

# COLCHESTER SENIOR CENTER



# news

## October 2024

**AARP MEET THE  
CANDIDATES**  
Tuesday October 1  
1:30 p.m.

Come learn the platforms and positions of our local politicians running in the election this November. US Congress, CT State Senate and State House of Representative seats are up for election this year. Engage in discussions about issues facing our towns and state. AARP will be hosting and moderating this event which is open to the public. Light refreshments will be served.

**FIRE PREVENTION 101**  
Wednesday, October 9  
10:00 a.m.

The week of October 6th -12th is National Fire Prevention Week. Join us for a fire safety presentation with Colchester's Fire Marshal, Sean Shoemaker, as he discusses ways that we can both prevent fires and reduce risk in the event of one. Open to all. Please pre-register.

**BINGO PLAYERS LUNCHEON**  
Tuesday, October 15  
11:30 a.m.

Join us as we celebrate our Bingo Players. Join us for a catered meal of penne pasta, meatballs, sausage and peppers, salad, bread, and dessert. This event is free for members who have played a minimum of 20 Bingo games in the past 6 months. All other players may attend for \$12 per person, if space permits. Please pre-register in the office by Tuesday, October 8<sup>th</sup>.



**BUS DRIVER  
APPRECIATION DAY**  
Monday, October 21  
1:00 p.m.

Our bus drivers ROCK! Each day their compassion and kindness shine through. We want to take time to honor their service to the community with a special celebration. Join us as we celebrate Sheri, Ginny, Noella and Linda. Join us for cake and beverages. This is a free program. Registration is required.

**PUMPKIN SPICE  
DESSERT CONTEST**  
Wednesday, October 23  
12:30 p.m.

Ah! Pumpkin Spice Desserts, the delightful treats that make autumn feel like a big warm hug. Whether you're a seasoned baker or just a pumpkin enthusiast there are a ton of fantastic dessert recipes to try. Share one of your favorites with us by entering our pumpkin dessert contest. Not a baker? That's okay, join us as a taster. This is free for those that make a dessert and \$3 to become a taster and judge. Registration is required for both. Sign up in the office.

**ALASKA TRIP PRESENTATION**  
Monday, October 28  
10:30 a.m.

Our next excursion offering is a 12-day trek by Land and Cruise to Discover Alaska in July of 2025. Collette tours will be here to show you all that this amazing trip has to offer such as Fairbanks, Denali National Park, Anchorage, Hubbard Glacier, Glacier Bay, and more. Trip Sign up is not required to attend this presentation. Please register in the office if you plan to attend.

CSC will be **CLOSED** for the  
**Columbus/Indigenous  
People's Day Holiday**  
Monday October 14  
&  
**Half-Day Staff Training**  
Friday October 18  
12:00 p.m. to 4:00 p.m.  
(Lunch served at 11:00 a.m.)

**VACCINE CLINIC  
FLU / COVID**  
Wednesday, October 30  
9:00 a.m. - 11:00 a.m.

Chatham Public Health will be conducting a vaccine clinic at our senior center this month. Please be sure to bring any Medicare and/or insurance cards with you to this appointment. While primarily a Flu Vaccine Clinic, a limited number of Covid Vaccines will be available. If you wish to receive a Covid Vaccine you must register before October 15<sup>th</sup>. Call 860-537-3911 to schedule an appointment.

**ANNUAL HALLOWEEN  
COSTUME LUNCHEON**  
Thursday, October 31  
11:30 a.m.

Join us for this joyful and whimsical event! We will engage in traditional Halloween festivities including a costume parade & contest and games. The festivities will be followed by a baked potato bar with assorted toppings, tossed garden salad and delicious ghoulish desserts. Costumes are encouraged, but not required. Tickets are \$6 if you wear a costume and \$7 if you do not. Tickets are on sale through Friday, October 25<sup>th</sup> or until sold out.

