

COLCHESTER SENIOR CENTER

October 2022



news

PUMPKIN CENTERPIECE

Monday, October 3
1:30 p.m.

Come join the talented members of the Colchester Garden Club as they lead this crafting session to make a beautiful centerpiece out of pumpkins, ribbons and silk flowers, perfect to use from Halloween through Thanksgiving. Cost is \$5, registrations will begin last week of September.

AARP MEET THE CANDIDATES FORUM

Tuesday, October 4
1:30 p.m.

Come learn the platforms and positions of the local politicians running in the election this November. Engage in discussions about issues facing our towns and state. AARP will be hosting and moderating this event which is open to the public.

"BE ALERT, NEVER GET HURT" FIRE SAFETY

Wednesday, October 5
11:00 a.m.

October is National Fire Prevention Month. Join us for a fire safety presentation with Colchester's Fire Marshal, as he discusses ways that we can both prevent and reduce risk in the event of a fire. This presentation is co-sponsored by the Commission on Aging. Open to all. Please pre-register.

FLU VACCINATION CLINIC

Friday, October 14
9:00 – 11:00 a.m.

Chatham Public Health will be conducting a flu shot clinic at our senior center this month. Please be sure to bring any Medicare and/or insurance cards. Call 860-537-3911 to schedule your appointment.

HAM RADIO PRESENTATION

Monday, October 17
10:00 a.m.

Amateur Radio (ham radio) is a popular hobby and service that brings people, electronics and communication together. It's fun, social, educational, and can be a lifeline during times of need. Come learn more about ham radio and CSC's idea to set up a broadcasting site at the senior center. Sign up.

OKTOBERFEST LUNCHEON

Wednesday, October 19
11:00 a.m.

Guten Tag! While we may not be in Munich or wear lederhosen, we can still celebrate Oktoberfest in CSC style. Join us for some accordion and keyboard music by Bellows & Ivory, followed by a German style meal of Bratwurst with Sauerkraut, German Potato Salad, Red Braised Cabbage, Rolls, Warm Pumpkin Donuts and Apple Juice. Tickets are \$9 each and will be available until October 12th, or until sold out.

GROUNDBREAKING CEREMONY

Friday, October 21
10:30 a.m.

Pending a successful bidding process, of which we will only know the results in early October, we are anticipating the Groundbreaking for Colchester's brand new Senior Center this month. The shovels in the ground signify that this exciting project is officially underway. Join us in the parking lot behind Town Hall to witness this historic event, followed by our elected officials, members of the Senior Center Building Committee and special dignitaries lead the celebration at a ceremony in Meeting Rooms 1 & 2 at Town Hall. Light refreshments will be served. Please make bus reservations, if you need them.

FUNERAL PRE-PLANNING PRESENTATION

Monday, October 24
10:00 a.m.

Although it's a difficult subject to face, preplanning your funeral can provide peace of mind both to you and your family. It lessens the burden on your loved ones during a difficult time of loss and allows you to put your preferences in writing. Pat McCarthy from Aurora McCarthy Funeral Home will offer a presentation on the preplanning process and answer any questions that you may have. Refreshments will be served. Please register by October 19.

PAINTED CANYONS OF THE WEST TRIP PRESENTATION

Tuesday, October 25
10:30 a.m.

Our next excursion offering is a trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. Collette tours will be here to show you all that this amazing trip has to offer. Please sign up in the office.

HALLOWEEN COSTUME & PIZZA PARTY

Monday, October 31
12:00 p.m.

Join us for this *spooktacular* event! We will engage in traditional Halloween festivities including a costume parade & contest and games. The festivities will be followed by a lunch of pizza, garden salad and delicious spooky 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 26th 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

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
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Missy Bauman
Making Memories Program Coord.
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Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Nola Weston, Chair
Marjorie Mlodzinzki, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Quinn Kozak
Rosanne Tousignant
Terry Brown, Alternate
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Rosemary Coyle, BOS Liaison
Andrea Migliccio, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

We don't want to scare anyone, but October is jam-packed with a ton of fun, seasonal activities. **No TRICKS—just TREATS!** For all of our many talented crafters, the Colchester Garden Club will be leading a Pumpkin Centerpiece Craft. This no-carve pumpkin craft makes a beautiful and long-lasting centerpiece or a lovely hostess gift. Express your creativity at this program where you will take what you make.

