALK DISCUSSIONS Learn new things and get inspired – This month's topic: CHANGE	Last Tuesday of the month 10:30 AM	Art Room	NO FEE
TECH TIME WITH HARRY (Registration Required) Make a one-on-one 30-minute appointment. Bring your own device.	Friday April 11 12:00 – 3:00 PM	Conference Room	NO FEE
WII BOWLING Video Version of the real-life game. Group Led	Thursdays 10:00 AM	Activity Room	NO FEE
EXERCISE / WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. <u>Registration is required to reserve your sticks and ball.</u>	Wednesdays 1:30 PM & 2:30 P.M	Fitness Room	NO FEE Registration Required
CHAIR MASSAGE By Appointment Only with Massage Therapist Sue McCaffrey	Thursdays 12:05 PM	Fitness Room	\$10 for every 15 minutes
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	Wednesdays & Fridays 10:00 A.M.	Fitness Room	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	Tuesdays 9:45 A.M.	Fitness Room & Zoom	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	Wednesdays 9:00 A.M. & Sundays 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00	DAY & TIME	LOCATION	FEE
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	Mondays & Thursdays 9:00 A.M.	Fitness Room & Zoom	PRE-PAID CARD
SENIOR YOGA Gentle massage, 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.	Fitness Room & Zoom	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	Mondays & Thursdays 10:00 A.M.	Fitness Room & Zoom	PRE- PAID CARD
FITNESS CENTER Completed waiver and doctor form to join Completed Fitness Orientation to use facility	Monday - Friday 8 AM – 4 PM	Fitness Room	3-month - \$35 6-month \$60 1-year \$110

TRANSPORTATION SCHEDULE

The buses run daily to and from the Senior Center for programs, classes, and meals.

Mondays: Appointment Day*

Tuesdays: Shopping Day

- **9:30-10:45 a.m. for Westchester** with stops at Stop & Shop, CVS, Noels, Walgreens, and Dollar General.
- **1:35-3:00 p.m. for Colchester** with stops at Stop & Shop, CVS, Noels, Walgreens, and Dollar General.

Wednesdays: Appointment Day*

Thursdays: Shopping Day

- **9:30-10:45 a.m. for Colchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.
- **1:35-3:00 p.m. for Westchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.

Fridays: Appointment Day*

**Appointments include rides to medical appointments including local doctors, physical therapy, lab work and other appointments within Colchester.*

TRANSPORTATION POLICIES

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 (within a 40-mile radius of Colchester), grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop-off, except for 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.

HOW TO BOOK TRANSPORTATION

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.

PROGRAM REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. We only accept cash or checks for payment. Please make checks payable to "Colchester Senior Center" or "CSC". Payment is required at the time of sign-up, unless otherwise stated in the newsletter. Some meals, trips, classes, or programs may have limited availability. Once purchased, refunds will not be issued for programs or events unless we are able to resell your spot. 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 at 860-537-3911.

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at CSC:

Dishwasher: We are looking for volunteers who would like to assist Fred with cleanup in the kitchen running the industrial dishwasher. Strong preference given to someone with Food Service experience.

Hospitality Volunteers: We are looking for volunteers who would like to help make decorations each month for our Luncheons. See Jodi for more information.

Fill-In Meals on Wheels Drivers: Our Meals on Wheels Program is looking for fill-in drivers to deliver meals locally when our regular drivers are unavailable. Please contact Fred for further information or to sign up.

Fill-In Receptionist: We are looking to add to our list of on-call receptionists. If you are looking to volunteer on a more casual basis this position may be for you. See Jodi for more information.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, April 11, 10:45 a.m.

Monthly blood pressure clinics are offered in partnership with Chatham Health District.

CHATHAM HEALTH EDUCATION SERIES

Friday, April 11, 11:15 a.m.

This month, Chatham Health District will share information about Heart Health.

NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

Anyone who is struggling, please know that help is available. 9-8-8 is the place to call for assistance and support 24/7.

MAKING MEMORIES PROGRAM

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 schedule will be as follows:

Mondays 9:00a.m.-12:00 p.m.