**Colchester Senior Center**  
95 Norwich Ave.  
Colchester, CT 06415

**Phone:** 860-537-3911  
**Fax:** 860-537-5574  
**Email:** [csc@colchesterct.gov](mailto:csc@colchesterct.gov)  
[facebook.com/www.colchesterct.gov](https://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](mailto:pwatts@colchesterct.gov)

**Jodi Savage**  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Susan Plefka**  
Administrative  
Assistant [csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto: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

Every day at CSC we are approached to know when our move in date will be. My answer has become that we're getting closer every day. There are many in the community who can't wait—including me. I've had the privilege of walking through the new senior center building on a number of occasions as the construction has progressed, and I can't wait for it to be unveiled for the community. All of that being said, by the writing of this article, we don't yet have a definitive move in date, yet.

Although we don't know the exact date, there is a lot of planning that must go into a move like ours. I can share that plan with you, so that you, too, can prepare for how our move will impact you. Once we have a confirmed move-in date, we will enact a two-week shutdown to facilitate the move. The purpose of week one is to pack up our current center and organize everything for the move. I've already been asked if we could use help, and the answer is absolutely, YES! When we get to that stage, we will send out the call for volunteers both to assist with packing and with answering the phones while the staff are busy organizing and packing up. There will be a modified transportation schedule (our drivers need to pack up their workspaces, too.) Community Café lunches will not be served during this period of time, and we will not be holding any programs at all. A professional moving company will be taking care of bringing the packed items from the current senior center to the new building. Week two, will consist of unpacking on the other side and preparing for everything we will need once we open the building, including making sure that our phones and technology is operational. It will be our aim to make this transition as smooth as possible and we will endeavor to keep you well informed throughout. We appreciate your cooperation and know that every growing pain that we experience will be well worth the effort.

While we are talking about changes, I want to take an opportunity to thank a special friend who is moving from Colchester, but who has made an indelible impact while she was here. Marjorie (Marge) Mlodzinski has served her community in so many ways. Shortly after her arrival in Colchester, Marge became involved with Colchester's Commission on Aging, serving both as a member at large and most recently as multiple terms as the Committee Chair. She also joined the Senior Center Subcommittee, which was responsible for the recommendation to the Board of Selectman to purchase our current building at 95 Norwich Avenue, while also looking towards the future by recommending the purchase of the plot of land which now houses the new center. Beginning in late 2019, Marge was selected to join the Senior Center Building Committee. The SCBC has served devotedly towards the design, planning, leading through 2 successful referendum campaigns, and every aspect of the eventual construction of the senior center at 15 Louis Lane. Marge also served on the Town's ARPA Committee. Her presence here in Colchester has certainly made an impact for the better, and her dedication towards seniors especially will continue to echo within the halls of the new center. She will be missed more than I can express, but I know our friendship will continue on. Wishing you all the best in your & Mike's next chapter. Thank you for everything!

Warmly,  
*Patty*

## **PROGRAMS**

**LIFE REVIEW WRITING**  
**Wednesday, October 2**  
**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**  
**Wed., Oct. 2 & 16, 1:00pm**  
**Monday, Oct. 7, 10:30am**

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

**GARDEN CLUB**  
**Monday, October 7**  
**8:30 a.m.**

The group will meet at the senior center to maintain the front and side gardens. Everyone is welcome.

**SEWING CIRCLE**  
**Wednesday, October 9 & 23**  
**1:00 p.m.**

Come and work on a project of your own or one of ours. We do have some machines to use but you are encouraged to bring your own if you can.

**SHOPPING TRIP**  
**Thursday, October 10**  
**10:30 a.m. Departure**

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

**CARD MAKING WORKSHOP**  
**Friday, October 11**  
**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. Register by Oct. 7<sup>th</sup>.



**TECH TIME WITH HARRY**  
**Friday, October 11**  
**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.

**BOOK CLUB**  
**Tuesday, October 15**  
**10:30 a.m.**

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

**AARP SMART DRIVER TEK**  
**Wednesday, October 16**  
**9:30 a.m. – 11:00 a.m.**

Get smart about new vehicle technology; cars are becoming more technologically advanced every day. This means there's more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use it to keep them safe. Smart DriverTEK is free. 90-minute workshop to teach drivers the latest in high-tech safety features in their current or future cars. Open to all, ages 50+. Pre-register for this class by October 18<sup>th</sup>. Space is limited.

