

# COLCHESTER SENIOR CENTER

## July 2022



## news

### LIVE WELL WITH CHRONIC CONDITIONS

**Wednesdays beginning July 6**  
**11:00 – 12:00**

Join this free 6 week workshop and learn how to better manage your ongoing health condition. You will learn what to eat, guidelines for when you're sick, tips for dealing with stress, and how to set small and achievable goals. We will meet via Zoom, once a week for six weeks. Each session is 2.5 hours. Participants will need a computer, tablet or cell phone and a reliable internet connection. To register, call 860-887-3561 ext. 127 or email [lrygielski@seniorresourcesec.org](mailto:lrygielski@seniorresourcesec.org).

### "VEGGING OUT" THIS SUMMER & FARMERS' MARKET VOUCHER DISTRIBUTION

**Monday, July 11**  
**10:30 a.m.**

This Department of Agriculture program supports local farmers and provides fresh produce to low-income seniors in Connecticut. Alison Dvorak from Senior Resources will be here to talk about ways to add fruits and vegetables to your diet. Following the presentation she will be distributing Farmers' Market vouchers. Pre-registration required for those who are income-qualified. One packet per person.



### WELCOME OUR NEW PROGRAM COORDINATOR

**Friday, July 15**  
**1:30 p.m.**

Join us in welcoming our brand new Program Coordinator, Jodi Savage. Enjoy some fun ice-breaker games, as we get to know her and the fun ideas she has for our center. We will be serving cake and punch to celebrate the newest member of our CSC team, and that we are operating with a full staff again.

### JOIN OUR CSC STRATEGIC PLANNING TEAM

The Department of Senior Services updates their Strategic Plan every 5 years, and a new one is needed for 2023-2027. Are you interested in working with Patty to assist with this exciting project? We imagine that this Strategic Plan will be especially important as we envision how we will transition, move and grow into our new and larger senior center facilities. We are especially interested in recruiting CSC members, CoA members and AARP Chapter #4019 members. If you are interested, please email Patty at [pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

### PATRIOTIC PICNIC

**Wednesday, July 20**  
**11:00 a.m.**

Summertime is for picnics, music and fun! Christine Cooney will be dazzling us with an American themed musical performance. Following the lively musical show, TVCCA will be catering a traditional picnic feast of Hamburgers with cheese, lettuce & tomato, Potato Salad, Coleslaw and a "Red, White and Blue" Berry Shortcake for dessert. Tickets are \$9 each and will be available until July 13<sup>th</sup>, or until they sell out.

### MYSTERY TRIP

**Friday, July 22**  
**10:30 a.m.**

Where are we headed on our next adventure? Only the bus driver knows! There will be some walking involved in this outing, so wear comfortable shoes. Bring some spending money for lunch and shopping. Cost of \$5.00 covers your transportation. Please register by July 15<sup>th</sup>.

### AARP DRIVER SAFETY CLASS

**Wednesday, July 27**  
**12:00 p.m.-4:00 p.m.**

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. Cost is \$20 for AARP members and \$25 for non-members. Please register by July 20<sup>th</sup>.

### SUN SAFETY LUNCH & LEARN

**Friday, July 29**  
**11:00 a.m.**

Protecting yourself in the summer sun is vitally important to living a healthy life. Katelyn Lebreton, OT, Regional Director of Fox Rehab will be here to share the importance of sun protection and hydration during the summer months. The presentation will be followed by a lunch of assorted wraps and salads sponsored by our friends at Colebrook Village. This is a free program, however pre-registration is required by July 22<sup>nd</sup>. Space is limited to the first 30 to register.

