

COLCHESTER SENIOR CENTER



news

November 2022

GROUNDBREAKING CEREMONY

Date & Time TBD

The Senior Center Building Committee is working on a reschedule date for the Groundbreaking Ceremony. When the date/time established, we will put the word out to the community.

FLU & COVID BOOSTER VACCINATION CLINIC

Friday, November 4
9:00 – 11:00 a.m.

Chatham Public Health will be conducting a Flu & COVID Booster Shot clinic at our senior center this month. Please be sure to bring any Medicare and/or insurance cards. Call to schedule your appointment.

ELECTION DAY RIDES TO THE POLLS Tuesday, November 8

Regional polling places will be used for this gubernatorial election. Sign up in advance if you need a ride to the polls.

VETERANS DAY APPLE PIE SOCIAL Thursday, November 10 11:00 a.m.

Veterans and their spouses will get a free slice of homemade pie a la mode after a brief Veteran's Day ceremony. All others are welcome to join for \$2 a slice. Please register by November 4th.

BLOOMIN' 4 GOOD November 2022

For the month of November, CSC Meals on Wheels has been selected to receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet sold at their Colchester store. Brighten someone's day (or your own) for a great cause!

THANKFUL TABLE THANKSGIVING LUNCHEON

Wednesday, November 16
11:00 a.m.

Let's give thanks and enjoy a traditional Thanksgiving menu provided by TVCCA, including Oven Roasted Turkey with Gravy, Stuffing, Mashed Potatoes, Green Beans, Cranberry Sauce & Pumpkin Pie. Before lunch, sing along with fantastic musical entertainment performed by Willie Nininger. Tickets are \$9 each. Tickets will be sold until November 9th or until we sell out.

CARD MAKING POP-IN HOLIDAY WORKSHOP Friday, November 18 1:00 – 3:00 p.m.

Have you ever wanted to learn how to make your own cards? Not sure if this is the craft for you? Have a person who you want to make a special card for? Come to our card making pop-in workshop and make a card or two with our own Barbara Gozzo. All supplies will be provided. \$2 per card, fee due the day of the workshop. Registration required to make sure we have enough supplies.

OUTHOUSE AMERICANA Monday, November 21 11:00 a.m.

November 19th is National Toilet Day. Who knew? Help us celebrate by attending a historical presentation on the history of the outhouse. Georg Papp Sr., will entertain us with his knowledge of these structures, and other things that you never thought you would ever need to know about an outhouse. Georg has been featured on TV, and radio and has authored a unique "toilet paper roll" book. Join us for this fun presentation. Register in the office for this free event.

BROADWAY SHOW TUNES CHORAL PERFORMANCE

Tuesday, November 22
11:00 a.m.

Join us as the senior center's Choral Group brings us to Broadway in NYC by sharing some old and new Broadway show tunes. Broadway inspired desserts will be served. Space is limited. Register in the CSC office.

MAKE, TAKE & GIVE HOLIDAY CRAFTING SERIES Weds, Nov. 23, 30, & Dec. 7 1:30 p.m.

Spend the afternoon creating holiday/winter decorations and ornaments. Each week is a different theme. You will be provided material to create one for yourself, one to give to someone you know and some that will be donated to patients at a local nursing home. \$5 per session. Pre-registration is required.

November 23 – Gnomes
November 30 – Snowmen
December 7 – Santa

AARP SMART DRIVER TEK Wednesday, November 30 9:45 a.m. – 11:30 a.m.

Get Smart About New Vehicle Technology: Cars are becoming more technologically advanced every day. This means there's more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart DriverTEK is a FREE, 90-minute workshop. Drivers will learn how to utilize the latest high-tech safety features in their current or future car. Open to all who are 50 years and older. Space is limited. Please pre-register for this class.

