



COLCHESTER SENIOR CENTER NEWSLETTER

AUGUST 2025



LUNCH & LEARN NEW AGING IN PLACE RESOURCES Thursday, August 7 11:00 AM

It can be difficult to age in place. The key to success lies in confident, informed and compassionate self care and in-home care. You are invited to learn about a one-of-a-kind Training Center for Care Excellence and the relevant, compassionate and dignified senior care topics that are offered, at no cost and open to all by Salem's Focus Homecare. They will share their mission, goals, and upcoming classes during this lunch and learn. Assorted sandwiches will be served. This is great information to help you and your loved ones stay comfortably at home. This is a free program. Registration is required. Space is limited.

GARDEN CLUB PRESENTS: ROCK PAINTING & BUTTERFLY / BEE PUDDLERS Tuesday, August 12 10:30 AM

Rock painting offers a multitude of benefits, encompassing mental well-being, creative expression, and community engagement. Join the Colchester Garden Club as they offer a Kindness Rock Painting Session where participants will create painted rocks for others to take as a sign of peace, motivation and kindness to others. Participants will make and take a Butterfly/Bee Puddler. This is a shallow tray decorated with sand, rocks and marbles, and natural elements that offer water for butterflies and bees in your garden. The cost is \$5 per person and covers the cost of the puddler. Registration is required. Space is limited.

HOLIDAY FAIR PLANNING Thursday, August 14 12:30 PM

We are looking for volunteers to help with the planning of this year's Holiday Fair that will take place on Saturday, November 22nd. We need your help to make this a success so bring your ideas or come to see what it is all about. If you are unable to attend but interested in helping, contact Jodi for more information.

5-WEEK WATERCOLOR WORKSHOP Tuesdays, 9:30 - 11:30 AM Starting August 19

Watercolor is a wonderful, versatile medium – and one that scares many beginners. In this 5-week workshop, member Gabriella Ducharme, will work to dispel those fears. She will show you key techniques including wet-on-wet, wet-on-dry, and dry brush for different textures and control level as well as how to mix colors. The first two weeks will be a focus on technique with small practice paintings such as florals. Gabriella will gain class input to plan the remaining weeks of the workshop. The cost of the class includes a basic beginner watercolor kit that will be yours to keep and take home so that you can practice between classes and the class instruction fee. The cost is \$45 per person. Space is limited to allow for more individualized attention from the instructor. You must register for this class by Tuesday, August 12 to allow for the purchase of the painting kits.

PINEAPPLE PARADISE SPECIAL LUNCHEON Wednesday, August 20 11:00 AM

Let's head to the "tropics" as we bid farewell to the last few weeks of summer. One of our favorites, Jose Paulo, will entertain us with his songs from the Caribbean and Rio De Janeiro. Enjoy a lunch of teriyaki pineapple meatballs over rice with stir fried vegetables and fluffy pineapple parfaits. The cost is \$10 per person and pre-registration is required. Space is limited.

UNLEASH YOUR JOY THE ART OF MEDITATION Monday, August 25 10:30 AM

Meditation offers a wide range of benefits for both mental and physical well-being. These include reduced stress and anxiety, improved focus and attention, better sleep, and increased self awareness and joy. It can also help manage chronic pain, lower blood pressure, and potentially even strengthen the immune system. In this presentation learn the benefits of meditation and several ways to meditate even if you think you can't. We will also touch upon resources to help you establish a daily or weekly meditation practice. This is a free program. Space is limited. Registration is required.



Colchester Senior Center

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.