This year AARP's Meet the Candidates Forum is meeting early, about 4 weeks prior to the elections, so you can hear from local candidates running for various offices well in advance of election day—particularly helpful if you plan to vote via absentee ballot. We are thrilled that we are able to offer this program in person, rather than by virtual platform this year.

Since October is National Fire Prevention Month, we are excited to partner with the Colchester Commission on Aging and Colchester's Fire Marshal for a "Be Alert, Never Get Hurt" presentation. We will also have our Annual Flu Vaccination Clinic with Chatham Public Health. You'll want to call in and schedule an appointment, because no one wants to get the flu this season.

It wouldn't be October without Oktoberfest! We will be entertained by the new to CSC duo, Ivory & Bellows, followed by a delicious catered lunch of hearty German fare. Don't forget to get your ticket!

Perhaps our biggest TREAT of the month will be our long-awaited Groundbreaking Ceremony for our new senior center. How exciting it will be to have shovels in the ground, symbolizing the start of the build! We expect that the building will be complete in 12 short months and I'm sure the time will fly right by. The ceremony will take place on the building site, at the rear of the Town Hall parking lot. We will move indoors to hear from elected officials and our hardworking Senior Center Building Committee, followed by light refreshments. I really want a packed house to celebrate this very special moment in Colchester's history. We've worked hard for this special day, so come and celebrate together.

Pat McCarthy, Funeral Director of Aurora-McCarthy Funeral Home, will be here later in the month with a presentation about Funeral Pre-Planning. We understand that death and grief are difficult and sensitive subjects, but they are also important.

On the very last day of October, as is our tradition, we will be holding our Annual Halloween Costume and Pizza Party. Join the CSC staff and dress up for the occasion. We will have a Costume Contest, and you are guaranteed a **SPOOKTACULAR** time. We hope you enjoy everything about this **BOO-TIFUL** month!

Warmly,

Patty

PROGRAMS

GARDEN CLUB

**Monday, October 3
8:30 a.m.**

The group will meet on Monday October 3 at the senior center. Rain date on October 17th.

TECH TIME with HARRY

**Wednesday, October 5
1:00 p.m. – 3:30pm**

CSC member, Harry Hom will be here monthly to answer your technology questions. Make a one-on-one 30 minute appointment and bring your equipment such as smartphone, tablet or laptop to learn on your own device. Please sign up in the office for an appointment.

REEL FRIENDS MOVIE SCREENING

**Wednesday, October 12
12:30 p.m.**

"*King Richard*" is the true story of Richard Williams who was determined to write his daughters, Venus and Serena Williams, into tennis history. Follow the uplifting journey of a family whose unwavering resolve delivered two of the world's greatest sports legends.

SHOPPING TRIP

**Thursday, October 13
10:30 a.m. Departure**

This month's monthly shopping trip will be to Manchester Walmart. Suggested donation is \$5.00. Space is limited. Please pre-register by calling the office.

PAINTING WITH RUTH

**Friday, October 14
9:30 a.m.**

Explore the joys of creative expression! Join Ruth Reinwald as she teaches you step-by-step to create a Harvest Moon Pumpkin painting on canvas. The fee for the class is \$15 per person which includes all materials.

PET THERAPY

**Monday, October 17
11:00 a.m.**

Our buddy Stitch and her owner, Mary Bylone will be visiting the center to spread doggie cheer to all. We invite all of our pet-loving members to stop by for some "puppy love" from CSC's only 4-legged volunteer.

BAVARIAN PRETZEL DEMO

**Monday, October 17
1:30p.m.**

Join Jodi as she walks us through the steps of making Bavarian pretzels. Please sign up in the office. Cost is \$3.

BOOK CLUB DISCUSSION

**Tuesday, October 18
10:30 a.m.**

This month's book selection is *Drowning Ruth* by Christina Schwartz. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively and interesting discussion.

SEASONAL CRAFTING MASK MAKING & TREE DECORATING

**Wednesday, Oct 19 & 26
1:30 p.m.**

Join Jodi on October 19th to create a felt mask for the Halloween season. All material will be provided. Register in the office. Cost is \$3. Join Jodi on October 26 as we start decorating the Christmas tree for the Wadsworth Atheneum.

