

COLCHESTER SENIOR CENTER NEWSLETTER

DECEMBER 2024 - SPECIAL EDITION



MOVING DAY IS FINALLY HERE!

We are so excited to finally be moving into our new home at 15 Louis Lane. With that excitement comes a lot of changes and information that needs to be communicated. We hope that you will take the time to read this special issue of our newsletter so that you may become more informed about our move that will include the shutdown of programs and services, a modified transportation schedule, as well as information about our soft opening and Grand Opening & Ribbon Cutting Ceremony, and programs after we open.

2-WEEK SHUT DOWN DECEMBER 2 - 13, 2024

The Senior Center will be closed to the public from **December 2nd to the 13th**. Only volunteers and those that have appointments will be permitted inside due to safety.

Those receiving **Meals on Wheels** will still receive their meals as scheduled. **Community Café Meals at the center will not be served.**

Transportation will run with some schedule modifications. We are requesting that riders limit their requests to **once per week** during this time. **Priority will be given for rides to medical appointments, grocery shopping, the bank, and the pharmacy.**

There will be **no programs** at the center or online during this time.

Reception Volunteers will still be available to take your calls from 9am to 4pm daily.

OPEN ENROLLMENT FRIDAY, DECEMBER 6 9:00 a.m. - 3:00 p.m.

Open enrollment falls between October 15 - December 7 annually. This is your opportunity to make changes to your Medicare, especially changes to Medicare C (Advantage Plans) or Medicare D (Drug Coverage Plans). Meet with a certified CHOICES counselor and find the most affordable plan for you. Pre-registration is required, call 860-537-3911 to schedule an appointment. **Appointments will be held at 95 Norwich Ave.**

JOIN US FOR OUR GRAND OPENING & RIBBON CUTTING CEREMONY



COLCHESTER SENIOR CENTER
WEDNESDAY, DECEMBER 18, 2024
10:00 AM

15 LOUIS LANE
COLCHESTER, CT

LIGHT REFRESHMENTS
WILL BE SERVED

HOLIDAY PIZZA PARTY THURSDAY, DECEMBER 26 11:30 a.m.

Join us as we celebrate the holidays (Christmas, Hanukkah, and Kwanzaa) with some pizza and a prize tree. Everyone will leave with a prize. This event is being **sponsored by Colchester Pizza**. Lunch will be 2 slices of pizza with chips, soda and a holiday dessert. This is a free program. Space is Limited. **Please call the office on or after December 2nd to register.**

Colchester Senior Center

NEW 15 Louis Lane
Colchester, CT 06415

Phone: 860-537-3911

Fax: 860-537-5574

Email: csc@colchesterct.gov
facebook.com/www.colchesterct.gov

HOURS OF OPERATION

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

Tuesday: 8:00 a.m.-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

Jodi Savage
Program Coordinator
cscprograms@colchesterct.gov

Susan Plefka
Administrative Assistant
csc@colchesterct.gov

Missy Bauman
Making Memories Program Coord.
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

Fred Murphy
Senior Nutrition Site Server

COMMISSION ON AGING

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

From the Director's Desk

After so many years, months and weeks, it seems almost unbelievable that we are on the precipice of a new beginning at the Colchester Senior Center. There are so many of us that are filled with excitement and great anticipation. It's almost like Christmas morning—maybe even better!

There are so many people, without whom this project would not have been possible. I am grateful for the bipartisan support which existed for this project 5 years ago, when the Senior Center Building Committee was formed and received their charge. For the elected leaders who began and saw through to completion this project, especially our First Selectmen beginning with Art Shilosky, who named our SCBC and through to our current First Selectman, Bernie Denler, who will be cutting the ribbon. All of the other elected leaders, both Selectmen and Board of Finance members who supported and championed this project deserve our thanks, as well. Selectwoman, Rosemary Coyle, particularly, not only serves as the Board Liaison for the Building Committee and Commission on Aging, but who has been a tireless champion of senior issues throughout her many terms deserves our appreciation and gratitude.

