

COLCHESTER SENIOR CENTER



news

January 2024

CSC will be CLOSED

**Monday, January 1 for the
New Year's Day Holiday**

**Monday, January 15 for
Martin Luther King Jr Day**

**NATIONAL TRIVIA DAY
CHALLENGE**

**Thursday, January 4
1:00 – 3:00 p.m.**

Did you know that January 4th is National Trivia Day? Every year on January 4th, enthusiasts worldwide embark on uncovering fascinating facts and information that often go unnoticed. Come test your knowledge with our Trivia Challenge or just come to learn something new. We will play 4 rounds of trivia (Historical Facts, Arts & Entertainment, Connecticut & Colchester, General Knowledge). There will be a monetary prize for each round. Refreshments will be served. Join us for a fun time. The cost is \$5 per person.

**YOU DON'T KNOW BEANS
ABOUT PROTEIN DEMO**

**Wednesday, January 10
10:30 a.m.**

As we start the New Year, our health tends to be a renewed focus. Many of us are looking to add more plant-based proteins to our diets. While beans tend to be the go-to for plant-based proteins, there is a whole world of other options, some with more grams of protein than beans. Join CSC member Irene Watson as she discusses alternative protein sources and demonstrates a planted-based protein recipe. Registration is required for this program.

THE PIANO BAR LUNCHEON

**Wednesday, January 17
11:00 a.m.**

*"Sing us a song you're the Piano Man"...*Join us as we welcome Paul Shlien back to share some songs from the 60's and 70's, maybe a little Billy Joel or Elton John. A lunch of Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Rolls & Margarine, Black Tie Parfait Desserts and a "Mocktail" will be served. The cost is \$9 per person. Space is limited.

POTLUCK PIE PARTY

**Tuesday, January 23
11:00 a.m.**

National Pie Day was started in the mid-1970s by teacher Charlie Papazian after he declared his own birthday, January 23, to be National Pie Day. The American Pie Council has recognized and sponsored this day since 1986. Let's celebrate by sampling assorted pies. Sign up to make a pie and bring it in on this day. We will enjoy a bit of pie while enjoying each other's company. Don't want to make a pie? Come and have pie for a cost of \$3 per person.

**CULTIVATING HAPPINESS
IN THE NEW YEAR**

**Wednesday, January 24
10:30 a.m.**

Happiness is a state of wellbeing, joy, peace, and contentment. Happiness can lead to better physical and mental health and increase your longevity. Come laugh and learn with us as we look at what happiness is and ways that we can build a happiness toolbox to bring more meaning, purpose, and peace to our lives. You will be glad you did. This is a free program, but registration is required.

**MAKEUP FOR
MATURE WOMEN**

**Tuesday, January 30
9:30 a.m.**

We are happy to welcome Celebrity Make-up artist and educator, Joby Rogers, for his Make-up for Mature Women program. This forum is the perfect place for individuals to learn how to create a look that suits their personal features and skin tone and explore must-have products and tools for your own make-up collection. Joby will evaluate your personal make-up products and answer any make-up questions you may have. The cost is \$15 per person. Space is limited.

COURAGEOUS DISSENT

**Wednesday, January 31
1:00 p.m.**

January 27, 2024, has been assigned by the United Nations as International Holocaust Remembrance Day. We are honored to welcome CSC member and author Kim Bingham to discuss his book *Courageous Dissent*. The book tells the story of Kim's father Hiram (Harry) Bingham IV who placed humanity above his career during the early days of the Holocaust by defying his government's restrictive immigration policies by running an underground railroad out of his villa in France. Hiram was posthumously awarded the "Constructive Dissent" award on June 27, 2002, for his rescue efforts during WWII by the U.S State Department. Join us as we learn more about this hero's tale. This is a free program, registration is required.



Colchester Senior Center
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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

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Missy Bauman

Making Memories Program Coord.

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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

It is hard to believe, but 2024 is here! New Year's is a great time to set some new goals and determine what you may want to accomplish in the coming year. There is a well-known saying. "Those who fail to plan, plan to fail." Wow—that really cuts right through it, doesn't it? Those who know me well know that I am a planner by nature. I believe goal setting and accomplishment of those goals are important skills in life. Even more strongly, I believe that it is never too late to develop and grow. The Colchester Senior Center can be a great resource in helping older adults identify and carry out whatever they set out to achieve in the New Year.

