

# COLCHESTER SENIOR CENTER



## news

### July 2024

#### **HEALTHY BRAIN SERIES** **Session 5: Nutrition and Diet** **Tuesday, July 2** **10:45 a.m.**

Join us for this month's Healthy Brain Series program with Hartford Healthcare's Center for Healthy Aging. Each month they will cover a different topic of brain health. This month's topic is nutrition and diet and its effects on the brain. Your brain requires fuel to work. That "fuel" comes from the foods you eat. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. This is a free series and open to all. Registration is requested.

#### **ROCKING THE RED, WHITE & BLUE LUNCHEON** **Wednesday, July 3** **11:00 a.m.**

Our monthly luncheon will take place on Wednesday, July 3<sup>rd</sup> and will be a 4<sup>th</sup> of July Picnic. Join us for beef burgers on buns with cheese, lettuce, sliced tomato & onion, potato salad, coleslaw, lemonade, and ice cream treats. We will enjoy some patriotic songs from our Senior Serenaders, partake in picnic-style games and enjoy each other's company. The cost is \$9 per person. Must register by June 26<sup>th</sup>, if space permits.



**CSC will be CLOSED**  
**for the**  
**Independence Day Holiday**  
**Thursday, July 4<sup>th</sup>**

#### **WATERMELON DOOR HANGER CRAFT WORKSHOP** **Monday, July 8** **10:00 a.m.**

Looking for the perfect door hanger for the summer season that will stand out and grab the attention of your neighbors and friends? This door hanger is sure to be just right for you and your summer décor. Instruction and supplies will be included in this class. The cost is \$10 per person.

#### **JACOB'S 102<sup>nd</sup> BIRTHDAY CELEBRATION** **Wednesday, July 10** **10:00 a.m.**

What was happening in 1922? The Lincoln Memorial was dedicated, the first successful insulin treatment was given, and the Tomb of Tutankhamen was discovered in Egypt. But most importantly, on July 12, 1922, Jacob Finklestein was born. Come and celebrate Jacob and this milestone birthday with a party complete with cake, games, and some special surprises.



#### **KONA SHAVED ICE TRUCK** **Friday, July 12** **12:30 p.m.**

Remember getting a rainbow snow cone at the fair or carnival? Kona Shaved Ice is a frozen dessert with thin delicate flakes of shaved ice that creates a soft and fluffy texture that melts in your mouth. Flavored syrup is poured over the ice, resulting in a mouthwatering treat. Join us as we welcome the Kona Ice Truck to CSC. Sponsored by Marlborough Health & Rehabilitation Center. Space is Limited, registration is required.

#### **WHAT YOU NEED TO KNOW ABOUT HOSPICE BEFORE YOU NEED IT: BRUNCH & LEARN** **Wednesday, July 17** **10:00 A.M.**

Join us for an informative session on Hospice Care by Beacon Hospice. Learn about the services and programs that Hospice Care offers as they help promote quality of life (emotional, physical, and spiritual) at the end of life. This program is sponsored by Complete Care at Harrington Court. A brunch featuring breakfast sandwiches will be served (egg, cheese, and your choice of bacon or sausage). Meal choice will be picked at the time of registration. This is a free program, but space is limited.

#### **FARMERS' MARKET CARD DISTRIBUTION** **Thursday, July 18** **11:00 a.m.**

Senior Resources will be at the Senior Center to distribute the Farmers Market Nutrition Program cards for those that pre-registered in June. Those unable to attend this session will need to contact the CSC office to make other arrangements to receive their card. The Senior Farmer Market Nutrition Program supports local farmers and provides fresh produce to low-income seniors in Connecticut.

#### **BEACH BAG BINGO** **Wednesday, July 31** **1:00 p.m.**

We are bringing the beach to CSC. Join us as we put a twist on the traditional bingo game. All players will receive one bingo card. Winners of each game will get to pick a beach bag with a mystery prize in it. They will not know what they have won until they open it. The mystery prizes will not necessarily be beach themed. This is a free, fun bingo game. 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](mailto:csc@colchesterct.gov)  
[facebook.com/www.colchesterct.gov](https://facebook.com/www.colchesterct.gov)

### HOURS OF OPERATION

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

### SENIOR CENTER STAFF

**Patricia Watts** Director/M.A.  
[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

**Jodi Savage**  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Susan Plefka**  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto:mbauman@colchesterct.gov)