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Program Coordinator

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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

Nutrition Site Server

COMMISSION ON AGING

William Otfinoski, Chair

Nola Weston, Vice Chair

Madelyn Starkey, Treasurer

Roberta Avery, Secretary

Rosanne Tousignant

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Vacant, Alternate

Vacant, Alternate

Rosemary Coyle, BOS Liaison

Michael Hayes, BOF Liaison

Chris Rivers, BOE Liaison

From the Desk of the Director

It was recently brought to my attention that I always end my monthly column with the phrase "Warmly, Patty." Because it has already been a hot and humid summer, one member recently remarked, "We're warm enough, can't you say something else?" Although I know that she was joking during the dog-days of summer, her point is well-taken! Think back to this past winter, when we all longed for warmth and sunlight—well, we're getting it in spades now. Summer is always fun, and I hope you have been enjoying all that this season has to offer with more outdoor activity, community cook-outs, perhaps some vacation or travel plans or visits with loved ones. We must also remember, however, the heat of summer brings with it some risks. Because it has been a steamy, hot and humid summer, I think it's a great time to remind folks about safety with regards to dehydration, heat exhaustion and heat stroke and the measures you can take to reduce your risk.

According to MedicineNet.com, "*Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically. Severe hyperthermia is defined as a body temperature of 104 F or higher. It is a medical emergency which can be fatal if not prompt and properly treated.*" It lists the most important measures to prevent heat strokes as, "*avoid becoming dehydrated and vigorous physical activities in hot and humid weather.*" The article says, "*The body normally is able to dissipate heat by radiation through the skin or by the evaporation of sweat. However, in extreme heat, high humidity or vigorous exertion, the body may not be able to dissipate the heat, and the body temperature can rise, sometimes up to 106 F or higher.*" Heat cramps and heat exhaustion are two less severe forms of hyperthermia that you would also want to avoid.

The people who may be most at risk for heat exhaustion or heat stroke include infants, the elderly and people who work outdoors. Sometimes, medications may make individuals more vulnerable to dehydration and heat strokes, especially medications for heart, lung or kidney diseases.

So, what can you do to stay safe? Drink plenty of water! Remaining well-hydrated is a great defense against the heat. Also, stay in cool locations. Run fans and/or air conditioners at home and in your car. If you do not have air conditioning, coming to our senior center is a good way to keep cool. The air conditioning is always on and you can find relief from the hottest hours of the day here.

Stay cool!

Patty

PROGRAM REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. We only accept cash or check for payment. 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. Once purchased, refunds will not be issued for programs or events unless we are able to resell your spot. 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.

SENIOR DISCUSSIONS WITH ALICIA

Friday August 1, 10:30 AM

Friday August 8 10:00 AM

Alicia Moore, an Occupational Therapy student from Bay Path University, will be hosting a 5-week program on various senior topics as part of her summer internship. Each week will include a short presentation, open discussion and fun activities. This is a free program. Space is limited. Registration is required. Please sign up.

August 1 – Conserving Energy – Learn to maintain or increase your energy level with tips and tricks. Build an herb garden.

August 8 – Leisure Activities – A discussion about the importance of being active and trying new things. A painting activity will follow.

SEASONAL CRAFTING

Monday, August 4, 11:00 AM

Join Jodi for our initial meeting as we begin our planning for our Scarecrow entry for the Annual Scarecrow Contest on the Green. We will then turn our attention to planning our Holiday Tree entry which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions. This year seasonal crafting will also focus on creating small items for the Holiday Fair. If you are interested but unable to make this initial meeting, please see Jodi for further information.

BINGO PLAYER'S LUNCHEON

Friday, August 15, 11:30 AM

It has been a while since we held our bingo player's luncheon. This event is free for members who have played a minimum of 25 Bingo games in the past 12 months. All others may attend for \$10 per person, as space permits. Lunch will consist of ziti with marinara, meatballs, chicken marsala, garden salad, and rolls with butter and a Bingo themed dessert. Please pre-register in the office by Monday, August 11. Space is Limited.



**RECYCLED DENIM BANGLE
BRACELETS WORKSHOP**

Monday, August 18, 10:00 AM

This workshop allows participants to transform old denim into stylish, personalized, stacking bangles. We will learn techniques like basic wire wrapping and embellishing with fabric scraps and beads. The workshop will encourage creativity with opportunities to experiment with various designs. The cost is \$3.00 per person and will allow each person to make at least 3 bracelets. Registration is required. Space is limited.

