



COLCHESTER SENIOR CENTER NEWSLETTER

MARCH 2025



THE FLAVORS OF MARDI GRAS

Tuesday, March 4
11:00 AM

Join us as we celebrate Mardi Gras with a King Cake tasting while we listen to some traditional Zydeco Music. Following Mardi Gras tradition, if your slice of cake contains the plastic baby, you will win a prize. This is a free program but registration is required so we can have enough refreshments for everyone..

BACON ACADEMY MAGNET SCHOOL PRESENTATION

Wednesday, March 5
11:00 AM

Magnet Schools may not be a term that you are familiar with, but did you know that there is a proposal for Bacon Academy to open a Magnet School? Join us at the Colchester Senior Center for a special community presentation with Bacon Academy's Principal, Amy Begue, as she shares important information regarding this proposal and answers and questions you may have.

There will be **NO OPEN BILLIARDS** on Fridays due to AARP Tax Aide appointments during the month of March



Due to increased demand, we have added additional sessions of **CARDIO DRUMMING** on Wednesdays at 2:30 PM



INSPIRED BY ART CARDBOARD SCULPTURE ARTISTS

Monday, March 10
10:00 AM

Each month we look at an artist and/or style of art and use their work as inspiration to create an art piece of our own. In March we will be diving into an art medium that many of us have lying around our homes. Cardboard packaging is fast becoming one of the most ubiquitous materials we discard on a daily basis. We will look at several modern-day artists and view how they have been able to exploit cardboard's creative sculptural potential in unexpected ways. We will then have the opportunity to play with cardboard, paint, and glue to create a one of a kind cardboard sculpture of our own. Participants are asked, if possible, to bring in a few pieces of cardboard, paper towel tubes and a pair of scissors that you are comfortable using. This program is free this month but space is limited.

FREE "LUCKY" BINGO

Monday, March 17
10:00 AM

Join us for a fun-filled game of bingo with green themed prizes, cupcakes, and the luck of the Irish! Wear your green and be entered into a special drawing at the end of the game. This is a free program but space is limited. Register in the office.

SHAMROCKS & SHENANIGANS ST. PATRICK'S DAY LUNCHEON

Wednesday, March 19
11:00 AM

Join the shenanigans with the musical stylings of John Skinnon, a solo acoustic artist with a versatile set list with a few Irish tunes to celebrate the holiday. The traditional feast of corned beef and cabbage, potatoes, carrots, Irish soda bread, apple juice and pot of gold cupcakes. The cost is \$10 per person. Registration is required.

UNLEASH YOUR JOY HAPPIER HEALTHIER THINKING

Monday, March 24
10:00 AM

Join us for our monthly workshop where we will focus on finding joy and happiness in our everyday lives. Our topic for March is Happier Healthier Thinking. CSC member Deb Fitzgerald will be sharing ways that our minds distort our thoughts into inaccurate or irrational thought patterns that can negatively impact our perceptions of reality, our emotions, and our behavior. Learn ways that we can catch ourselves and how to challenge these thoughts. This is a free program. Registration is required.

CANDY MAKING CLASS

Thursday, March 26
9:00 AM - 12:00 PM

Looking for a sweet class? CSC member, Deborah Howard, will be teaching how to make Chocolate Covered Cherries & Pretzel Rods. Participants will make one dozen cherries that will be ready to eat by Easter and 4 chocolate covered pretzel rods. White, Dark and milk chocolate will be available to choose from. This is a 3-hour class and will require the participant to stay the entire time. The cost for the class is \$15 per person. Space is limited. Registration is required.

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

March is a month of transitions. You know the saying, “in like a lion—out like a lamb.” We are in the midst of an arctic blast, even now as I type this article. It is definitely feeling more **lion** than **lamb** right now—but we hold out for the promise of spring, which is sure to show itself toward the end of this month. At least that’s what the calendar says, March 20th is the official start of Spring! As the warmer weather emerges, so do many opportunities for different programs and activities. Like our furry friends coming out of hibernation, when the weather improves, we tend to see our center become its busiest.