**Sheri Blesso**  
Full-time Driver

**Ginny Stephenson**  
Part-time Driver

**Noella Daigle**  
Out-of-Town Medical Driver

**Linda Martin**  
Out-of-Town Medical Driver

**Valerie Webster**  
Nutrition Site Server

### COMMISSION ON AGING

**Marjorie Mlodzincki**, Chair  
**William Otfinoski**, Vice Chair  
**Terry Brown**, Treasurer  
**Roberta Avery**, Secretary  
**Linda Pasternak**  
**Rosanne Tousignant**  
**Nola Weston**  
**Geraldine Transue**, Alternate  
**Bonnie Trecarten**, Alternate  
**Rosemary Coyle**, BOS Liaison  
**Scott Chapman**, BOF Liaison  
**Chris Rivers**, BOE Liaison

### From the Director's Desk

As many of you know from my frequent correspondence during our pandemic shutdown, I love the summer season for one reason more than any—my garden! My husband and I are avid gardeners and have spent many hours building our sunken garden from the ground up, literally. Usually, by Memorial Day weekend, all sorts of herbs, veggies, fruit and flowers are planted. By July they are well-established and we expect to have already harvested some of our crops. Yet others, like brussel sprouts, (not everyone's favorite but we love them!) won't be ready until its fall. It strikes me that our senior center is like a garden, in many ways, isn't it?

A garden is most beautiful and productive when there is a wide variety of plants, diversity is good for gardens. If you have expectations of a good harvest, you better be willing to invest some time and effort. Also worth noting, good things take time and are definitely worth waiting for. Last month, I celebrated my 11<sup>th</sup> anniversary of work here at the Colchester Senior Center. Like the earliest years of establishing our garden, we needed to set many things in place. With the assistance of many others on staff, the Colchester Commission on Aging, and key volunteers, we established policies and procedures, and we implemented *My Senior Center* which has helped more accurately track our service usage and also formalized our membership protocols. A subcommittee was formed to help develop a Strategic Plan for the Department of Senior Services, and 5 years later the plan was again reviewed and revised. All of this helped build the structure which helped create fertile ground for all of the growth of recent years, and we are already seeing evidence of a wonderful harvest for all of these efforts.

Starting my career in Therapeutic Recreation, I have a continuing passion for providing innovative programming. In May, we were notified that the Colchester Senior Center was selected as a winner of a Program of Excellence Award from the National Council on Aging (NCOA) and the National Institute of Senior Centers (NISC). Only 7 centers nationwide are awarded this honor, and Colchester won in the category of Public Relations and Marketing for a month-long program theme that we rolled out last September called the CSC Discovery Channel. You may remember the console style television located in our Dining Room. Along with this honor comes a certificate, cash prize of \$100 from the NCOA, and an opportunity to share via webinar about this creative program with colleagues throughout the nation. Jodi and I will be facilitating that webinar soon. What a proud moment for CSC!

One of our most significant achievements, one which could only be accomplished through time, perseverance, and a lot of hard work by myself and the CSC staff, supportive citizens, a stellar building committee and our elected officials, is the newly built senior center. All of the ground work that we laid is about to pay off. I cannot convey my pride in the Colchester Senior Center enough. Together, we have built a beautiful garden of Senior Services where all can thrive—aging with independence, good health, social connectivity and dignity. Just like in my garden at home, I can hardly wait to see the fruits (or veggies) of our labor as we are transplanted and take root in our new senior center.

Warmly,  
*Patty*

## **PROGRAMS**



### **GARDEN CLUB**

**Monday, July 1**  
**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 July 8<sup>th</sup>.

### **SEWING CIRCLE**

**Wednesday, July 10 & 24**  
**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, July 11**  
**10:30 a.m. Departure**

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

### **ELDER EASE SUPPORT PRESENTATION**

**Tuesday, July 16**  
**11:00 a.m.**

Elder Ease Support & Solutions is a new nonprofit resource that was created to help you navigate the often-stressful process of finding quality care that allows your loved one(s) to remain safely in place. Join founder, Elizabeth Crounse as she explains the services this program offers and how to access them. Refreshments will be served. Registration is requested



## **CARD MAKING WORKSHOP**

**Friday, July 19**  
**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 July 12<sup>th</sup>, in the senior center office.