For the expertise of the Senior Center Building Committee, we remain so very grateful. This team was so dedicated to this outcome, from the early days of dreaming of what could be to the realization of those dreams today in this beautiful and functional building. I have been awed working alongside each of you—your attention to every detail, your institutional knowledge and professional experience—once combined, it was a something to behold! I hope that each of you are filled with pride every time you drive by or step into this new jewel of a building.

Silver, Petrucelli and Associates, the marvelous team of architects, engineers and designers, what a marvelous building you designed for us. It was fascinating to watch the project take shape from the conceptual design, through every finish selected. BRD Builders took the plans and brought them to life in 3-D, and CSG who oversaw the site's day-to-day progress on site for the Town. Please know that this building will have a deep impact on the community. What a joy it will be to see the building filled with members gathering, socializing, learning, growing and aging with good health and vitality, not to mention the many future community events and special occasions to be celebrated.

We want to thank the community of Colchester for your enthusiasm and support of this important community resource. Sadly, not everyone understands the importance of senior centers. By passing not one, but two referendum votes by such wide margins, the will of the citizens was heard loudly. Without the passage of these critical votes, we never could've accomplished the task and see our way forward to this day. You share in the success of this day and our hearts are grateful and full.

Finally, we thank our members. You never gave up hope and you are so deserving of this beautiful facility. A special shout out to the exceptional CSC staff, too. We wish you all a wonderful holiday season. We look forward to years of memories yet to be made at 15 Louis Lane!

Warmly,

Patty



CSC HOLIDAY SCHEDULE

Tuesday, Dec. 24th:
Closing at Noon,
No Lunch Will Be Served

Wed., Dec. 25th: Closed

Tuesday, Dec. 31st
Closing at Noon

Wed., Jan. 1st: Closed

SHOPPING TRIP

Thursday, December 12
10:30 a.m. Departure

This month's monthly shopping trip will be to Lisbon Walmart. The suggested donation is \$3.00. Please pre-register.

BOOK CLUB

Tuesday, December 17
10:30 a.m.
Activity Room

This month's selection is *The Fall of Marigolds* by Susan Meissner. Copies are available at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.

HOLIDAY PRIZE BINGO

Thursday, December 19
1:00 PM
Multi-Purpose Room

Join us for a special Holiday Prize Bingo. Each winner will get the opportunity to pick a wrapped present under our tree. Some prizes will be holiday themed and others will not. This is a free program. Register by calling the office before December 17th or until full. Space is limited.

CAROL SING

Friday, December 20
10:30 a.m.
Multi-Purpose Room

There is nothing like singing carols to get us in the holiday spirit. Join our very own Choral Group the "Senior Serenaders" for an informal carol sing. Holiday cookies and cocoa will be served. This is a free program, open to all.

CSC MOVIE TIME

"NEXT STOP CHRISTMAS"
Monday, December 23
12:30 p.m.
Art Room

Join us as we watch the film "Next Stop Christmas," a Hallmark Movie filmed mostly on Fir Patch Farm on Buckley Road in Salem and around other parts of CT. The film stars Christopher Lloyd, Lea Thompson and more. Popcorn will be served. This is a free program. Please register by Friday December 20th.



CSC MOVIE TIME

"AN AFFAIR TO REMEMBER"
Friday, December 27
10:00 AM
Activity Room

This 1957 romance starts on New Year's rather than ending on it: Deborah Kerr and Cary Grant share a kiss on New Year's Eve. Engaged to other people, they fatefully agree to meet at the top of the Empire State Building six months later. Popcorn will be served. This is a free program. Please register by Friday December 20th

STITCH & FIX WITH MARIA

Monday, December 30
by appt. beginning at
10:00 a.m.

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

HANUKKAH CELEBRATION

Monday, December 30
10:30 a.m.
Activity Room

Let's celebrate the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue. Sing songs, learn traditions, play the dreidel, and enjoy some potato latkes. This is a free program open to all faiths. Please call the office to pre-register by Friday, December 20th.

