

COLCHESTER SENIOR CENTER



news

April 2021



WALKING GROUP WEEKLY MEETUP

**Wednesdays
10:00 a.m.**

Got sneakers? Weather permitting, the walking group will begin meeting weekly at the Airline Trail entrance on Route 85 in Amston to enjoy a workout, fresh air and good company.

LIVE WELL WORKSHOP CONFERENCE CALL

**Mondays, beginning April 12
2:00 p.m.**

The Live Well Program is a free 6 week program that teaches techniques and strategies to those who are living with, or may be caring for someone with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain, anxiety, etc. Vickie Han and Nancy McAuliffe from the Chatham Health district will lead this supportive and informative workshop. Now, for the first time ever, the Live Well Workshops will be held through conference call. Space is limited. Call the Senior Center to register at 860-537-3911.

SENIOR GOLF LEAGUE MEETING ON ZOOM

**Tuesday, April 13
10:30 a.m.**

This is an informational meeting to discuss the 2021 golf league season at the Chantclair Golf Course in Colchester. This is a co-ed league and new members are welcome! Call the Senior Center for more information and Zoom link.

SPRINGTIME TREASURES OF WASHINGTON D.C.

**Wednesday, April 14
2:00 p.m.**

Join Friendship Tours to connect and explore some of their favorite treasures of Washington D.C., including the beautiful and world-famous Cherry Blossoms in full bloom. In addition to the blooms around the Tidal Basin, you'll be visiting Hillwood Estate, Dumbarton Oaks, East Potomac Park and more. Registration in advance is required. Once registered, you will receive confirmation with instructions to join this special Zoom session.

NORTON PARK INFO SESSION ON ZOOM

**Thursday, April 15
1:30 p.m.**

Join the members of the Norton Park Committee as they discuss the history and development plans for Norton Park on rte. 149 in Westchester, which is sure to become a town treasure. The link to join can be found in the monthly Zoom link table.

SPRING FLING LUNCH TO-GO

**Wednesday, April 21
12:00 p.m.**

Spring has sprung and our friends at Chestelm Health and Rehab are helping us celebrate with a free lunch to go! The meal will feature chicken marsala, oven roasted potatoes, baby carrots, dinner roll and butter and lemon cake for dessert. Everyone who registers will automatically be entered into a drawing to win a lovely garden basket donated by Select Seeds in Union, CT. Additional raffle tickets can be purchased for \$1 each. Call the office by April 7th to sign up, space is limited.

"FOOD, STUFF, ENERGY AND WATER" VIRTUAL PRESENTATION

**Thursday, April 22
6:00 p.m.**

We invite you all to celebrate Earth Day with "Food, Stuff, Energy and Water"! presented by the students of the Bacon Academy Environmental Club, and hosted by the Colchester Commission on Aging. The students will share with you unique ways to reduce your solid waste and have an impact on the planet.

POLICE COMMISSION PRESENTATION ON ZOOM

**Friday, April 23
10:30 a.m.**

The Colchester Police Department has a goal to add more officers to their force and would like to discuss it with the citizens. Join Jim Stavola, Chairman of the Police Commission, as he discusses the needs of the department and its effect on you. After the presentation there will be an opportunity for you to ask questions. The link to join is in the Monthly Programs table for April.

WATER, WATER EVERYWHERE: A STATEWIDE VIRTUAL EVENT

**Friday, April 30
1:00 p.m.**

In a continuing series of programs for senior centers across the State, please join CT Healthy Living, CASP, and AARP for an engaging presentation about the oceans and rivers of CT and live entertainment from multi-faceted performing artist, Tom Callinan, designated as the Official State Troubadour in 1991. Participants must register ahead of time to receive the program link. Call us for more information at 860-537-3911.

