

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Walking Group 2:00 Virtual "Happy Hour" on Zoom  Canada Day	2 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan	3 CSC CLOSED In Observance Of Independence Day	4  Independence Day (US)
5	6 8:30 Colchester Garden Club 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	7 9:00 Golf League at Chanticlair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30 Conference Call BINGO	8 10:00 Walking Group 11:00 "Exploring New Ways to Travel" Friendship Tours Zoom Presentation 2:00 Virtual "Happy Hour" on Zoom	9 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan	10 10:00 Movie Club Discussion on ZOOM 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	11
12	13 8:30 C.O.A Meeting on Zoom 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Meditation with Susan on Zoom	14 9:00 Golf League at Chanticlair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 1:30- Conference Call BINGO	15 10:00 Walking Group 11:00 The Memory Lane Show- The Fabulous 50's show and trivia on Zoom 2:00 Virtual "Happy Hour" on Zoom	16 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Community Conversations with Mary Bylone on Zoom	17 10:00 Highlighting Colchester's History with Colchester Historical Society on Zoom 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	18
19	20 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	21 9:00 Golf League at Chanticlair 9:45 Tai Chi on Zoom 10:30 Zoom Book Club 11:00 Adult Coloring 1:30 Conference Call BINGO	22 10:00 Walking Group 10:00- Garden Q&A Forum on Zoom 2:00 Virtual "Happy Hour" on Zoom	23 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 12:00 Live Well Workshop on Zoom 11:00 Yoga with Susan	24 9:00 Make At Home Greeting Cards 11:00 Yoga with Susan 12:00 B.Y.O.L. Lunch Bunch- Restaurant Reviews 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	25
26	27 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom	28 9:00 Golf League at Chanticlair 9:45 Tai Chi on Zoom 11:00 Adult Coloring 12:30 In The Know on Zoom 1:30 Conference Call BINGO	29 10:00 Walking Group 11:00 Free Elder Law Workshop via Zoom 2:00 Virtual "Happy Hour" on Zoom	30 9:00 Exercise with Anne on Zoom 10:00 Sittercize on Zoom 11:00 Yoga with Susan 12:00 Live Well Workshop on Zoom 1:30 Healthy Heart Cooking Demo on Zoom	31 10:00 Conference Call BINGO 11:00 Yoga with Susan 1:00 Justine's Music Appreciation & Trivia Hour on Zoom	We Care About You! Be Safe and Be Well! 



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

## TVCCA SENIOR CAFÉ MENU ~ JULY 2020








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 860-886-1720</p> <p>(24hr voice mail available).</p>	<p><i>1% milk and Whole Grain Bread served with each meal.</i></p> <p><i>Menu is subject to change without notice.</i></p> 	<p>1 Crispy Cod Macaroni &amp; Cheese Broccoli Diced Peaches</p>	<p>2 Stuffed Chicken w/ Broccoli &amp; Cheese Rice Pilaf Carrot Coins Sweet Treat Orange Juice</p>	<p>3 <u>Senior Nutrition Program Closed</u></p>  <p><i>Happy 4th of July!</i></p> <p><u>Independence Day Holiday</u> Have a safe Independence Day!</p>
<p>6 Chicken Primavera Shells Pasta w/ Herbs Brussels Sprouts Fruit Cocktail</p>	<p>7 Steak Fajita w/ cheddar cheese Rice and Beans Squash Mix w/ Carrots &amp; String Beans Fresh Orange</p>	<p>8 <u>Ethnic Celebration</u> French Style Chicken w/ Wine Sauce Turnips w/ Herbs Green Beans Sweet Treat Grape Juice</p> 	<p>9 Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Mixed Fruit Cup</p>	<p>10 Shrimp Stir Fry Steamed rice Oriental Vegetable Blend Pears w/ Mandarin Oranges</p>
<p>13 Stuffed Pepper Casserole Peas &amp; Pearl Onions Yellow Squash Fresh Fruit</p>	<p>14 BBQ Chicken Drumsticks Glazed Sweet Potatoes Mixed Vegetables Sweet Treat Apple Juice</p>	<p>15 <u>July Celebration meal</u> Pub Burger w/ Bun Baked Beans Squash Mix w/ Carrots &amp; String Beans Fruit Cocktail</p> 	<p>16 Cheese Pierogis Kasha (Groats w/ Roasted Vegetables) Broccoli Diced Peaches</p>	<p>17 Swedish Meatballs Egg Noodles Zucchini Pineapple Tidbits</p>
<p>20 Cod w/ Mango Salsa Cilantro Lime Rice Broccoli Tropical Fruit Cup</p>	<p>21 Salisbury Steak w/ gravy Garlic Mashed Potatoes Corn w/ Onions &amp; Peppers Mixed Fruit Cup</p>	<p>22 Italian Pork Sausage &amp; Peppers Penne Pasta w/ Herbs Zucchini, Peas, &amp; Carrots Fresh Orange</p>	<p>23 Beef Hot Dog w/ Bun Tater Tots Green &amp; Waxed Beans Pineapple Tidbits</p>	<p>24 <u>Birthday Celebration</u> Pesto Grilled Chicken Lemon Parmesan Pasta Cauliflower, Carrots, &amp; Snap Peas Birthday Treat Grape Juice</p> 
<p>27 Stuffed Chicken Kiev Garlic Mashed Potatoes Corn Pineapple Tidbits</p>	<p>28 Pork Dumplings w/ Shredded Cabbage &amp; Carrots Steamed Rice Oriental Vegetable Blend</p>	<p>29 Stuffed Shells w/ marinara Yellow Squash Mixed Vegetables Diced Pears</p>	<p>30 Chicken Tacos Spanish Rice Zucchini Sweet Treat Grape Juice</p>	<p>31 Cod w/ Lemon Dill Sauce Herb Roasted Potatoes Broccoli Fresh Fruit</p> 