



COLCHESTER SENIOR CENTER NEWSLETTER



JUNE 2025

The Senior Center will be closed on Thursday June 19 for the Juneteenth Holiday

TVCCA PROCESSED FOOD PRESENTATION

**Thursday, June 5
11:30 AM**

Processed foods, especially ultra-processed foods, are associated with several health problems, including obesity, type 2 diabetes, and heart disease. They often contain high levels of added sugars, unhealthy fats, and sodium, while being low in nutrients. Meet Andrea Deedy from TVCCA as she discusses the issues with these foods and some alternatives.

GARDEN CLUB PRESENTS CONTAINER GARDENING

**Tuesday, June 10
10:30 AM**

The Garden Club is back this month to share the hows and whys of container gardening. They will walk you through the plants that work best in containers and how to care for them. You will then plant a container garden of your own to take home with a few options to pick from. The cost of this program is \$10 per person. Registration is required. Space is limited.

4th OF JULY FIRECRACKER CRAFT

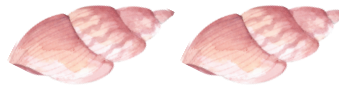
**Thursday, June 12
1:00 PM**

4th of July is around the corner. Join Jodi as we make a wooden snap, crackle and pop firecracker craft that can be used to decorate your home for the holiday. The cost is \$6 per person and includes the wood, stencils and paint to make a set you will cherish for years to come. Registration is required. Space is limited.

TIE-RIFFIC FATHER'S DAY LUNCHEON

**Wednesday, June 18
11:00 AM**

Join us as we celebrate all the men in our lives with a Tie-riffic Father's Day Luncheon. All are welcome as we celebrate those that are currently with us and those that have helped shaped us into the individuals that we are today. We will enjoy the songs from the 30's to 90's with Blaise. We will dine on a meal of hamburgers, potato salad, tossed salad, and ice cream treats. The cost is \$10 per person. Registration is required.



LONGEST DAY ALZHEIMER'S FUNDRAISING CRAFT NIGHT

**Friday, June 20
4:00 - 7:00 PM**

The Longest Day is the day with the most light - the summer solstice. Help us fight the darkness of Alzheimer's and all other dementia through this special crafting fundraiser. Join us as Jodi shares her passion for creative recycled jewelry design. Create earrings, pendants, and bracelets with newspaper and paint, milk bottle plastic, fabric and items you might otherwise throw out. The cost of this program is \$25 per person. It includes pizza, chips, and soda for dinner and all the supplies to make multiple pieces of jewelry. All supplies have been donated so the remainder of the proceeds will be donated to the Alzheimer's Association to support research efforts. Space is limited. CSC buses will not be available for this program.

NEW TO MEDICARE - KNOW YOUR OPTIONS PRESENTATION

**Tuesday, June 24th
5:00 - 7:00 PM**

Join us for a comprehensive overview of Medicare Parts A, B, C & D with Laura Crews, Director of Benefits Access with Senior Resources. She will discuss how and when to enroll, various Medicare options and tips on accessing assistance programs. This is a free program. Registration is required.

WHAT IS CARE MANAGEMENT

**Wednesday, June 25th
10:00 AM**

Caring for an aging loved one can be overwhelming—but you don't have to navigate it alone. Join us for a thoughtful and informative presentation on how Care Management can transform the way families support aging loved ones. Learn how guidance, personalized plans, and a compassionate team approach can reduce stress and improve quality of life—for both seniors and caregivers. This presentation is sponsored by Graceful Transitions LLC. Refreshments will be served. Registration required.

UNLEASH YOUR JOY DOPAMINE DRESSING

**Monday, June 30
10:00 AM**

Join us for our monthly workshop where we will focus on finding joy in our everyday lives. Our topic this month is Dopamine Dressing. This is a focus on wearing clothing that makes you feel good and boosts your mood. It's based on the idea that the colors and items we wear can influence our emotions and help us feel happier whether we dress down or dress up. We will discuss color psychology. This program is for women and men. This is a free program. Registration is required. Space is limited.

