

COLCHESTER SENIOR CENTER

August 2024



news

HEALTHY BRAIN SERIES

**Session 6: Lessons
for a Longer Life**

**Tuesday, August 6
10:45 a.m.**

Join us for the final session of our Healthy Brain Series program with Hartford Healthcare's Center for Healthy Aging. This month's topic is Lessons for a Longer Life. Most of us don't want to just live longer — we want to live longer while enjoying a good quality of life. There are simple things you can do to be your healthiest, most active, productive self while living longer. This is a free series and open to all. Registration is requested.



EXPRESSION DOLL WORKSHOP

**Thursday, August 8
9:00 a.m. – 11:30 a.m.**

Join CSC member, Irene Watson, as she shows you how to express yourself and your creativity by making a doll/figure totally from scratch using sticks, cloth, ribbons, buttons, faces, feathers or any materials you would like to bring with you from home. There are no special skills needed to be able to do this as we will be using twine, floral wire, hot glue, needle and thread (if desired) to create a figure that can be whimsical and fun or have meaning and inspiration for you. Everyone's creation will be unique and beautiful. A small \$5.00 fee will cover the cost of materials that will be provided.

DOWNSIZING DEMYSTIFIED

**Tuesday, August 13
10:30 a.m.**

Are you looking for ways to declutter your space? Are you looking to effectively downsize your home? Join Shelia Gavish of Amston Transition Solutions as she discusses tips and tricks to decluttering and downsizing and the emotions associated with doing both. This is a free program. Refreshments will be served. Registration is required.

BATHING BEAUTIES & BEACH BOYS LUNCHEON

**Wednesday, August 21
11:00 a.m.**

Let's head to the "beach" as we bid farewell to the last few weeks of summer. Listen to the musical talents of musician Matt Bureau, in his debut performance at CSC. Enjoy a lunch of all-beef hot dogs, French fries, pasta salad, sliced watermelon and Popsicle treats. The cost is \$9 per person and pre-registration is required. Space is Limited.

PIZZA & A MOVIE NIGHT

**Thursday, August 22
5:00 p.m.**

Spend an evening with us as we enjoy pizza and a movie. We will be showing the true, inspirational, sports drama *The Boys in the Boat*. Directed by Academy Award-winning actor, George Clooney, and starring Joel Edgerton and Callum Turner, the film follows the University of Washington rowing team as they compete for gold at the 1936 Olympics in Berlin. This team of underdogs faced insurmountable challenges during the height of the Great Depression. Pizza, salad, soda/water and dessert will be served and of course popcorn. The cost is \$7 per person. Space is limited.

SOUTH PACIFIC WONDERS NEW ZEALAND & AUSTRALIA TRIP PRESENTATION

**Monday, August 26
10:30 a.m.**

Have you ever wanted to travel to the world down under? Join Collette travel as they share information on our upcoming trip offering to New Zealand and Australia. Learn about the Great Barrier Reef, Glacial Fjords, Sydney Harbor, Queenstown and more. Trip registration is not required to attend this presentation. This is a free program.

SENIOR GOLF LEAGUE SEASON'S END BANQUET

**Tuesday, August 27
11:30 a.m.**

Our Co-Ed Senior Golf League is finishing up their 16-week season. It's time to celebrate another successful season of golf for our Golf League. Members of the league will be meeting at the Chanticleir under the pavilion behind the clubhouse after their last session of golf. The lunch will consist of your choice of grinder, macaroni salad, potato chips, Arnold Palmer iced tea & water, and a dessert. RSVP in the office or by calling 860-537-3911.

ALZHEIMER'S WALK TEAM: THE CSC MEMORY MAKERS

**Wednesday, September 25
10:00 a.m.**

Colchester Senior Center will be putting together a walk team for this year's Alzheimer's Association Walk. Unlike previous years, we will be holding the walk for our team here in Colchester. Over the last two years our team has raised over \$2200 for Alzheimer's research and programs. Contact Jodi Savage to learn more and register for our team.