NEW YEAR'S EVE BRUNCH & BASH

Tuesday, December 31
10:00 a.m.
Multi-Purpose Room

Let's enjoy our annual tradition of a delicious brunch and musical entertainment by Ron Murray as we count down to noon and celebrate the New Year. Menu will include broccoli, bacon & cheese quiche, turkey sausage patties, home fries, fruit salad, orange juice, pastries, and a mock champagne toast, right as the clock strikes 12:00 (noon). Tickets are \$9 per person while they last. Space is limited.

PROGRAMS NOT MEETING THIS MONTH

- Adult Coloring**
- Cardio Drumming**
- In the Know**
- Life Review Writing**
- Lunch Bunch**
- Sewing Circle**

FREE CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN Learn the basics of American Sign Language (ASL). Group led	MONDAYS 11:00 A.M.	Conference Rm	NO FEE
GARDEN CLUB Join members of the Colchester Garden Club to maintain the gardens around the senior center	1st MONDAY of the Month 8:30 A.M.		NO FEE
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM & Fitness Room	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	WEDNESDAYS @9:00 AM & SUNDAYS @ 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	WEDNESDAYS 1:30 P.M Starting in Jan.	Fitness Room	NO FEE
LINE DANCE CLASS The Line Dancing Class has been put on hold at this time until we can find a new line dancing instructor.	On Hold		
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body. Group led	WEDNESDAYS & FRIDAYS 10:00 A.M.	Fitness Room	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group led	WEDNESDAYS 10:00 A.M.	Art Room	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group led	THURSDAYS 1:00 P.M.	Art Room	NO FEE
SENIOR SERENADERS CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	FRIDAYS 10:30 A.M.	Activity Room	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & Fitness Room	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & Fitness Room	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & Fitness Room	PRE-PAID CARD

TRANSPORTATION SCHEDULE

After December 16th, the buses will continue to run daily to and from the Senior Center for programs, classes, and meals.

Mondays: Appointment Day*

Tuesdays: Shopping Day

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

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

Fridays: Appointment Day*

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

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 12:30 p.m.
MAH JONGG	Mondays at 12:30 p.m.
SETBACK	Mondays at 12:45 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	Wednesdays at 1:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE	Thursdays, beginning at 12:00 p.m, by appointment
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, 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

Our Monthly Blood Pressure Clinic is canceled due to our shut down. We will resume in January. Monthly blood pressure clinics are offered in partnership with Chatham Health District.

CHATHAM HEALTH EDUCATION SERIES

Our Chatham Health Education Series is canceled due to our shut down. It will resume in January

NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

Holidays can be a hard time for many. With our 2-week shut down we want you to 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 Ill funds made available under the Older Americans Act.

CREDIT FRAUD WARNING TIPS DURING THE HOLIDAYS

With the upcoming holiday season, 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 numbers such as dates of birth or last 4 digits of SS#
- Never click on links in unsolicited emails. Use computer firewalls and anti-spyware/anti-virus software.
- Guard your mail against theft, remove delivered mail from your mailbox promptly
- Shred sensitive paperwork containing personal information
- Monitor financial accounts and billing statements for unexplained charges or fraud

If you suspect you are a victim of identity theft or credit fraud, take the following steps immediately:

- Contact your creditors or bank immediately
- Change PIN numbers and passwords immediately
- Contact a credit bureau to place a "Fraud Alert" on your credit reports
- Contact your local police (Colchester Police 860-537-7270)

Happy Holidays!
Colchester Resident Trooper
Sgt. Zach Cash

SOCIAL SERVICES

CHOICES COUNSELING **No Appointments in Dec.**

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

SENIOR BENEFITS COUNSELING

Thursday, December 19
12:00 p.m.- 3:30 p.m.

Schedule an appointment with our Senior Benefits Counselor, Ellen Fougere. Ellen can help you with Energy Assistance (Sept.-May), Renters Rebate (April – Oct.), SNAP (formerly Food Stamps), MSP applications, or benefits assessment.

ENERGY ASSISTANCE

September – May

The income threshold for the 2024-25 heating season is at or below \$41,553 for a single person or \$54,338 for a couple.

