

COLCHESTER SENIOR CENTER



news

November 2024

CSC will be CLOSED
for the
Veterans' Day Holiday
Monday, November 11
&
for the
Thanksgiving Holiday
Thursday, November 28 &
Friday, November 29

ELECTION DAY
RIDES TO THE POLLS
Tuesday, November 5
10:30 a.m.

November 7th is Election Day. On this day we vote for President, Vice President, US Senator, US Representative in Congress, State Senator, State Representative, Registrar of Voters, & Judge of Probate. Regional polling stations will be used. If you need a ride to the polls to vote, please contact the senior center no later than noon, the day before to schedule a ride.

MINI-LEAF TURKEY CRAFT
Tuesday, November 5
10:00 a.m.

Create a cute little Thanksgiving decoration in this workshop. Using simple items such as artificial leaves, walnuts, and felt, and with a few dabs of a glue gun you will make a few little gobblers to decorate your table this season. All materials will be supplied. The cost is \$5 per person. Registration is required. Space is limited.



A TRIBUTE TO VETERANS
Tuesday, November 12
11:00 a.m.

Join us as we honor Veterans and their spouses with a special Veterans' Day program. Please feel free to bring a picture of yourself or a loved one in uniform to share. An Apple Pie Social will follow our program. Veterans and their spouses will get a free slice of apple pie. All others are welcome to join us for \$2 a slice. Please register by November 8th.

OPEN ENROLLMENT
Friday, November 8
9:00 a.m. – 3:00 p.m.
By Appointment only

Open Enrollment falls between October 15 – December 7 annually, and 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 CHOICIES Counselor who is specially trained in Medicare who will help screen you for the best and most affordable coverage for you. Appointments are still available. Call the office to make an appointment. There will be another enrollment event scheduled on December 6th.

HOLIDAY CRAFT FAIR AT
ST. ANDREW'S CHURCH
Saturday, November 9
9:00 a.m. – 3:00 p.m.

Even though our Holiday Fair has been put on hold due to our move, we have been invited to sell our crafts at the St. Andrew's Holiday Fair. We will have tables set up with various hand-crafted items such as microwave bowl holders, table runners, quilted bags, jewelry, knitted and crochet items and more. Stop by and support our talented crafters. All the money raised will be used for future programs.

TED TALK DISCUSSION
ON GRATITUDE
Wednesday, November 13
10:00 a.m.

Choosing to add the practice of Gratitude to your life can have many benefits including better sleep, more happiness, and less stress. Join us as we view 2 TED talks about gratitude. A discussion will take place after our viewing. TED Talks are short, powerful presentations that aim to spread ideas and inspire curiosity, creativity, and innovation. Refreshments will be served. Registration is required.

MOST THANKFUL
THANKSGIVING
LUNCHEON
Wednesday, November 20
11:00 a.m.

As we get closer to our move, we continue to have so many things to be thankful for, including our brand new center. Join us for our last luncheon at 95 Norwich Ave. We will be entertained by tunes of Kenny the Crooner. After we will enjoy a traditional Thanksgiving feast of roast turkey and gravy, stuffing, mashed potatoes, green beans, cranberry sauce and pumpkin pie with whipped cream. Tickets for this event are \$9 each. Registration is required. Space is limited.

ULTIMATE BINGO
Thursday, November 21
1:00 PM

Did someone say BINGO? Come and enjoy a fun time with friends and a chance to win larger cash prizes right before the holiday season. Admission is \$10.00 per person which will get you two cards. Refreshments will be served. Please pre-register in person with payment by November 18th or until sold out. Space is limited.

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

William Otfinoski, 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

November marks the official start to the holiday season. Can you believe it? It's this time of year when our minds turn to thoughts of family, food and a lot of fun. As usual at a busy senior center like ours, November also marks the beginning of a lot of special events but perhaps what I'm most thankful for this year is the fact that we are mere weeks away from moving into our beautiful new building—the new home of the Colchester Senior Center. After a brief two-week shutdown to facilitate our move (December 2-13), the doors of the new senior center will open to the public on Monday, December 16, 2024!

