

COLCHESTER SENIOR CENTER



February 2022

“HEARTY NUTRITION” CONTEST WITH TVCCA

To get into the spirit of this month's theme of Heart Health, we are hosting this fun meal participation contest! Sign up for 5 meals at the center (not including ticketed special events) during the month of February, have a special card stamped, and you will be entered to win a \$25.00 gift card to Stop & Shop. The drawing will be held on Monday, February 28th at lunch. Please see Valerie Webster, Site Server for more information.

GO RED FOR WOMEN Friday, February 4

February is Heart Health Awareness Month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. If you come into the center wearing red, you will receive a special treat from our Volunteer Receptionist on this day.

BEAT THE WINTER BLUES WITH UCFS Friday, February 4 10:00 a.m.

It's not unusual to feel sad during the long winter months. Sara Walker from United Community Family Services (UCFS) will discuss coping skills for seniors during the winter months and how to deal with “feeling down”. Please pre-register by Thursday, February 3rd.



HEART-HEALTHY DRINKS Wednesday, February 9 10:00 a.m.

Participants will learn two new recipes from instructor Irene Watson. The first is a “Heartburn Relief” smoothie packed with fruits and veggies. The second recipe is for “Golden Milk”, a warm winter drink with the spice turmeric (great for arthritis and inflammation!). This is a free class! Please register by February 2nd so we can have an accurate count for supplies. Samples included.

AARP TAX AIDE APPOINTMENTS

Fridays, February 11- April 1
by appointment only

AARP Tax Aide Counselors will be available by appointment on Fridays from February 11th through April 1st to assist you with free tax preparation assistance. Please call 860-537-3911 to schedule your tax appointment. Space is limited. For the safety of our volunteer preparers, face masks will be required for appointments.

BOOK FOLDING WORKSHOP Tuesday, February 15 1:00 p.m.

Join this no-cost workshop and go home with a unique handmade gift! Learn the craft of Book Folding, or creating patterns in books by using paper folding techniques. We will be following a heart pattern, which we think is just perfect for Valentine's Day! Instructor (and CSC member) Carol Gregoire will lead us step-by-step through this simple yet stunning craft. Materials will be provided to you, pre-registration is required.

HAPPY HEARTS VALENTINE'S LUNCHEON Wednesday, February 16 11:00 a.m.

This Valentine's Day let's toast to the friendship that we share here at our senior center. Paul Shlien will be here to help us rock out with favorites from the 50's, 60's & 70's, including Billy Joel, The Beatles, and more! After the show we will be serving a delicious lunch of spaghetti and meatballs, garlic bread, garden salad, chocolate cake brownies, and grape juice courtesy of TVCCA. Tickets are \$9 each and will be on sale until February 9th or sold out.

BENEFITS ENROLLMENT PROGRAM Friday, February 18 by appointment only

If you have been curious if there are programs for which you are eligible to apply, schedule your private consultation today. Senior Resources Area Agency on Aging will be here to screen seniors over the age of 60 for any benefits for which they may be eligible. Examples of beneficial programs include the Medicare Saving Program (MSP), SNAP (formerly Food Stamps) and many more.

HARRIET TUBMAN: A WOMAN WITH A RAILROAD Wednesday, February 23 1:30 p.m.

Adwoa Bandele-Asante brings to life the story of the great Harriet Tubman and her struggle for freedom from slavery and inclusion as an American citizen. You will understand how faith, courage and commitment inspired this great woman warrior of the 20th century. This inspiring performance will be followed by a Q& A and light refreshments. Tickets for this event are \$8, on sale until February 18th.

**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.
pwatts@colchesterct.gov

Ruth Reinwald
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 Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
Roberta Avery, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Quinn Kozak
Rosanne Tousignant
Nola Weston
Alternate, Vacant
Alternate, Vacant

From the Director's Desk

Is anyone out there a fan of February? I'm not sure....cold, cold and more cold. The shortest month of the year is invariably the chilliest. Currently, my sister and her family are living with me and my husband. They have bought a new house down in Florida and with the recent housing market boom, their house here in Connecticut was sold in a flash. Because my sister works in a school and their youngest daughter is finishing up her senior year and will be graduating in June, they are sticking out their final cold winter with us. I don't mind the cold. I don't love it either, but it's been funny to see my brother-in-law (who by the way has lived in Connecticut his whole life) shiver as he longs for warmer climates. I suppose we will know by February 2nd if Punxatawney Phil sees his shadow or not. I hope for Dan's sake it's a shortened season.