MEETINGS IN DECEMBER

AARP CHAPTER #4019
Tuesday, Dec. 3, 12:30 p.m.
Holiday Luncheon
Papa Z's Restaurant
(Pre-Registration Required)

COMMISSION ON AGING
Monday, Dec. 9, 9:00 a.m.
Town Hall

LTC OMBUDSMAN
REGIONAL MEETING
No December Meeting

SENIOR CENTER
BUILDING COMMITTEE
Tues., December 10
7:00 p.m. @ Senior Center

CSC STAFF MEETING
No December Meeting

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 their 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.

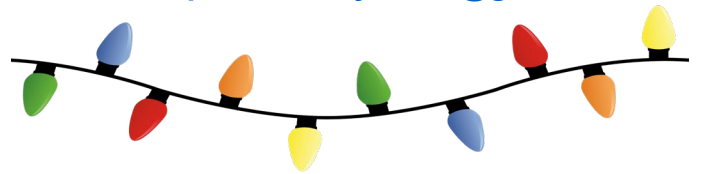
Fill-In Meals on Wheels Drivers: Our Meals on Wheels Program is looking for fill-in drivers to deliver meals locally when our regular drivers are unavailable. Please contact Jodi for further information or to sign up.

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.

NEW TECH SUPPORT EMAIL PROGRAM

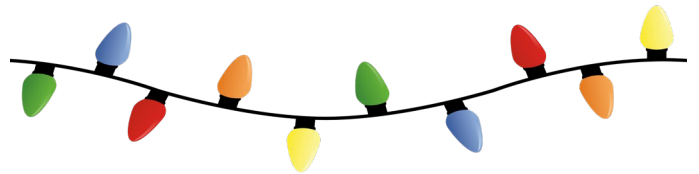
Harry Hom, who comes in once a month for Tech Time with Harry, has offered to volunteer his time to provide additional tech support to CSC members. He has created a special email where members can email him technical questions and he will respond and try to help you via email. If he is unable to help you via email, he will schedule you for an in-person appointment during his regular program time. Please allow 72 hours for a response and please do not send any personal information, documents or passwords. The email address is...

Tech.Help.with.Harry+CSC@gmail.com



CARDIO DRUMMING UPDATE

Starting in January, Cardio Drumming will be held weekly on Wednesdays at 1:30 p.m. in the fitness room. You still need to register for the class to reserve a ball and sticks. If you are unable to attend after registering, please let staff know so we can offer your spot to someone on the waiting list. We are in the process of purchasing more equipment so that we can offer this class to more people each week.



JANUARY PROGRAM SURVEY

Moving into our new building will allow us additional space and opportunity for new programming. Coming in January, we will be conducting a program survey to gather your thoughts and ideas. What classes would you like to see offered? What programs have you seen at other senior centers that you think we should offer? What topics would you like a presentation on? Do you have any restaurant ideas for Lunch Bunch? Do you have a talent you would like to share? The survey will be used to gauge our members' interests and help us to make decisions on the introduction of new programs.

DEPARTING SOON

SHADOWS OF THE 60's: A HOLIDAY TRIBUTE TO MOTOWN

Tuesday, December 3, 2024, 10:00 a.m.

DAY TRIPS

WE ARE EXCITED TO SHARE OUR NEW TRIPS WITH YOU FOR THE 2025 TRAVEL SEASON.

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. **SOLD OUT**




ALASKA DISCOVERY LAND & CRUISE

July 23 – Aug. 3, 2025, departure TBD 

Traverse the Pacific coast by land and sea on this breathtaking 12-day journey through Alaska. Highlights include a trip of the riverboat the Sternwheeler Discovery, Music of Denali Dinner Theater and an expert guided tour Tundra Wilderness Tour in Denali National Park. Enjoy an unforgettable rail journey from Denali to Talkeetna in a luxury domed railcar. Experience Anchorage, Alaska's largest city. Drive along the Alaska Range Drive enroute to the port of Whittier where you will embark on your 7-night Holland America cruise. While cruising you will see Glacier Bay, explore Alaska's capital Juneau, visit the "Salmon Capital of the World" Ketchikan, and sail along the Inside Passage. Your cruise ends in the vibrant Canadian city of Vancouver. **12 days, 26 meals, 11 breakfasts, 7 lunches, and 8 dinners. The cost varies from \$6,399 to \$7,899 per person (double occupancy) depending on room choice on the cruise ship and availability. Rates increase for bookings made after January 23, 2025.**

WALKING KEY FOR TRIPS

 = Light Walking   = Moderate Walking











   = Mostly Walking



We wish you a happy, healthy & safe Holiday Season!