ULTIMATE BINGO

Thursday, August 28, 4:00 – 5:30 PM

We will stay open late for a special game of big money BINGO! Admission is \$10.00 per person, which will give you 2 cards. Refreshments will be served. Please pre-register by August 22 or until sold out. Space is limited.

DINING OPTIONS

COMMUNITY CAFÉ MEALS

Lunch (provided by TVCCA) is served Monday-Friday at 12:00 p.m. in our dining room. 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.

Receptionist / Greeters: We are looking for some weekly reception/greeter volunteers as well as fill in volunteers to fill in when our regular volunteers are out due to vacation or illness. We are currently seeking a Friday Morning Receptionist. 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 Fred for further information or to sign up.

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	Wednesdays 10:00 AM	Dining Room	NO FEE
BILLIARDS – OPEN PLAY This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Daily 9:00 – 11:30 AM & Wed, Thurs, & Fri PM 1:00 – 3:30	Game Room	NO FEE
BINGO Play one or 9 cards, Monetary prizes, 12 games	Tuesdays & Fridays 1:30 PM	Activity Room	50 cents a Card
BOOK CLUB Join us for a lively discussion about this month's book: The Red Tent by Anita Diamant	Third Tuesday of the Month 10:30 AM	Conference Room	NO FEE
BRIDGE This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy.	Mondays 12:30 PM	Activity Room	NO FEE
CARD MAKING WITH BARBARA (Registration Required) Join CSC Member Barbara Gozzo for a seasonal card making session. Craft 4 cards	Thursday Aug 21 10:00 AM	Art Room	\$10 Per Person
CORN HOLE A game in which players or teams take turns tossing bean bags at a board with a hole in it far end. Group led program.	Tuesdays 1:00 PM	Fitness Room	NO FEE
DOMINOES – MEXICAN TRAIN The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains.	Thursdays 12:30 PM	Art Room	NO FEE
HAND & FOOT CARD GAME A variation of Canasta but played with two sets of cards. No Experience needed. Group Led Program	Wednesdays 10:00 AM (except 3 rd Wed.)	Game Room	NO FEE
HAM RADIO CLUB Monthly Ham Radio Meeting, learn about the craft, how to get licensed and about our broadcasting equipment	Third Friday of the Month 12:30 PM	Dining Room	NO FEE
IN THE KNOW Join Patty Watts as she shares CSC updates & information about our programs and answers questions	Last Tuesday of the Month 12:30 PM	Dining Room	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	Thursdays 1:00 PM	Dining Room	NO FEE
LEARNING TO SIGN Learn the basics of American Sign Language (ASL). Group led	Mondays 11:00 AM	Conference Room	NO FEE
LIFE REVIEW WRITING Learn the process and practice of reviewing one's life through writing and various writing prompts.	Wed. Aug 6 10:30 AM	Activity Room	NO FEE
LUNCH BUNCH Join us for our monthly lunch outing – Registration is Required	Friday August 22 10:30 AM	Lenny & Joe's Westbrook	\$5 fee for transportation
MAH JONGG A rummy-like game played with tiles instead of cards	Mondays 12:30 PM	Game Room	NO FEE
MONTHLY ART CHALLENGE Each month challenge yourself with our art prompt – work from this year will be exhibited in January – AUGUST: SUNSHINE	N/A	N/A	N/A

PINOCHILE trick-taking ace-ten card game	Tuesdays 12:30 PM	Game 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 AM	Activity Room	NO FEE
SENIOR SPOTLIGHT (Formerly TED Talk Discussions) Join us as we view a talk, documentary, podcast & discuss TOPIC: The Art of Change – A Documentary made by seniors	Tuesday Aug 26 10:30 AM	Art Room	NO FEE
SETBACK Setback is a name sometimes used for the trick-taking card game also known as Pitch	Mondays 12:30 PM	Art Room	NO FEE
SEW-CIAL TIME Bring your projects and work on them with like-minded individuals. Once a month we work on projects for the holiday fair – Group Led	Wednesday 1:00 – 3:30 PM	Art Room	NO FEE
SHOPPING TRIP (Registration Required) This month's shopping trip will be to Norwich Walmart	Thursday August 14	CSC BUS	\$3 Suggested Donation
STITCH & FIX WITH MARIA Bring items that need hemming, slight mending, buttons replaced etc. Items returned within 2 weeks. Must Register	Last Monday of the Month 10:00 AM	Dining Room	NO FEE
TECH TIME WITH HARRY (Registration Required) Make a one-on-one 30-minute appointment. Bring your own device.	Friday Aug 15 12:00 – 3:00 PM	Conference Room	NO FEE
WII BOWLING Video Version of the real-life game. Group Led	Thursdays 10:00 AM	Activity Room	NO FEE