**PUMPKIN DECORATING**  
**Thursday, October 17**  
**1:00 p.m.**

Join the talent members of the Colchester Garden Club as they lead us in this annual crafting session to make a beautiful centerpiece out of a real pumpkin, ribbons, and silk flowers. Perfect to use from Halloween through Thanksgiving. The cost is \$5 for supplies. Space is limited. Please sign up in the office.

**IN THE KNOW**  
**Tuesday, October 22**  
**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, October 25**  
**11:30 a.m.**

Join us for lunch at Charlies Place in Niantic. Suggested donation for bus transportation is \$4.00. Please sign up in the office, even if you plan to drive yourself.

**STITCH & FIX WITH MARIA**  
**Monday, October 28**  
**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.



**POPCORN & A MOVIE**  
**Wednesday, October 30**  
**1:00 p.m.**

Let's Celebrate Popcorn Month by watching a movie and enjoying some freshly popped popcorn. Join us as we view the 2019 mystery film *Knives Out* (PG-13) which stars Daniel Craig, Jamie Lee Curits, and Don Johnson. The plot revolves around renowned crime novelist, Harlan Thrombey, who is found dead just after his 85th birthday, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of self-serving lies to uncover the truth behind Harlan's untimely death. This is a free program. Space is Limited. Registration is required.



<b>FREE CLASSES / PROGRAMS</b>	<b>DAY &amp; TIME</b>	<b>LOCATION</b>	<b>FEE</b>
<b>LEARN TO SIGN</b> Learn the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> 11:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>GARDEN CLUB</b> Join members of the Colchester Garden Club to maintain the gardens around the senior Center	<b>1<sup>st</sup> MONDAY of the Month</b> 8:30 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	<b>TUESDAYS</b> 9:45 A.M.	<b>ZOOM &amp; CSC</b>	<b>NO FEE</b>
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	<b>WEDNESDAYS</b> 9:00 A.M. & <b>SUNDAYS</b> 10:00 A.M.	<b>RTE. 85 AMSTON AIRLINE TRAIL</b>	<b>NO FEE</b>
<b>CARDIO DRUMMING</b> Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> WEDNESDAYS</b> 1:30 P.M.	<b>CSC</b>	<b>NO FEE</b>
<b>LINE DANCE CLASS</b> The Line Dancing Class has been put ON HOLD at this time, while we seek a new line dance instructor.	<b>PROGRAM CURRENTLY ON HOLD</b>	<b>N/A</b>	<b>N/A</b>
<b>SIT &amp; BE FIT VIDEO</b> DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	<b>WEDNESDAYS &amp; FRIDAYS</b> 10:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	<b>WEDNESDAYS</b> 10:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group. Group Led	<b>THURSDAYS</b> 1:00 P.M.	<b>CSC</b>	<b>NO FEE</b>
<b>SENIOR SERENADERS CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	<b>FRIDAYS</b> 10:30 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i></b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp; THURSDAYS</b> 9:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SENIOR YOGA</b> 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	<b>THURSDAYS &amp; FRIDAYS</b> 11:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> 10:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>

**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.*

**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.

**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** 2<sup>nd</sup>/ 4<sup>th</sup> 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 appointment only)
- CHORAL GROUP** Fridays at 10:30 a.m.

## HEALTH & WELLNESS

### **BLOOD PRESSURE CLINIC**

**Friday, Oct. 11, 10:45 a.m.**

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

### **CHATHAM HEALTH EDUCATION SERIES**

**Friday, Oct. 11, 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 Mental Health Awareness

### **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.*

## **Fire Prevention Week™ is October 6-12, 2024**

This year's Fire Prevention Week campaign, **"Smoke alarms: Make them work for you!™"** strives to educate everyone about the importance of having working smoke alarms in the home.

There are **THREE KEY CALLS TO ACTION!**

### **Install**

Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.

### **Test**

Test smoke alarms at least once a month by pushing the test button. This can be easily done by using a broom stick to push the button without climbing up on a chair or ladder, which can put you at risk from fall related injuries.

### **Replace**

Replace all smoke alarms when they are 10 years old or stop responding when tested.

