

COLCHESTER SENIOR CENTER



news

August 2022

ELDER ABUSE-ELDER LAW PRESENTATION

Wednesday, August 3
10:30 a.m.

Elder abuse affects millions of America's seniors. Physical battering, psychological abuse, neglect and financial exploitation take away seniors' dignity, security and safety. How can we recognize the signs and where can we go for help? Presenters Christine Foster is a certified domestic violence counselor and Sheila Horvitz is an attorney with experience in domestic violence and abuse cases. Please pre-register for this important and informational session.

CAREVAN MOBILE MEDICAL SERVICES

Monday, August 8
10:00 a.m. to 2:00 p.m.

We are very fortunate to have scheduled a new community service through Hartford Health-care's Neighborhood Health division with a CareVan Clinic. Offering medical services both by appointment and walk-in for all ages. Insurance is accepted, but not required. Many medical services are available including urgent care, medical screenings, lab testing, Immunizations for various vaccines, and referrals for follow-up care right in our senior center. See flyer for services provided.

PAINTING WITH RUTH

Friday, August 12
9:30 a.m.

Explore the joys of creative expression! Join Ruth Reinwald as she takes you step-by-step to create your own acrylic painting. This month's painting is titled "Babbling Brook". No previous experience is required! The fee for this class is \$15 per person which includes all materials.

THE "MELON BALL" Wednesday, August 17 11:00 a.m.

Decorated in sherbet hues, join us at this month's special summery event—The Melon Ball. Singing our favorite summertime tunes, enjoy musical entertainment by Jose Paulo, in his debut performance at CSC. After the show, enjoy a summer-inspired menu of BBQ Pulled Pork Sandwiches, Baked Beans, Coleslaw, Carrot Cake and Sliced Seedless Watermelon catered by TVCCA. Tickets cost \$9.00 and are on sale in the office through August 10th, or until sold out.

THE ADULT FAMILY LIVING PROGRAM LUNCH & LEARN

Friday, August 19
11:30 a.m.

The next topic in our series of Lunch & Learn collaborations with our community partners will be sponsored by A Better Life Homecare, LLC. William Mendoza, Outreach Manager will be here, join him as he discusses the CT Home Care Program for Elders which includes The Adult Family Living/Foster Care Program, and how you may benefit from it if you are taking care of or being cared for by a family member at home. A complimentary lunch will be provided. Space is limited, please pre-register by August 12th.

AVOIDING FAD DIETS Wednesday, August 24 11:30 a.m.

There are always new diets promising the new thin you. TVCCA's Registered Dietician will be with us to discuss some of the pitfalls of following "fad diets" as well as some tips for safe weight loss. Please pre-register in the office for this free session.

SENIOR GOLF LEAGUE SEASON'S END PICNIC Tuesday, August 30 11:30 a.m.

Our Co-Ed Senior Golf League is finishing up their 16-week season. It's time to celebrate another successful season of golf for our Co-ed Senior Golf League. Members of the league will be meeting at the Chantclair under the pavilion behind the clubhouse after their last session of golf. The lunch will consist of your choice of grinder, macaroni salad, potato chips, Arnold Palmer iced tea or water, and a dessert. Rain date will be September 6th. RSVP in the office or by calling 860-537-3911.

GELLI PRINTING WITH JODI

Wednesday, August 31
1:30 p.m.

Gelli (pronounced like jelly) printing is a relatively new form of printing that uses flexible printing plates to create textures and layers of color with paint. We will use rollers and everyday tools such as chopsticks and combs to create one-of-a-kind prints that we will turn into a collage. No experience necessary, just a willingness to try something new and creative. Fee of \$5.00 covers all supplies in this make and take craft session. Please sign up.

ULTIMATE BINGO Wednesday, August 31 4:30 p.m.

We will be open late on this Wednesday for a special game of big money BINGO! Come enjoy a fun night out with friends and a chance to win cash prizes. Admission is \$10.00 person which will get you 2 cards. Refreshments will be served. Please pre-register in person with payment by August 26th or until sold out. Space is limited.

**COLCHESTER SENIOR
CENTER**
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911
Fax: 860-537-5574

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.
Tuesday: 8:00 a.m.-4:00 p.m.
Wednesday: 8:00 a.m.-4:00 p.m.
Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.
pwatts@colchesterct.gov

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 Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Nola Weston, Chair
Marjorie Mlodzincki, Vice Chair
Linda Pasternak, Treasurer
Geraldine Transue, Secretary
Roberta Avery
Quinn Kozak
Rosanne Tousignant
Terry Brown, Alternate
William Otfinoski, Alternate
Rosemary Coyle, BOS Liaison
Andrea Migliccio, BOF Liaison
Mary Tomasi, BOE Liaison

From the Director's Desk

A few years ago, one of our members shared this cute poem with me. It's a lighthearted reminder leave enough margins in our lives as to not miss out on the best things and all the joys they bring.