Tuesdays 9:00a.m.-12:00p.m.

Wednesdays 9:00a.m.-12:00p.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 information.

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

TICK BORNE ILLNESS

As warmer weather approaches, it's natural to spend more time outdoors. This year's mild winter and early spring are a bonanza for the tick populations in the eastern United States. If you're planning activities outside, remember that the insects you encounter may not only spoil your picnic/hike, but may also harm your health.

Two of the most common tick-borne illnesses are Lyme Disease and Rocky Mountain Spotted Fever. While all tick-borne illnesses produce similar flu-like symptoms: fever, body aches and chills, others can produce symptoms in addition to—or instead of—the telltale circular rash and fever. If identified early, tick-borne diseases can be treated with antibiotics. Prompt treatment is important. Tick-borne diseases in more advanced stages can be difficult to treat, and some can cause arthritis, muscle and joint pain, or fatigue for an extended period of time—as well as serious health complications.

Reducing exposure to ticks is the best defense against tick-borne infections. The best protection is to avoid contact with ticks. When working or playing outside in areas that ticks inhabit, such as tall grass and weeds, woods and leaf litter, you should:

- Wear light colored clothing (to spot ticks easily) long sleeved shirts and pants.
- Create a tick barrier by tucking pants into socks and shirt into pants.
- Consider using insect repellent.
- Check clothing and skin very carefully after being outside in a tick-infested area.
- Remove any ticks as soon as they are discovered.
- Shower using a washcloth or puff to remove unattached ticks.
- Keep your lawn mowed, cut overgrown bushes and clear leaf litter away from the home.
- Use a wood chip barrier between any wooded area and the yard.
- Inspect pets daily and remove any ticks found.

Chatham Health District



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, April 15
12:30 p.m.- 3:30 p.m.**

Confidential counseling for Medicare is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

SENIOR BENEFITS COUNSELING

**April 2, 17, & 24
12:00 p.m.- 3:30 p.m.**

Schedule an appointment with our Senior Benefits Counselor, Ellen Fougere. Ellen can help you with Energy Assistance (Sept.-May), Renters Rebate (April – Oct.), SNAP (formerly Food Stamps), MSP applications, or benefits assessment.

RENTERS' REBATE April 1-October 1, 2024

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Counselor on Thursday afternoons. The income threshold for the 2025 Benefit Year is \$45,200/single \$55,100/married or under. Call the office for a list of what you need for your appointment at 860-537-3911.

MEETINGS IN APRIL

AARP CHAPTER #4019

Tuesday, April 1, 1:00 p.m.

Speaker: Jeanie Wild from Blessed Creek on CBD Salves

LTC OMBUDSMAN REGIONAL MEETING

Tues., April 8, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

Tues., April 8, 7:00 p.m.

CSC STAFF MEETING

Wed., April 9, 2:30 p.m.

COMMISSION ON AGING

Mon., April 14, 9:00 a.m.

Town Hall Hybrid Meeting Room

DAY TRIPS

**DANCING DREAM – ABBA TRIBUTE BAND
AQUA TURF CLUB**

Thursday, May 15, 2025, 10:00 AM 

This tribute act will take you back to the days when Swedish disco group ABBA ruled the music world with their great pop hits (Mama Mia, Dancing Queen, and Fernando) and memorable performances. Ticket includes performance, coffee, donuts, and family style menu of pasta, chicken cacciatore & baked scrod with vegetable, potato, rolls and dessert. **The cost is \$129 per person. Sign up before April 15th. Limited Tickets Available**

ISABELLA STEWART GARDNER MUSEUM

Thursday, May 22, 2025, 7:30 AM  

Spend the day in Boston. Explore the Isabella Stewart Gardner Museum, site of the famous art heist of 1989, on a guided tour highlighting Gardner’s extraordinary art collection. From old masters to decorative arts, rare books, and the stunning Venetian Palazzo, Gardner created a unique showcase that opened to the public in 1903. Before the museum visit enjoy a delicious family style-lunch at Maggiano’s Little Italy including appetizer, salad, pasta, entrée, dessert, and soft drinks. **The cost is \$156 per person. Sign up before April 22nd.**

