

COLCHESTER SENIOR CENTER



news

June 2024

HEALTHY BRAIN SERIES

Session 4: Importance of Sleep

Tuesday, June 4

10:45 a.m.

Join us for this month's Healthy Brain Series program with Hartford Healthcare's Center for Healthy Aging. Each month they will cover a different topic of brain health. This month's topic is Sleep. It is common for older adults to experience changes in the quality and duration of their sleep. While some of these changes are normal, good sleeping habits are still linked to longevity and wellness. Join us for a conversation about the importance of sleep. This is a free series and open to all. Registration is requested.

PRIDE MONTH MOVIE & DISCUSSION

Wednesday, June 5

12:30 – 3:00 p.m.

Join us as we watch the documentary *Before Stonewall* (1985). The 1969 riots at Stonewall are widely seen as the start of the modern LGBTQ+ civil rights movement. This film explores what it was like for LGBTQ+ people who came of age from 1920's – 1950's. A discussion will follow. Refreshments will be served. Registration requested.

SENIOR SERENADERS' SHOW Songs That Ask a Question?

Friday, June 7

10:00 a.m.

"Can you Feel the Love Tonight?", "Ain't She Sweet?", and "Who Put the Bomp?" are just a few songs that ask a question. Join us as our CSC Choral Group, The Senior Serenaders, pay tribute to *Songs That Ask a Question* with these and other memorable tunes. Strawberry Crumb Muffins, juice and coffee will be served. This performance is free, but registration is required.

LUNCH & LEARN PET THERAPY

Wednesday, June 12

11:00 a.m.

Want to know how you can bring purpose to your life, start a conversation with almost anyone around you and combat loneliness and isolation, all in one fell swoop? Come to our program and learn about the benefits of Pet Therapy with the Community Education Manager for Bristol Behavioral Health. This is a free lunch and learn with the choice of a Tuna or Turkey sandwich, chips, cookie, and a water. This program is sponsored by Marlborough and Bristol Healthcare. Registration is required and space is limited.

BBQ TIPS, TRICKS & RUBS

Tuesday, June 18

9:30 a.m.

Join Jodi's husband, John Savage, before our BBQ Luncheon, as he shares his passion for grilling and smoking meats with the crowd. He will share stories from his time attending BBQ School in Georgia last fall with Myron Mixon, the winningest man in BBQ. You will leave with some great tips as well as a sample of an easy spice rub that you can make for chicken. This is a free workshop, but registration is required.

FATHER'S DAY ALL-AMERICAN BBQ LUNCHEON

Tuesday, June 18

11:00 a.m.

Marking Father's Day with a cookout is as American as apple pie. Join us as we welcome the Howling Hound Dogs who will entertain us with their toe tapping swing standards and country jazz. After their performance we will feast on a freshly smoked BBQ lunch featuring some of the best pulled pork by a great cook, baked beans, potato salad, coleslaw, lemonade, and berry shortcake. The cost is \$9 per person. Space is limited.

SHRINKY DINK REPEAT

Tuesday, June 25

10:00 a.m.

Back by popular demand. Join Jodi as she shares the resurgence of this popular toy of the 1980's. It is now being used to create creative jewelry (earrings, brooches, and pendants), ornaments and plant stakes. No Experience needed. The cost of this program is \$5 per person and includes two sheets of shrink plastic per person, colored pencils, jewelry findings for up to three pieces, a sealer, and the use of the oven to shrink your creations. Open to all. Space is Limited.

ROCKING THE RED, WHITE & BLUE 4TH OF JULY LUNCHEON

Wednesday, July 3rd

11:00 a.m.

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



**CSC will be CLOSED
for the
Juneteenth Holiday
Wednesday, June 19th**

Colchester Senior Center

95 Norwich Ave.
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
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Missy Bauman

Making Memories Program Coord.
mbaum@colchesterct.gov

Sheri Blesso

Full-time Driver

Ginny Stephenson

Part-time Driver

Noella Daigle

Out-of-Town Driver

Valerie Webster

Nutrition Site Server

COMMISSION ON AGING

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From the Director's Desk

I can hardly believe that this month marks the 11 year anniversary of my arrival at the Colchester Senior Center—and what an adventure it has been! You should know that every day I count myself lucky and blessed to be in the position of working for a wonderful town, leading an unbelievably professional and caring staff and working with some of the nicest people whom I've ever had the pleasure of knowing. Every once in a while, I am intentional about "pushing pause," taking stock and being mindful of where we started. I am so proud of what we've been able to accomplish together, especially as we watch the progress of the new senior center being built and anticipate all of the positive changes yet to be discovered.