Colchester Senior Center
95 Norwich Ave.
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

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
William Otfinoski, Vice Chair
Terry Brown, Treasurer
Roberta Avery, Secretary
Linda Pasternak
Rosanne Tousignant
Nola Weston
Geraldine Transue, Alternate
Bonnie Trecarten, Alternate
Rosemary Coyle, BOS Liaison
Scott Chapman, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

I've never really been one to get hung up on outward signs of aging, which is probably why I haven't minded sporting my natural "silver" hair. I have had the privilege to know so many fabulous older adults in my lifetime that I probably have a bit of a different view on aging than most people of my age. Throughout my career, I have known folks who acted "old" for their age and oh so many others who acted "younger" than their many years of longevity would indicate. I've observed through the years that one's attitude has a lot to do with the way people age—certainly unexpected illness and chronic pain can play a role—but undoubtedly there is a role that attitude and perceptions about aging impact one's journey.

I think that's why I'm such a firm believer in what senior centers are all about. There is evidence that people who are connected to senior centers age better, scientifically. How amazing is that? According to the National Council on Aging (NCOA), "Compared to their peers, senior center participants have higher levels of health, social interaction, and life satisfaction." Sounds like a great mission to me! I am so proud that my life's passion has led me to this setting, where I am privileged to see the difference our work makes every day.

Again from the NCOA, "Senior Centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them to stay healthy and independent." Some of the many services you can find at local senior centers, including Colchester's are: meal and nutrition programs; information and assistance; health, fitness and wellness programs; transportation services; public benefits counseling; meaningful volunteer experiences; social and recreational activities; educational and arts programs; and intergenerational programs. The Colchester Senior Center is proud to be able to offer all of those things, and more.

What is the impact of having these services so conveniently available to you? According to the NCOA, "Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measureable improvements in their physical, social, spiritual, emotional, mental, and economic well-being." That is our GOAL, to help our members age well.

We are quickly approaching a historic threshold for Colchester's Department of Senior Services, one which will send us on an entirely new trajectory of being able to serve even more people. As we look forward to transitioning into our new "home" in a few months' time, Colchester is well-positioned to allow us to grow our membership and our services. During the next few months, we ask for your patience and understanding as we devote some time and staffing resources to getting ready for our move. Please "pardon our dust" as we get ready for our BIG MOVE. This is going to be exciting!

Warmly,

Patty

PROGRAMS

GARDEN CLUB

Monday, August 5
8:30 a.m.

The group will meet on the first Monday of every month at the senior center to maintain the front and side gardens. Everyone is welcome. Rain date August 12

LIFE REVIEW WRITING

Wednesday, August 7
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.

SEASONAL CRAFTING

Wednesday, August 14
10:30 a.m.

Join Jodi as we plan for the Annual Scarecrow on the Green Contest, making and displaying CSC's own scarecrow. Later, we will plan our Holiday Tree which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions.

SEWING CIRCLE

Wednesday, August 14 & 28
1:00 p.m.

Come and work on a project of your own or a small project that we have ready to go. We do have some machines to use but you are encouraged to bring your own if you can.

SHOPPING TRIP

Thursday, August 15
10:30 a.m. Departure

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



CARD MAKING WORKSHOP

Friday, August 16
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 \$8.00 per person. The registration deadline is August 9th, in the senior center office.

TECH TIME WITH HARRY

Friday, August 16
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.

STITCH & FIX WITH MARIA

Monday, August 19
by appt. beginning at
10:00 a.m.

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

BOOK CLUB

Tuesday, August 20
10:30 a.m.

This month's book selection is *The Betrayal of Anne Frank* by Rosemary Sullivan. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

IN THE KNOW

Tuesday, August 20
12:30 p.m.

Join Patty Watts as she shares CSC updates, information about the new senior center, answers your questions and addresses your concerns.



LUNCH BUNCH OUTING

Friday, August 23
10:45 a.m.