## **LUNCH BUNCH OUTING**

**Friday, July 19**  
**11:15 a.m.**

Join us for our Lunch Bunch adventure to Morina's Italian Restaurant and Pizza in East Haddam. With recipes passed down from generation to generation you are sure to have a memorable meal. Suggested donation for bus transportation is \$5.00. Please sign up in the office, even if you plan to drive yourself.

## **TECH TIME WITH HARRY**

**Friday, July 19**  
**12:00 – 3:00 p.m.**

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

## **BOOK CLUB**

**Tuesday, July 23**  
**10:30 a.m.**

This month's book selection is *Horse* by Geraldine Brooks. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

## **LIFE REVIEW WRITING**

**Wednesday, July 24**  
**10:30 a.m. – 12:00 p.m.**

Due to scheduling conflicts this program is scheduled later in the month. Learn the process and practice of reviewing one's life through writing using various prompts and group brainstorming sessions. This is a free program. Contact Jodi for this month's writing prompts.

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## **STITCH & FIX WITH MARIA**

**Monday, July 29**  
**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.



## **FOLDED FABRIC ORNAMENT**

**Tuesday, July 30**  
**10:00 a.m.**

It is never too early to start thinking about the holidays. In the spirit of Christmas in July we will learn how to make this folded no-sew fabric ornament with member Jan Snape. You will have the choice of using Christmas or pastel fabrics. Fabric will be pre-cut. This requires working with small fabric pieces and pins. The cost is \$10 per person. Space is limited.

## **IN THE KNOW**

**Tuesday, July 30**  
**12:30 p.m.**

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



FREE CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
<b>LEARN TO SIGN</b> Learn the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> 11:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>GARDEN CLUB</b> Join members of the Colchester Garden Club to maintain the gardens around the senior Center	<b>1<sup>st</sup> MONDAY of the Month</b> 8:30 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	<b>TUESDAYS</b> 9:45 A.M.	<b>ZOOM &amp; CSC</b>	<b>NO FEE</b>
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	<b>WEDNESDAYS</b> @9:00 AM & <b>SUNDAYS @</b> 10:00 A.M.	<b>RTE. 85 AMSTON AIRLINE TRAIL</b>	<b>NO FEE</b>
<b>CARDIO DRUMMING</b> Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> WEDNESDAYS</b> 1:30 P.M	<b>CSC</b>	<b>NO FEE</b>
<b>LINE DANCE CLASS</b> Learn easy-to-follow dance steps set to lively music. Leader: Debra Yanki	<b>CLASS WILL RESUME IN SEPTEMBER</b>	<b>CSC</b>	<b>NO FEE</b>
<b>SIT &amp; BE FIT VIDEO</b> DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	<b>WEDNESDAYS &amp; FRIDAYS</b> 10:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	<b>WEDNESDAYS</b> 10:00 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group. Group Led	<b>THURSDAYS</b> 1:00 P.M.	<b>CSC</b>	<b>NO FEE</b>
<b>SENIOR SERENADERS CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	<b>FRIDAYS</b> 10:30 A.M.	<b>CSC</b>	<b>NO FEE</b>
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i></b>			
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>MONDAYS &amp; THURSDAYS</b> 9:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SENIOR YOGA</b> 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	<b>THURSDAYS &amp; FRIDAYS</b> 11:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> 10:00 A.M.	<b>ZOOM &amp; CSC</b>	<b>PRE-PAID CARD</b>



## 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

<b>BRIDGE</b>	Mondays at 1:00 p.m.
<b>MAH JONGG</b>	Mondays at 12:30 p.m.
<b>SETBACK</b>	Mondays at 12:45 p.m.
<b>SENIOR GOLF LEAGUE</b>	Tuesday at 9:00 a.m.
<b>PINOCHLE</b>	Tuesdays at 12:30 p.m.
<b>BINGO</b>	Tuesdays & Fridays at 1:30 p.m.
<b>CARDIO DRUMMING</b>	1 <sup>st</sup> /3 <sup>rd</sup> Wed at 1:30 p.m.
<b>MEXICAN TRAIN DOMINOES</b>	Thursdays at 12:30 p.m.
<b>Wii BOWLING</b>	Thursdays at 10:00 a.m.
<b>CHAIR MASSAGE</b>	Thursdays, beginning at 12:00 (by appointment only)
<b>CHORAL GROUP</b>	Fridays at 10:30 a.m.