SOLD OUT

**RAGTIME – THE MUSICAL,
at the GOODSPEED with lunch at the
GELSTON HOUSE**

Wednesday, May 28, 2025, 10:45 AM

NEWPORT FLOWER SHOW

Friday, June 20, 2025, 9:00 AM   

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Stroll through the first floor of the mansion filled with incredible floral arrangements, continue out to the ocean view lawn to enjoy the beautiful displays and shopper’s market. After leaving the mansion you will have free time on your own to explore downtown Newport with all of its shops and restaurants on Bowen’s and Bannister’s Wharf. **The cost is \$115 per person. Sign up before May 20th or until full.**

SPIRIT OF BOSTON BINGO LUNCH CRUISE

Thursday, June 26, 2025, 8:15 AM  

Come see Boston Harbor from the water aboard the popular Spirt of Boston for a unique mix of dining, dancing, and BINGO games. 2 hour cruise with delicious luncheon buffet with freshly prepared entrees, salads, and desserts. There will be BINGO games with great prizes and DJ entertainment. You will have time at Quincy Market in the afternoon. **The cost is \$165 per person. Sign up before May 26th.**

OVERNIGHT TRIPS

SOLD OUT - ALASKA DISCOVERY LAND & CRUISE

July 23 – Aug. 3, 2025   

BOOTHBAY HARBOR MAINE

Monday, October 6 – Wednesday, October 8, 2025   




Spend 3 days 2 nights at the charming Boothbay Harbor Inn. The Inn is located on this senic harbor near the footbridge and boasts amazing views of the water. Visit the Coastal Maine Botanical Garden, a natural wonder on 300 acres of shorefront and is home to some giant Trolls in the forest. Explore the charming village of Boothbay with its wonderful shops, crafts, and eateries. In the evening enjoy a lobster dinner. Before departing for home, enjoy a tour on the Harbor Lights and Sights Cruise where you will cruise thru the Diamond Pass, viewing Civil War era forts and lighthouses that guide mariners into Portland Harbor. Free time for lunch and shopping in downtown Portland before returning home. **This trips includes Deluxe Motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing and admissions per itinerary, Friendship Tours Escort, and Driver & Tour Director Gratuity. The cost is \$739 per person double / triple occupancy. Must register before July 14.**