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

June used to be the most popular time of year to marry—and maybe some of you share with me in the distinction of being a “June Bride.” Anniversaries are special, no matter when they’re celebrated. It’s hard for me to believe that this month (more specifically on June 17th) I will celebrate my twelve-year anniversary here at the Colchester Senior Center. It seems that the well-known adage, ‘*Time flies when you’re having fun!*’ must be true. Every day I feel blessed to be doing the satisfying work of helping others. The variety of different “hats” that a senior center director must wear ensures that every day is new, different and exciting. This year, the first in our new building and the culmination of long-held dreams, makes it even more special.

For me, the most important aspect of this work has always been the people whom I’ve been fortunate to know, seniors, their families and my fellow staff. There are so many new faces at our senior center, and although it may take me a bit of time to learn everyone’s names, it is very exciting to experience a new infusion of interest and involvement here. I think we can all agree that it’s the senior community that is the heartbeat of our senior center. All the diverse people—caring men and women with whom we share community—you make everything we do worth it. It has been an honor to get to know many of you personally, as you’ve shared your stories and lives with me. It is without a doubt the best part of my job.

Speaking of June brides, my daughter, Emma, is getting married this month. After nearly 18 months of careful planning, many special and personal touches and all the requisite bridal showers and bridal party weekends, the BIG day is nearly here. I’m certain it will be beautiful, meaningful and quite emotional, as well. The wedding will be held in New Hampshire, where Emma has lived since her college days. She will wed her fiancé Thomas on a lovely Revolutionary War Era Colonial New England Estate. I can hardly wait for the celebration to begin! I will be sure to share some photos with everyone who has shared my excitement since their engagement. Ten days after the wedding, my husband and I will celebrate a milestone of our own—our 30th Wedding Anniversary. *Time really does fly!*

When we celebrate anniversaries, we tend to think of ourselves on our wedding day, as a young bride (or groom) and all the memories that lead up to current days. As I look back over 12 years here, which have admittedly gone much more quickly than I could’ve ever imagined, I am proud of all that we’ve been able to accomplish together. The adventure has only just begun, as every day spent in our new building feels more familiar and we live into our wonderful new reality here. Thank you for growing with us!

Warmly,
Patty

RIDES TO THE POLL
Tuesday, June 3

Those needing a ride to vote in the Town Budget Referendum, make your reservation by noon on June 2.

RESCHEDULED LUNCH & LEARN
SEX AS WE AGE
Thursday, June 5, 11:00 AM

This important program is open to all members not just those in relationships. It will focus on the many things that impact intimacy and sexual health as we age. This program is sponsored by National Healthcare Associates Inc. and Stokes Counseling Services. A choice of turkey or tuna sandwich will be served. Those who registered for a previous date will be contacted and offered seats first, remaining spots will be open for registration on June 1st. This is a free program. Registration is required.

INSPIRED BY ART – ANDREW THORTON
Monday, June 9, 10:00 AM

Each month we will look at an artist and use their work as springboard to create an art piece of our own. In June we will zoom in with Pennsylvania based professional artist, writer and jewelry maker Andrew Thorton. He will be discussing his artwork with a focus on his self-portrait series. Participants will make a self-portrait of their own, either jewelry size or larger to be framed. Participants will need a side view photo of themselves; Jodi can take the photo if needed. 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

AARP DRIVER SAFETY CLASSES
(Registration Required for All Classes)

Smart DriverTEK

Wednesday, June 11, 9:30 – 11:00 AM

Get up to speed about new vehicle technology. Learn how this technology can keep you safer behind the wheel. This is a FREE workshop.

Driving at Night Workshop

Wednesday, June 11, 11:00 – 11:45 AM

Join this new workshop about driving at night. Learn about vision changes, headlight technology, assistive driving tools, and other essential tips to improve your nighttime driving skills. This is a FREE workshop.

