

COLCHESTER SENIOR CENTER



news

May 2024



May is Older American's Month. The 2024 theme is **Powered by Connection**. This recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. To celebrate, we will be creating a giant CSC puzzle, a symbol of connectedness, with a piece to represent each of the wonderful programs that we have at CSC and how they all connect us together. Puzzle pieces will be available throughout the month for you to sign. We will then display the puzzle in the hallway.

HEALTHY BRAIN SERIES SESSION 3 Tuesday, May 7 10:45 a.m.

Join us for this month's Healthy Brain Series program with Hartford Healthcare's Center for Healthy Aging. This month's topic is *Meaningful Engagement*. Participating in meaningful activities can enhance your self-esteem and well-being. Finding the right activity requires an understanding of your interests, needs, and abilities. This is a free series, please pre-register.

COA PRESENTS: HEALTHY LIVING FOR BRAIN & BODY Monday, May 13 2:00 p.m.

Science provides insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. This program will focus on current research and practical strategies to age well cognitively, physically, and socially. Join the Commission on Aging as they welcome presenter, Marylou Gannotti, from the Alzheimer's Association. This program is free. Registration is required.

THERE'S NO PLACE LIKE HOME MOTHER'S DAY LUNCHEON Wednesday, May 15 11:00 a.m.

When many of us think of our mother's, grandmothers, aunts, or other special women in our lives we often think of the comforts of the spaces (home) that they provided for us. We will honor them with a special tribute luncheon. Did you know that there are 100's of songs written about mothers? Come listen to some favorites as we unveil our special tribute video containing all the photos that were submitted by members and staff of CSC. Following our special presentation, we will enjoy a comfort meal of meatloaf complete with mashed potatoes, sugar snap peas, roll and butter, juice, and cookies. The cost is \$9 per person. Register by May 8th or until full. Space is Limited.



GARDEN CLUB PRESENTATIONS Thursday, May 16 & 23 1:00 PM

May is a great time to get out and garden. For many, having a large garden is not possible. Join the Colchester Garden Club as they share several ways that you can add a small garden to your porch or under a window.

May 16: Container Gardening
Explore the versatility of container gardening. Learn about which vegetables and herbs do best in containers. This presentation is free. Registration is required.

May 23: Planting Herbs in Pots
Herbs are a great way to enjoy gardening and a great way to add flavor to your cooking or baking. Join us as we discuss various herbs and plant some herbs for your home. The Cost of this program is \$10 per person and space is limited.

CSC will be
CLOSED



Monday, May 27th
for the
Memorial Day Holiday

MEMORIAL DAY PICNIC Tuesday, May 28 11:00 a.m.

Please join us as we celebrate the beginning of the summer season! Your choice of a hamburger, cheeseburger or hot dog with fries, onion rings, from Harry's Place Restaurant, a can of soda or bottle of water and a cupcake for dessert. After Lunch partake in a friendly competition of lawn games. Tickets are \$9, and available until May 19th or sold out.

WHERE DO I FIND MY PEOPLE? LUNCH & LEARN Wednesday, May 29 11:00 a.m.

Who are your people and where are they hiding? Why is socialization so important in healthy aging? How can you develop friendships, create joy, and find that spark to make life more fun. Discover the answers in this workshop co-sponsored by Bristol and Marlborough Health Centers. A lunch of your choice of a Turkey or Tuna sandwich, Chips, Cookie, and a Bottle of water will be provided. This is a free program. Registration is required. 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

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Full-time Driver

Ginny Stephenson

Part-time Driver

Noella Daigle

Out-of-Town Driver

Valerie Webster

Nutrition Site Server

COMMISSION ON AGING

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From the Director's Desk

Beginning in 1963, President John F. Kennedy designated May as Older Americans Month (OAM), with a special theme determined by the Administration for Community Living. The 2024 theme is, **"Powered by Connection."** Human beings thrive on connection, and it occurs to me that senior centers are natural places of connection—connection to other people, connection to important services and resources, and connection to the community.

The Older American Month website states, *"Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues."*

Here are some ways that together, we can recognize Older American's Month this May:

- Recognize the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Share resources that help older adults engage with others, like community events, involvement with a faith community or senior center and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Help build the CSC Puzzle, as we connect with each other in the fun programs, classes and events that are happening at CSC.