I prefer the diversity we enjoy in our seasons. Yes, even winter! Though being outside can be a challenge this time of year, we have plenty of reasons to come inside and have fun with us at the senior center. On February 1st, we will be having an **Experience China** program for the Chinese New Year. This is the Year of the Tiger. If space is still available, our friends at Chestelm will be leading a **Heart Healthy Lunch & Learn** on February 2nd. There will be an educational presentation on how best to support good cardiac health and a yummy lunch is always a guarantee with Chestelm. They spoil us! Don't forget to **Go Red for Women** on Friday February 4th in support of Heart Disease Prevention. Stop by the Volunteer Receptionist if you are wearing red and get a sweet treat...they say dark chocolate is good for you, right? This month begins **AARP Tax Aide Season**, which will run from February 11-April 1st. Be sure to book an appointment early, as space is limited. Join us for a fun special luncheon event, our **Happy Hearts Luncheon**, where Paul Shlien will get our toes tapping and happy hearts beating along to his music from the 50's, 60's and 70's. Senior Resources will provide us with a new screening tool to see if seniors are eligible for beneficial programs which could save you money at the **Benefits Enrollment Event** on February 18th. Towards the end the month, you won't want to miss a very special presentation for Black History Month--**Harriet Tubman: A Woman with a Railroad**, performed by Adwoa Bandele-Asante on February 23rd. Get your ticket today. Beyond that, we have so many more programs and services; we hope this gives you a small sense of the many important and valuable services available to you through your local senior center. Come join in the fun!

While we are talking about February and the weather that we experience in the wintertime, please remember that to learn if our services are impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding delays or closures (even if the center is open, meals, programs and transportation may be closed for the day.) You will find the listing under **"Colchester Senior Center."** We do not follow the Colchester Public School schedule for closures. Even when our weather can bring frustration or slow us down, I can't imagine living anywhere other than New England. I enjoy the beauty and the change of seasons. I think we've got it all living in this part of the country. Can someone please remind me of this, though, at some point during the next snowstorm? ☺

Warmly,

Patty

WALKING GROUP

Wednesdays
9:00 a.m.

Got sneakers? Weather permitting, the walking group will meet weekly at the Airline Trail entrance on Route 85 in Amston to enjoy a workout, fresh air and good company.

EXPERIENCE CHINA

Tuesday, February 1
10:00 a.m.

Come celebrate the Chinese New Year and learn about contemporary life in China. The fee for this presentation is \$9 per person. Please register by January 25th.

HEART HEALTHY LUNCH & LEARN WITH CHESTEM

Wednesday, February 2
11:30 a.m.

We will enjoy an informative presentation on lifestyle choices and heart healthy diets by our friends from Chestelm Health & Rehabilitation followed by a heart healthy lunch of turkey chili, cornbread, crunchy cabbage salad with peanut dressing, apple bread pudding and a bottle of water. This program is **SOLD OUT**. Wait list only for any cancellations.

INCLEMENT WEATHER

'Tis the season for snowy weather! Please watch WFSB Channel 3 for any announcements regarding delays or closures due to inclement weather. Even if the center is open programs, services, meals or transportation may be impacted. Postings will also be on the CSC Facebook Page.

REEL FRIENDS MOVIE CLUB

Wednesday, February 9
12:30 p.m.

The film for February will be "Mother's Day." Julia Roberts, Jennifer Aniston and Kate Hudson star in this ensemble comedy about three Georgia families and the relationships between the mothers and children. This was the last film from the late director Garry Marshall. Rated PG-13.

SHOPPING TRIP

Thursday, February 10
10:30 a.m. Departure

This month's monthly shopping trip will be to Waterford Wal-Mart. Suggested donation is \$4.00. Please pre-register by calling the senior center office.

CARD MAKING WORKSHOP

Friday, February 11
10:00 a.m.

Join talented CSC member Barbara Gozzo for this winter themed card making workshop. There is a material fee of \$5 per person. Registration deadline is February 8th.

PET THERAPY

Monday, February 14
11:00 a.m.

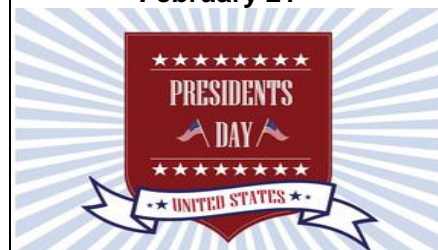
We invite our dog-loving members to come and get a little TLC from "Stitch", a certified therapy dog, with her owner Mary Bylone.

BOOK CLUB DISCUSSION

Tuesday, February 15
10:30 a.m.

This month's book selection is *Then She Was Gone* by Lisa Jewell. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

The Colchester Senior Center will be closed on Monday, February 21st



in observance of President's Day

IN THE KNOW

Tuesday, February 22
12:30 p.m.