POSITIVELY CSC

CSC introduced our new kindness campaign "Positively CSC". We are excited to roll out this campaign to promote a positive outlook and encourage positive thinking, behavior, and stronger relationships.

AUGUST POSITIVE PROGRAMMING:

- **Root Beer Floats: August 6 at 12:30 PM** for National Root Beer Float Day. **Registration is required.**
- **Polymer Clay Pocket Heart Making: Thursday, August 21, 1:00 PM** Join us as we make pocket hearts to hand out to various members of our community. Learn how to make them and make one for yourself and others to hand out. **Registration is required.**

CAUGHT YOU CARING:

Caught You Caring is our new program to honor and thank those CSC members that you think have done something kind or above and beyond for you or someone else. Nomination forms are available near the reception kiosk. Complete the form and return it to the Caught You Caring box. Nomination forms will be posted on our Positively CSC Bulletin Board. Each month the names of those nominated will be entered into a drawing for a monthly prize.

ACTION FOR HAPPINESS CALENDARS:

Each month we will post and distribute Action for Happiness Calendars. These calendars offer practical action ideas to make a difference and create a happier and kinder world both in our community and at CSC. You can choose to do one or more of the items listed on the calendar.

EXERCISE / WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. <u>Registration is required to reserve your sticks and ball.</u>	Wednesdays 1:30 PM & 2:30 PM	Fitness Room	NO FEE Registration Required
CHAIR MASSAGE By Appointment Only with Massage Therapist Sue McCaffrey	Thursdays 12:05 PM	Fitness Room	\$10 for every 15 minutes
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 AM	Fitness Room	NO FEE
REFLEXOLOGY By Appointment Only with Certified Reflexologist Susette Christensen	Wednesdays 9:00 AM to 3:30 PM	Health Room	\$20 for 20 min. \$25 for ½ hour
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	Tuesdays 9:45 AM	Fitness Room & Zoom	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 AM	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00			
	DAY & TIME	LOCATION	FEE
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	Mondays & Thursdays 9:00 AM	Fitness Room & Zoom	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 AM	Fitness Room & Zoom	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	Mondays & Thursdays 10:00 AM	Fitness Room & Zoom	PRE- PAID CARD
FITNESS CENTER Completed waiver and doctor form to join Completed Fitness Orientation to use facility Now Accepting Silver Sneakers	Monday - Friday 8 AM – 4 PM	Fitness Room	3-month - \$35 6-month \$60 1-year \$110



**JOIN OUR WALK TEAM TO END ALZHEIMER'S
TUESDAY, SEPTEMBER 23, 11:00 AM**

Colchester Senior Center will be putting together a walk team for this year's Alzheimer's Association Walk. Just like last year, we will be holding the walk for our team here in Colchester. There will be a short lap and a longer lap to accommodate all abilities. The walk is rain or shine. Contact Jodi Savage to learn more and to register for our team.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, August 8, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, August 8, 11:15 a.m.

This month, Chatham Health District will share information about vaccines as vaccine season approaches.

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.-12:00 p.m.

Wednesdays 9:00a.m.-12:00 p.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.

SKIN CANCER PREVENTION

1. Don't Skimp on Sun Protection

Proper sun protection is essential year-round since the sun's ultraviolet (UV) rays are present every day. Skin cancer is strongly linked to sun exposure—about 90% of nonmelanoma skin cancers and 86% of melanoma skin cancers. Follow a complete sun protection regiment to help prevent skin cancer. Seek shade, especially between 10 a.m. and 4 p.m.; Avoid sunburns; Cover up with clothing, including hats and UV blocking sunglasses; Use a broad spectrum UVA/UVB sunblock with an SPF of 15 or more every day; Apply 1 oz. (golf ball sized amount) of sunscreen to your entire body 30 minutes before outdoor activity and reapply every 2 hours.