**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.
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Missy Bauman
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Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Nola Weston, Chair
Marjorie Mlodzincki, Vice Chair
Linda Pasternak, Treasurer
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Roberta Avery
Quinn Kozak
Rosanne Tousignant
Terry Brown, Alternate
William Otfinoski, Alternate
Rosemary Coyle, BOS Liaison
Art Shilosky, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

November marks the official start to the holiday season. It's this time of year when our minds turn to thoughts of family, food and a lot of fun. As usual at a busy senior center, November also marks the beginning of a lot of special events that will continue right through the New Year. This holiday season will be no different.

November (for those of you who are enrolled in Medicare) is a month that falls smack-dab in the middle of open enrollment season, which is a critically important time. For those of you who are either enrolled in Medicare Part C (Medicare Advantage Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from October 15-December 7, where you are able to make changes to your coverage. It is also the time of year when the companies that manage the Part C & D plans make changes to their policies, such as their drug formularies—lists of prescriptions drugs that are covered or not. For this reason, it is important to take a look at those changes and make sure that the coverage you have purchased will continue to be the coverage that best suits your needs.

On Friday, November 18th and December 2nd, the Colchester Senior Center will be hosting two Open Enrollment events, where you may schedule a personal and confidential appointment with a certified CHOICES counselor to review your plan. Appointments are required and can be made by calling us at 860-537-3911. We are grateful to Senior Resources, our Area Agency on Aging, for partnering with us in this beneficial program. Medicare can be a difficult-to-navigate landscape, and Senior Resources helps us all keep the A, B, C's & D's of Medicare straight.

I want to express my deep gratitude to all of the Veterans, present and past, who have courageously served our country. I invite you all to join in our annual Veterans Day Apple Pie Social, where veterans and their spouses will be honored, and where we seek to recognize the efforts of our country's military personnel. We hope to see many of the veterans who are so active in our community in attendance.

Of course, we also look forward to the Thanksgiving holiday at the end of the month. Of all of the holidays, it's my favorite! This year, we are especially grateful to be closer to the reality of a new senior center than we've ever been before. Although at the time of printing, we do not know the rescheduled date for our Groundbreaking, the Senior Center Building Committee is working on establishing one. Being so close to starting the project is on the top of my list of things that I'm grateful for. Take a moment with me to count your blessings and fill your heart with gratitude—we all have so much to be grateful for.

With a Grateful Heart!

Patty

PROGRAMS

CSC will be **CLOSED** on
NOVEMBER 11 for VETERANS DAY
& **NOVEMBER 24 & 25 for the**
THANKSGIVING HOLIDAY

TECH TIME WITH HARRY **Wednesday, November 2** **1:00 – 3:00 p.m.**

Make a one-on-one 30 minute appointment and bring your equipment such as smartphone, tablet or laptop to learn on your own device. Please sign up in the office for an appointment.

SEASONAL CRAFTING **TREE DECORATING** **Wednesday, November 2** **1:30 p.m.**

Join us as we put the finishing touches on our Christmas tree for the Wadsworth Atheneum's Festival of Trees. This year's theme honors Colchester's chicken farming history.

GARDEN CLUB **Monday, November 7** **8:30 a.m.**

The group will meet on Monday November 7 at the senior center. This will be the last meeting for the year. Rain date on November 14.

ACROSS THE AGES **Wednesday, November 9** **10:15 a.m.**

CSC will be partnering with the middle school for an inter-generational program. Seniors will be matched with a student and meet in-person and through letters. This program will run through February. Space is limited sign up with Jodi.

GOBBLE TILL YOU WOBBLE: TVCCA Meal Contest

Eat 5 or more meals at the Community Café throughout the month of November and you will be entered into a drawing to win a \$25.00 gift card to CVS. Drawing will be held on Wednesday, November 30 during lunch.

REEL FRIENDS

MOVIE SCREENING **Wednesday, November 9** **12:30 p.m.**

This month's movie is "The People We Hate at the Wedding" a comedy starring Ben Platt, Kristen Bell and Allison Janney. Rated R. Popcorn will be served.

SHOPPING TRIP **Thursday, November 10** **10:30 a.m. Departure**

This month's shopping trip will be to Waterford Walmart. Suggested donation is \$4.00. Space is limited. Please pre-register by calling the office.