Join us for our annual Lunch Bunch adventure to Lenny & Joe's in Westbrook. Experience award winning broiled, baked, fried, and steamed seafood at this friendly restaurant. Suggested donation for bus transportation is \$5.00. Please sign up in the office, even if you plan to drive yourself. Space is limited.



SHARE YOUR MEMORIES OF 95 NORWICH AVENUE

As we start to look forward to our historic move to the new senior center on Louis Lane, we cannot forget the memories that have been made in this current building. We are asking everyone to share some of their favorite memories and stories of things that have happened to you within these CSC walls. Whether you have been a member for years or recently joined I am sure we all have a memory to share. Maybe you met a new friend here, had a program that impacted your life, or have a story about the building itself, we want to hear them all. We will share some of them at our September Luncheon. There will be a memory jar and paper near the My Senior Center Kiosk during the month of August and first week of September.



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	1st MONDAY of the Month 8:30 A.M.	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 AM & 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.	2nd & 4th WEDNESDAYS 1:30 P.M	CSC	NO FEE
LINE DANCE CLASS Learn easy-to-follow dance steps set to lively music. Leader: Debra Yanki	CLASS WILL RESUME IN SEPTEMBER	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 will continue to run daily to and from the Senior Center for programs, classes, and meals.

Mondays: Appointment Day*

Tuesdays: Shopping Day

- **9:30-10:45 a.m. for Westchester** with stops at Stop & Shop, CVS, Noels, Walgreens, and Dollar General.
- **1:35-3:00 p.m. for Colchester** with stops at Stop & Shop, CVS, Noels, Walgreens, and Dollar General.

Wednesdays: Appointment Day*

Thursdays: Shopping Day

- **9:30-10:45 a.m. for Colchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.
- **1:35-3:00 p.m. for Westchester** with stops at Stop & Shop, CVS, Noels, Walgreens and Dollar General.

Fridays: Appointment Day*

**Appointments include rides to medical appointments including local doctors, physical therapy, lab work and other appointments within Colchester.*

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 1:00 p.m.
MAH JONGG	Mondays at 12:30 p.m.
SETBACK	Mondays at 12:45 p.m.
SENIOR GOLF LEAGUE	Tuesday at 9:00 a.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	2 nd & 4 th Wed at 1:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE	Thursdays, beginning at 12:00 (by appt.)
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 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

BLOOD PRESSURE CLINIC

Friday, August 9, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, August 9, 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 Enhancing Immunity.

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 III funds made available under the Older Americans Act.

HOW TO PROTECT YOUR HOME WHILE YOU'RE AWAY

Somewhere in the U.S. there is a burglary committed every 15 seconds. If it happens to you, you lose more than just some possessions. There are things you can do to boost home security and make your house burglary-resistant. Burglars look for a house that looks like no one is in it. If you make your house look occupied when you're gone, most burglars will simply pass it by.

- Use automatic light timers throughout the house and have them turn on and off in a way that simulates your normal patterns.
- Turn the volume of your phone's ringer down so someone outside can't hear them ring. Have your calls forwarded while you're away. Burglars sometimes call to see if anyone is home.
- Arrange to have your lawn mowed or snow removed, if you will be gone for a long period.
- Instead of stopping your mail and newspaper delivery, have a neighbor pick them up and hold for you.
- Ask a neighbor to use your trash can and put it out at the curb and bring it in a trash day.
- Never leave doors or windows unlocked, never hide a key outside where it can be easily found. Use solid core/metal doors that are secured with quality deadbolt locks.
- Use a metal or wooden rod in the track of sliding glass doors to prevent them from being slid open.
- Thieves can hide behind trees and shrubs. Trim back or remove and shrubbery next to doors or windows.
- Use motion detector activated outdoor lighting, which turns on automatically when anyone approaches the house.
- Neighbors who look out for one another are the best deterrents! Consider starting a neighborhood watch program if your neighborhood doesn't already have one.

Keep your home safe by doing these few things, then you can relax and enjoy while you're away!

SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, August 13

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

Thursdays in August

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.

RENTERS' REBATE

April 1-September 30, 2024

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Conselor on Thursday afternoons. The income threshold for the 2023 Benefit Year is \$43,800/single \$53,400/married or under. Call the office for a list of what you need for your appointment at 860-537-3911.

MEETINGS IN AUGUST

AARP CHAPTER #4019

No July or August Meeting

COMMISSION ON AGING

Mon., Aug. 12, 9:00 a.m.

***Meeting held at CSC**

LTC OMBUDSMAN

REGIONAL MEETING

Tues., Aug. 13, 10:00 a.m.

SENIOR CENTER

BUILDING COMMITTEE

Tues., Aug. 13 & 27, 7:00 p.m.

**Town Hall Hybrid Meeting
Room**

CSC STAFF MEETING

Wed., August 14, 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

Looking for a way to stay busy in retirement? Put your many skills to good use through 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.

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 Valerie for further information or to sign up.

Fill-In Receptionist: We are looking to add to our list of on-call receptionists. If you are looking to volunteer on a more casual basis this position may be for you. See Jodi for more information.



FAREWELL (FINALLY) "MOVING DAY" LUNCHEON

Wednesday, September 18, 2024, 11:00 a.m.

We are "Moving on Up" and will soon be in our new home. After 44 years at this location, join us as we celebrate our final official luncheon at 95 Norwich Avenue. Join us for this "Moving Day" themed luncheon. We will play a few rounds of "Moving & Leaving" musical bingo and other games. We will also recall some of the special times in this building as we share our favorite memories. The traditional moving lunch of pizza, salad and chips will be served with a special cake to honor this time in CSC history. More information will be in the September newsletter.

SENIOR CENTER BUILDING COMMITTEE UPDATE



Progress continues on the new senior center, located at 15 Louis Lane. Current construction activities include:

- Sheetrock is complete and they are preparing for interior painting.
- Rough-in of mechanicals is almost complete.
- Siding is approximately 50 percent complete
- Eversource is scheduled to bring power into the building by mid-July.
- We still anticipate a fall completion date.

DEPARTING SOON

THEATRE BY THE SEA – SOUTH KINGSTOWN, RI
“THE SOUND OF MUSIC”

Thursday, August 15, 2024, 9:00 a.m.

OGUNQUIT, MAINE – NUBBLE LIGHTHOUSE

Thursday, August 29, 2024, 8:00 a.m.

DAY TRIPS

NAUGY SCENIC TRAIN – Naugatuck Railroad

Friday, September 13, 2024, 9:30 a.m. 

Start your day at Black Rock Tavern in the heart of Thomaston, CT for a full course lunch of your choice (Chicken Marsala, Salmon with Lemon, or Pork Tenderloin) with vegetable, potato, dessert, and beverage. Take a scenic ride on a vintage diesel pulled locomotive. Enjoy a ride through the Naugatuck River Valley over bridges and along the river. In Waterbury the train will make a stop at Fascia's Chocolate Factory where you will learn its history and purchase some treats before the train returns to Thomaston Station. (Please note the platform at Fascia's is not suitable for guests with wheelchairs or walkers) **The cost is \$129 per person. Sign up before August 13th.**

COVERED BRIDGES OF NEW HAMPSHIRE

Tuesday, October 1, 2024, 7:45 a.m.  

Enjoy a family style lunch at the Inn at East Hill Farm, a working farm and Inn in the shadow of Mount Monadnock in Troy, NH. Delight in homemade soup, fresh breads, fritters with maple syrup, hot entrees, sides, and delicious desserts. Then grab your camera and explore several covered bridges (kissing bridges) in southern NH with a guided tour with a local experienced guide. **The cost is \$134 per person. Sign up before September 1st.**

JACK-O-LANTERN SPECTACULAR - PROVIDENCE

Tuesday, October 29, 2024, 2:00 p.m.   