We hope that the Colchester community will draw inspiration from this Older American's Month theme and recognize the important principles that within community, we all need each other—everyone has a special role to play; social connection is critical to aging with vitality and a sense of physical and psychological health; and the Colchester Senior Center offers endless opportunities to live your best empowered and connected life! Come on and connect with us!

Warmly,

Patty

ACROSS THE AGES

Fridays, May 3, 10, & 31
10:15 a.m. – 11:00 a.m.

CSC members will meet with students at WJJMS and share life experiences with chosen topics to discuss and/or work on small projects together.

GARDEN CLUB

Monday, May 6
8:30 a.m.

The group will meet on the first Monday of every month at the senior center to maintain the front and side gardens. Everyone is welcome. Rain date May 13th

LIFE REVIEW WRITING

Wednesday, May 8
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, and new members are welcome. Contact Jodi for this month's writing prompts.

SEWING CIRCLE

Wednesday, May 8 & 22
1:00 p.m.

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

SHOPPING TRIP

Thursday, May 9
10:30 a.m. Departure

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

ULTIMATE BINGO

Thursday, May 9
4:00 – 5:30 p.m.

We will be open late for a special game of big money BINGO! Admission is \$10.00 per person which will give you 2 cards. Refreshments will be served. Please pre-register in person with payment by May 7th or until sold out. Space is limited.

TECH TIME WITH HARRY

Friday, May 17
1:00 – 3:30 p.m.

Make a one-on-one 30-minute appointment and bring your own device to learn on. Please sign up by calling 860-537-3911.

STITCH & FIX WITH MARIA

Monday, May 20
by appt. beginning at
10:00 a.m.

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

BOOK CLUB

Tuesday, May 21
10:30 a.m.

This month's book selection is *Giver of the Stars* by Jo Jo Moyes. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

IN THE KNOW

Tuesday, May 21
12:30 p.m.

Join Patty Watts as she discusses new programs, events, and trips; shares updates, answers your questions and addresses concerns at this monthly forum.



FABRIC SUNFLOWER WORKSHOP

Wednesday, May 22
10:00 a.m.

Create a beautiful fabric flower that can be used as a wall hanging, a stake for an indoor plant. Requires the use of a glue gun. A selection of colorful fabrics will be available to choose from. The cost is \$5 per person. Space is limited. Registration is required.

CARD MAKING WORKSHOP

Friday, May 24
10:00 a.m.

Join talented CSC member, Barbara Gozzo, for a seasonal card making workshop. Each person will craft 4 cards. There is a material fee of \$8.00 per person. The registration deadline is May 17th, in the senior center office.

LUNCH BUNCH OUTING

Friday, May 24
11:00 a.m.

Our lunch bunch restaurant this month will be the Main Moose in Columbia. Casual dining at its best. Order off the menu and enjoy the beautiful views from under their covered pavilion. Suggested donation for bus transportation is \$3.00. Please sign up in the office, even if you plan to drive yourself.

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 AM	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.	WEDNESDAYS 9:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	2nd & 4th WEDNESDAYS 1:30 P.M	CSC	NO FEE
LINE DANCE CLASS Learn easy-to-follow dance steps set to lively music. Leader: Debra Yanki	1st & 3rd WEDNESDAYS 1:30 P.M.	CSC	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	WEDNESDAYS 10:00 A.M.	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
SENIOR SERENADERS CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	FRIDAYS 10:30 A.M.	CSC	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

TRANSPORTATION SCHEDULE

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

Mondays: Appointment Day*

Tuesdays: Shopping Day

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

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

Fridays: Appointment Day*

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

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 12:30 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.
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)

TRANSPORTATION SERVICES

Bus Transportation is available for seniors living in Colchester. We provide in-town transportation services Monday through Friday within Town limits to/from the Colchester Senior Center, local shopping and medical appointments; other outings, as advertised in the newsletter; and out-of-town medical appointments within a 40-mile radius of Colchester.