This month I’d like to focus on the many different travel excursions available to our members. You will see that although we tend to schedule very few winter trips, due to the uncertainty of the New England weather, when springtime arrives, we offer many different options. March is the start of a very busy travel season for us. If you’ve never taken a trip with the senior center before, indulge me in a chance to inform you of the many different trips, designed to suit every interest and even most budgets. The most affordable options are trips which utilize our senior bus. This could include a shopping trip—with different stores offered every month, or maybe a Lunch Bunch, where we travel to local eateries. We also partner with local travel and touring companies to an assortment of destinations and attractions. Some of these are day trips and some are extended trips with one or more overnight stays as part of the trip itinerary. The most extravagant trips we offer are “trips of a lifetime” which include either domestic or international travel destinations. This month, we have a trip going out called “South Pacific Wonders” with destinations to both New Zealand and Australia. Later this year, we also have the popular destination offered in the Alaska Discovery Land & Cruise. I’ve never heard anyone who has gone to Alaska and does not say it was one of their favorite travel destinations, and we are excited to offer it.

There are many benefits to traveling with the Colchester Senior Center. First, it’s easy! We take care of all the arrangements and reservations. For an affordable price our trips include comfortable transportation, wonderful points of interest and many times, depending on the destination, your meal is included. Traveling with others is a great way to meet friends who share your interests, too. So, whether you’re a fan of musical theater and you want to experience a live performance like the Newport Playhouse’s Holiday Show, or if a day trip to the Griswold Inn & RiverQuest Cruise is more to your liking, or even if visiting Alaska is on your “bucket list,” it is our hope that there’s something for everyone, when you travel with us. Please see **page 8** of this newsletter to see what wonderful trips we have planned. Happy trails with CSC!

Warmly,
Patty

PROGRAMS

AARP #4019 CHAPTER MEETING Tuesday, March 4 1:30 p.m.

After their winter hiatus, regather with our local chapter of AARP for updates, refreshments and a special program. The Executive Board will meet at 1:00 p.m. prior to the general meeting.

LIFE REVIEW WRITING Wednesday, March 5 10:30 a.m. – 12:00 p.m.

Learn the process and practice of reviewing one's life through writing using various prompts and group brainstorming sessions. This is a free program. Contact Jodi for this month's writing prompts.

SEW-CIAL TIME Now Every Wednesday 1:00 p.m. – 3:30 p.m.

Enjoy working on your sewing projects in the company of others? Bring your projects and work on them with us. Interested seniors should have some sewing experience. Use our machines or bring your own.

READ ACROSS AMERICA Tuesday, March 11 10:15 a.m.

Jodi is looking for several volunteers to participate in READ ACROSS AMERICA at the Cragin Library. Volunteers will read several books about turtles to preschool children and then work with the children to make paper mosaic turtles with them. Please contact Jodi for more information.

SHOPPING TRIP Thursday, March 13 10:30 a.m. Departure

This month's monthly shopping trip will be to Windham Walmart. The suggested donation is \$4.00. Please pre-register by calling the senior center office.

BOOK CLUB

Tuesday, March 18
10:30 a.m.

This month's selection is *The Hideaway* by Lauren Denton. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

CARD MAKING WORKSHOP Thursday, March 20 10:00 a.m.

Join talented CSC member, Barbara Gozzo, for a seasonal card making workshop. Each person will craft 4 cards. There is a material fee of \$10.00 per person. Register by March 14th.

TECH TIME WITH HARRY Friday, March 21 12:00 – 3:00 p.m.

Make a one-on-one 30-minute appointment and bring your own device to learn on. Please sign up by calling 860-537-3911.

HAM RADIO Friday, March 21 12:30 p.m.

Ham Radio is back. Join us for our monthly ham radio meeting, come learn about the craft, how to get licensed, and our equipment broadcasting site. Open to all that are interested.

TED TALK DISCUSSIONS Tuesday, March 25 10:30 a.m.

Join us as we watch two TED Talks with a focus on the topic of failure. Failure isn't fun, but it is an opportunity to learn, reflect and regroup. We will engage in discussion after viewing the videos.

IN THE KNOW Tuesday, March 25 12:30 p.m.

Join Patty Watts as she shares CSC updates and information about our programs, the facility, answers your questions and listens to your concerns.

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LUNCH BUNCH Friday, March 28 11:30 a.m.

Register to join us on this month's Lunch Bunch outing to Willimantic Brewing Company. The suggested donation for transportation is \$4. Please register even if you plan to drive yourself. Space is limited.

STITCH & FIX WITH MARIA Monday, March 31st by appointment, beginning at 10:00 a.m.

Bring your items that need hemming, slight mending, buttons replaced, etc. The items will be returned within 2 weeks. Please sign up for an appointment in the office.



