



COLCHESTER SENIOR CENTER NEWSLETTER



NOVEMBER 2025

RIDES TO THE POLLS Tuesday, November 4 10:30 AM

November 4th is Election Day. On this day we vote for First Selectman, Selectmen, Board of Education and Board of Finance. 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.

STROKE PRESENTATION Wednesday, November 5 11:00AM

Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 cause of death and a leading cause of disability in the United States. Join Brad Fowler from Middlesex Hospital as he shares information about prevention, symptoms and treatment for strokes. This presentation can help you save your life or someone you love. This is a free program. Registration is required.

4-WEEK BEREAVEMENT SUPPORT GROUP Starting Thursday, Nov. 6 10:00AM

Masonicare Hospice & Palliative Care will be sponsoring a 4-week Bereavement Support Group here at the senior center. It will begin on Thursday November 6th and meet each week (except for Thanksgiving) and end on Thursday, December 4th. Participants are asked to attend all 4 sessions. To register contact Meghan Youmell, Bereavement Coordinator at Masonicare at 203-427-5732. You do not have to wait till November 1st to register. Space is limited.

A TRIBUTE TO VETERANS Monday, November 10 11:00 AM

Join us as we pay tribute to our Veterans with a special presentation by local author Cynthia Parzch on her book **Arlington National Cemetery: Its History** Arlington National Cemetery, one of America's most important historical landmarks, is best known for more than 300,000 graves and famous monuments. But before this beautiful spot on the Potomac became a cemetery, it had a very interesting history. Cynthia will present the backstory of this iconic spot and highlight some of the stories of the interesting people who lived and were buried in Arlington National Cemetery. We will pay tribute to our local Veterans and enjoy a slice of apple pie. Copies of Cynthia's book will be available for purchase for \$12 cash or check. Cost for this program is free for Veterans and their spouses, \$2 for all others. Registration is required.

ELDER ABUSE PRESENTATION Wednesday, November 12 10:30 AM

Elder Abuse is a growing national problem, causing untold physical, emotional, and financial damage to millions of our aging population. To help you understand and identify this problem and help others and yourselves, an Elder Abuse team from Safe Futures will provide a presentation and conversation on November 12 at 10:30. Sheila Horvitz will introduce Nick Swider, the Safe Futures Elder Abuse Counselor. This is a free program. Registration is Required.

FLORAL TABLESCAPE CLASS Tuesday, November 18 10:30 AM or 6:00 PM

Leah the owner and designer from It's So Ranunculus Flower Shoppe will be leading a fall floral design class, sharing her 20 years of artistry and passion for flowers. She will guide participants through creating a seasonal arrangement filled with autumn textures, warm colors, and unique blooms. With her creative eye and kind teaching style, Leah inspires everyone to craft designs that celebrate the beauty of fall. This program is being sponsored by Graceful Transitions. Space is Limited. Registration is required. You may only register for the day or evening program not both.

FRIENDSGIVING LUNCHEON Wednesday, November 19 11:00 AM

One of the things we are grateful for this holiday season is our friends here at CSC. Let's take a moment to enjoy each other with our annual Thanksgiving Luncheon. Following the soulful musical stylings of Keir White we will delight in a Thanksgiving feast of Roasted Turkey with Gravy, Stuffing, Mashed Potatoes, Green Beans, Cranberry Sauce, Dinner Rolls, Pumpkin Pie, and Grape Juice. The cost is \$10 per person. Registration is required before November 12 or until sold out.

**CSC will be CLOSED on
Tuesday, November 11
for Veterans Day &
Thursday, November 27
& Friday, November 28
for Thanksgiving**



Colchester Senior Center

15 Louis Lane
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.-8:00 p.m.

Wednesday: 8:00 a.m.-4:00 p.m.

Thursday: 8:00 a.m.-8:00 p.m.

Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
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cscprograms@colchesterct.gov

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Missy Bauman
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Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Medical Driver

Vacant
Out-of-Town Medical Driver

Fred Murphy
Nutrition Site Server

COMMISSION ON AGING

William Otfinoski, Chair
Nola Weston, Vice Chair
Madelyn Starkey, Treasurer
Roberta Avery, Secretary
Rosanne Tousignant
Geraldine Transue
Bonnie Trecarten
2 Vacant Positions, Alternate
Rosemary Coyle, BOS Liaison
Michael Hayes, BOF Liaison
Chris Rivers, BOE Liaison

From the Desk of the Director

November marks the official start to the holiday season. It's this time of year when our minds turn to thoughts of family, food and a lot of fun. At a busy senior center like ours, November also marks the beginning of a lot of special events that will continue right into the New Year.

November (for those of you who are enrolled in Medicare) is a month that falls right in the middle of open enrollment season. For those of you who are either enrolled in Medicare Part C (Medicare Advantage Plans) or Medicare Part D (Prescription Drug Coverage Plans), it is the brief season, which runs annually from October 15-December 7, 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 coverage you have purchased will continue to be the coverage that best suits your needs. On Friday, November 7 and December 5, the Colchester Senior Center will be hosting 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 us at 860-537-3911.

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 Monday, November 10 to recognize the efforts of our country's soldiers. This year, we will have a special guest speaker who will be sharing information regarding Arlington National Cemetery. Veterans and spouses of Veterans may attend for free, and we hope to see many of our Colchester Veterans present.

Of course, we also look forward to the Thanksgiving holiday at the end of the month, too. This year so many exciting things have happened in the Watts family, the marriage of my daughter and son-in-law, the blessing of the son that they are now expecting next March (I'm going to be a GRANDMA!!!) and the recent engagement of my son to his lovely fiancé. I find that I have more to be thankful for every year, not the least of which are the lovely 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. Enjoy this special time of year.

With a Grateful Heart,

Patty

PROGRAM REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. We only accept cash or check for payment. 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. Once purchased, refunds will not be issued for programs or events unless we are able to resell your spot. 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.

**MOVIE TIME
THE FAMILY STONE**

Tuesday, November 4, 10:00 AM

Join us as we celebrate the life and career of Diane Keaton with a showing of the film "The Family Stone". In this film we follow an uptight businesswoman who accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she's a fish out of water in their free-spirited way of life. In addition to Keaton, the film stars Sarah Jessica Parker, Claire Danes, Craig Nelson, and Luke Wilson. This is a free program; popcorn will be served.

**TVCCA NUTRITION PRESENTS:
THE FABULOUS EGG**

Thursday, November 6, 11:30 AM

The egg is a nutrient-dense, complete protein source containing protein, vitamins, and minerals. Come learn about the amazing health benefits of the egg and dispel some of the many myths surrounding the egg. Join Andrea Deedy, TVCCA Nutritionist, for this informative presentation. This is a free program.

HOLIDAY FAIR ORNAMENT CLASSES

Thursday, November 6 & 13, 1:00 PM

Join us as we create ornaments to sell at this year's Holiday Fair. Each week we will make at least two different ornaments using various craft techniques such as painting, collage, and hand sewing. Each participant can make one of each ornament for themselves and then a few for us to sell at the holiday fair. This class is free There is no bus service available for this program due to the time of the class. Registration required. Space is Limited

SEASONAL CRAFTING

Friday, November 7, 14, & 21, 9:00 AM

Join Jodi as we make angel ornaments for our Red, White and Blue Angel Tree donation for this year's Wadsworth Festival of Trees. Each week we will work on different angel ornaments and then the final decoration of the tree. All are welcome to help.

OPEN ENROLLMENT

Friday, November 7 & December 5

9:00 AM – 3:00 PM

BY APPOINTMENT ONLY

Open Enrollment falls between October 15 and 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 will start on October 1st. Call the office to make an appointment at 860-537-3911.

AARP DRIVER SAFETY CLASS

Friday, November 21, 11:30 AM – 3:30 PM

By taking a driver safety course, you'll learn the rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate age-related changes in vision, hearing and reaction time and may qualify for a discount from your insurance provider. Open to anyone 50 and over. The cost is \$20 for AARP members and \$25 for non-members. Register by November 14th.