Mindfulness is an important skill in life, and if I'm being honest one that does not come totally naturally to me. I do see its value though especially in this field, where we are always looking ahead and making plans for tomorrow. Even now we are organizing programs which will not be held until 2, 3, 6 or even 12 months from now, in addition to making plans to move our operations once the new building is completed. Although I am a big believer in organization and getting my ducks in a row, the danger of all of that forward-thinking is that it can be difficult to be present in the here and now. As a way of coping with that tension between the now and the future, I stop and train my mind on the present, so I can appreciate today in all of its splendor.

A former CSC member and Activity Professional, JoAnne Harrison-Becker, shared important principles of mindfulness over the course of a lecture series that she taught here. JoAnne shared *"In this busy world of ours, the mind gets pulled from one place to the next, scattering thoughts everywhere and leaving us stressed, high-strung and often anxious. It is essential for our wellbeing to take a few minutes each day to cultivate mental spaciousness and a positive mind-body balance."* JoAnne taught that, *"Mindfulness is something we can all benefit from, something that with daily practice can lead us towards sustainable inner peace and loving-oneness with the world."* Sounds like something that perhaps we could all practice together.

While I'm acknowledging my work-anniversary, please indulge me for a moment while I mention another very important anniversary in my life. On June 24th, I will celebrate my 29th Wedding Anniversary to my wonderful husband, Jonathan, even as I help to plan the wedding of our daughter, Emma, getting married in June of 2025. I am so blessed and lucky to be sharing my life with Jonathan, and happily look forward to all this busy next year will hold both individually and as a couple.

Warmly,

Patty

PROGRAMS

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GARDEN CLUB

**Monday, June 3
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 June 10th.

LIFE REVIEW WRITING

**Wednesday, June 5
10:30 a.m. – 12:00 p.m.**

Learn the process and practice of reviewing one's life through writing using various prompts and group brainstorming sessions. This is a free program, and new members are welcome. Contact Jodi for this month's writing prompts.

FOOD SAFETY AT HOME

**Monday, June 10
11:15 a.m.**

Join TVCCA Dietician, Andrea Deedy RD, as she discusses food safety at home. Proper food handling, storage and cooking techniques are all important to preventing food poisoning. Come and learn about the ways you can protect yourself at home. This is a free program.

SEWING CIRCLE

**Wednesday, June 12 & 26
1:00 p.m.**

Come and work on a project of your own or a small project that we are working on for the Holiday Fair. We do have some machines to use but you are encouraged to bring your own if you can.

ACROSS THE AGES

**Friday, June 14
10:15 a.m. – 11:00 a.m.**

CSC members will meet with students at WJJMS and share life experiences with chosen topics to discuss and/or work on small projects together.

SHOPPING TRIP

**Thursday, June 13
10:30 a.m. Departure**

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

CARD MAKING WORKSHOP

**Friday, June 21
10:00 a.m.**

Join talented CSC member, Barbara Gozzo, for a seasonal card making workshop. Each person will craft 4 cards. There is a material fee of \$8.00 per person. The registration deadline is June 14th, in the senior center office.



TECH TIME WITH HARRY

**Friday, June 21
1:00 – 3:30 p.m.**

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

STITCH & FIX WITH MARIA

**Monday, June 24
by appt. beginning at
10:00 a.m.**

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

BOOK CLUB

**Tuesday, June 25
10:30 a.m.**

This month's book selection is *A Lesson Before Dying* by Ernest J. Gaines. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

IN THE KNOW

**Tuesday, June 25
12:30 p.m.**

Join Patty as she shares CSC updates, answers your questions and addresses concerns.

AARP SMART DRIVER TEK

**Wednesday, June 26
9:30 – 11:00 a.m.**

There's more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use it to keep them safe. Smart DriverTEK is a free 90-minute workshop to teach drivers the latest in high-tech safety features in their current or future cars. Open to all, ages 50+. Pre-register for this class by June 18th. Space is limited.

AARP DRIVER SAFETY

**Wednesday, June 26
11:30 a.m. – 3:30 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. Register by June 18th.

LUNCH BUNCH OUTING

**Friday, June 28
11:00 a.m.**

Our lunch bunch restaurant this month will be Maggie McFly's in Manchester. With their vast menu, you're sure to find something you'll love. Patty's son, Harrison, may even be our server! Suggested donation for bus transportation is \$5.00. Please sign up in the office, even if you plan to drive yourself.