November, for those who are enrolled in Medicare (aged 65 and up and/or disabled through Social Security), is a month that falls in the middle of open enrollment season, which is a critically important time. For those of you who are either enrolled in Medicare Part C (Medicare Advantage or Managed Care Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from **October 15th-December 7th**, where you are able to make changes to your coverage. It is also the time of year when the companies that manage the Part C & D plans make changes to their policies, such as their drug formularies—lists of prescriptions drugs that are covered or not. For this reason, it is important to take a look at those changes and make sure that the plan that you have elected will continue to be the one that best suits your needs, both in coverage and in cost. On **Friday, November 8th and Friday, December 6th**, the Colchester Senior Center will be hosting two Open Enrollment events, where you may schedule a personal and confidential appointment with a certified CHOICES counselor to review your plan. Appointments are required and can be made by calling the office.

I want to express my deep gratitude to all of the Veterans, present and past, who have courageously served our country. I invite you to join in our Veterans Day Tribute, scheduled on Tuesday, November 12th to recognize the efforts of our country's soldiers. We hope to see many of the Veterans who are so active in our community. Please note that all town offices, including the senior center, will be closed on **Monday, November 11th** in observance of the Veterans Day holiday. Please mark your personal calendars as a reminder.

Of course, we also look forward to the Thanksgiving holiday at the end of the month. Town offices will be closed on **Thursday, November 28th and Friday, November 29th**, so that town employees may enjoy the Thanksgiving holiday with their loved ones. I find that I have more and more to be thankful for every year, not the least of which are the lovely people whom I am blessed to call my friends here at our senior center. Take a moment with me to count your blessings and fill your heart with gratitude—no matter what your circumstances may be. We have so much to be grateful for, especially this year. Don't you agree?

With a Grateful Heart!

Patty

PROGRAMS

PAGE 3

LUNCH BUNCH OUTING

Due to the Holidays and our impending move, there will be no Lunch Bunch for the months of November and December. We will resume in January.

SEASONAL CRAFTING

Monday, Nov. 4, 1:00 p.m.
Tuesday, Nov. 19, 10:30 a.m.
Monday, Nov. 25, 10:30 a.m.

Join Jodi as we work on our Holiday Tree which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions.

LIFE REVIEW WRITING

Wednesday, November 6
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.

SEWING CIRCLE

Wednesday, November 6
& Friday, November 8
1:00 p.m.

Come and work on a project of your own or one of our projects. We do have some machines to use but you are encouraged to bring your own if you can. On Friday the 8th we will be setting up our tables at St. Andrews.



SHOPPING TRIP

Thursday, November 14
10:30 a.m. Departure

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

CARD MAKING WORKSHOP

Friday, November 15
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. 7th.

TECH TIME WITH HARRY

Friday, November 15
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.

NEW TECH SUPPORT EMAIL PROGRAM

Harry Hom who comes in once a month for Tech Time with Harry has offered to volunteer his time to provide additional tech support to CSC members. He has created a special email where members can email him technical questions and he will respond and try to help you via email. If he is unable to help you via email, he will schedule you for an in-person appointment during his regular program time. Please allow 72 hours for a response and please do not send any personal information, documents or passwords. The email address is...

Tech.Help.with.Harry+CSC@gmail.com

BOOK CLUB

Tuesday, November 19
10:30 a.m.

This month's selection is *The Four Winds* by Kristin Hannah. Copies are available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

STITCH & FIX WITH MARIA

Monday, November 25
by appointment, beginning at
10:00 a.m.

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



HAND STAMPED HOLIDAY TEA TOWEL WORKSHOP

Tuesday, November 26
10:00 a.m.

Learn how to create your own holiday stamp that you will use to stamp a white tea towel. Tea towels can be used as an actual towel or as a decoration this holiday season. I love to use them as basket liners. The price is \$8 per person and includes all the material to make one stamp and one tea towel. Stamps and instructions will be yours to take home so that you may do more on your own if desired. Registration is required, Space is limited.

*Please bring an apron or wear old clothes as the ink is messy and permanent.

IN THE KNOW

Tuesday, November 26
12:30 p.m.

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

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 A.M. & SUNDAYS 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	2nd & 4th WEDNESDAYS 1:30 P.M	CSC	NO FEE
LINE DANCE CLASS The Line Dancing Class has been put on hold at this time until we can find a new line dancing instructor.	ON HOLD		
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	THURSDAYS 1:00 P.M.	CSC	NO FEE
SENIOR SERENADERS CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	FRIDAYS 10:30 A.M.	CSC	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

TRANSPORTATION SCHEDULE

The buses run daily to and from the Senior Center for programs, classes, and meals.