QUILT SHARE & TELL FOR NATIONAL QUILT DAY Friday, March 21 10:00 a.m.

National Quilting Day is celebrated on the third Saturday of March. It's a day to honor the tradition of quilt making and the people who make quilts. We are celebrating all our talented members who make quilts by having a Share and Tell day on the Friday before. If you make quilts or have a favorite quilt to share, join us as we celebrate this art form and the history of quilt making. We will also unveil our 3 quilts that we will be raffling off for our upcoming fundraiser and talk about our upcoming Sewing for Beginners' class. Refreshments will be served. Registration is requested.

FREE CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN Learn the basics of American Sign Language (ASL). Group led	MONDAYS 11:00 A.M.	CSC	NO FEE
GARDEN CLUB Join members of the Colchester Garden Club to maintain the gardens around the senior Center	On Hold Until Spring	CSC	NO FEE
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM & CSC	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
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	WEDNESDAYS 1:30 P.M & 2:30 P.M	CSC	NO FEE
OPEN BILLARDS 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 A.M. & Wed. & Thursday 1:00 – 3:30 No Fridays this Month	CSC	NO FEE
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.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	THURSDAYS 1:00 P.M.	CSC	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 A.M.	CSC	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
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

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.*

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.
CARDIO DRUMMING	Wed. at 1:30 & 2:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE (by appointment only)	Thursdays at 12:00 p.m. \$10 for every 15 mins.
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, 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.

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 signing 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.

BLOOD PRESSURE CLINIC

Friday, March 14, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, March 14, 11:15 a.m.

Each month, our friends from the Chatham Health District share important information related to our good health and wellness. This month's topic is minerals and their connection to the body.

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.

FILE OF LIFE

A File of Life is a miniature health history which fits into a magnetic sleeve and placed on an individual's refrigerator and in their wallet. It is a phenomenal home safety program which can and has saved lives by putting vital information about health history, medication and insurance information into the hands of emergency personnel. All Police, Fire, and EMS personnel are trained to look for this information, while responding to emergencies.

It is the hope of the Colchester TRIAD to bring awareness to this important program and to provide through the Colchester Senior Center, senior and congregate housing communities, and the Colchester Fire Department a File of Life kit for every senior (ages 55 and up) living in the Town of Colchester, free of charge.

With your kit, you will receive a large F.O.L. in a magnetic sleeve for your refrigerator, a small F.O.L. in a plastic sleeve for your wallet and a form with tips on how to use your FOL kit. If you do not already have a File of Life kit, please stop into the senior center and get your File of Life today!

Patty Watts,
Director of Senior Services
Municipal Agent for the Elderly,



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, March 11
12:30 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

**Thursdays in March
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.

AARP TAX AIDE

**Fridays In February and March
By Appointment Only**

AARP Tax Aide Counselors will be available by appointment on Fridays from Feb. 4th to April 4th to assist you wil free tax preparation. Space is Limited. Call office for an appointment.

MEETINGS IN MARCH

AARP CHAPTER #4019

Tuesday, March 4, 1:30 p.m.

M-TEAM MEETING

Thursday, March 6, 8:00 a.m.

COMMISSION ON AGING

**Monday, March 10, 9:00 a.m.
Town Hall Hybrid Meeting Rm.**

LTC OMBUDSMAN REGIONAL MEETING

Tuesday, March 11, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, March 11
7:00 p.m. @ Senior Center**

CSC STAFF MEETING

Wed., March 12, 2:30 p.m.

DINING OPTIONS

Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.

COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served 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 CSC:

Volunteer Receptionist: We are looking for additional volunteer receptionists. Our goal is to always have two volunteers at the reception desk. We are looking for volunteers daily for the 9 a.m. – 12:30 p.m. shift and the 12:30 p.m. – 4 p.m. shift. If you are available, one or more days a week and can answer the phones and greet people when they enter the senior center, we would love to have you join our crew. We will train you. We are also looking for on-call and fill-in receptionists if you are unable to commit to one day a week. See Jodi for more information. If you have reached out, Jodi will be in touch.

FITNESS CENTER INFORMATION

Policies and Procedures for the new Fitness Center were passed by the Board of Selectmen, at their meeting on January 16, 2025. We are happy to offer this new amenity to our members. There are a few steps to take before being able to exercise independently in the fitness center.