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.	CSC	NO FEE
GARDEN CLUB Join members of the Colchester Garden Club to maintain the gardens around the senior Center	1st MONDAY 8:30 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM & CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	WEDNESDAYS 9:00 A.M. & 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.	2nd & 4th WEDNESDAYS 1:30 P.M	CSC	NO FEE
LINE DANCE CLASS Learn easy-to-follow dance steps set to lively music. Leader: Debra Yanki	1st & 3rd WEDNESDAYS 1:30 P.M.	CSC	NO FEE
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.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	WEDNESDAYS 10:00 A.M.	CSC	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.	CSC	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.	CSC	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 & CSC	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 & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

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.
SENIOR GOLF LEAGUE	Tuesday at 9:00 a.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	1 st /3 rd Wed 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 (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, except for some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores, or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

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

REGISTRATION POLICIES

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

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, June 14 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, June 14 11:15 a.m.

Each month, our friends from the Chatham Health District share important information related to our good health and wellness. This month's topic will be about Allergies.

NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

Anyone who is struggling, please know that help is available. 9-8-8 is the place to call for assistance and support 24/7.

MAKING MEMORIES PROGRAM

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

The schedule will be as follows:

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

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

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

Transportation is available for any participant living in the Town of Colchester. Please call Missy Bauman, Making Memories Program Coordinator at 860-537-3911 for more information.

This program is supported by Senior Resources Area Agency on Aging with the III funds made available under the Older Americans Act.

DOCUMENT SHREDDING

As a local Realtor, I have access to sensitive data on every transaction. It is critical that I keep this data safe from others. Every business has information that may require data to be thrown away and needs to have a way to store and dispose of confidential information. Customer lists, client information, credit card and sales receipts, personnel and payroll records all need to be kept secure while in your care, but what about when it is no longer needed? Both customers and employees have the legal right to have this information protected. Taking the proper steps to secure this information is not only every business owners' responsibility but also is a legal obligation. If any information ends up in a dumpster, it becomes fair game to whomever finds it. Once it is in the trash, anyone can go through it and steal your sensitive information. Identity theft is one of the fastest growing crimes and most identity theft information is obtained through copy paper sources. Identity theft has become a multi-billion dollar industry. Shredding your documents properly is the perfect way to prevent such problems.

Recently enacted laws mandating document destruction compliance have proven that recycling is not the answer. Recycling, when used as a form of information destruction, is simply not a safe practice. Recyclers have no fiduciary responsibility to insure the security of the paper in their care, custody and control. Once it is out of your hands, anyone can have access to your personal information. Shredding can be accomplished at home with a cross-cut shredder or you may opt to wait for a local organization to sponsor a free or fundraising shredding event. Remember to keep your data safe at all times.

**Jack Faski-Owner/Broker
Skyview Realty, LLC**



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, June 11

12:30 p.m.- 3:30 p.m.

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

SENIOR BENEFITS COUNSELING

Thursdays in June

12:00 p.m.- 3:30 p.m.

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

RENTERS' REBATE

April 1-October 1, 2024

Schedule an appointment in the office with Ellen Fougere, Senior Benefits Counselor on Thursday afternoons. The income threshold for the 2023 Benefit Year is \$43,800/single \$53,400/married or under. Call the office for a list of what you need for your appointment at 860-537-3911.

MEETINGS IN JUNE

AARP CHAPTER #4019

Tuesday, June 4 12:30 p.m.

**Installation Luncheon at Papa Z's
(Pre-Registration Required)**

COMMISSION ON AGING

Mon., June 10, 9:00 a.m.

Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING

Tues., June 11, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

Tues., June 11 & 25

7:00 p.m. on Zoom

CSC STAFF MEETING

Wed., June 12, 2:30 p.m.

DINING OPTIONS

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

COMMUNITY CAFÉ MEALS

Served Monday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$2.00 is requested, but no one will be turned away based on ability to pay. These meals are available for people over the age of 60. Registration is required to receive café meals, by filling out a form, kept on file and good for one year. **Meal orders must be placed by 10:00 a.m. the day prior to the meal being served to guarantee having a meal available.** If a meal has been ordered, but the person cannot dine, we ask that you contact the senior center to inform our Nutrition Site Server of the cancellation.

MEALS ON WHEELS DELIVERIES

Meals on Wheels are available to individuals who are over the age of 60 and are determined to be homebound. The meals served are in a sealed tray and can be delivered hot and ready to serve, chilled and ready to heat at your convenience or frozen to eat at your convenience. For more information or to register for meal deliveries, please contact TVCCA's MOW Hotline at 860-934-1010. Please allow 24-48 hours for a response and someone from TVCCA will contact you.

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at CSC:

Hospitality Volunteers: We are looking for volunteers who would like to help make decorations each month for our Luncheons. See Jodi for more information.