2. Visit the Dermatologist Annually for a Professional Skin Exam

Skin cancer is the most common cancer in the world, but is also one of the most treatable cancers when detected early. A yearly full-body skin exam performed by a dermatologist is critical and can be life-saving.

3. Perform Routine Self Exams

It is important to examine your skin on a monthly basis to monitor for any new, changing or suspicious lesions. If you notice something new or a change in existing freckles/moles, see a physician immediately. Self-exams should take no more than 10-15 minutes. Make self-exams a habit by scheduling a recurring reminder on your cell phone.

4. Stop Tanning!

There is no such thing as a healthy sun tan. Tans are actually the skin's attempt to repair itself from UV damage. If you have a tan, you have sustained skin cell damage. These "repairs" cause gene defects that can lead to skin cancer and skin aging, wrinkles, leathery skin and age spots.

This article was provided by Chatham Health District for Colchester TRIAD



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, August 12
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 August
No August 14
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.

TOWN SOCIAL SERVICES CSC OFFICE HOURS

**Fridays in August
9:00 a.m. – 12:00 p.m.**

Schedule an appointment with Michele Heaton, Social Services Coordinator for the town at CSC. She can help you with Renter's Rebate applications. Call the senior center office for an appointment.

MEETINGS IN AUGUST

**AARP CHAPTER #4019
No Meeting in August**

**COMMISSION ON AGING
Mon., August 11, 9:00 a.m.
CSC Conference Room**

**LTC OMBUDSMAN
REGIONAL MEETING
Tues., August 12, 10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., August 12, 7:00 p.m.**

**CSC STAFF MEETING
Wednesday, August 13, 2:30 p.m.**

DEPARTING SOON

**RELAX ON THE RIVER
GRISWOLD INN & RIVERQUEST CRUISE
Wednesday, August 6, 2025, 10:45 AM**

DAY TRIPS

BOSTON LIGHTS AT FRANKLIN PARK ZOO-

BOSTON, MA 

Tuesday, September 16, 2025, 1:00 PM

Prepare to be dazzled as you wander through Boston Lights – A Lantern Experience. Surrounded by immersive walkthroughs and enchanting interactive displays at every turn at the Franklin Park Zoo. Take a leisurely walk on the 1-mile loop (plenty of bench seating along the way) through the zoo as you feast your eyes on hundreds of glowing lanterns. Dive into an underwater paradise where sea turtles and an 115 foot octopus awaits your discovery. Journey to India amidst lantern scenes of lotus flowers, elephants, monkeys and rhinos. Prior to the lantern experience, enjoy an early dinner at Maggiano’s Little Italy, Boston. **The cost is \$161 per person. Sign up before August 16th.**

(1 Ticket Left) A CHORUS LINE - THE MUSICAL, GOODSPEED with lunch at the

GELSTON HOUSE 

Wednesday, September 24, 2025, 10:45 AM

The singular sensation of musicals makes its Goodspeed debut in a dazzling 50th anniversary production! *A Chorus Line* pulls back the curtain and reveals the hopes and hurts of 17 professional dancers vying for a job in a Broadway chorus. **The cost is \$100 per person and includes senior bus transportation, meal, and tickets to the show. Space is limited.**

NEWPORT PLAYHOUSE – A TWISTED

CHRISTMAS CAROL 

Tuesday, December 2, 2025, 9:15 AM

A Twisted Christmas Carol is a Texas spoof of Charles Dickens' classic A Christmas Carol. It's Christmas Eve in a small west Texas town, and cantankerous barbecue joint owner Buford Johnson gets in an argument with his wife Darla, tells her he's skipping Christmas, storms out of the restaurant, goes four-wheeling in his pickup. He comes back in his dream where he's visited by ex-business partner, Hank Walker, who takes Buford on a journey like Scrooge's in A Christmas Carol, only Texas-style. **The cost is \$160 per person and includes a huge buffet dinner and cabaret style performances. Space is limited.**