Mondays: Appointment Day*

Tuesdays: Shopping Day

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

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

Fridays: Appointment Day*

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

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 1:00 p.m.
MAH JONGG	Mondays at 12:30 p.m.
SETBACK	Mondays at 12:45 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	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 (by appointment only)	Thursdays at 12:00 p.m.
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, Nov. 8, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, Nov. 8, 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 Diabetes.

TVCCA NUTRITION TALK

Tuesday, Nov. 5, 11:30 a.m.

Join TVCCA Dietitian Andrea Deedy as she explores the relationship between food and inflammation.

MAKING MEMORIES PROGRAM

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment.

The schedule will be as follows:

Mondays 9:00a.m.-12:00 p.m.

Tuesdays 9:00a.m.-12:00p.m.

Wednesdays 9:00a.m.-12:00p.m.

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator at 860-537-3911 for more information.

This program is supported by Senior Resources Area Agency on Aging with le Ill funds made available under the Older Americans Act.

OPEN ENROLLMENT FOR MEDICARE

The annual season which runs from **October 15th through December 7th** is what is known as “**Open Enrollment**” for Medicare and it is a very important time of year for Medicare beneficiaries. Policies change annually and it is important to review your coverage and make sure that the policy you have is the best option for you.

During the Annual Enrollment Period, a Medicare beneficiary may:

- Enroll in a Prescription Drug Plan or a Medicare Advantage (managed care) Prescription Drug Plan
- Switch from one (Part D) Prescription Drug Plan to another
- Switch from a (Part D) Prescription Drug Plan to a Medicare Advantage Drug Plan
- Switch from one Medicare Advantage (managed care) Prescription Drug Plan to another
- Switch from a Medicare Advantage (managed care) Prescription Drug Plan to Original Medicare with a Medicare Part D Prescription Drug Plan.

The Colchester Senior Center will be hosting an Open Enrollment Event for Medicare, where certified CHOICES counselors will be available to screen individuals for policies which will offer the best coverage, are the most affordable and even enroll individuals who wish to make changes to their existing policies. Please call 860-537-3911 to schedule your free one hour appointment on Friday, November 8th or December 6th from 9:00 a.m. to 3:00 p.m.



SOCIAL SERVICES

CHOICES COUNSELING

No Appointments in Nov.

Confidential counseling for Medicare is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment. Please schedule an appointment for one of the Open Enrollment Events.

SENIOR BENEFITS COUNSELING

**Thursdays in November
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 assessment.

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.

MEETINGS IN NOVEMBER

**AARP CHAPTER #4019
No November Meeting
(Election Day)**

**COMMISSION ON AGING
Tuesday, Nov. 12, 9:00 a.m.
Town Hall Hybrid Meeting
Room**

**LTC OMBUDSMAN
REGIONAL MEETING
Tuesday, Nov. 12, 10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., November 12 & 26
7:00 p.m. @ Senior Center**

**CSC STAFF MEETING
Wed., Nov. 13, 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 their 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.

INFORMATION ABOUT RENTERS' REBATE CHECKS

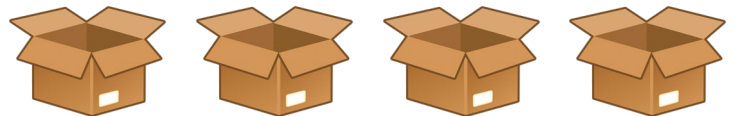
Individuals who applied and qualified for Renters' Rebate, please note that checks will begin going out starting on November 20th. All checks should be received by December 20th. This is a change from when they were received in the past. Please wait until after December 20th before calling us about your check.

MOVING / PACKING VOLUNTEERS NEEDED

We are looking for a few volunteers each day to help with packing and unpacking items during our move. If you are physically able to help us, please let Jodi know so that we can schedule a time for you to help. To manage the safety of volunteers and staff all volunteers will need to sign up to help. No others will be allowed in the building.