Driver Safety Course

Friday, June 27, 11:30 AM – 3:30 PM

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. You may qualify for a discount from your insurance provider. Open to anyone 50 and over. The cost is \$20 for AARP members and \$25 for non-members. Register by 6/20.

CSC MOVIE TIME – “NONNAS”
Tuesday, June 17, 12:30 PM

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. Based on the true story of the Enoteca Maria Restaurant in Staten Island, this movie stars Vince Vaughn, Susan Sarandon, and Lorraine Bracco. Popcorn is provided. This is a free program. Registration is required.

SENIOR SPOTLIGHT DOCUMENTARY
“BEFORE YOU KNOW IT”
Tuesday, June 24, 10:00 AM

With humor and candor, “*Before You Know It*” celebrates the bold lives of active gay seniors who have witnessed unbelievable change in their lifetimes: from the Stonewall Riots and gay liberation to the HIV/AIDS pandemic and gay marriage rights. This documentary introduces us to Dennis, Ty, and Robert who were born before the modern gay rights movement and who are part of the estimated 2.4 million LGBTQ+ Americans over the age of 55. “*Before You Know It*” reminds us that while LGBTQ+ elders face a specific set of issues, aging, and its challenges are universal. There will be a discussion after the program. Registration is required.

DINING OPTIONS

COMMUNITY CAFÉ MEALS

Lunch (provided by TVCCA) is served Monday-Friday at 12:00 p.m. in our dining room. 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
BILLIARDS – 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, Thurs, & Fri 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: Salt to the Sea – By Ruta Sepetys	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	No Card Making in June	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 Wed. of the Month 10:30 AM	Activity Room	NO FEE
LUNCH BUNCH Join us for our monthly lunch outing – Registration is Required	Friday June 27 11:30 AM	Plan b Glastonbury	\$4 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
SENIOR SPOTLIGHT (Formerly TED Talk Discussions) Join us as we view a talk, documentary, podcast & discuss Documentary – Before You Know It	Tuesday, June 24 10:00 AM	Art 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 Waterford Walmart	Thursday, June 12th	CSC BUS	\$ 4.00 Sug. 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
TECH TIME WITH HARRY (Registration Required) Make a one-on-one 30-minute appointment. Bring your own device.	Friday, June 13 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
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>	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

In May, CSC introduced our new kindness campaign “**Positively CSC!**”, during our Senior Spotlight program on positive aging. We are excited to roll out this campaign to promote a positive outlook and encourage positive thinking, behavior and relationships here at CSC and in the greater community. We think the world can use more positivity now than ever. We hope you will join us by participating in the following initiatives.

Caught You Caring:

Caught you Caring is our new program to honor and thank those CSC members that you think have done something kind or above and beyond for you or someone else. Nomination forms will be available near the reception kiosk. Complete a nomination form and return it to the Caught you Caring Box. Nomination forms will be posted on our Positively CSC bulletin board (located in the hallway on your way to the dining room). Each month the names of those nominated will be entered into a drawing for a monthly prize.

Action For Happiness Calendars:

Each Month we will post and distribute **Action for Happiness Calendars**. These calendars offer practical action ideas to make a difference and create a happier and kinder world both in our community and at CSC. You can choose to do one or more of the items listed.

Monthly Projects or Programs:

Every month we will have at least one project or program focused on Positivity. This may be a project to benefit others, or a program focused on creating a better world. In June we will be doing a **Gratitude Card Project**.

June – Gratitude Card Project:

Thank you, cards have the power to brighten someone’s day, lift their spirits, and make them feel valued and appreciated. Handmade thank you cards will be available near the reception kiosk. Please take one or two and write a thank you note to someone that has made a difference in your life. Send them off and spread some kindness this month. We are grateful to Barbara Gozzo and Natalie Rudyk for creating these special cards.



After reviewing our Interest Survey, we are looking to start some additional programming. Below are some programs we are considering currently. If you are interested in participating in any of these programs, please see Jodi so that we can schedule them soon. If you may be interested in leading one of these groups let Jodi know.