**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)**

**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 Driver

**Valerie Webster**  
Nutrition Site Server

**COMMISSION ON AGING**

**Marjorie Mlodzincki, Chair**  
**Roberta Avery, Vice Chair**  
**Linda Pasternak, Treasurer**  
**Geraldine Transue, Secretary**  
**Quinn Kozak**  
**Rosanne Tousignant**  
**Nola Weston**  
**Terry Brown, Alternate**  
**William Otfinoski, Alternate**

**From the Director's Desk**

I'm sure you've all heard the phrase, ***"It takes a village to raise a child!"*** As a working mom, I know the truth of that statement, but I think that it holds true for many things—not just raising children. It occurs to me that, ***"It takes a village to run a senior center!"*** as well. The way I understand it, the "village" mentality really just means that we need one another. And we certainly do!

At the senior center, we depend on other people, businesses and organizations to assist us in different ways. In order to provide some of our wonderful programs, we rely on the gracious sponsorship of community partners. For example, Victoria from Chestelm provides our monthly Blood Pressure Clinic. Amy from Marlborough Health & Rehab provides us with fun programs; special Bingo prizes are provided courtesy of Apple Rehab; and Harrington Court sponsors "Crafting with the Court." We have trained counselors help us with CHOICES for (Medicare) appointments. T.V.C.C.A. provides delicious and nutritious meals. Many of the Health, Wellness and Educational programs we offer are sponsored by our friends throughout the community.

Then there are some "villagers" from our own town. We benefit from the generosity of many, like the donations of baked goods from Stop & Shop and fresh produce from the Community Giving Garden. We enjoy the contributions of friends from community organizations like the Colchester Garden Club who keep the gardens around the senior center looking so lovely. We enjoy affiliations with the Colchester Commission on Aging and our local chapter of AARP. The Colchester Lion's Club provides financial support for the Making Memories Program, to name just a few. Although this list is by no means exhaustive, it starts to tell the story of a network of people who support and assist the good work that we do at the Colchester Senior Center. I've got to believe that if we didn't have so many "villagers" with us on this journey, we would not be nearly as effective or successful. So to all of the people, businesses and organizations who have come alongside us and supported our mission of serving seniors in the Town of Colchester, we say thank you. We are happy to share this village with you!

Recently, we learned of a bequest of \$250,000, donated to the Colchester Senior Center from a gentleman who lived in Town. Although Mr. Stephen J. Bendas was not known to us, his charitable gift to the senior center will have a deep and lasting impact on our future. We are deeply grateful for his recognition and generosity, which will further our important work. We honor his memory and will be ever-grateful for his kind and generous gift.

Our new Program Coordinator is scheduled to begin on July 11<sup>th</sup>, and I want to extend a warm welcome to Jodi Savage. Jodi has a great set of skills, a warm personality and is an expert at connecting people. Throughout the hiring process, we felt she was exceptional—and even among a sea of highly skilled and qualified candidates, she set herself apart. We are lucky to have her, she's going to be a terrific asset to our "village." I can't wait for you to meet her, too!

Warmly,

**Patty**

**CSC will be  
closed  
July 4<sup>th</sup> for  
Independence  
Day**

**SOME LIKE IT HOT  
MEALS CONTEST  
Month of July**

Sign up for 5 meals at the center (not including ticketed special events) during the month of July, have a special card stamped, and you will be entered to win a \$25.00 gift card to CVS. The drawing will be held on Thursday, July 29<sup>th</sup> at lunchtime. Please see Valerie Webster, Site Server for more information.

**WALKING GROUP  
Wednesdays at 9:00 a.m.**

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

**CHORAL GROUP  
Fridays at 10:30 a.m.**

Do you love to sing? Are you looking to be a part of a fun group of people? Then our choral group, the "Senior Serenaders" group is perfect for you! We welcome all skill levels and abilities. Join us every Friday as we prepare for upcoming spring concerts.



**PAINTING WITH RUTH  
Friday, July 8  
9:30 a.m.**

Our monthly painting class is back! Join Ruth as she takes you step-by-step through a beautiful acrylic masterpiece. This month's painting is titled "Lighthouse Beach". No previous artistic experience is required! The fee for this class is \$15 per person which includes all materials.

