

COLCHESTER SENIOR CENTER NEWSLETTER

FEBRUARY 2025



**CSC will be closed
on
Monday, February 17
for the
President's Day
Holiday**

American Heart Association.



**GO RED FOR WOMEN
FRIDAY, FEBRUARY 7
10:45 AM**

February is Heart Health month and in support & recognition of the American Heart Association & Go Red for Women, we encourage everyone to wear red on this date. If you come into the center wearing red, you will receive a small token as a thank you. Join us for our annual Go Red Photo at 10:45 a.m. We will be selling paper hearts for \$1 and heart pins for \$5. All proceeds benefit the American Heart Association. These are available for purchase at the Front Desk throughout the month.

**CHOCOLATE
DESSERT BUFFET
WEDNESDAY, FEBRUARY 12
1:00 PM**

Celebrate the Valentine's Day Holiday with sweet chocolate. You are invited to join members and staff as we bring in some of our favorite chocolate desserts to share. The ticket cost is \$4.00 per person but the fee is waived if you bring a chocolate dessert to share. Join us for fun and tasty treats. Register by February 10th.



**LUNCH & LEARN
THURSDAY, FEBRUARY 13
11:00 AM**

The topic of sexuality is often overlooked as an important topic for older adults but as we age there are many things that impact our intimacy and sexual health. Whether you're curious about maintaining intimacy or navigating the changes in your sexual health, this presentation is for you. Let's break the taboos and talk openly about "Sex As We Age". This program is sponsored by Marlborough Health and Rehabilitation Center and Psychotherapy Counseling Services. A choice of turkey or tuna sandwiches will be served with chips, cookie and a bottle of water. This is a free program but space is limited. Registration is required.

**PIZZA & A MOVIE
"MAYBE I DO?"
TUESDAY, FEBRUARY 18
4:30 p.m.**

Join us as we view the 2023 Romantic Comedy "Maybe I Do?" The movie stars Diane Keaton, Susan Sarandon, and Richard Gere. The movie follows the story of Michelle and Allen who are in a relationship. They decide to invite their parents to finally meet. Turns out, the parents already know one another well, which leads to some differing opinions about marriage. Pizza, chips, and soda will be served as well as movie popcorn. The cost is \$7 per person. Space is limited.



**CUPID'S CABERET LUNCHEON
WEDNESDAY, FEBRUARY 19
11:00 AM**

Love is always something to celebrate and this month we will celebrate love with a special cupid themed luncheon. Singer, Songwriter and Grammy Award nominated performer Judy Pancoast will share her energetic performance of popular songs from the 50's to the 80's. A lunch of Stuffed Chicken with Broccoli and Cheese, Roasted Potatoes, Green Bean Almondine, Dinner Rolls and Iced Chocolate Cake will be served. The tickets cost \$10 per person. Space is Limited. Register by February 12th or until sold out.

**UNLEASH YOUR JOY
MONDAY, FEBRUARY 24
10:00 AM**

Join us for our new monthly workshop that will focus on finding joy and happiness in our everyday lives. Our February topic is The Power of Play. Research has shown that adult play is just as important as child's play. We will look at ways to increase play in our everyday lives. This is a free program. Registration is required

**THEY BATTLED FOR LIBERTY
Thursday, FEBRUARY 27
10:30 AM**

Were you aware that there were African-American men in Colchester who fought in both the Civil War and the Revolutionary War? Discover the identities of a few of these courageous troops and their impact on Colchester's past. Join CSC member Irene Watson as she shares her expertise on this subject. This is a free program but registration is requested.

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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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
Terry Brown, Treasurer
Roberta Avery, Secretary
Rosanne Tousignant
Geraldine Transue
Bonnie Trecarten
Vacant, Alternate
Vacant, Alternate
Rosemary Coyle, BOS Liaison
Michael Hayes, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

It's been about a month and a half since we've moved into our new building. Although we **LOVE** everything about our new building, I still must resist the urge every morning to turn my car towards our former building. Old habits can be hard to break after nearly 12 years.

There are new things, though, that I must admit, have made our transition quite a lot of fun. We have so much more space, and that has been great. New program spaces allow for more program opportunities. This month, we will be sending out a digital survey (printed copies available for those who need them) which will give us important information about program interests as we seek to grow into this wonderful building and add new programs to our existing repertoire. I ask that you complete the survey. The more feedback we get the better we can customize our programs and services for our members.

Another wonderful thing about our move is that so many new people have joined our senior center. There have been nearly 200 new members that we've registered since our Grand Opening on December 18th. Our membership is now well over 2,100! New faces, new names to learn and new friends to make. I can't wait to see the ways these new lives will change CSC for the better. Like a new recipe, where each additional ingredient develops a new level of flavor—each person who becomes part of our CSC family makes it even better.