**Corn Hole * Cribbage * Open Art Studio
Hand & Foot Card Game * Pool (Billiards) Club
Watercolor Painting Classes**

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:

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

Receptionist / Greeters: We are looking for some weekly reception/greeter volunteers as well as fill in volunteers to fill in when our regular volunteers are out due to vacation or illness. 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.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

NOT scheduled in June

Monthly blood pressure clinics are offered in partnership with Chatham Health District. This program will return in July.

CHATHAM HEALTH EDUCATION SERIES

Friday, June 13, 11:15 a.m.

This month, Chatham Health District will share information about Outdoor 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 more information.

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

GRILLING SAFETY TIPS

Fire in the grill, cooking burgers and hot dogs, is a welcome sight at a family cookout. But fire anywhere else can make your summer memorable for all the wrong reasons!

General Grilling Tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease build-up from trays below the grill.
- Never leave your grill unattended.

Using Your Gas Grill

- Check the connection points between the gas (propane) tank hose and the regulator and cylinder and where the hose connects to the burners. Tighten if loose.
- Check the gas tank hose for potential leaks. To do that: apply a light soap and water solution to the hose using a brush or spray bottle; turn the propane tank on; if bubbles appear there is a leak; if no bubbles are present the tank is safe for use.
- If there are bubbles, turn the tank off and check connections. Have your grill serviced by a professional before using it again. If the leak doesn't stop, call the fire department immediately.
- As you cook, if you smell gas, turn off the gas tank and burners. If the leak stops, get grill serviced before using it again.
- If the smell continues, move away from the grill and call the fire department immediately. Do not move the grill.

Charcoal Grills

- There are several ways to get the charcoal ready to use. Chimney starters allow you to start the charcoal using newspaper as fuel.
- If you use starter fluid, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of reach of children and away from heat sources.
- When you are finished grilling, let the coals cool completely before disposing in a metal container.

Have a Safe Summer!

Sean Shoemaker, Fire Marshal

SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, June 10
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

**Thurs. June 5 & Wed. June 18
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 assesment.

TOWN SOCIAL SERVICES OFFICE HOURS at CSC

**Fridays in June
9:00 a.m. – 12:00 p.m.**

Schedule an appointment with Michele Heaton, Social Services Coordinator for the town at CSC. She can help you with Renter's Rebate applications. Call the senior center office for an appointment.

MEETINGS IN JUNE

**AARP CHAPTER #4019
Tuesday, June 3, 12:30 p.m.
Board Installation Luncheon
Papa Z's Restaurant**

**COMMISSION ON AGING
Mon., June 9, 9:00 a.m.
CSC Conference Room**

**LTC OMBUDSMAN
REGIONAL MEETING
Tues., June 10, 10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., June 10, 7:00 p.m.**

**CSC STAFF MEETING
No June Staff Meeting**

DAY TRIPS

**TWIN LOBSTER AT THE LOG CABIN,
HOLYOKE MA** 

Tuesday, July 22, 2025, 9:15 AM

Start the day with a beautiful cheese and vegetable platter. Then enjoy a lunch of either Twin Lobsters or Prime Rib au jus with clam chowder, salad, baked potato, coleslaw and a yummy dessert with coffee. During and after the lunch Rich DePalma, Italian American Crooner, will entertain you with songs from Sinatra, Bobby Darin, and Dino. In addition to these "Rat Pack" songs, enjoy the music from the earliest days of Rock 'n Roll, the oldies from the 50s and 60s, and Broadway hits. Rich truly captures the beauty of both Italian and Neapolitan songs. **The cost is \$148 per person. Sign up before June 22nd.**