We have so much to celebrate together

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 10:00 Program Registration by Phone begins	2 10:00 Shadows of the 60's Trip Departs	3	4	5	6 9:00 Open Enrollment by appt. only @ 95 Norwich Ave	 7
Colchester Senior Center Closed Moving Days No Community Café Meals Modified Transportation and Meals on Wheels Still Operating						
 8 9:00 COA Meeting @ Town Hall	9	10	11	12 10:30 – Shopping Trip Lisbon Walmart	13 11:00 Training Luncheon for Volunteer Receptionists	 14
Colchester Senior Center Closed Moving Days No Community Café Meals Modified Transportation and Meals on Wheels Still Operating						
 15 Soft Opening 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	16	17 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	18 10:00 Grand Opening & Ribbon Cutting Ceremony 12:00 CSC Staff giving tours of the building <u>NO</u> Programs Held <u>NO</u> Café Lunch served	19 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet 1:00 Free Holiday Bingo	20 10:00 Sit & Be Fit 10:30 Carols, Cookies & Cocoa Sign Along 11:00 Yoga 1:30 Bingo	 21 Winter Begins
 22 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Johgg 12:30 Bridge 12:45 Set Back 1:00 Movie Time – Next Stop Christmas	23	24 9:00 Making Memories <u>NO</u> Tai Chi <u>NO</u> Community Café Lunch Served 12:00 CSC Closes at noon for the holiday Merry Christmas!	25 CSC Closed for the Holidays Merry Christmas & Happy Hanukkah Christmas Hanukkah Begins	26 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling <u>NO</u> Yoga 11:30 Holiday Pizza Party 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet Boxing Day (Canada) Kwanzaa Begins	27 10:00 Sit & Be Fit 10:00 Movie Time – An Affair to Remember <u>NO</u> Choral Group <u>NO</u> Yoga 1:30 Bingo	 28
 29 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Hanukkah Celebration 11:00 Learn to Sign 12:30 Mah Johgg 12:30 Bridge 12:45 Set Back	30	31 <u>NO</u> Making Memories <u>NO</u> Tai Chi 10:00 New Year's Brunch & Bash 12:00 CSC Closes at noon for the holiday Happy New Year! New Year's Eve				



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, RD, MPH.