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips, and answers your questions.

LUNCH BUNCH

Friday, February 25
11:30 a.m.

This month the Lunch Bunch will be going to Papa Z's in Colchester. With such a wide variety of menu selections, you're sure to find something to please every palette. Space for this trip is limited so be sure to sign up early. The suggested donation is \$4.00 for bus transportation.

STITCH & FIX

Monday, February 28
by appt. beginning at 10 a.m.

Bring your items that need hemming, slight mending, buttons replaced, etc. and Maria will take care of it and return it within 2 weeks. By appointment, please sign up in the office.

AARP VIRTUAL EVENTS

Month of February

Whether you are looking for practical resources or fun activities and events, AARP has something for everyone with their virtual programs. For the full list of upcoming events and to register visit states.aarp.org/connecticut.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basic of American Sign Language (ASL). Leader: Group Lead	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 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: Priscilla Clesowich	WEDNESDAYS 1:30 P.M.	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! Beginners welcome. 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 \$30.00</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

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. We will keep track of the amount of classes through attendance and notify you when you need a new card. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415 attn: Ruth Reinwald.

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 1:00 p.m.
MAH JONGG	Mondays at 12:30 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
REEL FRIENDS	2nd Wednesday at 12:30 p.m.
MOVIE CLUB	
MEXICAN TRAIN	Thursdays at 12:30 p.m.
DOMINOES	
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 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.

1:45-3:00 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.

1:45-3:00 p.m. for Westchester with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.

Fridays: *Appointment Day

**Rides to medical appointments including local doctors, physical therapy, lab work and other appointments within Colchester's boundaries.*

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, 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. See our CSC Policies and Procedures Manual for additional information.

We require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. All rides are on a first-come-first served basis. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be dropped off or mailed into the Colchester Senior Center office at: CSC 95 Norwich Ave. Colchester, CT 06415.

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, February 4 at 10:00 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

Tuesday, February 1 at 9:15 a.m.

Victoria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings. Please call the office at 860-537-3911 to schedule your appointment.

FOOT CLINIC

Wednesday, February 23
at 1:30 p.m., by appointment

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

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.

WARNING SIGNS OF HEART ATTACK & STROKE

from the American Heart Association

Heart Attack Warning Signs

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body

Shortness of breath

Stroke Warning Signs

Face drooping: Does one side of the face droop or is it numb? Ask the person to smile.

Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty: Is speech slurred, is the person unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like "the sky is blue." Is the sentence repeated correctly?

**IF THESE SIGNS ARE PRESENT
CALL 9-1-1!**

Heart attack and stroke are life-and-death emergencies—every second counts. If you see or have any of the listed symptoms, immediately call 911. Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. Don't delay—get help right away.



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, February 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.

AARP TAX AIDE APPOINTMENTS

Fridays, February 11- April 1

Free Tax Preparation Service is available through AARP Tax Aide volunteers. Space is limited, but we will begin scheduling appointments after the first of the year. Call 860-537-3911 for more information.

ENERGY ASSISTANCE September to May

Energy Assistance is offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN FEBRUARY

COMMISSION ON AGING

Monday, February 14
8:30 a.m.

CSC STAFF MEETING

Wednesday, February 9
2:30 p.m.

SENIOR CENTER

BUILDING COMMITTEE

Tuesday, February 8 & 22
7:00 p.m.

Zoom links to join Committee or Board Meetings are posted on the Town website at: www.colchesterct.gov

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 at 860-934-1006.

VOLUNTEER OPPORTUNITIES

Looking for ways to stay busy through retirement? Put your many skills to good use with a volunteer opportunity at the CSC:

Meals on Wheels Driver: Must have own transportation. Different days/routes available. Call Valerie at 860-537-3911.

Morning Hospitality: Training provided for one or more volunteers to brew coffee and put out a spread of baked goods in the morning and occasionally manage kitchen supplies inventory at 7:30 a.m. Monday-Friday.

Save the Date

HOW TO ATTRACT BIRDS TO YOUR PROPERTY

Friday, March 11
10:30 a.m.

Many homeowners have a backyard bird feeder or even a bird bath. But there is so much more you can do to welcome birds and improve your land overall as a wildlife habitat. Interested in learning how to attract birds to your yard? The CT Audubon Society will be joining us to share the tips you need to create a backyard birding paradise. The cost for this program is \$5.00 and registration will begin in February.

LEPRECHAUN LUNCH SPECIAL EVENT

Wednesday, March 16
11:00 a.m.

On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for our annual luncheon, which will include a performance by Maggie Carchrie. Maggie's authentic Gaelic songs will make everyone dance a jig! The show will be followed by a traditional Irish feast courtesy of TVCCA. Tickets are \$9 and will be available for purchase beginning in March.