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4-mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old time favorites and everything in between - all with painstaking detail and amazing intricacy. The event has been featured on the Today Show, CNN and hailed by USA Today as “extraordinary”. Prior to the Spectacular, enjoy a delightful Harvest Buffet under the tent on the grounds of Roger Williams Zoo. Sample Menu: Garden Salad, Apple & Brie Stuffed Chicken, Fall Vegetables, Dessert Platter, Beverage. **The cost is \$140 per person. Sign up before September 29th.**

A CHRISTMAS STORY – THE MUSICAL at the GOODSPEED with lunch at the GELSTON HOUSE

Wednesday, November 6, 2024, 10:45 a.m. 

The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict schoolteacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter! **The cost is \$98 per person and includes senior bus transportation, meal, and tickets to the show. Space is Limited.**

FIREPLACE FEAST AT THE SALEM CROSS INN

Friday, November 15, 2024, 9:15 a.m.  

Enjoy a day of “New England” activities at the Salem Cross Inn, a restored 18th century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Tour the inn and learn about its history, take a horse drawn wagon or sleigh ride over the property, watch your prime rib roast in an open-hearth fireplace. The meal includes prime rib, chowder of the sea, vegetable, potato and apple pie (alternate entrée option of vegetarian stuffed squash). Stop at Brookfield Orchard's country store before departing from home. **The cost is \$150 per person. Sign up before October 15th.**


OVERNIGHT TRIPS

SOUTH PACIFIC WONDERS – NEW ZEALAND & AUSTRALIA




March 12 – 26, 2025, departure TBD   

Explore two great countries of the Southern Hemisphere - Australia and New Zealand - on one single vacation package with Collette. Enjoy the tropical splendor of the Great Barrier Reef on Australia's northern coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this 15-day journey to the lands "down under" brings you the best of both countries at an enjoyable pace. Cruise Sydney Harbor and Milford Sound. Meet Australia's wildlife-up close. Discover the wonders of Aboriginal culture. Experience Queenstown, the adventure capital of the world. Optional excursions that can be added to the standard vacation package include a Maori Haka Ceremony, Vudu Lookout Tour (island tour), Flight from Milford Sound to Queenstown and Journey through Middle Earth. **15 Days, 22 Meals, 12 Breakfast, 4 Lunches, 6 Dinners. The Cost is \$7,699 (Double Occupancy) per person if booked before September 14th (Save \$450).**

WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

   = Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2024

Colchester Senior Center

<h1>August 2024</h1> <h2>Colchester Senior Center</h2>				<div>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</div>	<div>10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo</div>	
<div>8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</div>	<div>9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:45 Healthy Brain Series: Life Lessons 12:30 Pinochle 1:30 Bingo NO AARP Chapter #4019 Meeting</div>	<div>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing NO Line Dancing</div>	<div>9:00 Exercise w/ Anne 9:00 Expression Doll Workshop 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</div>	<div>10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series: Enhancing Immunity 1:30 Bingo</div>		
<div>9:00 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</div>	<div>9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 10:30 Downsizing Demystified 12:30 Pinochle 12:30 CHOICES Counsel 1:30 Bingo 7:00 SCBC Meeting (Z)</div>	<div>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Seasonal Crafting 1:00 Sewing Circle 1:30 Cardio Drumming 2:30 CSC Staff Meeting</div>	<div>9:00 Trip departure: Sound of Music 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet</div>	<div>10:00 Sit & Be Fit 10:00 Card Making w/ Barbara 10:30 Senior Serenaders Choral Group 11:00 Yoga 12:00 Tech Time w/ Harry 1:30 Bingo</div>		
<div>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</div>	<div>9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 12:30 In the Know 1:30 Bingo</div>	<div>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Bathing Beauties & Beach Boy Luncheon NO Line Dancing</div>	<div>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet 5:00 Pizza & A Movie</div>	<div>10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 10:45 Lunch Bunch to Lenny & Joes 11:00 Yoga 1:30 Bingo</div>		
<div>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:30 South Pacific Wonders Trip Presentation 11:00 Learn to Sign 11:00 Scotland/Ireland Docs Party 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</div>	<div>9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 11:30 Senior Golf League Banquet 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)</div>	<div>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Sewing Circle 1:30 Cardio Drumming</div>	<div>8:00 Trip departure: Ogunquit, Maine 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet</div>	<div>10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo</div>		

Key: Z = Zoom, TH = Town Hall Hybrid Meeting

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TVCCA SENIOR CAFE MENU ~ AUGUST 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FOOD ALLERGY WARNING

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 consumptions of meals.