COLCHESTER SENIOR CENTER

95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-4:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

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

Ruth Reinwald
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
mbaum@colchesterct.gov

Sheri Blesso
Full-time Driver

Ginny Stephenson
Part-time Driver

Noella Daigle
Out-of-Town Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzinzi, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Geraldine Transue, Secretary
Sandra Gaetano
Linda Pasternak
Roseanne Tousignant
Quinn Kozak, Alternate
Nola Weston, Alternate

From the Director's Desk

Spring has officially sprung! It's one of my favorite times of year, with one thousand shades of green as everything comes back to life after a "long winter's nap." This year feels especially hopeful to me, like the whole world is coming back from the long dormancy of the pandemic. The change is palpable—fear and isolation are being replaced by hopeful anticipation and the ability to regather safely. That feels especially nice.

When is the senior center going to reopen? That is a question which I've been asked a lot lately. I think this, too, is a good sign and an indication that people are starting to feel safe once again. The answer is soon—we hope to reopen our doors to the public beginning in May. I'm still awaiting final approval from our health district, but sometime during next month is when we are planning to reopen and reintroduce some (not all) of our in-person programming. Even with our doors open, there will still be many restrictions in force, all designed to keep you and the senior center staff safe from infection.

What needs to happen before we can reopen? There are many things needed, actually.

- ❖ Furniture needs to be rearranged and in some cases removed to allow for social distancing to be maintained. Quite literally, we need to measure 6' between tables, chairs, etc.
- ❖ Programs need to be audited to see which can be held in person and which will remain virtual for the time being.
- ❖ It is still advised that Congregate Meals not be held in person, so as we reopen, you can expect that the meals will still be available by delivery or grab & go style—this includes our Special Event celebrations.
- ❖ Our policies regarding our Regional Reopening still needs to be distributed to our members, so you may be familiar with the many requirements, which will still exist: health/wellness self-screening, mask wearing, social distancing, etc.
- ❖ Install plexi-glass shields in the office and at the Volunteer Receptionists' desk.
- ❖ We need to complete a Self-certification through the State of Connecticut.
- ❖ We will also need to clean and disinfect more frequently throughout the day when additional people are inside the building.
- ❖ Education and enforcement, designed to keep each other safe.

We appreciate your enthusiasm for reopening. We are excited to see you all, as well. This spring, although we are lightyears ahead of where we were last April, we're still not out of the woods yet. Together, we can do what we need to do to reopen safely.

Warmly,

Patty

SHOPPING TRIP

Thursday, April 8 & 22

10:30 a.m. Departure

The buses are running on limited capacity, therefore we are offering two opportunities to shop in April. We will be shopping at Lisbon Landing both trips. Suggested donation is \$4.00. Please pre-register by calling the office.

HIGHLIGHTING COLCHESTER HISTORY WITH CHS

Friday, April 16

10:30 a.m.

Please join the Colchester Historical Society for this presentation on the "History of Farming in Colchester" with Sheila Tortorigi. This session will be held on Zoom, with the link to join found on the Monthly Zoom Links table.



REOPENING OUR SENIOR CENTER Q&A ON ZOOM

Friday, April 16

1:30 p.m.

Join Patty on Zoom to discuss the reopening plans for the Colchester Senior Center, the COVID-19 vaccine and the impact it will have on our ability to reopen the senior center and resume normal operations. We anticipate reopening our senior center next month. Come join this important session to learn more.

BOOK CLUB ON ZOOM

Tuesday, April 20

10:30 a.m.

Come join our Virtual Book Club, via Zoom. This month's book is *The Alienist* by Caleb Carr. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for discussion. Everyone is welcome.

SPRING BINGO

Tuesday, April 20

1:30 p.m.

Let's celebrate the season with a special game of Spring Bingo. Come pick up your special bingo card any time before the game. Every winner will receive a prize.

STEP BY STEP PAINTING ON ZOOM: SPRINGTIME BRIDGE

Friday, April 23

1:30 p.m.

This month we will be painting a springtime scene featuring lily pads, blossoming trees, and a peaceful bridge. Materials are \$20.00 or you can provide your own paint and canvas and join the Zoom presentation for free. Call the Senior Center to register.

IN THE KNOW

Tuesday, April 27

12:30 p.m.

Stay in the know about all things related to the senior center at this monthly Zoom forum with our director, Patty Watts.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN

Wednesday, April 28

2:00 p.m.