**GARDEN CLUB  
Monday, July 11  
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 18<sup>th</sup>.

**REEL FRIENDS  
MOVIE CLUB  
Wednesday, July 13  
12:30 p.m.**

The film for July is "Knives Out" PG-13. When a renowned crime novelist is found dead at his estate, the inquisitive Detective Benoit Blanc is enlisted to uncover the truth behind his untimely demise. Bring your own snacks and enjoy an afternoon of free entertainment!

**SHOPPING TRIP  
Thursday, July 14  
10:30 a.m. Departure**

This month's monthly shopping trip will be to the Windham Wal-Mart/ Kohl's. Suggested donation is \$4.00. Please pre-register by calling the office.



**CARD MAKING  
WORKSHOP  
Friday, July 15  
10:00 a.m.**

Join talented CSC member Barbara Gozzo for this summer themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Increased cost is due to increased cost for materials. Registration deadline is July 11<sup>th</sup>.

**BOOK CLUB DISCUSSION  
Tuesday, July 19  
10:30 a.m.**

This month's book selection is *The Night the Lights Went Out* by Karen White. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

**STITCH & FIX  
Monday, July 25  
by appointment beginning  
at 10:00 a.m.**

Bring your items that need hemming, slight mending, buttons replaced, etc. and Maria will take care of it and return it within 2 weeks. By appointment, please sign up in the office.

**IN THE KNOW  
Tuesday, July 26  
12:30 a.m.**

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips, and answers your questions.



CLASS	DAY & TIME	LOCATION	FEE
<b>LEARN TO SIGN</b> This beginner's course will show you the basics of American Sign Language (ASL). Group led	<b>MONDAYS</b> <b>11:00 A.M.</b>	CSC	NO FEE
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>TUESDAYS</b> <b>9:45 A.M.</b>	CSC	NO FEE
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting at the Amston Trail Head (next to the pool company on rte.85). Contact: Jill O'Hagan	<b>WEDNESDAYS</b> <b>9:00 A.M.</b>	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
<b>SIT &amp; BE FIT VIDEO</b> DVD-based program for beginner level chair exercises that focus on all areas of the body.	<b>WEDNESDAYS &amp; FRIDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	<b>WEDNESDAYS</b> <b>10:00 A.M.</b>	CSC	NO FEE
<b>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich	<b>WEDNESDAYS</b> <b>1:30 P.M.</b>	CSC	NO FEE
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group.	<b>THURSDAYS</b> <b>1:00 P.M.</b>	CSC	NO FEE
<b>CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	<b>FRIDAYS</b> <b>10:30 A.M.</b>	CSC	NO FEE
<b>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</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> <b>9:00 A.M.</b>	ZOOM & CSC	PRE-PAID CARD
<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> <b>11:00 A.M.</b>	ZOOM & CSC	PRE-PAID CARD
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>MONDAYS, THURSDAYS</b> <b>10:00 A.M.</b>	ZOOM & CSC	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



## 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 1:00 p.m.

**MAH JONGG** Mondays at 12:30 p.m.

**SETBACK** Mondays at 12:45 p.m.

**PINOCHLE** Tuesdays at 12:30 p.m.

**BINGO** Tuesdays & Fridays at 1:30 p.m.

**REEL FRIENDS  
MOVIE CLUB** 2nd Wed. at 12:30 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)

**CHORAL GROUP** Fridays at 10:30 a.m.

## TRANSPORTATION SERVICES

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

We offer curb-to-curb drop off, 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 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**

### **HEARING SCREENINGS**

**Friday, July 1 at 10:00 a.m.**

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Schedule your free hearing screening by calling the senior center at 860-537-3911.

### **BLOOD PRESSURE CLINIC**

**Wednesday, July 6 at 9:15 a.m.**

Victoria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings for this drop-in monthly clinic held in the CSC Dining Room.

### **FOOT CLINIC**

The Foot Clinic program is no longer being offered through CSC. You may call Dr. Anthony Morgan's office at Colchester Foot Specialists to schedule an appointment directly with him at 869-537-5520.