- CSC’s Fitness Center is available to all **registered members of the Colchester Senior Center**. Any applicable membership fees must be current.
- Participants must fill out all required paperwork prior to using the Fitness Center. This includes the **Informed Consent and Medical Clearance Forms**. These documents must be updated annually.
- Individuals must **attend an orientation session** prior to using the Fitness Center equipment. (see scheduled sessions on Page 9)
- **Fitness Center Fees** may be purchased on a 3-month (\$35), 6-month (\$60) or 12-month basis (\$110).
- Once all forms are on file and the fitness orientation is completed, you will be **assigned a key fob** to give you access to the Fitness Center to work out at your convenience during our hours of operation on Monday – Friday, 8:00 a.m. -4:00 p.m.. The Fitness Center is **unsupervised**.
- Follow Fitness Center Policies & Procedures for safe use of equipment.



**COLCHESTER COA PRESENTS:
“HEARTSTRINGS ACROSS MILES”**

Monday, April 7, 10:00 AM

Join the Colchester Commission on Aging as they welcome author, Garrison Leykam, who wrote Heartstrings Across the Miles. In a world where distance often separates, *Heartstrings Across Miles* offers a heartfelt and practical guide for grandparents who want to stay closely connected with their grandchildren, no matter the miles between them. Garrison will be sharing creative ideas, timeless traditions, and modern tools to bridge the gap across generations, ensuring that love and memories flourish in even the most far-flung relationships. Some ideas are perfect for other long-distance relationships as well.

DEPARTING SOON

SOUTH PACIFIC WONDERS – NEW ZEALAND & AUSTRALIA

March 12 – 26, 2025

DAY TRIPS

CANCELLED - AMERICAN HERITAGE MILITARY MUSEUM, HUDSON, MA

STORMVILLE AIRPORT ANTIQUE & FLEA

MARKET 

Saturday, April, 26, 2025, 7:45 AM

Join us at the Airport in Stormville, New York for an antique show and flea market. Attracting over 600 vendors from more than 8 states, this market has been featured on HGTV’s “Flea Market Flip”. **The cost of the trip is \$94 per person. Fair style food will be available for purchase. Sign up before March 26th.**

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.**

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.**

OVERNIGHT TRIPS




SOLD OUT - ALASKA DISCOVERY LAND & CRUISE

July 23 – Aug. 3, 2025 

WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

   = Mostly Walking

INCLEMENT WEATHER PROTOCOL

If the Colchester Senior Center is impacted by inclement weather, please watch **WFSB Channel 3** for any announcements regarding any delays or closures of programs, meals, or transportation, listed under “**Colchester Senior Center**” or on the CSC Facebook page. Please be aware that we do not always follow the school closures and delays.



LUNCH WITH SKIPPER & OFFICER SCHEEL

Twice a month Colchester Police Department Officer Craig Scheel and his K-9 companion Skipper will be joining us at lunch time for conversation and some Doggie Love. Due to the officer’s schedule we are unable to post the dates in the newsletter. The schedule will be posted on the bulletin board as soon as it is decided each month. If you are planning to have lunch with us, please make sure that you reserve your lunch with our TVCCA nutrition site server by 10 a.m. the day before.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