Join Mary Bylone, the First Selectman of Colchester, via Zoom, to engage in meaningful dialogue about the goings-on in Colchester. Mary will keep you up-to-date on COVID in Colchester, announce town-wide events and more.

INTERNATIONAL COOKING DEMO ON ZOOM: ECUADOR

Thursday, April 29

1:30 p.m.

Follow along at home or simply watch as Ruth demonstrates how to prepare Locro de Papa, an Ecuadorian cheese and potato soup. Call the Senior Center to receive a recipe and shopping list. Samples will be available at the Senior Center after the program.

The Senior Center will
be closed on April 2nd
for **Good Friday**



GARDEN CLUB

Monday, April 5

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. No experience necessary. Everyone is welcome.

CARE CORNER WITH SELECT PHYSICAL THERAPY

Videos Posted Every Other
Thursday on Facebook

Check our Facebook page for helpful tips to staying healthy at home with Jennifer Owens from Select PT in Colchester.

CRAFTER'S SHOW & SHARE

Friday, April 9

10:30 a.m.

Show off your current or past projects and get inspired by your fellow CSC members. Work on your project as we chat or simply come to see the talent, via Zoom.

COPING WITH GRIEF & LOSS WITH UCFS ON ZOOM

Friday, April 9

1:30 p.m.

There is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process. Join Sara Walker, LCSW from United Community and Family Services, as she takes us through some helpful coping strategies we can use after a loss. Zoom link can be found on the monthly Zoom link table.

CLASS	DAY & TIME	INFO	FEE
LEARN TO SIGN This beginner's course will show you the basic of American Sign Language (ASL). No experience is necessary. Led by Ruth Reinwald	MONDAYS 11:00 A.M.	ON ZOOM	NO FEE
EXERCISE WITH ANNE Gentle aerobic exercises which help improve balance, mobility, flexibility and strength. Instructor: Anne Beauregard.	MONDAYS & THURSDAYS 9:00 A.M.	ON ZOOM	PRE-PAID CARD
SITTERCIZE This seated fitness class is a full-body workout and is safe for all levels of fitness or mobility. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ON ZOOM	PRE-PAID CARD
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ON ZOOM	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere. Please call Ruth if you are in need of Coloring Packets to be delivered to you, if in town.	TUESDAYS 11:00 A.M.	COLORING PACKETS AVAILABLE	NO FEE
CONFERENCE CALL BINGO Join your friends at this fun and lively weekly free Bingo Game Conference Call led by Ruth Reinwald. Prizes available for the Fill Your Card round.	TUESDAYS 1:30 P.M.	BINGO CARDS & MARKERS AVAILABLE	NO FEE
WALKING GROUP Got sneakers? Weather permitting, the walking group will begin meeting this month at the Airline Trail entrance on rte. 85 in Amston.	WEDNESDAYS 10:00 A.M.	MEETS AT AIRLINE TRAIL, RTE. 85	NO FEE
SENIOR YOGA 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.	ON ZOOM	PRE-PAID CARD

FITNESS CARDS FOR EXERCISE CLASSES

Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. We will keep track of the amount of classes through attendance and notify you when you need a new card. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415 attn.: Ruth Reinwald

ADULT COLORING PAGES

Adult Coloring is a relaxing past time that has been shown to reduce stress and anxiety, improve motor skills and vision and even improve your sleep. Prior to the closure, the Colchester Senior Center had a group that met on a weekly basis to **create** and share their art. Let us know if you would enjoy receiving Adult Coloring Sheets while at home, by calling us at 860-537-3911. No previous experience is required. Provide your own markers, crayons or colored pencils.

STAY-AT-HOME PRINTABLE ACTIVITIES

On the Town website at www.colchesterct.gov under the "Town Services" tab, click on "Senior Center" to navigate to our webpage, find "Stay-at-Home Printable Activities" and click it. There you will find a variety of mazes, word puzzles, crossword puzzles, Sudoku games, coloring pages and more! Those sheets have been posted for your enjoyment. Print them out and complete whichever ones are enjoyable to you, at a pace that is right for you. Keep that brainpower working to its maximum capacity and have fun!