Dust If You Must

Author Unknown

*Dust if you must, but wouldn't it be better
To paint a picture or write a letter,
Bake a cake or plant a seed,
Ponder the difference between want and need?*

*Dust if you must but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.*

*Dust if you must but the world's out there
With the sun in your eyes, the wind in your hair,
A flutter of snow, a shower of rain,
This day will not come around again.*

What a great reminder! When was the last time you did something special to feed your soul or to bless a friend or loved one? I know sometimes we get so wrapped up in "doing" whatever it is that we have to do (seemingly a never-ending list) that we forget that we are not human "doings" we're human "beings." Try to work in some time to just "be" rather than always having to "do." It can be challenging, at least in my experience.

I'm trying to be more aware of this and put it into practice, especially this summer. I was lucky enough to enjoy a wonderful family vacation recently. After the crazy schedule I was keeping, not only doing my job but filling in for staff vacancies, as well as the responsibilities of advising for the new senior center project, to be completely honest, juggling it all had me truly exhausted—*my wagon was draggin'!* But a week in coastal Maine, spent with my family did me a world of good, and I was able to come back feeling a "pep in my step" once again. Now that Jodi is on board and we have a full staff, it all feels much more manageable and sustainable—and I feel like I can strike a better balance of getting things done while leaving time to dream about our exciting future.

Let this sweet poem be a gentle reminder for us all, in all of the busyness of life, remember that it's not all about doing, sometimes it's about being. Maybe join me in passing on the dusting--just for today!

Warmly,

Patty

PROGRAMS

GARDEN CLUB **Monday, August 1** **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 is August 8th.

REEL FRIENDS: MONTHLY MOVIE SCREENING **Wednesday, August 10** **12:30 p.m.**

The Lost City is a 2022 American action-adventure comedy film starring Sandra Bullock and Channing Tatum as a romance novelist and her cover model, who must escape a billionaire and find the lost ancient city described in one of her books. Rated PG-13.

SHOPPING TRIP **Thursday, August 11** **10:30 a.m. Departure**

This month's monthly shopping trip will be to Lisbon. Suggested donation is \$5.00. Space is limited. Please pre-register by calling the office.

PET THERAPY **Monday, August 15** **11:00 a.m.**

The benefits of having a furry friend are widely known, but it's been a few months since we've seen our buddy Stitch and her owner, Mary Bylone. This month they'll be back. We invite all of our pet-loving members to stop by for some "puppy love" from CSC's only 4-legged volunteer.

BOOK CLUB DISCUSSION **Tuesday, August 16** **10:30 a.m.**

This month's book selection is *Once We Begin at the End* by Chris Whittaker. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively and interesting discussion.

IN THE KNOW **Tuesday, August 23** **12:30 p.m.**

Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips and answers any questions you may have. Everyone is welcome to participate, no registration required.

SEASONAL CRAFTING **Wednesday, August 24** **1:30 p.m.**

Flex your creative muscles with us! Join Jodi as we plan for CBA's fun Annual Scarecrow on the Green Contest, making and displaying CSC's own scarecrow. Later, we will also be working on a Holiday Tree which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions in the country's oldest art museum.

STRATEGIC PLANNING TEAM PLANNING MEETING **Thursday, August 25** **9:30 a.m.**

This will be the initial informational meeting for the newly formed Strategic Planning Team, who will be reviewing and revising the Senior Services Department's Strategic Plan for 2023-27, representing important years which will span the time when we transition into our brand new senior center facility and grow into our new space.

LUNCH BUNCH OUTING **Friday, August 26** **11:15 a.m.**

Sign up early for this very popular annual trip to the shoreline to eat at Lenny & Joe's Fishtales in Westbrook. Space is limited on the senior bus, with a suggested donation of \$5.00 for bus transportation. Please sign up in the office.

CARD MAKING WORKSHOP **Friday, August 26** **10:00 a.m.**

Join talented CSC member Barbara Gozzo for this summer themed card making workshop. Each person will craft 5 cards. There is a material fee of \$7.00 per person. Increased cost is due to increased cost for materials. Registration deadline is August 19th.

STITCH & FIX **Monday, August 29** **by appointment beginning at 10:00 a.m.**

Bring your items that need hemming, minor mending, replacement buttons sewn on, etc. and Maria will take care of it and return it to you in 2 weeks. By appointment, please sign up in the office.

LINE DANCE CLASSES CANCELLED IN AUGUST

The Line Dance Class will not meet throughout the month of August. We plan to resume at the usual schedule in September.

SUNNY-SIDE-UP CONTEST for TVCCA MEALS **Month of August**



Sign up for **5 meals** at the center (not including ticketed special events) during the month of August to fill a special card for a chance to win a \$25.00 gift card to CVS. The drawing will be held on August 31st at lunchtime. See Valerie Webster, Nutrition Site Server for more information.