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 **beginning on the first business day of the month after 10:00 a.m.** 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 860-537-3911 after registration is open for the month.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, May 10, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, May 10, 11:15 a.m.

This month, Chatham Health District will share information about Asthma and Allergies.

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 Title III funds made available under the Older Americans Act.

LEARN TO PREVENT LYME DISEASE

May is recognized as Lyme Disease Awareness Month. The following guidelines may be useful to protect yourself against Lyme Disease.

Avoid Tick Habitats

Ticks like wooded & bushy areas with tall grass and leaf piles. Be careful of lawn & gardens near the edges of woodlands & stone walls.

Dress Appropriately

- *Wear long pants & long-sleeve shirts. Be mindful of cuffs & hems where ticks can hide.
- *Wear light colors to spot ticks.
- *Wear shoes or sneakers and avoid bare feet or sandals.
- *Wear a hat or tie back long hair.
- *Spray insect repellent containing DEET on your clothing & exposed skin, which is most effective in repelling ticks.
- *Brush off your clothes before going inside. Inspect your clothes and body thoroughly.
- *Clothing should be run through the dryer at high temperature for 30 minutes or more to kill any stray ticks.

Check Yourself for Ticks

Pay careful attention areas where ticks may hide:

- *Armpits, back of knees
- *Nape of neck, scalp
- *Navel area, groin area

Your best line of defense is to examine yourself daily & remove ticks before they become engorged with blood.

For Pet Owners

Make certain that your animals have tick collars or medication like Frontline. Ticks are parasites that feed on living hosts, so be cautious if your pet spends time outdoors.



PAGE 6 **SOCIAL SERVICES**

CHOICES COUNSELING

**Tuesday, May 14
12:30 p.m.- 2:30 p.m.**

Confidential counseling for Medicare is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

SENIOR BENEFITS COUNSELING

**Thursday May 23 & 30
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.

RENTERS' REBATE **April 1-October 1, 2024**

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

MEETINGS IN MAY

**AARP CHAPTER #4019
Tuesday, May 7, 1:30 p.m.**

**CSC STAFF MEETING
Wed., May 8, 2:30 p.m.**

**COMMISSION ON AGING
Mon., May 13, 9:00 a.m.
Town Hall Hybrid Meeting Room**

**LTC OMBUDSMAN
REGIONAL MEETING
Tues., May 14, 10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., May 14 & 28
7:00 p.m. on Zoom**

DINING OPTIONS

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

COMMUNITY CAFÉ MEALS

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

MEALS ON WHEELS DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA's MOW Hotline at 860-934-1010. Please allow 24-48 hours for a response and someone from TVCCA will contact you.

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at CSC:

Hospitality Volunteers: We are looking for volunteers who would like to help make decorations each month for our Luncheons. See Jodi for more information.

Fill-In Meals on Wheels Drivers: Our Meals on Wheels Program is looking for fill-in drivers to deliver meals locally when our regular drivers are unavailable. Please contact Valerie for further information or to sign up.

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

ANGELO'S STUFFED BREAD LUNCH

Friday, May 17 at 12:00 p.m.

TVCCA will be closed on this date as they celebrate their staff appreciation day. In place of our regular lunch we will be offering Angelo's Bakery's stuffed breads served alongside a tossed salad, a bottle of water and a cookie for dessert. Choose two stuffed bread flavors from eggplant parmigiana, chicken parmigiana, broccoli with cheese and spinach with cheese. The cost is \$9.00, please register by May 10th.

BLOOMIN' 4 GOOD BOUQUETS AT STOP & SHOP



SENIOR CENTER BUILDING COMMITTEE UPDATE



Progress continues on the new Senior Center project. On the exterior, roofing insulation panel installation is almost complete, windows have been installed, storefront window installation continues and masonry brick work has begun. The interior has seen the start of a number of mechanical systems including electrical, plumbing and fire suppression (sprinkler) rough-in work. The photo above shows installed windows, roof work and brick facing which coordinates with the Town Hall. An anticipated completion date of September is still expected.

DEPARTING SOON:

NEWPORT PLAYHOUSE & CABARET
featuring "THE FORESOME"
Thursday, May 16, 2024, 9:30 a.m.