COLCHESTER PARKS & REC

To learn more about what virtual programs they have available, go to the town website at www.colchesterct.gov, under "Town Services" listing, click on "Recreation Department" to navigate to their webpage and explore all that they have to offer.

CRAGIN MEMORIAL LIBRARY

Resources and programs are available on On the town website at www.colchesterct.gov, under the "Town Services" tab, click on "Cragin Memorial Library" to navigate to their webpage and explore some of the great links, virtual programs and more!

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, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

In order to best serve you, we require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. Please call to make out-of-town medical transportation arrangements as soon as you know the date of your appointment. All rides are on a first-come-first served basis. We do not charge for bus transportation. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be mailed into the Colchester Senior Center office.

REGISTRATION POLICIES

Registration at this time is **MAIL-IN ONLY** to limit personal contact, until we reopen the building to the public. Please make checks payable to "Colchester Senior Center" and mail to Colchester Senior Center 95 Norwich Avenue, Colchester, CT 06415 attn: Susan Plefka. 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.

HEALTH & WELLNESS

HEARING SCREENINGS

suspended until further notice

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Please call HearUSA at 860-657-2286 to schedule an appointment with Dr. Cross.

BLOOD PRESSURE CLINIC

suspended until further notice

When we have more information about when we can safely re-open this program, we will share it. Thank you for your understanding.

FOOT CLINIC

suspended until further notice

Until we can safely resume this program in person, those with podiatric needs may call Dr. Morgan's office at 860-537-5520. If there is no one in the office, leave a message and they will get in touch with you.

MAKING MEMORIES

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

Due to COVID-19, the Making Memories Program will not be meeting in person until further notice. MMP Coordinator, Missy Bauman, will be hosting weekly Zoom programs, calling all class members and providing activities via email and delivery (in town only) for those who are interested. You can reach Missy 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.

COVID-19 HEALTH TIPS

Take preventative action to protect yourself.

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Watch for symptoms and emergency warning signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feel like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs—*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

SOCIAL SERVICES

CHOICES COUNSELING

by appointment only

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

ENERGY ASSISTANCE

(through May)

Energy Assistance is offered through the Youth & Social Service Department, located on the second floor of Town Hall. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

RENTERS REBATE

(April to October)

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Please schedule your appointment directly through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.

MEETINGS IN APRIL

COMMISSION ON AGING

Monday, April 12

8:30 a.m.

CSC STAFF MEETING

Wednesday, April 14

2:30 p.m.

SENIOR CENTER

BUILDING COMMITTEE

Tuesday, April 13 & 27

7:00 p.m.

Zoom links to join Committee or Board Meetings are posted on the Town website at: www.colchesterct.gov

DINING OPTIONS

MEAL DELIVERY PROGRAMS

At this time of COVID-19, our on-site dining program will be suspended until further notice. It has been determined that contact-free meal deliveries are deemed to be the safest option during this period. Please read below to see how TVCCA and the Colchester Senior Center have responded to this unprecedented crisis.

MEALS ON WHEELS

TVCCA has done a terrific job of adapting to this challenge in several ways. Funding has been added to provide additional resources for Meals on Wheels and some of the previous requirements have been relaxed to allow more people to qualify for services. At this time, we have a record number of meal deliveries going out to our patrons on Tuesdays through Fridays. We are deeply grateful to our Meals on Wheels volunteers and our bus drivers Sheri and Ginny for their hard work to keep this program functioning. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.

COMMUNITY CAFÉ MEAL DELIVERIES

For those who would typically be coming to the Colchester Senior Center for the Community Café Meals, TVCCA is providing a once-weekly meal delivery which includes 5 meals (lunches for Monday through Friday), bread, fruit and milk. For more information on this, please contact Valerie Webster, Nutrition Site Server at 860-537-3911.