***Please note: The Boothbay Harbor Inn is a 2-story property with no elevator access.**

WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

   = Mostly Walking

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:00 Making Memories ¹</p> <p>9:45 Tai Chi</p> <p>10:00 April Registration Begins</p> <p>10:30 Life Review Writing</p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p> <p>1:00 AARP Meeting</p> <p>All Fools' Day</p>	<p>9:00 Making Memories ²</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit & Be Fit</p> <p>10:30 Life Review Writing</p> <p>12:00 Senior Benefits Counseling</p> <p>1:00 Sewing Circle</p> <p>1:30 Cardio Drumming 1</p> <p>2-3 Fitness Orientation</p> <p>2:30 Cardio Drumming 2</p>	<p>9:00 Exercise w/ Anne ³</p> <p>9:30 Live Well Workshop</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>NO Senior Benefits Counseling</p> <p>12:30 Dominoes</p> <p>1:00 Knit & Crochet</p>	<p>9:00 – 3:00 Tax Aide ⁴</p> <p>10:00 Sit & Be Fit</p> <p>10:30 Senior Serenaders Choral Group</p> <p>11:00 Yoga</p> <p>1:30 Bingo</p>	
	<p>9:00 Making Memories ⁶</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>NO COA Heartstrings Across the Miles</p> <p>11:00 Learn to Sign</p> <p>11-12 Fitness Orientation</p> <p>12:30 Mah Jongg</p> <p>12:30 Bridge</p> <p>12:45 Set Back</p>	<p>9:00 Making Memories ⁷</p> <p>9:45 Tai Chi</p> <p>10:00 Regional Ombudsman Meeting</p> <p>10:30 Colchester Garden Club Fairy Gardens</p> <p>12:30 Choices Counseling</p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p> <p>7:00 SCBC Mtg</p>	<p>9:00 Making Memories ⁸</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit & Be Fit</p> <p>1:00 Sewing Circle</p> <p>1:30 Cardio Drumming 1</p> <p>2-3 Fitness Orientation</p> <p>2:30 Cardio Drumming 2</p> <p>2:30 CSC Staff Meeting</p>	<p>9:00 Exercise w/ Anne ⁹</p> <p>9:30 Live Well Workshop</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>NO Senior Benefits Counseling</p> <p>12:30 Dominoes</p> <p>1:00 Knit & Crochet</p>	<p>10:00 Sit & Be Fit ¹⁰</p> <p>10:30 Senior Serenaders Concert</p> <p>10:45 Blood Pressure Clinic</p> <p>11:00 Yoga</p> <p>11:15 Chatham Health Education</p> <p>12:00 Tech Time w/ Harry</p> <p>1:30 Bingo</p>	 <p>Passover Begins</p>
	<p>9:00 Making Memories ¹³</p> <p>9:00 Exercise w/ Anne</p> <p>9:00 COA Meeting (TH)</p> <p>10:00 Sittercize</p> <p>10:00 Inspired by Art</p> <p>11:00 Learn to Sign</p> <p>11-12 Fitness Orientation</p> <p>12:30 Mah Jongg</p> <p>12:30 Bridge</p> <p>12:45 Set Back</p> <p>Palm Sunday</p>	<p>9:00 Making Memories ¹⁴</p> <p>9:30 Beginning Sewing Part 1</p> <p>9:45 Tai Chi</p> <p>10:30 Book Club</p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p> <p>2:00 Pre-Season Golf League Meeting</p>	<p>9:00 Making Memories ¹⁵</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit & Be Fit</p> <p>11:00 Fly Away Luncheon</p> <p>1:00 Sewing Circle</p> <p>1:30 Cardio Drumming 1</p> <p>2-3 Fitness Orientation</p> <p>2:30 Cardio Drumming 2</p>	<p>9:00 Exercise w/ Anne ¹⁶</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>10:00 Cardmaking w/ Barbara</p> <p>10:30 Shopping Trip</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>12:00 Sr Benefits Counsel</p> <p>12:30 Dominoes</p> <p>1:00 Knit & Crochet</p>	<p>CSC Closed for Good Friday Holiday</p>	
	<p>9:00 Making Memories ²⁰</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:30 Survey Results Forum</p> <p>11:00 Learn to Sign</p> <p>11-12 Fitness Orientation</p> <p>12:30 Mah Jongg</p> <p>12:30 Bridge</p> <p>12:45 Set Back</p> <p>Easter Sunday</p>	<p>9:00 Making Memories ²¹</p> <p>9:30 Beginning Sewing Part 2</p> <p>9:45 Tai Chi</p> <p>10:00 CSC Movie Time: <i>I Am Woman, the Helen Reddy Movie</i></p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p> <p>Earth Day</p>	<p>9:00 Making Memories ²²</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit & Be Fit</p> <p>11:00 Lunch & Learn</p> <p>1:00 Sewing Circle</p> <p>1:30 Cardio Drumming 1</p> <p>2-3 Fitness Orientation</p> <p>2:30 Cardio Drumming 2</p> <p>Administrative Professionals Day</p>	<p>9:00 Exercise w/ Anne ²³</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>11:30 Cragin Library Day</p> <p>12:00 Chair Massage</p> <p>12:00 Senior Benefits Counseling</p> <p>12:30 Dominoes</p> <p>1:00 Knit & Crochet</p>	<p>CSC CLOSED for Programs, Lunch & Transportation</p> <p>10:00 Doors Open</p> <p>10:30 Volunteer Appreciation Event Luncheon</p> <p>Arbor Day</p>	
	<p>9:00 Making Memories ²⁷</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:00 Stitch & Fix</p> <p>10:00 Unleash Your Joy</p> <p>11:00 Learn to Sign</p> <p>11-12 Fitness Orientation</p> <p>12:30 Mah Jongg</p> <p>12:30 Bridge</p> <p>12:45 Set Back</p>	<p>9:00 Making Memories ²⁸</p> <p>9:45 Tai Chi</p> <p>10:30 TED Talks Discussions</p> <p>12:30 Pinochle</p> <p>12:30 In the Know</p> <p>1:30 Bingo</p>	<p>9:00 Making Memories ²⁹</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit & Be Fit</p> <p>10:00 CSC Movie Time</p> <p>1:00 Sewing Circle</p> <p>1:30 Cardio Drumming 1</p> <p>2-3 Fitness Orientation</p> <p>2:30 Cardio Drumming 2</p>	<p>April 2025</p> <p>Colchester Senior Center</p> 		