CARD MAKING WORKSHOP

**Friday, October 21
10:00 a.m.**

Join talented CSC member Barbara Gozzo for this summer themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is October 14.

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MEDICARE 101

**Friday, October 28
10:30a.m.**

Join Senior Resources for a conversation about Medicare. Open Enrollment falls between October 15-December 7, annually, and it's your opportunity to make changes to Medicare, especially Medicare C (Medicare Advantage Plans) or Medicare D (prescription Drug Coverage Plans.) learn what options are best for you. Registration is required for this free presentation.

LUNCH BUNCH OUTING

**Friday, October 28
11:15 a.m.**

This month's Lunch Bunch destination will be Po's Rice and Spice in East Hampton. Suggested Donation for bus transportation is \$4.00.

STITCH & FIX

**Monday, October 31
by appointment beginning
at 10:00 a.m.**

Bring your items that need hemming, minor mending, replacement buttons sewn on, etc. and Maria will take care of it and return it to you in 2 weeks. By appointment, please sign up in the office.

NO TRICKS JUST TREATS MEAL CONTEST for TVCCA

Eat 5 or more meals at the Community Café throughout the month of October and you will be entered into a drawing to win a \$25.00 gift card to CVS. Drawing will be held on Friday, October 28 during lunch.

**CSC will be CLOSED on
Monday, October 11th
in observance of the
Columbus Day Holiday**

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basics of American Sign Language (ASL). Group led	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 DVD-based program for 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: Barbara McKelvey	WEDNESDAYS 1:30 P.M. No Class on 10/5	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! 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 \$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. **Please note that in January, the cost of the Fitness Cards will be raised to \$35.00, so that we can give our exercise instructors a long-overdue raise.** We thank you for understanding. All previously purchased cards with available classes will, of course, be honored.

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.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
REEL FRIENDS MOVIE CLUB	2nd Wed. at 12:30 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.

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, 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.

In order 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

HEARING SCREENINGS

Friday, October 7, 10:30 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, October 4, 9:15 a.m.

Victoria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings for this drop-in monthly clinic held in the CSC Dining Room.

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 new place to call for assistance 24/7.

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.

FIRE SAFETY

SMOKING

- Careless smoking is the number one cause of death among Americans 65 years and older! If you smoke, use large ashtrays and don't smoke when tired or after taking medications or beverages that make you sleepy or drowsy.

COOKING

- Never leave your stove unattended and be sure to wear tight-fitting or short sleeves when cooking. If you have a pan fire, do not use water—smother it with a lid. Use timers to assist you during the cooking cycle. Try to schedule cooking before you have taken medications that might adversely affect you. Keep curtains, oven mitts, potholders and towels away from the stove.

SMOKE DETECTORS

- Remember—smoke alarms save lives! Have one in each room and test them monthly using a broom handle. Change batteries annually (when you change the clocks is a good reminder!).

ESCAPE PLAN

- Have and practice an emergency escape plan. When you get out, stay out!

PLAN TO ATTEND OUR FIRE SAFETY PROGRAM to learn more on October 5th at 11:00 a.m.

Colchester Hayward Fire Dept.



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, October 11
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.

ENERGY ASSISTANCE

**Thursdays in October
9:00 a.m. – 1:00 p.m.**

Energy Assistance appointments will be held here with TVCCA every Thursday in October. Call 860-537-3911 to make an appointment. Due to limited appointments, we are prioritizing those with deliverable fuel.

OPEN ENROLLMENT FOR MEDICARE

October 15 – December 7

It's that time of year, where we encourage you to evaluate your Medicare plan and make sure it's still a good fit for you. We have 2 Open Enrollment Events on November 18th and December 2nd where you can meet one-on-one with a CHOICES Counselor who can help.

MEETINGS IN OCTOBER

COMMISSION ON AGING

**Tuesday, October 11
8:30 a.m.**

LTC OMBUDSMAN REGIONAL MEETING

**Tuesday, October 11
10:00 a.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, October 11 & 25
7:00 p.m.**

CSC STAFF MEETING

**Wednesday, October 12
2:30 p.m.**

STRATEGIC PLANNING TEAM

**Thursday, October 27
9:30 a.m.**

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'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 the CSC:

Morning Coffee Volunteer: Any "Early Bird" types out there? Assist us by laying out baked goods and brewing coffee in the morning, just before we open. We are looking for a few people to be fill-ins when our regular volunteers are not available.