Welcome to the world little one...
Maya Jane Barlow born on
January 1st at 8 lbs. 12 oz.
to proud parents Ruth & Brian!


DAY TRIPS

FEW LEFT THOMASTON OPERA HOUSE 
 “JESUS CHRIST SUPERSTAR”

Sunday, April 3, 10:15 a.m.
 Come see the world famous play “Jesus Christ Superstar” at CT’s own Thomaston Opera House in Thomaston, CT. You will have reserved orchestra seats for the show and enjoy a pre-show lunch at the Black Rock Tavern. **Cost is \$116 per person.**

SOLD OUT! NEW YORK BOTANICAL GARDENS

Wednesday, April 20, 7:00 a.m.
 Dine at Ann & Tony’s Restaurant for lunch where you will have a choice of Chicken Marsala, Veal Parmigiana, or Eggplant Parmigiana with salad, dessert and coffee or tea. Make your way to the Botanical Gardens and explore over 50 diverse gardens and plant collections that are located throughout the 250 acres. **Cost is \$129 p.p**

NYC ONE WORLD & 9/11 MUSEUM 
 Monday, May 9, 7:00 a.m.

Start your day at the 9/11 Museum where you will have time to view both the museum and the twin reflecting pools. Spend some time in the afternoon at Chelsea Market for lunch on your own. Ascend to the top of the World Trade Center to look toward the horizon and feel the city’s invincible spirit. **Cost is \$130 p.p.**

FOSTER’S DOWNEAST CLAMBAKE 
 Wednesday, May 25, 7:45 a.m.

The menu will consist of award winning clam chowder, steamer clams and mussels, Maine lobster, sweet corn on the cob, red bliss potatoes, rolls and butter, and Foster’s own blueberry crumb cake. The alternative meals choices are BBQ chicken and a vegetarian option. Stop by Portsmouth, NH on the way home for some shopping! **Cost is \$119 p.p.**

NEW “CABARET” at THE GOODSPEED OPERA HOUSE with LUNCH at the GELSTON HOUSE
 Wednesday, June 8, 2022, 11:00 a.m.

Willkommen! Bienvenue! Welcome... to *Cabaret*, Kander and Ebb’s legendary musical about British nightclub singer Sally Bowles, American writer Cliff Bradshaw, and the decadence of 1929 Berlin. With mounting fear and uncertainty outside, the bawdy Emcee lures you into the world of the Kit Kat Club where your troubles are left at the door. This Tony Award-winning masterpiece dazzles onto the Goodspeed stage for the very first time! Lunch served at the Gelston House provided before the matinee performance, transportation on the senior bus is included for the **cost of \$90.00**. Registration is required by May 25th.

NEW THIMBLE ISLANDS CRUISE & CHOWDER

POT III 
 Wednesday, June 29, 2022, 11:30 a.m.

Enjoy a delicious lunch at the Chowder Pot III in Branford, CT. Menu choices are Baked Stuffed Sole, Baked Salmon, or Chicken Piccata followed by NY style cheesecake for dessert. Then climb aboard the Sea Mist for a tour of the Rocky Isles off Stony Creek Coast. **Cost is \$116 per person.**

OVERNIGHT TRIPS

ATLANTIC CITY 
 June 7-9, 2022




Stay 2 nights at Resorts Casino Hotel, with prime location at the northern end of the famed Atlantic City Boardwalk overlooking the Atlantic Ocean. Enjoy Resorts newest addition: Jimmy Buffet’s Margaritaville. This tropical-themed casino section now offers a 5’Oclock Somewhere Bar, Landshark Bar & Grill, and Coffee Shop. The trip includes a \$25 slot credit and two \$20 meal credits. **The cost of the trip is \$325 p.p. double occupancy.**

CANADIAN ROCKIES 
 GLACIER NATIONAL PARK
 June 18-24, 2022

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. **The cost of the trip is \$3,279 p.p. double occupancy before December 18.**

NEW CALIFORNIA DREAMIN’: MONTEREY, YOSEMITE & NAPA 
 October 10-17, 2022

From the rugged coastline of the Pacific Ocean to Yosemite National Park, Lake Tahoe to Napa Valley, the scenery, history, and culture of northern California is unparalleled. Explore the charming cities of Monterey, Sacramento, and San Francisco, as well as the astounding beauty of Yosemite. This trip will include seven breakfasts, two lunches, and three dinners. **The cost of the trip is \$2,999 p.p. double occupancy before April 10th.**

-  = Light Walking
-   = Moderate Walking
-    = Mostly Walking