## TRANSPORTATION SERVICES

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

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

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

## REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. Please make checks payable to "Colchester Senior Center" or "CSC". Payment is required at the time of sign up, unless otherwise stated in the newsletter. Some meals, trips, classes, or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment at any time at 860-537-3911.

## **HEALTH & WELLNESS**

### **BLOOD PRESSURE CLINIC**

**Friday, July 12, 10:45 a.m.**

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

### **CHATHAM HEALTH EDUCATION SERIES**

**Friday, July 12, 11:15 a.m.**

Each month, our friends from the Chatham Health District share important information related to our good health and wellness. This month we will play immunization jeopardy with prizes.

### **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.*

## **IDENTITY THEFT AND CREDIT FRAUD WARNINGS**

Cases of credit/debit card fraud and identity theft cases are on the rise, according to recent crime reports. Residents are encouraged to take the following steps to protect themselves from identity theft and credit fraud:

- Report lost/stolen cards immediately.
- Keep your personal information in a secure place.
- Never give out personal information over the phone, through the mail or over the internet unless you know and trust the business you are dealing with.
- Do not put personal information such as social security numbers or birth dates on checks.
- Do not use obvious passwords or PIN's such as birth dates, last four SS#, etc.
- Never click on links in unsolicited emails, use computer firewalls and anti-spyware/anti-virus software.
- Guard your mail against theft and remove delivered mail from your mailbox promptly.
- Shred sensitive paperwork containing personal information.

You are the best defense against identity theft, protect your personal information and monitor your credit/debit statements regularly. You can always contact your local police if you have any questions about this topic at 860-537-7270.



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, July 9  
12:30 p.m.- 3:30 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**

**Thursdays in June  
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 assesment.

### **RENTERS' REBATE**

**April 1-September 30, 2024**

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Conselor 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 JULY**

#### **AARP CHAPTER #4019**

**No July or August Meeting**

#### **COMMISSION ON AGING**

**Mon., July 8, 9:00 a.m.  
Town Hall Hybrid Meeting Room**

#### **LTC OMBUDSMAN REGIONAL MEETING**

**Tues., July 9, 10:00 a.m.**

#### **SENIOR CENTER BUILDING COMMITTEE**

**Tues., July 9 & 23, 7:00 p.m.  
Town Hall Hybrid Meeting Room**

#### **CSC STAFF MEETING**

**Wed., July 10, 2:30 p.m.**

**DINING OPTIONS**

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

**COMMUNITY CAFÉ MEALS**

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on 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.

# Save the Date

**DOWNSIZING DEMYSTIFIED****Tuesday, August 13****10:30 A.M.**

Are you looking for ways to declutter your space? Are you looking to effectively downsize your home? Join Shelia Gavish of Amston Transition Solutions as she discusses tips and tricks to decluttering and downsizing and the emotions associated with doing both. More information will be available in the August newsletter.

**BATHING BEAUTIES & BEACH BOYS LUNCHEON****Wednesday, August 21****11:00 A.M.**

Let's head to the "beach" as we bid farewell to the last few weeks of summer. Join us for musical entertainment and a lunch of Hot Dogs, Fries, Macaroni Salad, Watermelon and Popsicles. More information will be available in the August newsletter.

**SENIOR CENTER BUILDING COMMITTEE UPDATE**

We continue to make progress on the building of the new senior center. Recent activities include:

- In-wall weigh-ins of the plumbing, electrical, and HVAC work has been completed, inspected, and approved
- Wall insulation has been completed
- Drywall installation and taping has started
- Exterior window-walls have been installed
- Asphalt roof shingles installation has been completed. Waiting for delivery of metal roof panels for curved roofs
- Exterior window trim has started as well as exterior siding trim
- Concrete curbing has also started





## DEPARTING SOON

**GOODSPEED – SOUTH PACIFIC**  
Wednesday, July 10, 2024, 11:00 a.m.

**SALEM & MARBLEHEAD, MA**  
**BEAUTIFUL NEW ENGLAND COAST**  
Tuesday, July 16, 2024, 7:30 a.m.

## DAY TRIPS

**THEATRE BY THE SEA – SOUTH KINGSTOWN, RI**  
**“THE 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. The menu includes a choice of Baked Cod, Roasted Chicken Thigh with mushroom cream sauce or Beet Salad. **The Cost is \$176 per person. Sign up before July 15<sup>th</sup>.**

**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 29<sup>th</sup>.**

**NAUGY SCENIC TRAIN – Naugatuck Railroad**

Friday, September 13, 2024, 9:30 a.m. 