Get more information from Colchester's Fire Marshal, Sean Shoemaker, at an important fire safety prevention program at the senior center on **Wednesday, October 9<sup>th</sup> at 10:00 a.m.** Please sign up in the office.



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, October 8  
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 October  
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.

### **ENERGY ASSISTANCE September through May**

The income threshold for the 2024-25 heating season is at or below \$41,553 for a single person or \$54,338 for a couple. We are prioritizing appointments for those with deliverable fuels for the earliest appointments.

### **MEETINGS IN OCTOBER**

**LTC OMBUDSMAN  
REGIONAL MEETING  
No Meeting in October**

**AARP PRESENTS:  
MEET THE CANDIDATES  
Tues., October 1, 1:30 p.m.**

**SENIOR CENTER  
BUILDING COMMITTEE  
Tues., October 8 & 22, 7:00 p.m.  
@ Senior Center**

**CSC STAFF MEETING  
Wed., October 9, 2:30 p.m.**

**COMMISSION ON AGING  
Tuesday, October 15, 9:00 a.m.  
Town Hall Hybrid Meeting Room**

**AARP PRESENTS:  
HISTORICAL COLCHESTER  
Tues., October 29, 1:30 p.m.  
@ Colchester Federated Church**

**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:*

**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.

**Updates**

**RENTAL REBATE CHECK INFO**

Individuals who applied and qualified for Rental Rebate checks should receive their checks around the end of November or early December. Please note that this is a change from when they were received in the past.

**SEEKING LINE DANCE INSTRUCTOR**

We are looking for a line dancing instructor to teach at the senior center starting in 2025. If you are interested or know someone that is, please have them speak with either Jodi or Patty. **Currently our Line Dancing Program is on hold.**

**OPEN ENROLLMENT FOR MEDICARE**

**Friday, November 8 / December 6  
9:00 a.m. – 3:00 p.m. by appt. only**

Open enrollment falls between October 15 – December 7, annually, and it is your opportunity to make changes to Medicare, especially Medicare C (Medicare Advantage Plans) or Medicare D (prescription Drug Coverage Plans). Meet with a Certified CHOICES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Please call the office to schedule your appointment at 860-537-3911.

**SENIOR CENTER BUILDING COMMITTEE UPDATE**



The Senior Center Building Committee reports that progress continues on 15 Louis Lane. Below are some of the items either completed or in progress:

- Sidewalks are progressing and are approximately 70% complete.
- Preparations for parking lot paving are underway.
- Ceiling grid installation complete and acoustical ceiling tile being installed.
- Interior wall and door frame painting complete.
- Interior window trim being installed.
- Light fixture installation has started.
- HVAC system is operational.

**DEPARTING SOON**

**COVERED BRIDGES OF NEW HAMPSHIRE**

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

**JACK-O-LANTERN SPECTACULAR - PROVIDENCE**

Tuesday, October 29, 2024, 3:00 p.m.

**DAY TRIPS**

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

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! **SOLD OUT – WAITLIST ONLY**

**FIREPLACE FEAST AT THE SALEM CROSS INN  
SOLD OUT**

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

Enjoy a day of “New England” activities at the Salem Cross Inn, a restored 18<sup>th</sup> 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. **SOLD OUT – WAITLIST ONLY**

**SHADOWS OF THE 60’s: A HOLIDAY TRIBUTE TO MOTOWN**

Tuesday, December 3, 2024, 10:00 a.m. 

What happens when you mix the most celebrated music in American history with the most popular Holiday of the year? You get “Shadows of the 60’s”, bringing you the best of two worlds! Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the mood to sing and dance. Includes donuts and coffee on arrival and a family style lunch of garden salad, pasta, chicken parmesan, broiled scrod, vegetables, potato, rolls, dessert and coffee. **The cost is \$125 per person. Sign up before November 1<sup>st</sup>.**