Better health and fitness are often times on people's "to do" lists, especially at the start of a new year. CSC offers excellent solutions to assist in those endeavors. We have a variety of exercise classes which can help you increase your strength, stamina, and even promote balance to help prevent falls and potential injuries. Our senior center offers classes customized to every ability and fitness level, and with many classes that are free of charge, there is no excuse not to try. On our weekly schedule of activities, you'll find such fitness classes as Exercise with Anne, Sittercize, Yoga, Tai Chi, Walking Group (year round on the Airline Trail, weather permitting), Sit and Be Fit, Cardio Drumming and Line Dancing. We encourage you to attend one or more of our classes and see if it might be something you could incorporate into your weekly routine in this New Year.

On top of almost everyone's list of New Year's resolutions is to better manage their weight. I know it's one of mine. With my daughter's wedding in the works, I want to look and feel my best. Good and affordable nutrition is always of concern. Here at CSC, we serve a hot lunch daily, Monday through Friday at noon. All of the meals (prepared by TVCCA and served by our Site Server, Valerie) are planned by a Registered Dietician and meet the strictest criteria for healthy nutritional balance. Beyond the benefits of a healthy meal, eating at the senior center gives you an opportunity to visit with other diners and socialize. Thirdly, in these trying financial times when everything seems to be getting more and more expensive, enjoying lunch at CSC is a good financial decision. Lunches are priced at a suggested donation of \$2.00. I don't know where else you can get such a good value. Best of all, the meal is filling and delicious.

There is a whole new year ahead of us, and as we look forward to moving into our brand new senior center in July/August of this calendar year, I believe the best is yet to come. We look forward to a new year of learning, growing, meeting goals, making memories and having fun together. Get to know CSC, we might surprise you!

Warmly,

Patty

PROGRAMS

LIFE REVIEW WRITING

**Wednesday, January 3
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 program allows for individual self-expression and is a great way to share memories with others or as a private way to reflect on your own life. This is a free program and new members are welcome. Contact Jodi for more information.

SEWING CIRCLE

**Wednesday, January 10 & 24
2:00 p.m.**

Come and work on a project of your own or a small project that we will have on hand. We do have some machines to use but you are encouraged to bring your own if you can. All types of sewing are encouraged.

SHOPPING TRIP

**Thursday, January 11
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.

TECH TIME WITH HARRY

**Friday, January 12 & 19
1:00 – 3:00 p.m.**

Make a one-on-one 30-minute appointment and bring your own device to learn on. Please sign up in the office for an appointment

BOOK CLUB

**Tuesday, January 16
10:30 a.m.**

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

CARD MAKING WORKSHOP

**Friday, January 19
10:00 a.m.**

Join talented CSC member, Barbara Gozzo, for this winter-themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Registration deadline is January 12th, in the senior center office.

ACROSS THE AGES VOLUNTEERS NEEDED

**Starts January 19
10:15 a.m. – 11:00 a.m.**

Our intergenerational program with WJMS will be starting up again in January. CSC members will meet with students for two six-week sessions on Fridays from 10:15 to 11:00. We will share life experiences with chosen topics to discuss and/or work on small projects together. Please see Jodi for more information or to sign up for this program.

HAM RADIO MEETING

**Friday, January 19
2:00 p.m.**

Join us for our monthly Ham Radio Meeting. Learn about the hobby and chat with those that are already ham radio operators. All are welcome.

PET THERAPY

**Monday, January 22
10:00 a.m.**

Our buddy Stitch and her owner, Mary Bylone are back and will be visiting the center to spread doggie cheer to all. Stop by for some "puppy love" from CSC's only 4-legged volunteer.

LUNCH BUNCH OUTING

**Friday, January 26
11:00 a.m.**

This month's Lunch Bunch destination will be Flander's Fish Market & Restaurant in Niantic. Suggested Donation for bus transportation is \$4.00. Please sign up in the office, even if you plan to drive yourself.

STITCH & FIX WITH MARIA

**Monday, January 29
by appt. beginning at
10:00 a.m.**

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

IN THE KNOW

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

Join Patty Watts as she discusses new programs, events, and trips; shares updates about the new senior center; addresses concerns, and answers your questions at this monthly forum.



GELLI PRINTING WITH JODI

**Wednesday, January 31
10:00 a.m.**

Gelli printing is a crafting technique that uses a printing surface made of gelatin. You apply paint and stencils to create many different layers that you then print on paper. We will work together to create some beautiful paper. Jodi will also discuss other ways to use these beautiful, printed creations. This is a great technique to know if you love papercrafts, scrapbooking, or collage. The cost of the workshop is \$4 and includes all the supplies to make either 3 cards or cover a small notebook. Space is limited.