### **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.

**The schedule will be as follows:**

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

**Tuesdays 9:00a.m.-12:00p.m., and**

**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.*

### **DRUG TAKE BACK PROGRAM**

Every minute a Poison Control Center answers a call about a young child getting into medicine, totaling 500,000 calls per year. Additionally, four busloads of children per day visit the Emergency Room for medicine poisoning. It is very important for people to remember to store and dispose of medications safely.

It is also important to remember that throwing medications in the garbage is not a recommended method for disposal. Discarded medications may get into the hands of someone else, like a child who may think that brightly colored pills resemble candies. Flushing unwanted medications down the toilet, which was at one time acceptable, has been found to introduce unwanted medications into groundwater systems.

The Colchester Police Department participates in an ongoing Drug Take Back Program, which is free for the community. In the Police Department Office located in the back of Town Hall, there is a drop box, where people can deposit any expired or unused prescription or over-the-counter medications. These medications will be properly disposed of by the Federal Drug Enforcement Agency, which can give you peace of mind and keep you and your loved ones safe.



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

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

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.

### **RENTERS REBATE**

**April 1 to October 1**

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 by calling Stephanie Turbes, Social Services Coordinator at 860-537-7255.

### **FARMER'S MARKET VOUCHERS**

**July 11 at 11:00 a.m.**

Colchester seniors who are income-qualified may register this month to receive a coupon book good for fresh fruits, vegetables and other items at the seasonal Farmer's Markets. Please sign up.

### **MEETINGS IN JULY**

#### **COMMISSION ON AGING**

**Monday, July 11  
8:30 a.m.**

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

**Tuesday, July 12  
10:00 a.m.**

#### **CSC STAFF MEETING**

**Wednesday, July 13  
2:30 p.m.**

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

**Tuesday, July 12 & 26  
7:00 p.m.**

## DINING OPTIONS

### 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 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's MOW Hotline at 860-934-1010. Please allow 24-48 hours for a response and someone from TVCCA will contact you.

## VOLUNTEER OPPORTUNITIES

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

**ASL Instructor:** Seeking someone who is able to teach our Learn to Sign class in American Sign Language.

**Volunteer Bakers:** If you enjoy baking at home, register to bake homemade cookies, brownies, cakes, muffins, etc. to share with your CSC friends.

# SAVE THE DATE

## THE MELON BALL SPECIAL LUNCHEON

**Wednesday, August 17 at 11:00 a.m.**

Let's have a ball, a Melon Ball! Our August special event luncheon will be extra sweet. Join us for an afternoon of music and food. The multilingual and multi-talented Jose Paulo will be serenading us, followed by a catered lunch from TVCCA. Ticketing information and menu will be available in the August Newsletter.

## CPR/STOP THE BLEED CLASS

**TBD**

The Colchester Fire Department is offering an important and potentially lifesaving course in CPR and "Stop the Bleed" for seniors. This free class is open to anyone who is willing to learn. More information will be available in the August Newsletter.



## Senior Center Building Committee July Update

The Senior Center Building Committee has met many milestones since Referendum approval on November 16, 2021 including: DECD grant funding notification of \$2.5 million, on-site deep test pits, test borings, Conservation Commission approval and Planning and Zoning approval. Design Committees have completed their work and are excited with the many samples of palettes of colors, textures, carpeting, and flooring plans for our new building.

The Committee's current schedule calls for construction and bidding documents to be completed by mid-July. After reviews and approvals, we anticipate bidding to take place in mid-August with a possible construction start in early September. This is all contingent on all Town and State approvals.



### **“ANNE OF GREEN GABLES” at the GOODSPEED** **with LUNCH at LA VITA GUSTOSA**

**Wednesday, August 10, 11:00 a.m.**

Enjoy lunch at La Vita Gustosa, (meal cost not included), then walk across the street to the historic Goodspeed Opera House for a matinee performance of a World Premiere show. Fall in love with the spirited redhead, Anne Shirley, of the classic novel, now reimagined as a vibrant folk-rock musical for all generations. **Cost is \$60 per person** and includes senior bus transportation and tickets to the show.