UNLEASH YOUR JOY

**HOW TO CHOOSE JOY & FIND CALM DURING
THE HOLIDAY**

Monday, November 24, 10:30 AM

Are the upcoming holidays making you feel anxious and overwhelmed? Are you feeling alone and left out and wishing the holidays would pass faster? While there are many people who eagerly anticipate the holiday season, many report spending the holidays stressed or even depressed. During this session we will discuss ways to choose joy and find calm this holiday. From simple ideas to out of the box thinking we will look at ways to make your holiday season the best it can be. This is a free program. Registration is required.

Colchester Senior Center
Holiday Fair and Open House
Saturday, November 22
9:00 a.m. to 2:00 p.m.

Holiday Café,
Handcrafted Items,
Holiday Décor &
Wreaths,
Gift Basket Raffle
& More!

15 Louis Lane
860-537-3911

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	Wednesdays 10:00 AM	Dining Room	NO FEE
BILLIARDS – OPEN PLAY This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Daily 9:00 – 11:30 AM & Wed, Thurs, & Fri 1:00 – 3:30 PM Tuesday & Thursday 4 – 8 PM	Game Room	NO FEE
BINGO Play one or 9 cards, Monetary prizes, 12 games	Tuesdays & Fridays 1:15 PM	Activity Room	50 cents a Card
BOOK CLUB Join us for a lively discussion about this month's book: The Girls in the Stilt House by Kelly Mustian	Third Tuesday of the Month 10:30 AM	Conference Room	NO FEE
BRIDGE This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy.	Mondays 12:30 PM	Activity Room	NO FEE
CARD MAKING WITH BARBARA (Registration Required) Join CSC Member Barbara Gozzo for a seasonal card making session. Craft 4 cards	Thursday November 20 10:00 AM	Art Room	\$10 Per Person
CORN HOLE A game in which players or teams take turns tossing bean bags at a board with a hole in it far end. Group led program.	Tuesdays 1:00 PM	Fitness Room	NO FEE
DOMINOES – MEXICAN TRAIN The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains.	Thursdays 12:30 PM	Art Room	NO FEE
HAND & FOOT CARD GAME A variation of Canasta but played with two sets of cards. No Experience needed. Group Led Program	Wednesdays 10:00 AM	Game Room	NO FEE
HAM RADIO CLUB Monthly Ham Radio Meeting, learn about the craft, how to get licensed and about our broadcasting equipment	No Ham Radio until further notice	Dining Room	NO FEE
IN THE KNOW Join Patty Watts as she shares CSC updates & information about our programs and answers questions	Tuesday November 18 12:30 PM	Dining Room	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	Thursdays 1:00 PM	Dining Room	NO FEE
LEARNING TO SIGN Learn the basics of American Sign Language (ASL). Group led	Mondays 11:00 AM	Conference Room	NO FEE
LIFE REVIEW WRITING Learn the process and practice of reviewing one's life through writing and various writing prompts. * We will be meeting a ½ hour earlier this month.	Wednesday November 5 10:00 AM*	Activity Room	NO FEE
LUNCH BUNCH Join us for our monthly lunch outing – Registration is Required	No Lunch Bunch In November	N/A	N/A
MAH JONGG A rummy-like game played with tiles instead of cards	Mondays 12:30 PM	Game Room	NO FEE
MONTHLY ART CHALLENGE Each month challenge yourself with our art prompt – work from this year will be exhibited in January – November - Animals	N/A	N/A	N/A