Start your day at Black Rock Tavern in the heart of Thomaston, CT for a full course lunch of your choice (Chicken Marsala, Salmon with Lemon, or Pork Tenderloin) with vegetable, potato, dessert, and beverage. Take a scenic ride on a vintage diesel pulled locomotive. Enjoy a ride through the Naugatuck River Valley over bridges and along the river. In Waterbury the train will make a stop at Fascia's Chocolate Factory where you will learn its history and purchase some treats before the train returns to Thomaston Station. (Please note the platform at Fascia's is not suitable for guests with wheelchairs or walkers) **The cost is \$129 per person. Sign up before August 13<sup>th</sup>.**

## WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

## COVERED BRIDGES OF NEW HAMPSHIRE

Tuesday, October 1, 2024, 7:45 a.m.  

Enjoy a family style lunch at the Inn at East Hill Farm, a working farm and Inn in the shadow of Mount Monadnock in Troy, NH. Delight in homemade soup, fresh breads, fritters with maple syrup, hot entrees, sides, and delicious desserts. Then grab your camera and explore several covered bridges (kissing bridges) in southern NH with a guided tour with a local experienced guide. **The cost is \$134 per person. Sign up before September 1<sup>st</sup>.**

## JACK-O-LANTERN SPECTACULAR - PROVIDENCE

Tuesday, October 29, 2024, 2:00 p.m.   




Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4-mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old time favorites and everything in between - all with painstaking detail and amazing intricacy. The event has been featured on the Today Show, CNN and hailed by USA Today as “extraordinary”. Prior to the Spectacular, enjoy a delightful Harvest Buffet under the tent on the grounds of Roger Williams Zoo. Sample Menu: Garden Salad, Apple & Brie Stuffed Chicken, Fall Vegetables, Dessert Platter, Beverage. **The cost is \$140 per person. Sign up before September 29<sup>th</sup>.**

## OVERNIGHT TRIPS

**SOUTH PACIFIC WONDERS – NEW ZEALAND & AUSTRALIA**

March 12 – 26, 2025, departure TBD   

Explore two great countries of the Southern Hemisphere - Australia and New Zealand - on one single vacation package with Collette. Enjoy the tropical splendor of the Great Barrier Reef on Australia's northern coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this 15-day journey to the lands "down under" brings you the best of both countries at an enjoyable pace. Cruise Sydney Harbor and Milford Sound. Meet Australia's wildlife-up close. Discover the wonders of Aboriginal culture. Experience Queenstown, the adventure capital of the world. Optional excursions that can be added to the standard vacation package include a Maori Haka Ceremony, Vudu Lookout Tour (island tour), Flight from Milford Sound to Queenstown and Journey through Middle Earth. **15 Days, 22 Meals, 12 Breakfast, 4 Lunches, 6 Dinners. The Cost is \$7,699 (Double Occupancy) per person if booked before September 14<sup>th</sup> (Save \$450).**

   = Mostly Walking



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 July Registration 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	<b>2</b> 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:45 Healthy Brain Series – Diet & Nutrition 12:30 Pinochle 1:30 Bingo	<b>3</b> 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Rocking the Red White and Blue Luncheon <u>NO</u> Line Dancing	<b>4</b> <b>CSC closed for Independence Day Holiday</b>	<b>5</b> 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	<b>6</b>
<b>7</b>	<b>8</b> 9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Watermelon Door Hanger Craft 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	<b>9</b> 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	<b>10</b> 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 Jacob's 102 B-Day 11:00 Goodspeed Trip Departs 1:00 Sewing Circle 1:30 Cardio Drumming I 2:30 CSC Staff Meeting	<b>11</b> 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	<b>12</b> 10:00 Sit & Be Fit 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series 12:30 Kona Ice Truck 1:30 Bingo	<b>13</b> 
<b>14</b> 	<b>15</b> 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	<b>16</b> 7:30 Salem Marblehead Trip Departs 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 11:00 Elder Ease Presentation 12:30 Pinochle 1:30 Bingo	<b>17</b> 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:00 Brunch & Learn Hospice Care <u>NO</u> Line Dancing	<b>18</b> 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 11:00 Farmers Market Voucher Distribution 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	<b>19</b> 10:00 Sit & Be Fit 10:00 Card Making w/ Barbara 10:30 Choral Group 11:00 Yoga 11:15 Lunch Bunch – Morina's Restaurant 12:00 Tech Time w/Harry 1:30 Bingo	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	<b>23</b> 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	<b>24</b> 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Sewing Circle 1:30 Cardio Drumming I	<b>25</b> 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	<b>26</b> 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo	<b>27</b> 
<b>28</b> 	<b>29</b> 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	<b>30</b> 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Folded Fabric Christmas Ornament 12:30 Pinochle 12:30 In the Know 1:30 Bingo	<b>31</b> 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Beach Bag Bingo	 <b>July 2024</b> Colchester Senior Center		