Volunteer Bakers: If you enjoy baking at home, register to bake homemade cookies, brownies, cakes, muffins, etc. to share with your CSC friends.

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.

SAVE THE DATE

Apple Pie Veterans Day Social
Thursday, November 10 at 11:00 a.m.

It's time to honor our Veterans and thank them for their service with America's favorite dessert: Apple Pie! Veterans and their spouses will get a free slice of homemade pie a la mode after a brief Veteran's Day ceremony. Tickets will go on sale in November.

Thanksgiving Luncheon
Wednesday, November 16 at 11:00 a.m.

Join us for a Thanksgiving feast with all the fixings and guitar music performed by Willie Nininger. Tickets will go on sale in November.

Medicare Open Enrollment Sessions
Friday, November 18, 9:00 a.m. – 3:00 p.m.

Open Enrollment is the season in which you can make changes to your Medicare coverage. 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.



Senior Center Building Committee October Update

Our new Senior Center has "gone out for bid". The Legal Notice for the Invitation to Bid to General Contractors appeared in the River East and the Hartford Courant on Friday, September 9th.

A bid opening date has been set for **October 6th at 2:00 p.m.** at Town Hall. All are invited to attend. We hope to set a date for groundbreaking ceremony soon thereafter. It should be noted that this date is subject to change if an extension is needed to accommodate bidders.

We are all excited as our hard work and dedication to this project is coming to fruition. We will continue to keep you apprised of our progress.

DAY TRIPS

SOLD OUT GOODSPEED OPERA HOUSE
“42nd Street” with Lunch at LaVita

Wednesday, November 2, 11:00a.m. 

This love letter to Broadway is the ultimate show biz fairy tale of the chorus kid who becomes an overnight star. A 1930s backstage musical packed with plenty of pizzazz, it will set your heart pounding with its rhythmically tapping feet and a hit parade of songs, including "Lullaby of Broadway," "We're In The Money," "Shuffle Off To Buffalo," and of course, "42nd Street." The Senior Bus will depart at 11:00a.m. for La Vita where you will enjoy lunch off the menu. Lunch is not included in the cost. Following lunch you will enjoy a 2 p.m. matinee showing of this tap dance spectacular. Cost is \$60 person.

NEWPORT PLAYHOUSE
“A Christmas for Carol”

Tuesday, December 6, 9:30 a.m. 

An annual favorite! During the holiday season, Carol tends to take Christmas too far in the office. Her co-workers love her, but this time of year she gets on everyone’s nerves! They formulate a plan for the company party no one will forget, but will they be able to help Carol remember the true meaning of Christmas? The Newport Playhouse offers an incredible buffet lunch to enjoy before the show and a Cabaret Show afterward. Proof of vaccination required. **Cost is \$132 per person.**

OVERNIGHT TRIPS




PAINTED CANYONS OF THE WEST







August 13-21, 2023   

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah’s five national parks. The backdrop of Denver’s Rocky Mountains is the starting point of your journey. In Colorado’s wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah’s five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Includes seven breakfasts, two lunches and two dinners. **Cost is \$3,829 per person for double, if booked before February 13, 2023.**

TRIPS DEPARTING THIS MONTH

SOLD OUT: CALIFORNIA DREAMIN’:
MONETERY, YOSEMITE & NAPA   
October, 10-17

WEST POINT CAMPUS TOUR
Thursday, October 20   
Bus departs at 7:30 a.m.
St. Andrew’s Church Parking Lot

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



IMPORTANT INFORMATION ABOUT PARKING

We have received complaints recently regarding our travelers not following our parking instructions and interfering with spaces designated for church activities. This could put our parking arrangements in jeopardy. Please follow our directions listed below for any CSC sponsored trips:

Trips depart from the **far rear parking lot of St. Andrew’s Church at 128 Norwich Ave., unless otherwise specified.** Please park in the far rear lot, so we don’t interfere with church activities (*look for the small white church on a trailer in the far left corner and park in line with that*). The bus will pick up there and drop off in the same location. Please note that you park at your own risk--St. Andrew’s Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.