March 2025

Colchester Senior Center

<p>2</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Program Registration 10:00 Sittercize 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back</p>	<p>3</p> <p>9:00 Making Memories 9:45 Tai Chi 11:00 The Flavors of Mardi Gras-King Cake & Zydeco Music 12:30 Pinochle 1:30 Bingo 1:30 AARP Meeting <i>Mardi Gras</i></p>	<p>4</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 11:15 Magnet School Proposal Presentation 1:00 Sew-cial Time 1:30 Cardio Drumming 1 2-3 Fitness Orientation</p>	<p>5</p> <p>8:00 M-Teams Meeting 9:00 Exercise w/ Anne 9:30 Live Well Workshop 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>6</p> <p>8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ 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 12:45 Set Back</p> <p><i>Daylight Saving Time Begins</i></p>	<p>10</p> <p>9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTCOP Mtg 10:15 Read Across America @ Cragin 12:30 Choices Counseling 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting</p>	<p>11</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Sew-cial Time 1:30 Cardio Drumming 1 2-3 Fitness Orientation 2:30 Cardio Drumming 2</p>	<p>12</p> <p>9:00 Exercise w/ Anne 9:30 Live Well Workshop 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet <i>Purim Begins</i></p>	<p>13</p> <p>8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education 1:30 Bingo</p>	<p>14</p>	<p>15</p>
<p>16</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Free Lucky Bingo 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back <i>St. Patrick's Day</i></p>	<p>17</p> <p>9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>18</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Shamrocks & Shenanigans Luncheon 1:00 Sew-cial Time 1:30 Cardio Drumming 1 2-3 Fitness Orientation 2:30 Cardio Drumming 2</p>	<p>19</p> <p>9:00 Exercise w/ Anne 9:30 Live Well Workshop 10:00 Sittercize 10:00 Wii Bowling 10:00 Card Making w/ Barbara 11:00 Yoga 12:00 Chair Massage 12:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet <i>Spring Begins</i></p>	<p>20</p> <p>8:30 – 3 AARP Tax Aide 10:00 Quilt Share & Tell 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 12:00 Tech Time w/ Harry 12:30 Ham Radio Meeting 1:30 Bingo</p>	<p>21</p>	<p>22</p>
<p>23</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Unleash Your Joy 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back</p>	<p>24</p> <p>9:00 Making Memories 9:45 Tai Chi 10:30 TED Talks Discussions 12:30 Pinochle 12:30 In the Know 1:30 Bingo</p>	<p>25</p> <p>9:00 Making Memories 9:00 Walking Group 9:00 Candy Making Class 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Sew-cial Time 1:30 Cardio Drumming 1 2-3 Fitness Orientation 2:30 Cardio Drumming 2</p>	<p>26</p> <p>9:00 Exercise w/ Anne 9:30 Live Well Workshop 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 1:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>27</p> <p>8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:30 Lunch Bunch 1:30 Bingo</p>	<p>28</p>	<p>29</p>
<p>30</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back</p>	<p>31</p>	 <h2>Happy St. Patrick's Day</h2>				



TVCCA SENIOR CAFE MENU ~ MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Western Omelet Parsley Potatoes Peas & Pearl Onions Tropical Fruit Cup</p> 	<p>4 Stuffed Chicken Kiev Rice Pilaf Green Beans Sweet Treat Grape Juice</p>	<p>5 Country Fried Beef Steak Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Fresh Orange</p> 	<p>6 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears</p>	<p>7 Glazed Ham Sweet Potatoes Mixed Vegetables Medley Pineapple Tidbits</p> <p><u>Add-On: Lentil Soup</u></p>
<p>10 Crispy Cod w/ Bun Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>11 Beef Stew Steamed Parsley Potatoes Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>12 <u>Birthday Celebration</u> Chicken Cacciatore Pasta Shells w/ Herb:  Green & Waxed Beans: Cookies Orange Juice</p>	<p>13 Pork Stir Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>14 Cheese Ravioli w/ Marinara Broccoli Carrot Coins Fresh Fruit</p> <p><u>Add-On: Cream of Chicken Soup</u></p>
<p>17 Salisbury Steak w/ Gravy Herb Roasted Potatoes Corn w/ Peppers & Onions Applesauce Cup</p>	<p>18 Country Style Chicken Garlic Mashed Potatoes Mixed Vegetables Medley Fresh Orange</p> 	<p>19 <u>Shamrocks & Shenanigans St. Patrick's Day Luncheon</u> Corned Beef & Cabbage Steamed Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice Ticket Cost: \$10</p>	<p>20 Cheese Omelet Sweet Potato Tater Tots Squash Mix w/ Carrots & String Beans Diced Peaches</p> 	<p>21 Chicken Parmesan w/ Bun Penne Pasta w/ Herbs Green Beans Mixed Fruit Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>24 Baked Cod w/ Herbs and Tomatoes Rice Pilaf Broccoli Fresh Fruit</p> 	<p>25 American Chop Suey Corn w/ Peppers & Onions Waxed Beans Applesauce Cup</p>	<p>26 Vegetarian Lasagna Snap Peas Diced Carrots Tropical Fruit Cup</p> 	<p>27 Pork Sausage and Gravy Home Fries Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>28 Chicken Taco w/ Flour Tortilla & Cheddar Cheese Spanish Rice Green & Yellow Squash Sweet Treat Grape Juice</p> <p><u>Add-On: Bean and Bacon Soup</u></p>
<p>31 Beef Tips w/ Peppers & Onions Gemelli Pasta Zucchini, Peas, & Carrots Sweet Treat Orange Juice</p>	<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 www.tvcca.org (24hr voice mail available)</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>~~~~~</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. Please advise a staff member of any food allergies prior to con- sumptions of meals.</p>	 <p>PAGE 10</p>