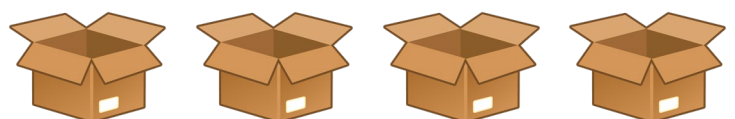
**NEW YEARS BRUNCH & BASH
Tuesday, December 31, 10:00 a.m.**

Let's enjoy our annual tradition of delicious brunch and musical entertainment as we count down to noon and celebrate the New Year in our New Building! Menu will include broccoli, bacon & cheese quiche, turkey sausage patties, home fries, fruit salad, orange juice, pastries, and a mock-champaign toast, right as the clock strikes 12:00 (noon). Tickets are \$9 per person and will go on sale beginning November 1st.



CSC IS MOVING TO OUR NEW HOME!

The Senior Center Building Committee has set a date for the move to the new senior center, located at 15 Louis Lane. **There will be a 2-week shutdown of senior services from December 2-13** to facilitate the move of the Department of Senior Services to its new location. We expect to hold a soft opening for programs and meals beginning on Monday, December 16th. **Please join us for the Grand Opening and Ribbon Cutting Ceremony on Wednesday, December 18 at 10:00 a.m.** More information to follow.



DEPARTING SOON

A CHRISTMAS STORY – THE MUSICAL at the **GOODSPEED** with lunch at the **GELSTON HOUSE**
Wednesday, November 6, 2024, 10:45 a.m.

FIREPLACE FEAST AT THE SALEM CROSS INN
Friday, November 15, 2024, 9:15 a.m.

DAY TRIPS

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 1st.**

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

GIVE
thanks
with a
GRATEFUL
heart

Happy Thanksgiving!

We are grateful that we get to spend our days with YOU.

**Patty, Susan, Jodi, Missy,
Noella, Sheri, Ginny, Linda & Valerie**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

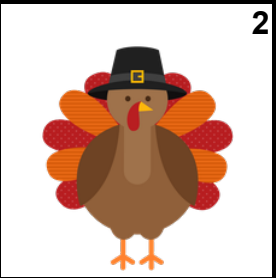
NOVEMBER 2024

Colchester Senior Center



1
10:00 Sit & Be Fit
10:00 Program
Registration Begins
10:30 Senior Serenaders
Choral Group
11:00 Yoga
1:30 Bingo

Diwali (Hindu)



3
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back
1:00 Seasonal Crafting
to the Wadworth

4
9:00 Making Memories
9:45 Tai Chi
10:00 Mini-Leaf Turkey
Craft
10:30 Rides to the Polls
11:30 TVCCA Nutrition:
Food & Inflammation
12:30 Pinochle
1:30 Bingo

5
9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Life Review
Writing
11:00 Goodspeed Trip
Departs
1:00 Sewing Circle

6
9:00 Exercise w/ 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 & Crochet

7
9:00 Open Enrollment,
by appointment
10:00 Sit & Be Fit
10:30 Choral Group
10:45 BP Clinic
11:00 Yoga
11:15 Health Education
1:00 Sewing Circle
1:30 Bingo

8
Visit our
Craft Tables
at the
St. Andrew's
Holiday Fair
9:00 a.m. to
3:00 p.m.



10
11
**CSC Closed for
the Veterans'
Day Holiday**

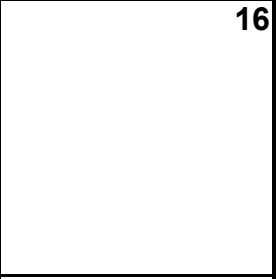
Veterans Day
Remembrance Day (Canada)

12
9:00 Making Memories
9:00 COA Meeting at
Town Hall
9:45 Tai Chi
10:00 LTCOP Meeting
11:00 A Tribute to
Veterans
12:30 Pinochle
1:30 Bingo
7:00 SCBC Meeting

13
9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:00 TED Talks
Discussion on Gratitude
NO Sewing Circle
1:30 Cardio Drumming
2:30 CSC Staff Meeting

14
9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
10:30 Shopping Trip
11:00 Yoga
12:00 Chair Massage
12:00 Sr. Benefits
Counseling
12:30 Dominoes
1:00 Knit & Crochet

15
10:00 Sit & Be Fit
10:00 Card Making
w/Barbara
10:30 Senior Serenaders
Choral Group
11:00 Yoga
12:00 Tech Time with
Harry, by appointment
1:30 Bingo