Yet another special part of our move is the wonderful amenities that we didn't have access to in our former building. Things such as our pool table, which has brought a new following of patrons, where we can see opportunities for Billiard Tournaments between ourselves and other centers throughout the State.

One of our biggest new opportunities for healthy aging is our new Fitness Center, where we have a dedicated room for our members to workout, getting and remaining fit, strong and healthy. Our Fitness Center will be opening to the public this month, with special Fitness Orientation sessions. See page 7 for more information about how you can get involved.

There are many things to **LOVE** about CSC, especially this month. As the Beatles once sang, "All you need is **LOVE!** All you need is **LOVE!** All you need is **LOVE, LOVE, LOVE** is all you need." We hate to disagree with the wisdom of the Fab Four, but perhaps we can all agree that all you need is love **AND** your senior center! Join us this month, I'm sure that you will find many activities to enjoy, and many people to enrich your life at the **NEW CSC**.

Warmly,

Patty

LIFE REVIEW WRITING
Wednesday, February 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. Contact Jodi for this month's writing prompts.

SEWING CIRCLE
(New Name Coming Soon)
Now Every Wednesday
1:00 p.m. – 3:30 p.m.

Enjoy working on your sewing projects in the company of others? Bring your projects and work on them with us. One week a month we will work on projects for the CSC Holiday Fair for those that are interested. There are sewing machines available for use, but you can also bring your own. Interested seniors should be familiar with using a sewing machine and need to have some sewing experience. Machine sewing and hand sewing are welcome.



INSPIRED BY ART
Monday, February 10
10:00 a.m.

Each month we will look at an artist and/or style of art and use their work as inspiration to create an art piece of our own, we will focus on various mediums such as painting, fabric collage, and crafts. For February we are focusing on famous black female artists including Alma Thomas, Faith Ringgold, and Kara Walker. Participants will be able to make a small story "quilt" using their art as a springboard. The cost for this program is \$10 and covers the cost of all the supplies needed to complete the project. Space is limited. Register by February 7th or until full.

**There will be NO Open Billiards
on Fridays in February & March
due to AARP Tax Aide Appointments**

SHOPPING TRIP
Thursday, February 13
10:30 a.m. Departure

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

BOOK CLUB
Tuesday, February 18
10:30 a.m.

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

CARD MAKING WORKSHOP
Friday, February 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. Register by January 10th.

TECH TIME WITH HARRY
Friday, February 21
12:00 – 3:00 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, February 24
by appointment, beginning at
10:00 a.m.

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

TVCCA NUTRITION TALK:
MAGNIFICENT MAGNESIUM
Tuesday, February 25
11:30 a.m.

Magnesium is an important mineral that is involved with over 300 biochemical reactions in the body. Join TVCCA's registered dietician, Andrea Deedy for a discussion on the benefits of magnesium in the diet. This is a free program.

IN THE KNOW
Tuesday, February 25
12:30 p.m.

Join Patty Watts as she shares CSC updates and information about our programs, the facility, answers your questions and listens to your concerns.

TED TALK DISCUSSIONS
Wednesday, February 26
10:30 a.m.

Join us as we watch two TED Talks with a focus on the art of storytelling. Story telling is not just for entertainment but is a fundamental part of our human experience. We will engage in discussion after viewing the videos.

LUNCH BUNCH
Friday, February 28
11:30 a.m.

Register to join us on this month's Lunch Bunch outing as we stay a bit closer to home and dine at Gina Marie's Family Restaurant in Hebron. Their delicious menu is sure to include a favorite or two. Suggested donation for transportation is \$3. Please register 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). Leader: Linda Graimm	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	On hold for Winter	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.	WEDNESDAYS 1:30 P.M	CSC	NO FEE
OPEN BILLARDS This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Monday-Thursdays 9:00 – 11:30 A.M. & Wed. & Thursday 1:00 – 3:30 No Fridays this Month	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 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.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	Weds. at 1:30 p.m.
MEXICAN TRAIN DOMINOES	Thursdays at 12:30 p.m.
Wii BOWLING	Thursdays at 10:00 a.m.
CHAIR MASSAGE (by appointment only)	Thursdays at 12:05 p.m. \$10 for every 15 minutes
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. 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.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Friday, February 14, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, February 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 is minerals and their connection to the body.

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 III funds made available under the Older Americans Act.

WARNING SIGNS OF HEART ATTACK & STROKE

from the American Heart Association

Heart Attack Warning Signs

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body

Shortness of breath

Stroke Warning Signs

Face drooping: Does one side of the face droop or is it numb? Ask the person to smile.

Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty: Is speech slurred, is the person unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like "the sky is blue." Is the sentence repeated correctly?

IF THESE SIGNS ARE PRESENT CALL 9-1-1!

Heart attack and stroke are life-and-death emergencies—every second counts. If you see or have any of the listed symptoms, immediately call 911. Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. Don't delay—get help right away!