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

Fill-In Receptionist: We are looking to add to our list of on-call receptionists. If you are looking to volunteer on a more casual basis this position may be for you. See Jodi for more information.



“WHAT YOU NEED TO KNOW ABOUT HOSPICE BEFORE YOU NEED IT” BRUNCH & LEARN
WEDNESDAY, JULY 17
10:00 A.M.

Join us for an informative session on Hospice Care by Beacon Hospice. Learn about the many services and programs that Hospice Care offers as they help promote quality of life (emotional, physical, and spiritual) at the end of life. This program is sponsored by Complete Care at Harrington Court. Brunch will be served.

WATERMELON DOOR HANGER CRAFT CLASS
MONDAY, JULY 8
10:00 A.M.

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

SENIOR CENTER BUILDING COMMITTEE UPDATE



Recent progress on the new senior center includes the start of the installation of roofing shingles, completion of masonry work on the exterior of the building, exterior insulation and wall sheathing, installation of windows and exterior doors. On the interior of the building, work continues with the rough in on the plumbing and electrical systems, as well as the installation of HVAC equipment and ductwork. Fire protection system work has begun. Outside of the building, rough grading of the parking lots has started, modular block retaining wall installation behind the building has commenced, and the gas line has been installed.

DEPARTING SOON**ENCORE BOSTON HARBOR
RESORT CASINO****Wednesday, June 5, 2024, 8:30 a.m.****CRUISE COASTAL QUEEN
NEWPORT HARBOR, RI****Thursday, June 27, 2024, 9:00 a.m.**DAY TRIPS**SALEM & MARBLEHEAD, MA
BEAUTIFUL NEW ENGLAND COAST****Tuesday, July 16, 2024, 7:30 a.m.**

Salem is so much more than witch trials! This colorful coastal city features a rich maritime heritage and architecture. Upon arrival you will enjoy a buffet lunch at the Historic Hawthorne Hotel. After lunch a local guide will join you for a riding tour of Salem and Marblehead with many opportunities to step off the bus and visit various sites. We will end the trip with some free time for shopping at Pickering Wharf. **The cost is \$144 per person. Sign up before June 16th.**

**THEATRE BY THE SEA – SOUTH
KINGSTOWN, RI “THE SOUND OF MUSIC”****Thursday, August 15, 2024, 9:00 a.m.**

Revisit the world's most beloved musical, The Sound of Music featuring favorite songs such as “My Favorite Things” & “Do-Re-Mi”, at the historic Theater by the Sea. The trip includes a delicious preshow lunch at George's of Galilee in Narragansett, RI. Menu includes choice of Baked Cod, Roasted Chicken Thigh with mushroom cream sauce or Beet Salad. **The Cost is \$176 per person. Sign up before July 15th.**

OGUNQUIT, MAINE – NUBBLE LIGHTHOUSE**Thursday, August 29, 2024, 8:00 a.m.**

Ogunquit is a quintessential Coastal Maine town. You will enjoy a luncheon at Jonathan's in the heart of Ogunquit. Enjoy your choice of Chicken Piccata or Lemon Baked Scrod with salad, vegetable, potato, dessert, and coffee and tea. Time to shop and browse in walkable Downtown Ogunquit. Chock full of shops, the perfect spot for eclectic and one-of-a-kind finds. **The Cost is \$142 per person. Sign up before July 29th.**

NAUGY SCENIC TRAIN – Naugatuck Railroad**Friday, September 13, 2024, 9:30 a.m.**

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

COVERED BRIDGES OF NEW HAMPSHIRE**Tuesday, October 1, 2024, 7:45 a.m.**

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

OVERNIGHT TRIPS**EXPLORING SCOTLAND & IRELAND****September 8 – 20, 2024**

Bask in the warm Celtic culture and majestic scenery of two remarkable lands. Come to know the regal city of Edinburgh on a panoramic coach tour or on foot – it's your choice! Learn the secrets of making Scotch whisky and enjoy a tasting. Cruise famed Loch Ness and explore the ruins of Urquhart Castle. Enjoy a traditional evening of Scottish food and entertainment. Visit the Titanic Experience in Belfast and remember the century-old tragedy that shook the world. Walk the Giant's Causeway (UNESCO) and soak up incredible views of the Causeway Coast, one of the world's most breathtaking rail journeys. Visit Ireland's bustling capital city of Dublin and tour historic St. Patrick's Cathedral. From rugged natural beauty to vibrant and historical cities, the diverse charms of Scotland and Ireland await. **Double Occupancy is \$5, 979.**

WALKING KEY FOR TRIPS

= Light Walking



= Moderate Walking



= Mostly Walking