SOLD OUT

SOUTH PACIFIC at the GOODSPEED with
LUNCH at the GELSTON HOUSE
Wednesday, July 10, 2024, 11:00 a.m.

DAY TRIPS

ENCORE BOSTON HARBOR RESORT CASINO

Wednesday, June 5, 2024, 8:30 a.m.   

Encore Boston Harbor is a luxury resort and casino in Everett, MA. The casino has all the table games you know and love. All 166 tables come with phone chargers and beverage service. The 3100 slot machines offer games for every enthusiast, from video to reel slots. You can stroll Harbor Walk which surrounds the property along the Mystic River with breathtaking views. Includes Casino Bonus of \$20 free slot play (subject to change) and deluxe motorcoach. Prior to our time at Encore Casino, we will enjoy a family-style meal at Maggiano's Little Italy Restaurant. **The cost is \$136 per person. Sign up before May 3rd.**

CRUISE COASTAL QUEEN, - NEWPORT HARBOR, RI

Thursday, June 27, 2024, 9:00 a.m. 

Come aboard the "Coastal Queen" and view Newport Harbor and the East Passage of Narragansett Bay up close of this narrated tour of the historic sites that surround the beautiful Newport Harbor and the Jamestown shoreline. Upon arrival you'll have lunch at Johnny's Restaurant at the Wyndham a beautiful hotel on the waterfront in Middletown, RI. The menu is a choice of chicken, scrod, or pasta primavera. Time on Bowen's Wharf for shopping and browsing prior to the harbor cruise. **The cost is \$142 per person. Sign up before May 24th.**

SALEM & MARBLEHEAD, MA
BEAUTIFUL NEW ENGLAND COAST

Tuesday, July 16, 2024, 7:30 a.m.  

Salem is so much more than witch trials! This colorful coastal city features a rich maritime heritage and architecture. Upon arrival you will enjoy a buffet lunch at the Historic Hawthorne Hotel. After lunch a local guide will join you for a riding tour of Salem and Marblehead with many opportunities to step off the bus and visit various sites. We will end the trip with some free time for shopping at Pickering Wharf. **The cost is \$144 per person. Sign up before June 16th.**

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

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

Revisit the world's most beloved musical, The Sound of Music featuring favorite songs such as "My Favorite Things" & "Do-Re-Mi", at the historic Theater by the Sea. The trip includes a delicious preshow lunch at George's of Galilee in Narragansett, RI. Menu includes choice of Baked Cod, Roasted Chicken Thigh with mushroom cream sauce or Beet Salad. **The Cost is \$176 per person. Sign up before July 15th.**

OGUNQUIT, MAINE – NUBBLE LIGHTHOUSE

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

Ogunquit is a quintessential Coastal Maine town. You will enjoy a luncheon at Jonathan's in the heart of Ogunquit. Enjoy your choice of Chicken Piccata or Lemon Baked Scrod with salad, vegetable, potato, dessert, and coffee and tea. Time to shop and browse in walkable Downtown Ogunquit. Chock full of shops, the perfect spot for eclectic and one-of-a-kind finds. **The Cost is \$142 per person. Sign up before July 29th.**

OVERNIGHT TRIPS

EXPLORING SCOTLAND & IRELAND




September 8 – 20, 2024   

Bask in the warm Celtic culture and majestic scenery of two remarkable lands. Come to know the regal city of Edinburgh on a panoramic coach tour or on foot – it's your choice! Learn the secrets of making Scotch whisky and enjoy a tasting. Cruise famed Loch Ness and explore the ruins of Urquhart Castle. Enjoy a traditional evening of Scottish food and entertainment. Visit the Titanic Experience in Belfast and remember the century-old tragedy that shook the world. Walk the Giant's Causeway (UNESCO) and soak up incredible views of the Causeway Coast, one of the world's most breathtaking rail journeys. Visit Ireland's bustling capital city of Dublin and tour historic St. Patrick's Cathedral. From rugged natural beauty to vibrant and historical cities, the diverse charms of Scotland and Ireland await. The trip includes transportation to airport, airfare, hotels and 18 meals (11 breakfast, and 7 dinners). **Double Occupancy is \$5, 979.**

WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

   = Mostly Walking