CLASS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN This beginner's course will show you the basics of American Sign Language (ASL). Group led	MONDAYS 11:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting at the Amston Trail Head (next to the pool company on rte.85). Contact: Jill O'Hagan	WEDNESDAYS 9:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	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. Coloring sheets provided, please bring pencils, pens and markers.	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich	NO CLASSES HELD IN AUGUST	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
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 \$30.00</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

FITNESS CARDS FOR EXERCISE CLASSES

Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. We will keep track of the amount of classes through attendance and notify you when you need a new card. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415

TRANSPORTATION SCHEDULE

The buses will continue to run daily to and from the Senior Center for programs, classes, and meals.

Mondays: Appointment Day*

Tuesdays: Shopping Day

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

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

Fridays: Appointment Day*

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

TRANSPORTATION SERVICES

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

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor’s office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

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

REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. Please make checks payable to “Colchester Senior Center” or “CSC”. Payment is required at the time of sign up, unless otherwise stated in the newsletter. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. All trips and special event tickets are non-refundable. 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 1:00 p.m.
MAH JONGG	Mondays at 12:30 p.m.
SETBACK	Mondays at 12:45 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
REEL FRIENDS MOVIE CLUB	2nd Wed. at 12:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE	Thursdays, beginning at 12:00 (by appointment only)
CHORAL GROUP	Fridays at 10:30 a.m.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Tuesday, August 2 at 9:15 a.m.

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

HEARING SCREENINGS

Friday, August 5 at 10:00 a.m.

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

FOOT CLINIC

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

MAKING MEMORIES

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

The schedule will be as follows:

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

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

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

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

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

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 9
12:30 p.m.- 3:30 p.m.**

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

RENTERS REBATE

April 1 to October 1

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Please schedule your appointment directly by calling Stephanie Turbes, Social Services Coordinator at 860-537-7255.



MEETINGS IN AUGUST

COMMISSION ON AGING

**Monday, August 8
8:30 a.m.**

LTC OMBUDSMAN REGIONAL MEETING

NO Meeting in August

CSC STAFF MEETING

**Wednesday, August 10
2:30 p.m.**

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, August 9 & 23
7:00 p.m.**

STRATEGIC PLANNING TEAM INTRODUCTORY MEETING

**Thursday, August 25
9:30 a.m.**

DINING OPTIONS

DINING OPTIONS

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

COMMUNITY CAFÉ MEALS

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

MEALS ON WHEELS DELIVERIES

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

VOLUNTEER OPPORTUNITIES

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

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

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

SAVE THE DATE

COLOR YOUR WORLD CABARET PARTY
Wednesday, September 21 at 11:00 a.m.

Fall is a time of changing colors in our world. Let's celebrate color of all kinds while enjoying the soulful cabaret sounds of Ashly Cruz, followed by a catered lunch from TVCCA. Come dressed in your most colorful outfit. Ticketing information and menu will be available in the September Newsletter.

**SECT REGIONAL EVENT:
 A ROCKIN' BLOCK PARTY**

Thursday, September 22, 5:00 – 7:30 p.m.

The Southeastern CT Regional Senior Centers are happy to be getting back together this year. The Groton Senior Center will be the host site for this year's collaborative event. Featuring The Corvettes Doo Wop Review for your musical entertainment. Food Trucks will be available or pack a dinner, if you prefer. Please bring your own lawn chair. Weather permitting, this event will be outdoors. Tickets will go one sale on September 1st. Limited senior bus transportation will be available. Carpooling is encouraged for those driving themselves.



SENIOR CENTER BUILDING COMMITTEE August Update

The Senior Center Building Committee has been busy with final designs, Town and State approval meetings and additional cost estimates. Our latest review was for some of the interior and exterior lighting. The Committee has received its latest cost estimate updates and are finalizing the plans so they can be sent to the DECD for review and approvals. Once those are received, the project will be sent out to contractors for bidding. We hope to have some final dates at our next update. We are all eager to share with you some final decisions soon.

DAY TRIPS

BERKSHIRE RAILROAD FOLIAGE EXPRESS

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

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

WEST POINT CAMPUS TOUR







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

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

**NEWPORT PLAYHOUSE
"A Christmas for Carol"**

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

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

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

OVERNIGHT TRIPS

CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA   

October 10-17, 2022

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

TRIPS DEPARTING THIS MONTH

SOLD OUT: LANCASTER COUNTY PA with "DAVID" at SIGHTS & SOUNDS THEATRE

August 3-5, 2022  

Bus will depart at 7:45 a.m.



IMPORTANT INFORMATION ABOUT PARKING

We have received complaints recently regarding our travelers not following our parking instructions and interfering with spaces designated for church activities. This could put our parking arrangements in jeopardy. Please follow our directions listed below for any CSC sponsored trips:

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