OPEN ART STUDIO Bring your own projects and supplies and work on your art with other like-minded individuals.	Fridays 9 – 11:00 AM	Art Room	NO FEE
PINOCHILE trick-taking ace–ten card game	Tuesdays 12:30 PM	Game Room	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 AM	Activity Room	NO FEE
SENIOR SPOTLIGHT (Formerly TED Talk Discussions) Join us as we view a talk, documentary, podcast & discuss TOPIC:	No Meeting in November	Activity Room	NO FEE
SETBACK Setback is a name sometimes used for the trick-taking card game also known as Pitch	Mondays 12:30 PM	Art Room	NO FEE
SEW-CIAL TIME Bring your projects and work on them with like-minded individuals. Once a month we work on projects for the holiday fair – Group Led	Wednesday 1:00 – 3:30 PM No Group 11/26	Art Room	NO FEE
SHOPPING TRIP (Registration Required) This month's shopping trip will be to Waterford Walmart	Thursday November 13 10:30 AM	CSC BUS	\$4 Suggested Donation
STITCH & FIX WITH MARIA Bring items that need hemming, slight mending, buttons replaced etc. Items returned within 2 weeks. Must Register	Last Monday of the Month 10:00 AM	Dining Room	NO FEE
TECH TIME WITH HARRY (Registration Required) Make a one-on-one 30-minute appointment. Bring your own device.	Friday November 14 12:00 – 3:00 PM	Conference Room	NO FEE
WII BOWLING Video Version of the real-life game. Group Led	Thursdays 10:00 AM	Activity Room	NO FEE

POSITIVELY CSC

In May, CSC introduced our new kindness campaign “Positively CSC”. We are excited to roll out this campaign to promote a positive outlook and encourage positive thinking, behavior, and relationships here at CSC and in the greater community. We think the world could use more positive things now more than ever. We hope you will join us by participating in the following initiatives...

POSITIVE PROGRAMMING IN NOVEMBER: Join us for some great positive CSC programming this month:

WORLD KINDNESS DAY – Thursday, November 13: Join us as we celebrate World Kindness Day. Stop by the reception desk and receive a kindness cookie gram while supplies last.

JJIS' EMPTY BOWLS PROGRAM – Friday November 14, 4:30 PM: Jack Jackter Intermediate School has kindly donated 10 tickets to us for some of our members to attend this soup dinner benefit free of charge. If you are interested in attending, please let Jodi know by November 10th. If we have more than 10 people interested, we will do a drawing. A flyer for the event will be on the community bulletin board.

CAUGHT YOU CARING

As always, our Caught You Caring program continues to honor and thank CSC members that have done something kind or above and beyond. Nomination forms are available at the reception desk kiosk.

ACTION FOR HAPPINESS CALENDARS

Each month we will post and distribute Action for Happiness Calendars. These calendars offer practical action ideas to make a difference and create a happier and kinder world both in our community and at CSC. You can choose to do one or more of the items listed on the calendar.

Lunch (provided by TVCCA) is served daily at 12:00 p.m. in our Dining Room.

COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served in order to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

MEALS ON WHEELS DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.

VOLUNTEER OPPORTUNITIES

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

Substitute Meals on Wheels Driver: Must have own transportation. Different days/routes available to fill in for other drivers, as needed. Interested parties, please call Fred at 860-537-3911.

Substitute Bingo Caller: Be trained to lead this fun and popular game to substitute in on an as needed basis. Call Jodi at 860-537-3911.



WELLNESS NIGHTS AT CSC

EVENING BOOK CLUB

Thursday, November 6, 6:00 PM

Let's start a new evening book club! Please come with some suggestions about what you would like to read, and Joni will get the books for you to pick up. We can meet again in December to discuss the book!

TRIVIA NIGHT & PIZZA

Thursday, November 13, 6:00 PM

Come have some fun and test your trivia knowledge! The cost is \$10.00, which includes pizza, soda & chips.

FLORAL TABLESCAPES WITH GRACEFUL TRANSITIONS Tuesday, November 18, 6:00 PM

Create a beautiful floral tablescape for your Thanksgiving table. There is no cost, but registration is required.

JOURNEY WITH JONI

Thursday, November 20, 5:00 PM

This month we will journey to Scandinavia. We will watch a brief travel video and try different snacks from Denmark, Norway and Sweden! There is no cost for this program. registration is required.