NEW OPTION AVAILABLE GRAB & GO LUNCHES

TVCCA is offering a Grab and Go Lunch, where you can pick up 5 frozen meals, bread, milk and fruit for the suggested price of \$10.00. Registration for this option is required in advance. This option is only available to those aged 60 and over. A registration form for the Senior Nutrition Program will need to be on file. Ability to drive to the senior center to pick up your meals is required. No bus service.

Save the Date

WELCOME BACK PARTY!

Sponsored by the Colchester Lions' Club

Wednesday, May 19th

12:00 noon

Please save the date on your calendar for this special event which will celebrate the reopening of the Colchester Senior Center. The Colchester Lions Club will be throwing the Senior Center a "Welcome Back Lunch" Grab and Go style. Registration for this event will **begin May 3rd until May 14th or until sold out**. The lunch will be catered by a local restaurant and will be free for seniors. Space is limited for this luncheon.



REOPENING THE COLCHESTER SENIOR CENTER

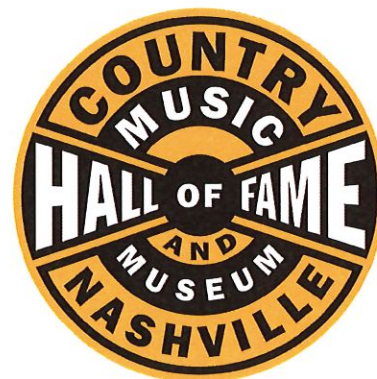
With Colchester's rates of positivity for the COVID-19 virus declining for some weeks and the number of seniors and staff who have received both doses of the COVID vaccine increasing, conditions are looking favorable for the senior center to reopen its doors to the public. **We are projecting that beginning on May 3rd that this may be feasible.** Of course, there will still be many things that we will not be able to do quite yet. As of the writing of this, on-site meals will not be served, as this is the recommendation of the State guidance. We can only hold in-person meetings for programs which can follow social distancing and mask wearing, as those are still best-practices, even for those who have been vaccinated. I will be putting out more information about which program can resume in person and which ones are still on hold (or will remain in a virtual format). The information is changing rapidly, so we will follow the guidelines which make sense closer to our opening.

TRAVEL SURVEY 2021-2022

Due by April 16, 2021

With the successful rollout of the COVID-19 Vaccine throughout our State, we have had a few people inquire as to when we will be getting back out there and start traveling again. Within the next few weeks, we will be sending out a travel survey for 2021-2022 by email, to help us determine how many people might be feeling ready to travel either locally or even a little farther afield. We will be planning our travel roster, based upon your feedback. I hope to offer some smaller local trips by the end of the year, maybe even rescheduling some of the trips which we needed to cancel in 2020. Please respond to the Travel Survey, and return to us by Friday, April 16th.

Please remember that all of our travel partners are working hard to plan trips and excursions with your safety in mind. All of them have new protocols for cleaning, limiting passengers and "Cancel for Any Reason" travel insurance options. Many are even offering direct bookings through them, as we work to restore confidence in travel again.



NASHVILLE MUSIC CITY ESCORTED TOUR (5 days/4 nights)

September 20-24, 2021

2020 prices have been held over! Join Friendship Tours for this classic tour of Nashville including points of interest which include the Grand Ole Opry, Ryman Auditorium, the Country Music Hall of Fame, a tour of the city of Nashville, TN, Johnny Cash & Patsy Cline Museums and more. Included on this trip are motor-coach transportation to Hartford/Bradley, round trip airfare to Nashville, four nights' accommodation at the Drury Inn Downtown, 4 hotel buffet breakfasts, 2 lunches, 3 dinners, sightseeing by deluxe motor-coach, Friendship Tours escort throughout the trip, portage of one suitcase per person and trip gratuity. Call the senior center to get a trip flyer. Deposit of \$900 per person required to reserve your space, with final payment due by June 1, 2021. Trip Protection (Insurance) Coverage is strongly recommended. **Cost is \$2,329 p.p. double occupancy.**

Call Friendship Tours by April 1, 2021 for a \$75.00 p.p. discount at 800-243-1630