SOUPER SOUP DEMO **Monday, November 14** **1:30p.m.**

Join Jodi as she walks us through the steps of making a sausage, potato, and leek soup using canned soups as a base. Please sign up in the office. Cost is \$3.

BOOK CLUB DISCUSSION **Tuesday, November 15** **10:30 a.m.**

This month's book selection is *The Echo Wife* by Sarah Gailey. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively and interesting discussion.

CARD MAKING WORKSHOP **Friday, November 18** **10:00 a.m.**

Join talented CSC member Barbara Gozzo for this holiday themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is November 10.

PET THERAPY **Monday, November 21** **10:00 a.m.**

Our buddy Stitch and her owner, Mary Bylone will be visiting the center to spread doggie cheer to all. We invite all of our pet-loving members to stop by for some "puppy love" from CSC's only 4-legged volunteer.

PAINTING WITH RUTH **Monday, November 28** **9:30 a.m.**

Create a Holiday Porch Sign. Join Ruth Reinwald as she teaches you step-by-step how to create a holiday sign for yourself or to give as gift. The fee for the class is \$20 per person which includes all materials.

STITCH & FIX **Monday, November 28** **by appointment beginning** **at 10:00 a.m.**

Bring your items that need hemming, minor mending, replacement buttons sewn on, etc. and Maria will take care of it and return it to you in 2 weeks. By appointment, please sign up in the office.

AARP DRIVER SAFETY **Wednesday, November 30** **12:00 – 4:00 p.m.**

By taking a driver safety course, you'll learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate age-related changes in vision, hearing and reaction time and may qualify for a discount from your insurance provider. Open to anyone 50 and over. Cost is \$20 for AARP members and \$25 for non-members. Please register by November 23rd.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basics of American Sign Language (ASL). Group led	MONDAYS 11:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting.	WEDNESDAYS 9:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body.	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Barbara McKelvey	WEDNESDAYS 1:30 P.M. No Class on 11/2	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	THURSDAYS 1:00 P.M.	CSC	NO FEE
CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	FRIDAYS 10:30 A.M.	CSC	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	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.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

FITNESS CARDS FOR EXERCISE CLASSES

Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. **Please note that in January, the cost of the Fitness Cards will be raised to \$35.00, so that we can give our exercise instructors a long-overdue raise.** We thank you for understanding. All previously purchased cards with available classes will, of course, be honored.

TRANSPORTATION SCHEDULE

The buses will continue to 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.*

SPECIAL INTEREST GROUPS

BRIDGE Mondays at 1:00 p.m.

MAH JONGG Mondays at 12:30 p.m.

SETBACK Mondays at 12:45 p.m.

PINOCHLE Tuesdays at 12:30 p.m.

BINGO Tuesdays & Fridays at 1:30 p.m.

**REEL FRIENDS
MOVIE CLUB** 2nd Wed. at 12:30 p.m.

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

Wii BOWLING Thursdays at 10:00 a.m.

CHAIR MASSAGE Thursdays, beginning at 12:00 (by appointment only)

CHORAL GROUP Fridays at 10:30 a.m.

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 (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, 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 classes, programs, trips or meals may be made in person in the office. 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. 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.

HEALTH & WELLNESS

HEARING SCREENINGS

Friday, November 4, 10:30 a.m.

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Schedule your free hearing screening by calling the senior center at 860-537-3911.

BLOOD PRESSURE CLINIC

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

There will be no Blood Pressure Clinic for the month of November, but Victoria Leist, LPN from Chestelm Adult Day Program will be back in December.

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 24/7.

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 schedule will be as follows:

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

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

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 more information.

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

OPEN ENROLLMENT FOR MEDICARE

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

During the Annual Enrollment Period, a Medicare beneficiary may:

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

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

Please call 860-537-3911 to schedule your free one hour appointment on Friday, November 18th or December 2nd from 9:00 a.m. to 3:00 p.m.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, November 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.

ENERGY ASSISTANCE

Energy Assistance appointments can be made by contacting the Norwich TVCCA office directly at 860-889-1365. Due to staffing, appointments are not available through the Colchester Social Services Department.