**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 \$8,149 (Double Occupancy) per person based on availability.**

**ALASKA DISCOVERY LAND & CRUISE**




July 23 – Aug. 3, 2025, departure TBD 

Traverse the Pacific coast by land and sea on this breathtaking 12-day journey through Alaska. Highlights include a trip of the riverboat the Sternwheeler Discovery, Music of Denali Dinner Theater and an expert guided tour Tundra Wilderness Tour in Denali National Park. Enjoy an unforgettable rail journey from Denali to Talkeetna in a luxury domed railcar. Experience Anchorage, Alaska’s largest city. Drive along the Alaska Range Drive enroute to the port of Whittier where you will embark on your 7-night Holland America cruise. While cruising you will see Glacier Bay, explore Alaska’s capital Juneau, visit the “Salmon Capital of the World” Ketchikan, and sail along the Inside Passage. Your cruise ends in the vibrant Canadian city of Vancouver. **12 days, 26 meals, 11 breakfasts, 7 lunches, and 8 dinners. The cost varies from \$6,399 to \$7,899 per person (double occupancy) depending on room choice on the cruise ship and availability. Rates increase for bookings made after January 23, 2025.**

**WALKING KEY FOR TRIPS**

 = Light Walking

  = Moderate Walking

   = Mostly Walking

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1> <h2>Colchester Senior Center</h2>	<p>7:45 Covered Bridges Trip Departs 9:00 Making Memories 9:45 Tai Chi 10:00 Program Registration Opens <u>NO</u> Pinochle <u>NO</u> Bingo 1:30 AARP Meet the Candidates</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit &amp; Be Fit 10:30 Life Review Writing <u>NO</u> Line Dancing 1:00 Seasonal Crafting</p> <p>Rosh Hashanah Begins</p>	<p>9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit &amp; Crochet</p>	<p>10:00 Sit &amp; Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo</p>		
	<p>8:30 Garden Club 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:30 Seasonal Crafting 11:00 Learn to Sign 12:30 Mah Jong 12:30 Bridge 12:45 Set Back</p>	<p>9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 CHOICES Counseling 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting - SC</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit &amp; Be Fit 10:00 Fire Prevention Program 1:00 Sewing Circle 1:30 Cardio Drumming 2:30 CSC Staff Meeting</p>	<p>9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 1:00 Sr. Benefits Counsel 12:30 Dominoes 1:00 Knit &amp; Crochet</p>	<p>10:00 Sit &amp; Be Fit 10:00 Card Making 10:30 Senior Serenaders Choral Group 10:45 BP Clinic 11:00 Yoga 11:15 Chatham Health Series 12:00 Tech Time w/ Harry 1:30 Bingo</p> <p>Yom Kippur Begins</p>	
	<p><b>CSC Closed for the Columbus/ Indigenous Peoples' Day Holiday</b></p> <p>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</p>	<p>9:00 COA Meeting 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 11:30 Bingo Players Luncheon 12:30 Pinochle 1:30 Bingo</p>	<p>9:00 Making Memories 9:00 Walking Group 9:30 – 11 AARP SD Tek 10:00 Adult Coloring 10:00 Sit &amp; Be Fit <u>NO</u> Line Dancing 1:00 Seasonal Crafting Scarecrow Set Up</p> <p>Sukkot Begins</p>	<p>9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit &amp; Crochet 1:00 Pumpkin Decorating</p>	<p>10:00 Sit &amp; Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:00 TVCCA Lunch Served 12:00 – 4:00 – Senior Center Closed for Staff Training <u>NO</u> Bingo</p>	
 <p>Voting Starts for Scarecrow on the Green Contest</p>	<p>9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jong 12:30 Bridge 12:45 Set Back 1:00 Bus Driver Appreciation Day</p>	<p>9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting - SC</p>	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit &amp; Be Fit 12:30 Pumpkin Dessert Contest 1:00 Sewing Circle 1:30 Cardio Drumming</p>	<p>9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit &amp; Crochet</p> <p>Simchat Torah Begins</p>	<p>10:00 Sit &amp; Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:30 Lunch Bunch to Charlie's Place Niantic 1:30 Bingo</p>	
	<p>9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Stitch &amp; Fix 10:30 Alaska Trip Pres. 11:00 Learn to Sign 12:30 Mah Jong 12:30 Bridge 12:45 Set Back</p>	<p>9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo 1:30 AARP Chapter #4019 Meeting @ CFC 3:00 Jack-o-lantern Spectacular Trip Departs</p>	<p>9:00 Making Memories 9:00 Walking Group 9:00 – 11 Flu / Covid Vaccine Clinic 10:00 Adult Coloring 10:00 Sit &amp; Be Fit 1:00 Popcorn &amp; A Movie "Knives Out" (Rated PG-13)</p>	<p>9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 11:30 Halloween Luncheon 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit &amp; Crochet</p> <p>Halloween</p>		