OVERNIGHT TRIPS

BOOTHBAY HARBOR MAINE



Monday, October 6 – Wed., October 8, 2025

Spend 3 days 2 nights at the charming Boothbay Harbor Inn. The Inn is located on this scenic harbor near the footbridge and boasts amazing views of the water. Visit the Coastal Maine Botanical Garden, a natural wonder on 300 acres of shorefront and is home to some giant Trolls in the forest. Explore the charming village of Boothbay with its wonderful shops, crafts, and eateries. In the evening enjoy a lobster dinner. Before departing for home, enjoy a tour on the Harbor Lights and Sights Cruise where you will cruise thru the Diamond Pass, viewing Civil War era forts and lighthouses that guide mariners into Portland Harbor. Free time for lunch and shopping in downtown Portland before returning home. **This trips includes Deluxe Motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing and admissions per itinerary, Friendship Tours Escort, and Driver & Tour Director Gratuity. The cost is \$739 per person double / triple occupancy. Must register before August 18.**

***Please note: The Boothbay Harbor Inn is a 2-story property with no elevator access.**

DISCOVER THE CANADIAN MARITIMES

COASTAL WONDERS






May 23 – June 2, 2026

From the nautical beauty of Peggy’s Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Choose how you explore Lunenburg – at the Fisheries Museum of the Atlantic or on a locally guided walking tour. Partake in a PEI tradition with a supper of fresh lobster and mussels. Visit the Anne of Green Gables Museum and learn about potato farming. See the 4-story high Hopewell Rocks. Savor a traditional Maritimes seafood feast beside the Bay of Fundy, where some of the world's highest tides are recorded. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing Maritime Provinces. This 11 Day, 10 Night trip includes Airfare, Hotels, and Meals (10 Breakfasts, 2 lunches and 4 dinners). **Cost is \$4,299 per person for double occupancy, if booked before November 23, 2025. Collette will be here on September 16, 2025 at 10:30 AM to do a trip presentation.**

WALKING KEY FOR TRIPS

 = Light Walking

  = Moderate Walking

   = Mostly Walking

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2025

Colchester Senior Center

9:00 Social Service Hours **1**
 9:00 Open Art Studio
 10:00 Sit & Be Fit
 10:00 Senior Discussions
 10:30 Choral Group
 11:00 Yoga
 12:00 Tech Time w/ Harry
 12:30 Ham Radio
 1:30 Bingo



2



3
 9:00 Making Memories
 9:00 Exercise with Anne
 10:00 Sittercize
 11:00 Learn to Sign
 11:00 Seasonal Crafting
 11 -12 Fitness Orientation
 12:30 Mah Jongg
 12:30 Bridge
 12:30 Set Back

4
 8:30 Golf League
 9:00 Making Memories
 9:45 Tai Chi
 12:30 Pinochle
 1:00 Cornhole
 1:30 Bingo

5
 9:00 Making Memories
 9:00 Walking Group
 10:00 Adult Coloring
 10:00 Hand & Foot
 10:00 Sit & Be Fit
 10:30 Life Review Writing
 10:45 River Trip Departs
 12:30 Root Beer Floats
 1:00 Sew-cial Time
 1:30 Cardio Drumming
 2:30 Cardio Drumming

6
 9:00 Exercise with Anne **7**
 10:00 Sittercize
 10:00 Wii Bowling
 11:00 Yoga
 11:00 Lunch & Learn
 12:05 Chair Massage
 12:00 Sr. Benefits Counsel
 12:30 Dominoes
 1:00 Knit & Crochet

8
 9:00 Social Service Hours **8**
 9:00 Open Art Studio
 10:00 Sit & Be Fit
 10:00 Senior Discussions
 10:30 Choral Group
 10:45 Blood Pressure Clinic
 11:00 Yoga
 11:15 Chatham Health Presentation - Vaccines
 1:30 Bingo