TVCCA Senior Nutrition Program

81 Stockhouse Road
Bozrah, CT 06334
860-886-1720

(24hr voice mail available)

1% milk and Whole Grain Bread served with each meal.
Menu is subject to change without notice.



1
Braised Beef Tips
Gemelli Pasta
Cauliflower, Carrots, & Snap Peas
Mixed Fruit Cup



2
Birthday Celebration
French Style Chicken
w/ Wine Sauce
Garlic Mashed Potatoes
Broccoli
Birthday Treat
Orange Juice

Or Salad Choice:
Tuscan Beef Salad

5
Stuffed Shells w/ Marinara
Diced Carrots
Green Beans
Tropical Fruit Cup

6
Beef and Bean Chili
Parsley Steamed Potatoes
Corn w/ Peppers & Onions
Sweet Treat
Apple Juice

7
Crispy Cod
Macaroni & Cheese
Mixed Vegetables Medley
Mandarin Oranges

8
Stuffed Chicken
w/ Broccoli & Cheese
Rice Pilaf
Peas & Pearl Onions
Pineapple Tidbits

9
Pub Burger w/ Bun
Herb Roasted Potatoes
Green & Yellow Squash
Fresh Fruit

Or Salad Choice:
Grilled Chicken Caesar Salad

12
Beef Stroganoff
Gemelli Pasta
Zucchini, Peas, & Carrots
Fresh Orange



13
Cheese Omelet
Home Fries
Squash Mix
w/ Carrots & String Beans
Mixed Fruit Cup

14
Ethnic Celebration
Chicken Taco w/ Flour Tortilla
& Cheddar Cheese
Spanish Rice
Green Beans
Sweet Treat
Grape Juice



15
BBQ Pulled Pork w/ Bun
Tater Tots
Broccoli
Diced Pears

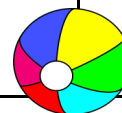
16
Cod w/ Lemon Dill Sauce
Roasted Garlic Rice
Snap Peas
Applesauce Cup

Or Salad Choice:
Chef Salad

19
Whole Grain Fish Sticks
Tater Tots
Squash Mix
w/ Carrots & String Beans
Sweet Treat
Orange Juice

20
Pork Stir-Fry
Steamed Rice
Asian Vegetable Blend
Applesauce Cup

21
Bathing Beauties & Beach Boys
All Beef Hot Dogs & Buns
French Fries
Pasta Salad
Watermelon
Popsicle
Cost: \$9.00



22
American Chop Suey
Diced Carrots
Waxed Beans
Mandarin Oranges

23
Chicken Primavera
Pasta Shells w/ Herbs
Mixed Vegetables Medley
Tropical Fruit Cup

Or Salad Choice:
Classic Egg Salad

26
Country Style Chicken
Buttermilk Mashed Potatoes
Broccoli
Pineapple Tidbits



27
Salisbury Steak w/ Gravy
Garlic Mashed Potatoes
Corn w/ Peppers & Onions
Fresh Fruit

28
Vegetarian Lasagna
Snap Peas
Carrot Coins
Applesauce Cup

29
Steamed Pork Dumplings
Steamed Rice
Broccoli, Peppers, & Mushrooms
Sweet Treat
Grape Juice

30
Western Omelet
Sweet Potato Tater Tots
Peas & Pearl Onions
Diced Peaches

Or Salad Choice:
Rhode Island Seafood Salad