Key: Z = Zoom, TH = Town Hall Hybrid Meeting, SC = Senior Center



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

# TVCCA SENIOR CAFÉ MENU ~ OCTOBER 2024











## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b><u>FOOD ALLERGY WARNING</u></b> 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.</p>	<p><b>1</b> Pork Sausage and Gravy Tater Tots Mixed Vegetables Medley Applesauce Cup</p> 	<p><b>2</b> Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Broccoli Fresh Fruit</p>	<p><b>3</b> Braised Beef Tips Gemelli Pasta Zucchini, Peas, and Carrots Mixed Fruit Cup</p> 	<p><b>4</b> <b><u>Birthday Celebration</u></b> Chicken Marsala Rice Pilaf Squash Mix w/ Carrots &amp; String Beans Birthday Treat Grape Juice</p>
<p><b>7</b> Pineapple Glazed Ham Sweet Potatoes Green Beans Sweet Treat Orange Juice</p>	<p><b>8</b> Salisbury Steak w/ Gravy Herb Roasted Potatoes Cauliflower, Carrots, &amp; Snap Peas Tropical Fruit Cup</p>	<p><b>9</b> Stuffed Chicken w/ Broccoli &amp; Cheese Tater Tots Corn w/ Peppers &amp; Onions Applesauce Cup</p> 	<p><b>10</b> Pork Taco Bowl Roasted Garlic Rice Broccoli Diced Pears</p>	<p><b>11</b> Country Fried Beef Steak Buttermilk Mashed Potatoes Snap Peas Fresh Orange</p>
<p><b>14</b> <b><u>Columbus Day Holiday</u></b> <i>Program closed</i></p> 	<p><b>15</b> Cheese Ravioli w/ Marinara Broccoli Diced Carrots Fresh Fruit</p> 	<p><b>16</b> Hungarian Goulash Pasta Shells Cauliflower, Carrots, &amp; Snap Peas Tropical Fruit Cup</p>	<p><b>17</b> Crispy Cod Macaroni &amp; Cheese Squash Mix w/ Carrots &amp; String Beans Sweet Treat Grape Juice</p> 	<p><b>18</b> Stuffed Cabbage Casserole Lima Beans Corn w/ Peppers &amp; Onions Mandarin Oranges</p>
<p><b>21</b> Chicken Cacciatore Penne Pasta Zucchini, Peas, and Carrots Fresh Orange</p>	<p><b>22</b> Cheese Lasagna Roll-Ups w/ Marinara Peas &amp; Pearl Onions Carrot Coins Mixed Fruit Cup</p>	<p><b>23</b> <b><u>Ethnic Celebration</u></b> Bratwurst w/ Sauerkraut German Potato Salad Green &amp; Yellow Squash Glazed Donut Apple Juice</p>	<p><b>24</b> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p><b>25</b> Chicken Pot Pie w/ Biscuit Waxed Beans Green Beans Applesauce Cup</p>
<p><b>28</b> Whole Grain Fish Sticks Home Fries Broccoli, Peppers, &amp; Mushrooms Pineapple Tidbits</p> 	<p><b>29</b> Stuffed Chicken Cordon Bleu Cilantro Lime Rice Green &amp; Yellow Squash Sweet Treat Orange Juice</p>	<p><b>30</b> Cheese Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Diced Peaches</p>	<p><b>31</b> <b><u>Halloween Costume Luncheon</u></b> Baked Potato Bar with Assorted Toppings Tossed Garden Salad with Dressing Special Halloween Dessert <b>Ticket Cost: \$7.00</b></p>	<p><b>Senior Nutrition Program</b> <b>81 Stockhouse Road</b> <b>Bozrah, CT 06334</b> <b>860-886-1720</b></p>  <p>(24hr voice mail available) www.tvcca.org <b>PAGE 10</b></p>