9

10
 9:00 Making Memories **11**
 9:00 Exercise with Anne
 9:00 COA Meeting
 10:00 Sittercize
 11:00 Learn to Sign
 11 -12 Fitness Orientation
 12:30 Mah Jongg
 12:30 Bridge
 12:30 Set Back

12
 8:30 Golf League
 9:00 Making Memories
 9:45 Tai Chi
 10:00 LTCOP Meeting
 10:30 Garden Club Crafting
 12:30 Pinochle
 12:30 Choices Counseling
 1:00 Cornhole
 1:30 Bingo

13
 9:00 Making Memories **14**
 9:00 Walking Group
 10:00 Adult Coloring
 10:00 Hand & Foot
 10:00 Sit & Be Fit
 1:00 Sew-cial Time
 1:30 Cardio Drumming
 2:30 Cardio Drumming
 2:30 CSC Staff Meeting

14
 9:00 Exercise with Anne **15**
 10:00 Sittercize
 10:00 Wii Bowling
 10:30 Shopping Trip
 11:00 Yoga
 12:05 Chair Massage
 NO Senior Benefits Counsel
 12:30 Dominoes
 12:30 Holiday Fair Planning
 1:00 Knit & Crochet

15
 9:00 Social Service Hours **15**
 9:00 Open Art Studio
 10:00 Sit & Be Fit
 10:30 Choral Group
 11:00 Yoga
 11:30 Bingo Luncheon
 12:00 Tech Time w/ Harry
 12:30 Ham Radio
 1:30 Bingo



6



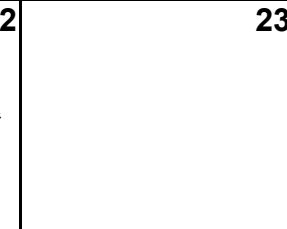
17
 9:00 Making Memories **18**
 9:00 Exercise with Anne
 10:00 Sittercize
 10:00 Denim Bangle Bracelet Class
 11:00 Learn to Sign
 11 -12 Fitness Orientation
 12:30 Mah Jongg
 12:30 Bridge
 12:30 Set Back

19
 8:30 Golf League
 9:00 Making Memories
 9:30 Watercolor Class #1
 9:45 Tai Chi
 10:30 Book Club
 12:30 Pinochle
 1:00 Cornhole
 1:30 Bingo

20
 9:00 Making Memories **21**
 9:00 Walking Group
 10:00 Adult Coloring
 NO Hand & Foot
 10:00 Sit & Be Fit
 10:00 Pineapple Paradise Luncheon
 1:00 Sew-cial Time
 1:30 Cardio Drumming
 2:30 Cardio Drumming

21
 9:00 Exercise with Anne **22**
 10:00 Sittercize
 10:00 Wii Bowling
 10:00 Card Making
 11:00 Yoga
 12:05 Chair Massage
 12:00 Sr. Benefits Counsel
 12:30 Dominoes
 1:00 Knit & Crochet
 1:00 Clay Pocket Heart

22
 9:00 Social Service Hours **22**
 9:00 Open Art Studio
 10:00 Sit & Be Fit
 10:30 Choral Group
 10:30 Lunch Bunch Lenny & Joes Fish Tales Restaurant
 11:00 Yoga
 12:00 Tech Time w/ Harry
 12:30 Ham Radio
 1:30 Bingo



23

24
 9:00 Making Memories **25**
 9:00 Exercise with Anne
 10:00 Sittercize
 10:30 Unleash Your Joy
 11:00 Learn to Sign
 11 -12 Fitness Orientation
 12:30 Mah Jongg
 12:30 Bridge
 12:30 Set Back

26
 8:30 Golf League
 9:00 Making Memories
 9:45 Tai Chi
 10:30 Watercolor Class #2
 10:30 Senior Spotlight
 12:30 In the Know
 12:30 Pinochle
 1:00 Cornhole
 1:30 Bingo