OIL PAINTING WITH BRIANNA Thursday, November 20, 6:00 PM


Ever wanted to try oil painting? This is a great opportunity for artists of all skill levels to join. Professional artist, Brianna, will bring all the paints, brushes and canvases. She will walk us through, step by step, and we will finish an entire painting during this single class. The cost is \$20 per class, and registration is required.

APPLE CIDER SPICE SACHET Tuesday, November 25, 4:30 - 5:30 PM

Just in time for Thanksgiving! Make a sachet to spice up your warm apple cider and make your house smell delicious! The cost is \$5.00, and registration is required.

ULTIMATE BINGO Tuesday, November 25, 5:30PM

Space is limited for this fun monthly game, where you pay to play and the prizes are bigger! The cost is \$10.00, and registration is required.

TUESDAY, November 4		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
4:00 – 8:00 PM	Membership Registration	Office
6:00 - 8:00 PM	Corn Hole	Fitness Room
6:00 – 7:30 PM	Rummikub	Activity Room
THURSDAY, November 6		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
4:00 – 8:00 PM	Mexican Train Dominoes	Art Room
5:30 – 6:00 PM	Exercise to 70's Music Video	Fitness Room
6:00 – 7:00 PM	*BRAND NEW Evening Book Club	Conference Room
TUESDAY, November 11		
CLOSED - VETERAN'S DAY		
THURSDAY, November 13		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
6:00 - 8:00 PM	Poker for Fun	Fitness Room
6:00 – 7:00PM	*TRIVIA NIGHT w/ Pizza! (\$10)	Activity Room
TUESDAY, November 18		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
4:30 – 5:30 PM	*Fitness Orientation	Fitness Center
4:30 – 7:00 PM	Tech Time with Harry, by appointment	Conference Room
6:00 - 8:00 PM	Corn Hole	Fitness Room
6:00 – 7:00 PM	*Floral Tablescape - Graceful Transitions	Art Room
THURSDAY, November 20		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
5:00 – 6:00 PM	*Journey with Joni – Scandinavia	Activity Room
6:00 – 7:30 PM	*Oil Painting w/ Brianna (\$20)	Art Room
6:00 – 7:30 PM	Scrabble	Game Room
TUESDAY, November 25		
4:00 – 8:00 PM	Fitness Center Open	Fitness Center
4:00 – 8:00 PM	Open Billiards	Game Room
4:00 - 8:00 PM	Corn Hole	Fitness Room
4:30 – 5:30 PM	*Drop in and make your own Spice Sachet for Apple Cider (\$5)	Art Room
5:30 – 7:00 PM	*Ultimate Bingo (\$10)	Multi-Purpose Rm
THURSDAY, November 27		
	CSC IS CLOSED TODAY FOR THE THANKSGIVING HOLIDAY	

***Registration required for this program, cost as noted**

EXERCISE / WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. <u>Registration is required to reserve your sticks and ball.</u>	Wednesdays 1:30 PM & 2:30 PM	Fitness Room	NO FEE Registration Required
CHAIR MASSAGE By Appointment Only with Massage Therapist Sue McCaffrey	Thursdays 12:05 PM	Fitness Room	\$10 for every 15 minutes
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 AM	Fitness Room	NO FEE
REFLEXOLOGY By Appointment Only with Certified Reflexologist Susette Christensen	Wednesdays 9:00 AM to 3:00 PM	Health Room	\$20 for 20 mins. or \$25 for ½ hour session
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	Tuesdays 9:45 AM	Fitness Room & Zoom	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led. *2 nd Wednesday of the month the group meets at the senior center and leaves from here.	Wednesdays* 9:00 AM & Sundays 10:00 AM	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00			
	DAY & TIME	LOCATION	FEE
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	Mondays & Thursdays 9:00 AM	Fitness Room & Zoom	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 AM	Fitness Room & Zoom	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	Mondays & Thursdays 10:00 AM	Fitness Room & Zoom	PRE- PAID CARD
FITNESS CENTER Completed waiver and doctor form to join Completed Fitness Orientation to use facility Now Accepting Silver Sneakers	Monday - Friday 8 AM – 4 PM	Fitness Room	3-month - \$35 6-month \$60 1-year \$110

PLEASE NOTE THE FOLLOWING CHANGES

Wednesday, November 5: Life Review will begin at 10:00 AM instead of 10:30 AM

Friday, November 7: The Game Room will be reserved for Open Enrollment Appointments. There will be NO OPEN BILLIARDS on this day.