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	WILL RESUME IN SPRING	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.	WEDNESDAYS 9:00 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: For Jan, Feb, Mar it will be video led instruction	1st & 3rd WEDNESDAYS 1:30 A.M.	CSC	NO FEE
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body.	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	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.*

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.

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

REGISTRATION POLICIES

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

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.
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)

BLOOD PRESSURE CLINIC

Friday, January 12, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, January 12, 11:15 a.m.

Chatham Health District will share information about social isolation as we enter the winter season.

NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE

9-8-8

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

MAKING MEMORIES PROGRAM

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

The schedule will be as follows:

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

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

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

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

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

PROTECT YOURSELF FROM INVISIBLE DANGERS IN THE HOME

Carbon Monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled. CO can build up in the home, garage or camper and poison the people and animals inside. Install a battery-operated or battery back-up CO detector in your home and check and replace the batteries on a regular basis. Have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician every year. Be sure to use alternative sources of fuel or electricity (such as a generator) correctly.

Radon is a naturally occurring radioactive gas that is a product of uranium decay. It is an odorless, colorless, tasteless and inert gas. It can accumulate to high concentrations in the home through rocks and soil. The CT Department for Public Health recommends that all homes be tested for radon gas. Well water should be tested, as well.

**From all of us at
Chatham Health District,**

Wishing you a healthy and safe New Year!



SOCIAL SERVICES

CHOICES COUNSELING

Tuesday, January 23
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 January
12:00 p.m.- 3:30 p.m.

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

ENERGY ASSISTANCE

September 14 - May 1

The income threshold for the 2023 Benefit Year is no greater than \$41,553 for a one-person household and \$54,338 for a two-person household. Appointments can be made with Ellen at 860-537-3911, or with Kim in Social Services at 860-537-7255.

MEETINGS IN JANUARY

AARP CHAPTER #4019
No Meeting in January

BACKUS STROKE SURVIVORS
No Meeting in January

COMMISSION ON AGING
Mon., Jan. 8, 9:00 a.m.
Town Hall Hybrid Meeting Room

LTC OMBUDSMAN REGIONAL MEETING
Tues., Jan. 9, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE
Tues., Jan 9 & 23, 7:00 p.m.
on Zoom

CSC STAFF MEETING
Wed., Jan 10, 2:30 p.m.

DINING OPTIONS

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

COMMUNITY CAFÉ MEALS

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

MEALS ON WHEELS DELIVERIES

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

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at the 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.

Special Transportation Notice

Due to a mandatory training session for our drivers, Senior Bus Transportation will start at 10:30 a.m. on Tuesday January 9, 2024.

Thank you for your understanding.



THE LOVE BOAT LUNCHEON

Wednesday, February 21, 2024, 11:00 A.M.

"The Love Boat promises something for everyone..." Is there anyone who doesn't want to leave the cold and snow of February behind and sail off on a tropical cruise, even if it is only for a few hours. Jose Paulo returns to the senior center to entertain us with his fun and enthusiastic multicultural performance. Always a fan favorite, he will not disappoint. Menu and registration information will be available in the February newsletter.

UPDATE FROM THE SENIOR CENTER BUILDING COMMITTEE



Since passing the referendum on November 28th, the building project is gaining momentum. Recent photos show that framing is 90% complete. Roof trusses will soon be installed, as well.

DAY TRIPS



**New Day
Trips
Coming Soon**

OVERNIGHT TRIPS

PACIFIC NORTHWEST & CALIFORNIA

April 14 – 21, 2024 

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon’s beautiful coast, making stops at Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon’s wilderness on a Rogue River cruise. Visit Redwood National Park’s Avenue of the Giants. Cross the Golden Gate Bridge and discover the “City by the Bay,” San Francisco. Explore the natural beauty from Seattle to San Francisco. Trip includes transportation to airport, airfare, hotels and 11 meals (6 breakfast, 1 lunch, and 4 dinners). **Double Occupancy is \$3,729.**

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 by 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. Trip includes transportation to airport, airfare, hotels and 18 meals (11 breakfast, and 7 dinners). **Double Occupancy is \$5,829 per person if booked before March 9, 2024.**






Looking forward to an exciting New Year making memories together with our friends & moving into the **NEW Colchester Senior Center!**

Patty, Jodi, Susan, Missy, Valerie, Sheri, Ginny & Noella



If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding any delays or closures of programs, meals, or transportation, listed under “Colchester Senior Center” or on the CSC Facebook page.

-  = Light Walking
-  = Moderate Walking
-  = Mostly Walking



**COME & SEE
THE WORLD
WITH US!**