TVCCA SENIOR CAFÉ MENU ~ DECEMBER 2024

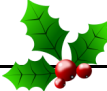







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>No Café Lunch Served During Shutdown</p> 	<p>3</p> <p>No Café Lunch Served During Shutdown</p>	<p>4</p> <p>No Café Lunch Served During Shutdown</p>	<p>5</p> <p>No Café Lunch Served During Shutdown</p>	<p>6</p> <p>No Café Lunch Served During Shutdown</p> 
<p>9</p> <p>No Café Lunch Served During Shutdown</p>	<p>10</p> <p>No Café Lunch Served During Shutdown</p>	<p>11</p> <p>No Café Lunch Served During Shutdown</p>	<p>12</p> <p>No Café Lunch Served During Shutdown</p>	<p>13</p> <p>No Café Lunch Served During Shutdown</p>
<p>16</p> <p>Hungarian Goulash Pasta Shells Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>17</p> <p>Cheese Omelet Home Fries Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>18</p> <p>Grand Opening Celebration No Café Lunch Served</p> 	<p>19</p> <p>Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Peaches</p>	<p>20</p> <p>Chicken Pot Pie w/ Biscuit Peas Carrot Coins Fresh Orange</p> <p>Add-On: Corn Chowder Soup</p>
<p>23</p> <p>Crispy Cod Macaroni & Cheese Mixed Vegetables Medley Sweet Treat Grape Juice</p>	<p>24</p> <p>Christmas Eve Holiday</p>  <p><i>Senior Nutrition Program Closed</i></p>	<p>25</p> <p>Christmas Day Holiday</p>  <p><i>Senior Nutrition Program Closed</i></p>	<p>26</p> <p>Holiday Pizza Party Cheese Pizza Chips Choice of: Soda or Bottled Water Holiday Dessert Ticket Cost: Free</p>	<p>27</p> <p>Vegetarian Lasagna w/ Marinara Green Beans Diced Carrots Pineapple Tidbits</p> <p>Add-On: Broccoli, Potato, & Cheddar Soup</p>
<p>30</p> <p>Pork Sausage and Gravy Home Fries Broccoli Fresh Fruit</p> 	<p>31</p> <p>New Year's Brunch & Bash Broccoli, Bacon & Cheese Quiche Turkey Sausage Patties Home Fries Fruit Salad Orange Juice Pastries Sparkling Cider Ticket Cost: \$9.00</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p> 	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>  <p>www.tvcca.org</p>	<p>FOOD ALLERGY WARNING</p> <p>Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.</p> <p>Please advise a staff member of any food allergies prior to consumptions of meals</p>

December Program Registration

Program registration for December programs will be taken over the phone starting **Monday, December 2 at 10:00 a.m.** Our volunteer receptionists will assist you in signing up for programs. Please do not email staff with your request, because we will not be at our desks. All our special programs for December are FREE except for our New Year's Brunch and Bash. If you are signing up for the New Year's Brunch and Bash after December 1st, please register by phone by December 23rd, and pay for your ticket once we reopen on or after December 16th.

Kiosk Centers and Signing In

There will be a sign in kiosk at each main entrance to the senior center. With the size of the building and additional rooms, it will be important for you to sign in every time you enter the building. Please sign in for **all programs and services** that you will be attending that day. It is important that we know who is in the building in case of an emergency. We will be monitoring this closely to make sure everyone is signing in and ask for your cooperation.

Limited Programs for December

Due to our move, holidays, and staff/volunteer vacation time, once we open on December 16, we will have limited programming for the month of December. As we move into 2025, we will resume our current level of programming so we can continue to become accustomed to our new building. In the New Year we will be conducting a survey to see what activities our membership might be interested in for future programming.

Open Billiard Times

Thanks to a generous donation from our friends at the Lebanon Senior Center, CSC now has a pool table and equipment for members to use. Because this room will have multiple uses, the pool table in the Billiard & Game Room will be available for member use, as assigned:

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 11:30 AM	9:00 – 11:30 AM	9:00 – 11:30 AM 1:00 – 3:30 PM	9:00 – 11:30 AM 1:00 – 3:30 PM	9:00 – 11:30 AM

NEW Fitness Center

The new senior center is equipped with a **Fitness Room with various exercise equipment.** When this room opens to the public it will require members to sign a waiver, obtain a physician's note, and attend training on how to use the equipment safely. Once this has been completed members will have access to this room during our hours of operation once Policies & Procedures have been finalized and approved by the Board of Selectmen.

Fitness Room Flooring

The new building was designed with special rubberized flooring to help cushion people's joints from impact while exercising. In order to keep the Fitness Room floors in optimal condition for years to come, we are requiring all members attending or using the Fitness Room/Fitness Center to have a pair of shoes dedicated to the Fitness Room only. **No outside street shoes will be allowed on the Fitness Room floors.**

Where is my Program located?

Attached to this newsletter is a copy of the floor plan and a weekly listing of our programs and which room they will be held in at the new building.

Please Practice Patience

Let's be patient with each other as we all learn to navigate the changes of this new building. It will take us some time to adjust to the building's layout and amenities. It will be significantly different for all of us. We expect that over time we will make some changes to our program schedule, introducing some new and changing some others. If you have suggestions for us, please feel free to share them with us.