Monday, November 17: Lunch will be served at 11:30 AM

Friday, November 21: There will be no Bingo on this day so that volunteers can set up for the Holiday Fair.

Wednesday, November 26: Lunch will be served at 11:00 AM

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, November 14, 10:45 AM

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

CHATHAM HEALTH EDUCATION SERIES

Friday, November 14, 11:15 AM

Each month, Chatham Health District shares information about various health topics. This month there will be a presentation on Dental Health.

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.

MEDICARE OPEN ENROLLMENT

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 7 or December 5.



SOCIAL SERVICES

CHOICES COUNSELING

Open Enrollment Appointment on November 7 or December 5

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 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, SNAP, MSP applications, and / or benefits assesment.

SOCIAL SERVICES OFFICE HOURS AT CSC

Friday, November 21 9:00 a.m. – 12:00 p.m.

Schedule an appointment with Michele Heaton, Social Services Coordinator for the town at CSC. Call the senior center office for an appointment.

ENERGY ASSISTANCE September through May

The income threshold for the 2025-26 heating season is at or below \$47,764 for a single person or \$62,460 for a couple.

MEETINGS IN NOVEMBER

AARP CHAPTER #4019
No Meeting in November

COMISSION ON AGING
Monday, Nov. 10, 9:00 AM
CSC Conference Room

LTC OMBUDSMAN REGIONAL MEETING
No Meeting in November

SENIOR CENTER BUILDING COMMITTEE
No Meeting in November

CSC STAFF MEETING
Wednesday, Nov. 12, 2:30 PM

DAY TRIPS

NEWPORT PLAYHOUSE – A TWISTED

CHRISTMAS CAROL 

Tuesday, December 2, 2025, 9:15 AM

A Twisted Christmas Carol is a Texas spoof of Charles Dickens' classic A Christmas Carol. It's Christmas Eve in a small west Texas town, and cantankerous barbecue joint owner Buford Johnson gets in an argument with his wife Darla, tells her he's skipping Christmas, storms out of the restaurant, goes four-wheeling in his pickup. He comes back in his dream where he's visited by ex-business partner, Hank Walker, who takes Buford on a journey like Scrooge's in A Christmas Carol, only Texas-style. **The cost is \$160 per person and includes a huge buffet dinner and cabaret style performances. Space is limited.**

DEPARTING SOON

MEDIEVAL TIMES DINNER & TOURNAMENT

Saturday, November 15, 2025, 9:30 AM

OVERNIGHT TRIPS

DISCOVER THE CANADIAN MARITIMES

COASTAL WONDERS   

May 23 – June 2, 2026, Departure Time: TBD

From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Choose how you explore Lunenburg – at the Fisheries Museum of the Atlantic or on a locally guided walking tour. Partake in a PEI tradition with a supper of fresh lobster and mussels. Visit the Anne of Green Gables Museum and learn about potato farming. See the 4-story high Hopewell Rocks. Savor a traditional Maritimes seafood feast beside the Bay of Fundy, where some of the world's highest tides are recorded. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing Maritime Provinces. This 11 Day, 10 Night trip includes Airfare, Hotels, and Meals (10 Breakfasts, 2 lunches and 4 dinners). **Cost is \$4,299 per person for double occupancy, if booked before November 23, 2025.**




MAJESTIC CITIES OF CENTRAL & EASTERN EUROPE (Berlin, Prague, Vienna, Budapest, Krakow)   