OPEN ENROLLMENT FOR MEDICARE

**Friday, November 18
9:00 a.m. – 3:00 p.m.**

It's that time of year, where we encourage you to evaluate your Medicare plan and make sure it's still a good fit for you. We have 2 Open Enrollment Events on November 18th and December 2nd where you can meet one-on-one with a CHOICES Counselor who can help. Call office for appointment.

MEETINGS IN NOVEMBER

AARP CHAPTER #4019

Tues., November 1, 1:30 p.m.

SENIOR CENTER BUILDING COMMITTEE

Tues., Nov. 8 & 22, 7:00 p.m.

LTC OMBUDSMAN REGIONAL MEETING

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

CSC STAFF MEETING

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

COMMISSION ON AGING

Mon., November 14, 8:30 a.m.

STRATEGIC PLANNING TEAM

Thurs., November 17, 9:30 a.m.

DINING OPTIONS

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 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.

VOLUNTEER OPPORTUNITIES

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

Morning Coffee Volunteer: Any "Early Bird" types out there? Assist us by laying out baked goods and brewing coffee in the morning, just before we open. We are looking for a few people to be fill-ins when our regular volunteers are not available.

Volunteer Bakers: If you enjoy baking at home, register to bake homemade cookies, brownies, cakes, muffins, etc. to share with your CSC friends.

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.

SAVE THE DATE

MEDICARE OPEN ENROLLMENT EVENT

Friday, December 2, 9:00 a.m. – 3:00 p.m.

Open Enrollment is the season in which you can make changes to your Medicare coverage. Meet with a Certified CHOICES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Registration begins in November.

HOLLY-DAZE HOLIDAY LUNCHEON

Wednesday, December 21, 11:00 a.m.

This special seasonal luncheon is sure to put you in the Christmas spirit! Enjoy holiday music by Patty Carver followed by a delicious lunch of herb roasted prime rib, garlic mashed potatoes, squash, peppers and carrots, dinner roll, assorted holiday cookies, and apple juice. More information in the December newsletter.

NEW YEAR'S BRUNCH 'n BASH

Friday, December 30, 10:00 a.m.

Let's ring in 2023 in style! Enjoy a delicious breakfast brunch and entertainment. Join us as we count down the minutes until 12:00—Noon and celebrate with a mock-champagne toast.



Senior Center Building Committee Update

The bid opening for the new senior center project was held at Town Hall on Thursday, October 13th at 2:00 p.m. There were 11 construction companies who bid on the project. The Senior Center Building Committee is in the process of reviewing the bids, along with Silver, Petrucelli & Associates (the architectural firm) and the DECD (for the State Bonding) before an award can be made.

The Groundbreaking Ceremony which was originally scheduled for Friday, October 21st was postponed by the Senior Center Building Committee because it was scheduled at the same date and time as the funeral services for the police officers from Bristol who perished in the line of duty. When the Senior Center Building Committee establishes a new date for the Groundbreaking Ceremony, we will share those dates with you.

TRIPS DEPARTING THIS MONTH

SOLD OUT GOODSPEED OPERA HOUSE "42nd Street" with Lunch at LaVita

Wednesday, November 2, 11:00a.m. 

DAY TRIPS

NEWPORT PLAYHOUSE "A Christmas for Carol"

Tuesday, December 6, 9:30 a.m. 

An annual favorite! During the holiday season, Carol tends to take Christmas too far in the office. Her co-workers love her, but this time of year she gets on everyone's nerves! They formulate a plan for the company party no one will forget, but will they be able to help Carol remember the true meaning of Christmas? The Newport Playhouse offers an incredible buffet lunch to enjoy before the show and a Cabaret Show afterward. Proof of vaccination required. **Cost is \$132 per person.**



OVERNIGHT TRIPS




PAINTED CANYONS OF THE WEST

August 13 - 21, 2023   

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mountains is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Includes seven breakfasts, two lunches and two dinners. **Cost is \$3,829 per person for double, if booked before February 13, 2023.**