# TVCCA SENIOR CAFÉ MENU ~ JULY 2024









## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>1 Meatballs Marinara Pasta Shells w/ Herbs Green Beans Sweet Treat Apple Juice</p>	<p>2 Chicken Primavera Gemelli Pasta Diced Carrots Applesauce Cup</p> 	<p>3 <u>Rocking the Red, White &amp; Blue</u> Beef Burgers w/Buns Potato Salad Coleslaw Lemonade Ice Cream Treats Ticket Cost: \$9.00</p>	<p>4 <u>Senior Nutrition Program Closed</u></p>  <p>Happy 4th of July!</p> <p><u>Independence Day Holiday</u> Have a safe Independence Day</p>	<p>5 Western Omelet Herb Roasted Potatoes Broccoli Fresh Fruit</p>
<p>8 Cod w/ Lemon Dill Sauce Rice Pilaf Green &amp; Yellow Squash Diced Peaches</p>	<p>9 Vegetarian Lasagna Snap Peas Carrot Coins Sweet Treat Grape Juice</p> 	<p>10 Beef Hot Dog w/ Bun Baked Beans Corn w/ Peppers &amp; Onions Mandarin Oranges</p>	<p>11 American Chop Suey Waxed Beans Broccoli Fresh Fruit</p>	<p>12 Pork Stir-Fry Steamed Rice Asian Vegetable Blend Applesauce Cup</p> <p><u>Or Salad Choice:</u> Taco Salad</p>
<p>15 Stuffed Chicken Kiev Tater Tots Cauliflower, Carrots, &amp; Snap Peas Fresh Orange</p>	<p>16 Pub Burger w/ Bun Baked Beans Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>17 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Broccoli Birthday Treat Orange Juice</p> 	<p>18 Beef &amp; Bean Chili Parsley Steamed Potatoes Corn w/ Peppers &amp; Onions Diced Pears</p>	<p>19 Crispy Cod Macaroni &amp; Cheese Green Beans Tropical Fruit Cup</p> <p><u>Or Salad Choice:</u> Waldorf Chicken Salad</p>
<p>22 Salisbury Steak w/ Gravy Herb Roasted Potatoes Peas &amp; Pearl Onions Applesauce Cup</p>	<p>23 <u>Ethnic Celebration</u> Chicken Taco w/ Flour Tortilla &amp; Cheddar Cheese Spanish Rice Broccoli Tropical Fruit Cup</p> 	<p>24 Beef Stroganoff Gemelli Pasta Zucchini, Peas, &amp; Carrots Fresh Orange</p>	<p>25 Cheese Omelet Sweet Potato Tater Tots Squash Mix w/ Carrots &amp; String Beans Diced Peaches</p>	<p>26 Country Style Chicken Buttermilk Mashed Potatoes Mixed Vegetables Medley Sweet Treat Grape Juice</p>  <p><u>Or Salad Choice:</u> Classic Egg Salad</p>
<p>29 Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, &amp; Mushrooms Pineapple Tidbits</p> 	<p>30 Cheese Ravioli w/ Marinara Waxed Beans Peas &amp; Pearl Onions Fresh Fruit</p>	<p>31 BBQ Pulled Pork w/ Bun Home Fries Green &amp; Yellow Squash Diced Pears</p> 	<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334  www.tvcca.org</p> <p><b>1% milk and Whole Grain Bread served with each meal.</b></p> <p><b>Menu is subject to change with- out notice.</b></p>	<p><b>FOOD ALLERGY WARNING</b> 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>