October 4 -17, 2026, Departure Time: TBD

Explore a land where world history and fairy-tale charm come to life in the culturally rich cities of Central & Eastern Europe. Enjoy multi-night stays, immersive local deep-dives, and authentic, traditional flavors in Prague, Vienna, Budapest, and Krakow. Learn about life during the fall of the Berlin Wall from a Berliner who lived through it. Get a sweet taste of the relaxed Viennese coffee house culture. Travel aboard a train, like the locals, on the beautiful journey from Prague to Vienna. Make your journey unique when you choose to visit the House of Terror Museum to learn about Hungarian history or indulge in the famous Thermal Baths of Budapest, one of the largest spa baths in Europe. Discover Krakow on a walking tour through the Old Town. Step into history at Auschwitz during a poignant visit. This is a land where past and present coincide – embrace history, culture, and endless beauty in Central and Eastern Europe. This 14 day, 13 night trip includes Airfare, Hotels, and Meals (12 breakfasts, 1 lunch, and 6 Dinners). **Cost is \$6,499 per person for double occupancy, if booked before February 26, 2026. This is a small group tour (only 24 people total on the tour) so space is limited.**

WALKING KEY FOR TRIPS

 = Light Walking   = Moderate Walking

   = Mostly Walking



**TRIP PRESENTATION
MAJESTIC CITIES OF CENTRAL &
EASTERN EUROPE**

Monday, November 17, 10:30 AM

Join Tracy from Collette as she walks you through the majestic cities that you will visit if you sign up for this magical trip departing in October of next year. She will also discuss the small group travel experience. This program is open to all who are considering this trip and even those who want to learn more about these beautiful cities.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday






Saturday



November 2025

Colchester Senior Center



 <p>FALL BACK Daylight Savings Time Ends</p>	<p>2 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:00 Program Registration 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>3 9:00 Making Memories 9:45 Tai Chi 10:00 Movie Time 10:30 Ride to the Polls 12:30 Pinochle 1:00 Cornhole 1:15 Bingo 4-8 Wellness Nights</p>	<p>4 9:00 Making Memories 9:00 Walking Group 9-3 Reflexology 10:00 Adult Coloring 10:00 Hand & Foot 10:00 Life Review 10:00 Sit & Be Fit 11:00 Stroke Presentation 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>5 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Bereavement Group 11:00 Yoga 11:30 TVCCA Egg Presentation 12:00 Benefits Counseling 12:05 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 1:00 Ornament Class 4-8 Wellness Nights</p>	<p>6 9-3 Open Enrollment No Social Service Hours 9:00 Open Art Studio 9:00 Seasonal Crafting 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:15 Bingo</p>	<p>7 8</p>
 <p>THANK YOU VETERANS FOR YOUR SERVICE</p>	<p>9 9:00 CoA Meeting 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 11:00 Learn to Sign 11:00 Veterans Tribute 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>10 11 CSC Closed for Veterans Day Holiday Veterans Day Remembrance Day (Canada)</p>	<p>12 9:00 Making Memories 9:00 Walking Group 9-3 Reflexology 10:00 Adult Coloring 10:00 Hand & Foot 10:00 Sit & Be Fit 10:30 Elder Abuse Presentation 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming 2:30 CSC Staff Meeting</p>	<p>13 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Bereavement Group 10:30 Shopping Trip to Waterford 11:00 Yoga 12:00 Benefits Counseling 12:05 Chair Massage 12:30 Dominoes 1:00 Ornament Class 1:00 Knit & Crochet 4-8 Wellness Nights</p>	<p>14 NO Social Service Hours 9:00 Open Art Studio 9:00 Seasonal Crafting 10:00 Sit & Be Fit 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series 12:00 Tech Time w/ Harry 1:15 Bingo</p>	<p>5</p>
<p>16 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:30 Majestic Europe Trip Presentation 11:00 Learn to Sign 11:30 TVCCA Lunch Served 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>17 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 10:30 Floral Tablescape Class 12:30 Pinochle 12:30 In the Know 1:00 Cornhole 1:15 Bingo 4-8 Wellness Nights</p>	<p>18 9:00 Making Memories 9:00 Walking Group 9-3 Reflexology 10:00 Adult Coloring 10:00 Hand & Foot 10:00 Sit & Be Fit 11:00 Friendsgiving Luncheon 1:00 Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>19 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:00 Card Making 10:00 Bereavement Group 11:00 Yoga 12:00 Benefits Counseling 12:05 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 4-8 Wellness Nights</p>	<p>20 9:00 Social Service Hours 9:00 Open Art Studio 9:00 Seasonal Crafting 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 AARP Driver Safety NO Bingo 12 - 4 Holiday Fair Set Up</p>	<p>21 22 CSC Holiday Fair & Open House 9am - 2pm </p>	<p>22</p>
 <p>23 9:00 Making Memories 9:00 Exercise with Anne 10:00 Sittercize 10:30 Unleash Your Joy 11:00 Learn to Sign 11-12 Fitness Orientation 12:30 Mah Jongg 12:30 Bridge 12:30 Set Back</p>	<p>24 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:00 Cornhole 1:15 Bingo 4-8 Wellness Nights</p>	<p>25 9:00 Making Memories 9:00 Walking Group 9-3 Reflexology 10:00 Adult Coloring 10:00 Hand & Foot 10:00 Sit & Be Fit 11:00 TVCCA Lunch Served NO Sew-cial Time 1:30 Cardio Drumming 2:30 Cardio Drumming</p>	<p>26 27 CSC Closed for Thanksgiving Day Holiday Thanksgiving Day (U.S.)</p>	<p>28 CSC Closed for Thanksgiving Day Holiday</p>	<p>28</p>	<p>HAPPY Thanksgiving! </p>