**RELAX ON THE RIVER - GRISWOLD INN &
RIVERQUEST CRUISE**  

Wednesday, August 6, 2025, 10:45 AM

What could be nicer than dining at the historic Griswold Inn located on Main Street in charming Essex, CT. The inn is one of the oldest continuously operated inns in the country since 1777. You will dine on a pre-selected menu of your choice. Before lunch, stroll along Main Street. After Lunch enjoy the beauty of the Connecticut River Valley aboard the RiverQuest for a 60 minute cruise along the river. Visit Essex Harbor, Hamburg Cove, Nott Island and perhaps catch a glimpse of a Bald Eagle or Osprey. **The cost is \$149 per person. Sign up before July 6th.**

**A CHORUS LINE - THE MUSICAL,
GOODSPEED with lunch at the GELSTON**

HOUSE 

Wednesday, September 24, 10:45 AM

The singular sensation of musicals makes its Goodspeed debut in a dazzling 50th anniversary production! *A Chorus Line* pulls back the curtain and reveals the hopes and hurts of 17 professional dancers vying for a job in a Broadway chorus. Heartbreak, talent, and passion are center stage in this Pulitzer Prize-winning, show business classic for anyone who's ever had a dream and put it all on the line. **The cost is \$100 per person and includes senior bus transportation, meal, and tickets to the show. Space is limited.**

OVERNIGHT TRIPS

**SOLD OUT - ALASKA DISCOVERY LAND &
CRUISE**

July 23 – Aug. 3, 2025   




BOOTHBAY HARBOR MAINE   
Monday, October 6 – Wed., October 8, 2025

Spend 3 days 2 nights at the charming Boothbay Harbor Inn. The Inn is located on this scenic 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

DEPARTING SOON

**TRIP DOCUMENT PARTY – ALASKA
DISCOVERY LAND & CRUISE**
Monday, June 23, 2025, 10:00 AM

(SOLD OUT) NEWPORT FLOWER SHOW
Friday, June 20, 2025, 9:00 AM

SPIRIT OF BOSTON BINGO LUNCH CRUISE
Thursday, June 26, 2025, 8:15 AM

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>1 9:00 Making Memories 9:00 Exercise with Anne 10:00 Program Registration Begins 10:00 Sittercize 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p> <p>Shavuot Begins</p>	<p>2 9:00 Making Memories 9:00 Exercise with Anne 10:00 Program Registration Begins 10:00 Sittercize 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>3 8:30 Golf League 9:00 Making Memories 9:45 Tai Chi 10:30 Ride to the Polls for Budget Referendum 12:30 Pinochle 12:30 AARP #4019 Installation Lunch @ Papa Z's 1:30 Bingo</p>	<p>4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>5 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 11:00 Sex As We Age Lunch 11:30 Processed Food Presentation 12:05 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>6 9:00 Social Service Hours 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>7</p>
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<p>8 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Inspired by Art 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>9 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Inspired by Art 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>10 8:30 Golf League 9:00 Making Memories 9:45 Tai Chi 10:00 Ombudsman Meeting 10:30 Container Gardening 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo</p>	<p>11 9:00 Making Memories 9:00 Walking Group 9:30 AARP SDTek Driving Class 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 AARP Night Driving Workshop 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>12 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Shopping Trip 11:00 Yoga 12:05 Chair Massage <u>NO</u> Senior Benefits appts. 12:30 Dominoes 1:00 Knit & Crochet 1:00 4th of July Firecracker Craft</p>	<p>13 9:00 Social Service Hours 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group <u>NO</u> Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Presentation 12:00 Tech Time w/ Harry 1:30 Bingo</p>	 <p>14 Flag Day (U.S.)</p>
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 <p>15 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>16 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>17 8:30 Golf League 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 12:30 CSC Movie Time "Nonna's" (Rated PG) 1:30 Bingo</p>	<p>18 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Tie-riffic Father's Day Luncheon 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>19 CSC closed for the Juneteenth Holiday Juneteenth</p>	<p>20 9:00 Newport Flower Show Departs 9:00 Social Service Hours 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 12:30 Ham Radio Club 1:30 Bingo 4 - 7 Longest Day Alzheimer's Fundraising Craft Night Summer Begins</p>	 <p>21</p>
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<p>22 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Document Party for Alaska Trip 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>23 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Document Party for Alaska Trip 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>24 8:30 Golf League 9:00 Making Memories 9:45 Tai Chi 10:00 Senior Spotlight 12:30 Pinochle 12:30 In the Know 1:30 Bingo 5:00 New to Medicare Presentation</p>	<p>25 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 What is Care Management? Presentation 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>26 8:15 Spirit of Boston Lunch Cruise Departs 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 11:30 Library Days 12:05 Chair Massage No Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>27 9:00 Social Service Hours 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:30- 3:30- AARP Driver Safety Course 11:30 Lunch Bunch Plan b 1:30 Bingo</p>	<p>28</p>
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 <p>29 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Unleash Your Joy 10:00 Stitch & Fix 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>30</p>
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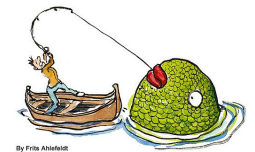
June 2025