TVCCA SENIOR CAFÉ MENU ~ APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FOOD ALLERGY WARNING

Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumptions of meals.

1
Stuffed Chicken
w/ Broccoli & Cheese
Herb Roasted Potatoes
Green Beans
Mixed Fruit Cup

2
Beef & Bean Chili
Penne Pasta w/ Herbs
Mixed Vegetables Medley
Tropical Fruit Cup

3
Western Omelet
Parsley Potatoes
Peas and Pearl Onions
Pineapple Tidbits

4
Whole Grain Fish Sticks
Tater Tots
Squash Mix w/ Carrots
and String Beans
Fresh Orange

7
Country Style Chicken
Garlic Mashed Potatoes
Broccoli
Diced Peaches

8
Ethnic Celebration
Pork Stir-Fry
Steamed Rice
Asian Vegetable Blend
Sweet Treat
Orange Juice

9
Salisbury Steak w/ Gravy
Mashed Potatoes
Corn w/ Peppers and Onions
Fresh Fruit

10
Crispy Cod
Home Fries
Mixed Vegetables Medley
Mixed Fruit Cup



11
Cheese Manicotti w/ Marinara
Snap Peas
Carrot Coins
Tropical Fruit Cup

14
BBQ Pulled Pork Sandwich
w/ Bun
Baked Beans
Green & Yellow Squash
Applesauce Cup

15
Meatballs Marinara
Penne Pasta
Zucchini, Peas, and Carrots
Fresh Orange

16
Fly Away Special Luncheon
Pineapple Glazed Ham
Mashed Sweet Potatoes
Green Beans Almondine
Dinner Roll w/Margarine
Apple Crumble Pie
Ticket Cost: \$10.00

17
American Chop Suey
Diced Carrots
Waxed Beans
Mandarin Oranges

18
Good Friday Holiday



Program Closed

21
Hungarian Goulash
Parsley Steamed Potatoes
Squash Mix w/ Carrots
and String Beans
Fresh Fruit



22
Baked Cod w/ Herbs
and Tomatoes
Rice Pilaf
Cauliflower, Carrots,
and Snap Peas
Applesauce Cup

23
Chicken Parmesan w/ Bun
(sandwich)
Pasta Shells w/ Herbs
Green Beans
Mixed Fruit Cup

24
Creamy Chicken Dijon
Roasted Garlic Rice
Snap Peas
Birthday Treat
Grape Juice



25
Beef Tips w/ Peppers and Onions
Gemelli Pasta
Broccoli
Sweet Treat
Apple Juice

28
Vegetarian Lasagna
Peas
Carrot Coins
Sweet Treat
Grape Juice

29
Stuffed Chicken Cordon Bleu
Tater Tots
Green & Waxed Beans
Mandarin Oranges

30
Country Fried Beef Steak
Buttermilk Mashed Potatoes
Broccoli, Peppers, & Mushrooms
Diced Peaches

**1% Milk and Whole Grain bread
are served with each meal.**



**Menu is subject to change
without notice**

**TVCCA Senior Nutrition Pro-
gram**
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860-886-1720
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www.tvcca.org