 = Light Walking

  = Moderate Walking

   = Mostly Walking

SPAIN & PORTUGAL: COSTA DEL SOL TO THE PORTUGUESE RIVIERA

October 14 – 25, 2023   

From bustling cities to peaceful stays on the Mediterranean coast, get a true taste of the Iberian Peninsula. Explore Málaga on a walking tour, where you can taste some of the delicacies of this southern Spanish region. Visit Frigiliana and Nerja, two of the Andalusian white villages that leave memories of quiet, simpler days. Visit Ronda, a clifftop marvel. Gaze at Cordoba's Mezquita and colorful patios. In Seville, learn about the history of Flamenco with a hands-on lesson. In Lisbon, travel by tram to the cobbled narrow streets and visit Belem, home to the Jerónimos Monastery. Relax on Portugal's Riviera during a 3-night stay in Cascais. Includes 10 Breakfasts, 2 lunches and 4 dinners. **Cost is \$5,029, per person for double, if booked before March 15, 2023.**



IMPORTANT INFORMATION ABOUT PARKING

Trips depart from the **far rear parking lot of St. Andrew's Church at 128 Norwich Ave., unless otherwise specified.** Please park in the far rear lot, so we don't interfere with church activities (*look for the small white church on a trailer in the far left corner and park in line with that*). The bus will pick up there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Making Memories ¹ NO Blood Pressure Clinic 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo 1:30 AARP Meeting	9:00 Making Memories ² 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Goodspeed Trip Departs 1:00 Tech Time w/ Harry 1:30 Seasonal Crafting NO Line Dancing	9:00 Exercise w/ Anne ³ 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	9-11 Flu/Booster Clinic ⁴ 10:00 Sit & Be Fit 10:30 Hearing Clinic 10:30 Choral Group 11:00 Yoga 1:30 Bingo	
 Daylight Savings Time Ends	8:30 Garden Club ⁷ 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	TBD Ride to the Polls ⁸ 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 12:30 CHOICES 1:30 Bingo 7:00 SCBC Meeting (Z)	9:00 Making Memories ⁹ 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:15 Across the Ages 12:30 Reel Friends Movie (Rated R) 1:30 Line Dancing 2:30 CSC Staff Meeting	9:00 Exercise w/ Anne ¹⁰ 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 11:00 Veteran's Day Apple Pie Social 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	CSC Closed for the Veterans Day Holiday ¹¹ Veterans Day Remembrance Day (Canada)	
	8:30 COA Meeting ¹⁴ 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge 1:30 Souper Soup Demo	9:00 Making Memories ¹⁵ 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	9:00 Making Memories ¹⁶ 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Thankful Table Thanksgiving Luncheon 1:30 Line Dancing	9:00 Exercise w/ Anne ¹⁷ 9:30 Strategic Planning Meeting 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	9-3 Medicare Open Enrollment ¹⁸ 10:00 Card Making Class 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1-3 Drop-In Holiday Card Making 1:30 Bingo	
	9:00 Making Memories ²¹ 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Pet Therapy 11:00 Learn to Sign 11:00 Outhouse Americana 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	9:00 Making Memories ²² 9:45 Tai Chi 11:00 Senior Serenaders Perform Broadway Show Tunes 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	9:00 Making Memories ²³ 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Make, Take, Give Holiday Crafting 1:30 Line Dancing	 Thanksgiving Day (US)		
	9:00 Making Memories ²⁸ 9:00 Exercise w/ Anne 9:30 Painting with Ruth 10:00 Sittercize 10:00 Stitch and Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge	9:00 Making Memories ²⁹ 9:45 Tai Chi 12:30 In The Know 12:30 Pinochle 1:30 Bingo	9:00 Making Memories ³⁰ 9:00 Walking Group 9:45-11 AARP Smart Driver TEK 10:00 Adult Coloring 10:00 Sit & Be Fit 12-4 AARP Driver Safety 1:30 Make, Take & Give Holiday Crafting 1:30 Line Dancing			