Colchester Senior Center

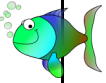









TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.

TVCCA CAFÉ MENU ~ JUNE 2025



By Frita Anshel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Stuffed Chicken Cordon Bleu Gemelli Pasta Mixed Vegetables Medley Sweet Treat Orange Juice</p> 	<p>3 Beef Tips w/ Peppers & Onions Home Fries Broccoli Tropical Fruit Cup</p>	<p>4 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Applesauce Cup</p>	<p>5 Vegetarian Lasagna Green Beans Diced Carrots Fresh Fruit</p>	<p>6 BBQ Grilled Chicken Tater Tots Peas & Carrots Diced Peas</p> <p><u>Or Salad Choice:</u> <i>Grilled Chicken Caesar Salad</i></p>
<p>9 Salisbury Steak w/ Gravy Parsley Steamed Potatoes Corn w/ Peppers & Onions Fresh Orange</p>	<p>10 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>11 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges</p> 	<p>12 Stuffed Shells w/ Marinara Waxed Beans Carrot Coins Pineapple Tidbits</p> 	<p>13 <u>Birthday Celebration</u> Creamy Chicken Dijon Roasted Garlic Rice Snap Peas Birthday Treat Grape Juice</p> <p><u>Or Salad Choice:</u> <i>Tuscan Beef Salad</i></p>
<p>16 BBQ Pulled Pork w/ Bun Baked Beans Peas & Pearl Onions Diced Peaches</p> 	<p>17 Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Tropical Fruit Cup</p>	<p>18 <u>Tie-Riffic Father's Day Lunch</u> Beef Pub Burgers with Bun Sliced Cheese, Tomato, Lettuce & Onions Potato Salad Garden Salad Ice Cream Treats Ticket Cost: \$10.00</p>	<p>19 <u>Juneteenth Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>20 Whole Grain Fish Sticks Tater Tots Squash Mix w Carrots & String Beans Fresh Orange</p> <p><u>Or Salad Choice:</u> <i>Chef Salad</i></p>
<p>23 Cheese Omelet Home Fries Green & Yellow Squash Mandarin Oranges</p>	<p>24 Chicken Cacciatore Penne Pasta Cauliflower, Carrots, Snap Peas Sweet Treat Orange Juice</p>	<p>25 Beef and Bean Chili Pasta Shells w/ Herbs Mixed Vegetables Medley Fresh Fruit</p> 	<p>26 Pesto Grilled Chicken Herb Roasted Potatoes Broccoli, Peppers, & Mushrooms Pineapple Tidbits</p>	<p>27 Beef Hot Dog w/ Bun Baked Beans Corn w/ Peppers & Onions Applesauce Cup</p> <p><u>Or Salad Choice:</u> <i>Classic Egg Salad</i></p>
<p>30 Meatballs Marinara Penne Pasta Zucchini, Peas, Carrots Fresh Orange</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>		<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to change without notice</p> 	<p><u>FOOD ALLERGY WARNING:</u> Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.</p> <p>Please advise a staff member of any food allergies prior to consumptions of meals.</p>