27
 9:00 Making Memories **28**
 9:00 Walking Group
 10:00 Adult Coloring
 10:00 Hand & Foot
 10:00 Sit & Be Fit
 1:00 Sew-cial Time
 1:30 Cardio Drumming
 2:30 Cardio Drumming

28
 9:00 Exercise with Anne **29**
 10:00 Sittercize
 10:00 Wii Bowling
 11:00 Yoga
 11:30 Library Days
 12:05 Chair Massage
 12:00 Sr. Benefits Counsel
 12:30 Dominoes
 1:00 Knit & Crochet
 4:00 Ultimate Bingo

29
 9:00 Social Service Hours **29**
 9:00 Open Art Studio
 10:00 Sit & Be Fit
 10:30 Senior Serenaders Choral Group
 11:00 Yoga
 1:30 Bingo



30

31

"Live in the sunshine. Swim in the sea. Drink in the wild air."
 Ralph Waldo Emerson





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, MPH, RD/LDN.



TVCCA SENIOR CAFÉ MENU ~ AUGUST 2025


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>FOOD ALLERGY WARNING</u></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. Please advise a staff member of any food allergies prior to consumptions of meals.</p>	<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available).</p> <p>www.tvcca.org</p>	<p><i>1% milk and Whole Grain Bread served with each meal. Menu is subject to change without notice.</i></p> 		<p>1 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Broccoli Birthday Treat Orange Juice</p>  <p><u>Or Salad Choice:</u> Classic Egg Salad</p>
<p>4 Stuffed Shells w/ Marinara Diced Carrots Green Beans Tropical Fruit Cup</p> 	<p>5 Chicken Primavera Pasta Shells w/ Herbs Mixed Vegetables Medley Sweet Treat Apple Juice</p>	<p>6 Stuffed Chicken Cordon Bleu Tater Tots Peas & Pearl Onions Mandarin Oranges</p>	<p>7 Crispy Cod Macaroni & Cheese Broccoli Pineapple Tidbits</p>	<p>8 Pub Burger w/ Bun Herb Roasted Potatoes Green & Yellow Squash Fresh Fruit</p> <p><u>Or Salad Choice:</u> Chef Salad</p>
<p>11 Beef Stroganoff Gemelli Pasta Zucchini, Peas, & Carrots Fresh Orange</p>	<p>12 Chicken and Broccoli Steamed Rice Peas & Carrots Mixed Fruit Cup</p>	<p>13 Sloppy Joe w/ Bun Home Fries Corn w/ Peppers & Onions Sweet Treat Grape Juice</p>	<p>14 <u>Ethnic Celebration</u> Chicken Taco w/ Flour Tortilla & Cheddar Cheese Spanish Rice Green Beans Diced Pears</p> 	<p>15 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Applesauce Cup</p> <p><u>Or Salad Choice:</u> Grilled Chicken Caesar Salad</p>
<p>18 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Sweet Treat Orange Juice</p>	<p>19 Curry Chicken Steamed Rice Sliced Carrots Applesauce Cup</p>	<p><u>Pineapple Paradise Luncheon</u> Teriyaki Pineapple Meatballs Steamed Rice Stir Fried Vegetable Medley Fluffy Pineapple Parfaits Tickets Cost: \$10.00</p>	<p>21 American Chop Suey Diced Carrots Waxed Beans Mandarin Oranges</p>	<p>22 Cod w/ Garlic Lemon Sauce Rice Pilaf Zucchini, Peas, & Carrots Tropical Fruit Cup</p> <p><u>Or Salad Choice:</u> Tuscan Beef Salad</p>
<p>25 Country Style Chicken Buttermilk Mashed Potatoes Broccoli Pineapple Tidbits</p> 	<p>26 Beef Hot Dog w/ Bun Baked Beans Mixed Vegetables Medley Fresh Orange</p>	<p>27 Vegetarian Lasagna Snap Peas Carrot Coins Applesauce Cup</p> 	<p>28 Whole Grain Fish Sticks Roasted Garlic Rice Peas & Carrots Sweet Treat Grape Juice</p>	<p>29 Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Diced Peaches</p> <p><u>Or Salad Choice:</u> Rhode Island Seafood Salad</p>