Wishing you a bountiful holiday.

Today and every day, we are **THANKFUL** for YOU!

Patty, Jodi, Susan, Missy, Sheri,
Ginny, Noella, Joni, & Fred





TVCCA CAFE MENU ~ NOVEMBER 2025






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.</i></p> <p>~~~~~</p> <p><i>Menu is subject to change without notice.</i></p>		
<p>3 Baked Cod w/ Garlic Lemon Sauce Parsley Steamed Potatoes Broccoli Fresh Fruit</p>	<p>4 Stuffed Shells w/ Marinara Carrot Coins Snap Peas Applesauce Cup</p>	<p>5 Country Fried Beef Steak Buttermilk Mashed Potatoes Zucchini, Peas, and Carrots Mixed Fruit Cup</p>	<p>6 Glazed Ham Sweet Potatoes Green Beans Diced Pears</p>	<p>7 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice</p>
<p>10 Stuffed Chicken w/ Broccoli & Cheese Herb Roasted Potatoes Mixed Vegetables Medley Sweet Treat Orange Juice</p>	<p>11 <u>Veteran's Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>12 Crispy Cod Macaroni & Cheese Broccoli Mandarin Oranges</p>	<p>13 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Tropical Fruit Cup</p>	<p>14 Salisbury Steak w/ Gravy Gemelli Pasta Green & Yellow Squash Fresh Orange</p>
<p>17 Hungarian Goulash Pasta Shells Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>18 Whole Grain Fish Sticks Home Fries Asian Vegetable Blend Fresh Fruit</p> 	<p>19 <u>Friendsgiving Luncheon</u> Roasted Turkey w/ Stuffing, Gravy, & Cranberry Sauce Garlic Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie Grape Juice Ticket Cost: \$10.00</p>	<p>20 Vegetarian Lasagna Green & Yellow Squash Corn w/ Peppers & Onions Diced Peaches</p>	<p>21 Chicken Pot Pie w/ Biscuit Broccoli Waxed Beans Pineapple Tidbits</p>
<p>24 Chicken Cacciatore Penne Pasta Zucchini, Peas, and Carrots Mixed Fruit Cup</p>	<p>25 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Sweet Treat Apple Juice</p>	<p>26 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>27 <u>Thanksgiving Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>28 <u>Thanksgiving Holiday</u></p>  <p>Senior Nutrition Program Closed</p>