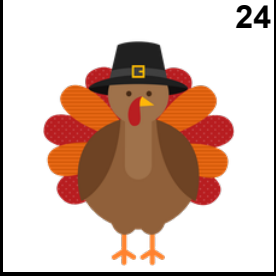
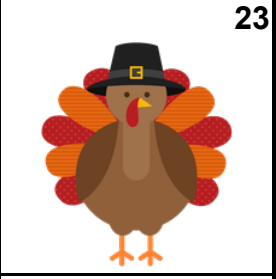
17
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

18
9:00 Making Memories
9:45 Tai Chi
10:30 Book Club
10:30 Seasonal Crafting
12:30 Pinochle
1:30 Bingo

19
9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
11:00 Most Thankful
Thanksgiving Luncheon
with Kenny the Crooner

20
9:00 Exercise w/ 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 & Crochet
1:00 Ultimate Bingo

21
10:00 Sit & Be Fit
10:30 Senior Serenaders
Choral Group
11:00 Yoga
NO Lunch Bunch Outing
1:30 Bingo



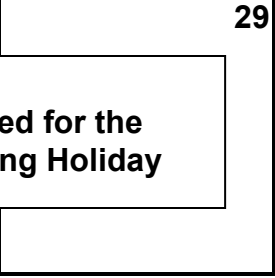
24
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Stitch & Fix
10:30 Seasonal Crafting
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

25
9:00 Making Memories
9:45 Tai Chi
10:00 Hand Stamped
Holiday Tea Towel
Workshop
12:30 In the Know
12:30 Pinochle
1:30 Bingo
7:00 SCBC Meeting

26
9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
NO Sewing Circle
1:30 Cardio Drumming

27
28
29
**CSC Closed for the
Thanksgiving Holiday**

Thanksgiving Day (US)





TVCCA CAFE MENU ~ NOVEMBER 2024











MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334  860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p><u>FOOD ALLERGY WARNING</u> Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumptions of meals.</p>	<p><i>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</i></p>		<p>1 Stuffed Chicken Kiev Roasted Garlic Rice Cauliflower, Carrots, & Snap Peas Mixed Fruit Cup <u>Add-On: Corn Chowder Soup</u></p>
<p>4 Salisbury Steak w/ Gravy Herb Roasted Potatoes Peas & Pearl Onions Tropical Fruit Cup </p>	<p>5 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice</p>	<p>6 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Mandarin Oranges</p>	<p>7 Cheese Omelet Home Fries Mixed Vegetables Medley Pineapple Tidbits </p>	<p>8 Country Fried Beef Steak Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Fresh Orange <u>Add-On: Chicken Noodle Soup</u></p>
<p>11 <u>Veteran's Day Holiday</u>  Senior Nutrition Program Closed</p>	<p>12 Cheese Manicotti w/ Marinara Diced Carrots Peas & Pearl Onions Fresh Fruit</p>	<p>13 Stuffed Cabbage Casserole Waxed Beans Lima Beans Diced Peaches</p>	<p>14 Stuffed Chicken w/ Broccoli & Cheese Herb Roasted Potatoes Zucchini, Peas, & Carrots Mandarin Oranges</p>	<p>15 <u>Ethnic Celebration</u> Pork Taco w/ Flour Tortilla & Cheddar Cheese Cilantro Lime Rice Green Beans Sweet Treat Orange Juice <u>Add-On: Minestrone Soup</u></p>
<p>18 Chicken Pot Pie w/ Biscuit Snap Peas Carrot Coins Fresh Orange </p>	<p>19 Western Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Diced Peaches</p>	<p>20 <u>Most Thankful Thanksgiving</u> Roasted Turkey w/ Stuffing, Gravy, Cranberry Sauce Garlic Mashed Potatoes Green Beans, Dinner Roll Pumpkin Pie Grape Juice Ticket Cost: \$9.00 </p>	<p>21 Crispy Cod Macaroni & Cheese Broccoli Diced Pears</p>	<p>22 Braised Beef Tips Gemelli Pasta Green & Yellow Squash Applesauce Cup <u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>25 Vegetarian Lasagna Lima Beans Corn w/ Peppers & Onions Sweet Treat Apple Juice</p>	<p>26 Hungarian Goulash Pasta Shells Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>27 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Broccoli Fresh Fruit </p>	<p>28 <u>Thanksgiving Day Holiday</u>  Senior Nutrition Program Closed</p>	<p>29 <u>Thanksgiving Holiday</u>  Senior Nutrition Program Closed</p>