### **BERKSHIRE RAILROAD FOLIAGE EXPRESS**

**Sunday, September 25, 8:30 a.m.** 

All aboard! First stop on this lovely autumn adventure will be the Freight Yard Pub, where you'll enjoy a 3-course hot lunch including salad, your choice of Entrée: Stuffed Chicken Breast, Sliced Roast Beef & Gravy or Eggplant Parmigiana. Apple Crisp with coffee and soft drinks. The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10-mile, hour-long, round trip train ride experience between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. En route home, visit Whitney's Farm & Market to bring home apples, pumpkins, cider, pies & more! Includes motor coach bus transportation, tickets, meal, fess and gratuities. **Cost is \$123 per person.**

### **NEW WEST POINT CAMPUS TOUR**

**Thursday, October 20, 7:30 a.m.** 

Enjoy lunch at the Thayer Hotel's Bountiful Buffet with a wonderful assortment of salads, cold cut display, hot entrees and a dessert buffet. Following lunch participate in a fun and informative 90-minute guided tour of the United States Military Academy at West Point. Explore the campus and learn in great detail the history of West Point and our Nation. Stop at the National Purple Heart Hall of Honor commemorating the extraordinary sacrifices of America's service men and women who were killed or wounded in combat. **Cost is \$127 per person.**

### **NEWPORT PLAYHOUSE “A Christmas for Carol”**

**Tuesday, December 6, 9:30 a.m.** 

An annual favorite! Come see the World Premiere of this hilarious Christmas Comedy! During the holiday season, Carol tends to take Christmas too far in the office. Her co-workers love her, but this time of year she gets on everyone's nerves! They formulate a plan for the company party no one will forget, but will they be able to help Carol remember the true meaning of Christmas? The Newport Playhouse offers an incredible buffet lunch to enjoy before the show and a Cabaret Show afterward. Proof of vaccination required. **Cost is \$132 per person.**

## OVERNIGHT TRIPS

### **SIGHTS & SOUNDS THEATRE “DAVID”**

**August 3-5, 2022**

Tour the Amish country and see the brand new production of “David” at the one-of-a-kind Sights and Sounds Theatre in Lancaster County, PA. Other points of interest include an Amish Artisans shopping adventure, dinner at Miller's Smorgasbord, a visit to the Bird-in-Hand Farmers Market and a trip aboard the Strasburg Railroad. The cost includes a deluxe motor coach, 2 night hotel stay, 2 breakfasts, 2 dinners, and all admissions, taxes, fees and gratuities. **The cost of the trip is \$585 p.p. double occupancy.**

### **CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA**

**October 10-17, 2022**

From the rugged coastline of the Pacific Ocean to Yosemite National Park, Lake Tahoe to Napa Valley, the scenery, history, and culture of northern California is unparalleled. Explore the charming cities of Monterey, Sacramento, and San Francisco, as well as the astounding beauty of Yosemite. This trip will include seven breakfasts, two lunches, and three dinners. **The cost of the trip is \$3,249 p.p. double occupancy.**

 = Light Walking  = Moderate Walking  
   = Mostly Walking

### **DEPARTING THIS MONTH**

#### **SOLD OUT**

### **JESUS CHRIST SUPERSTAR at the THOMASTON OPERA HOUSE**

**Sunday, July 17, departure at 10:15 a.m.**

#### **SOLD OUT**

### **SPEND THE DAY ON MARTHA'S VINEYARD**

**Thursday, July 21, departure at 6:45 a.m.**

Trips depart from the **far rear parking lot of St. Andrew's Church at 128 Norwich Ave.** Please park in the far rear lot, so we don't interfere with church activities. The bus will pick up back there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.