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, February 11
12:30 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 February
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.

AARP TAX AIDE

**Fridays In February and March
By Appointment Only**

AARP Tax Aide Counselors will be available by appointment on Fridays from Feb. 4th to April 4th to assist you with free tax preparation. Space is Limited. Call office for an appointment.

MEETINGS IN FEBRUARY

**AARP CHAPTER #4019
No February Meeting**

**COMMISSION ON AGING
Monday, Feb. 10, 9:00 a.m.
Town Hall Hybrid Meeting
Room**

**LTC OMBUDSMAN
REGIONAL MEETING
Tuesday, Feb. 11, 10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., February 11, 7:00 p.m.
at the New Senior Center**

**CSC STAFF MEETING
Wed., February 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:

Volunteer Receptionist: We are looking for additional volunteer receptionists. Our goal is to always have two volunteers at the reception desk. We are looking for volunteers daily for the 9 a.m. – 12:30 p.m. shift and the 12:30 p.m. – 4 p.m. shift. If you are available, one or more days a week and can answer the phones and greet people when they enter the senior center, we would love to have you join our crew. We will train you. We are also looking for on-call and fill-in receptionists if you are unable to commit to one day a week. See Jodi for more information.

FITNESS CENTER OPENING

Policies and Procedures for the new Fitness Center have been passed by the Board of Selectmen, at their meeting on January 16, 2025. We look forward to offering this new amenity to our members, beginning this month. There are a few steps to take before being able to exercise independently:

- CSC's Fitness Center is available to all **registered members of the Colchester Senior Center**. Any applicable membership fees must be current.
- Participants must fill out all required paperwork prior to using the Fitness Center. This includes the **Informed Consent and Medical Clearance Forms**. These documents must be updated annually.
- Individuals must **attend an orientation session** prior to using the Fitness Center equipment.
- **Fitness Center Fees** may be purchased on a 3-month (\$35), 6-month (\$60) or 12-month basis (\$110).
- Once all forms are on file and the fitness orientation is completed, you will be **assigned a key fob** to give you access to the Fitness Center to work out at your convenience during our hours of operation. The Fitness Center is **unsupervised**.
- Follow Fitness Center Policies & Procedures for safe use of equipment.

Live Well with Diabetes

Join this **FREE 6-week** workshop and learn how to better manage your ongoing health condition!

FEEL BETTER! **TAKE CONTROL!** **FEEL ENERGIZED!** **ENJOY YOUR LIFE!**

Learn about:

- What to eat
- Low and high blood sugar
- Guidelines for when you're feeling sick
- Tips for dealing with stress
- How to set small, achievable goals

Join the fun on the following Thursdays from 9:30am - 12:00pm
Colchester Senior Center, 15 Louis Lane, Colchester, CT 06415

MARCH 6TH
MARCH 13TH
MARCH 20TH
MARCH 27TH
APRIL 3RD
APRIL 10TH

Call Jodi: Savage at the Colchester Senior Center to register:
860-537-3911

It's YOUR life...live it well!

CHATHAM HEALTH DISTRICT | Senior Resources 50 YEARS! | COLCHESTER SENIOR CENTER

DAY TRIPS

AMERICAN HERITAGE MILITARY MUSEUM,

HUDSON, MA 

Early April – Date to be Announced Soon

The American Heritage Museum explores America’s Military conflicts from the Revolutionary War through today through the eyes of those who served. Located in Hudson, MA, this museum houses one of the world’s largest private collections of armoured vehicles and military artifacts. A lovely lunch at the historic Longfellow’s Wayside Inn will include Roast Prime Rib of Beef and Warm Deep Dish Apple Pie. **The cost is \$152 per person.**

STORMVILLE AIRPORT ANTIQUE & FLEA

MARKET 

Saturday, April, 26, 2025, 7:45 AM

Join us at the Airport in Stormville, New York for an antique show and flea market. Attracting over 600 vendors from more than 8 states, this market has been featured on HGTV’s “Flea Market Flip”. **The cost of the trip is \$94 per person. Fair style food will be available for purchase.**

DANCING DREAM – ABBA TRIBUTE BAND

AQUA TURF CLUB 

Thursday, May 15, 2025, 10:00 AM

This tribute act will take you back to the days when Swedish disco group ABBA ruled the music world with their great pop hits (Mama Mia, Dancing Queen, and Fernando) and memorable performances. Ticket includes performance, coffee, donuts, and family style menu of pasta, chicken cacciatore & baked scrod with vegetable, potato, rolls and dessert. **The cost is \$129 per person.**

RAGTIME – THE MUSICAL, GOODSPEED

with lunch at the GELSTON HOUSE 

Wednesday, May 28, 2025, 10:45 AM

Set in the volatile melting pot of turn-of-the-century New York, *Ragtime* weaves together the stories of three fictional families striving for the American Dream. As an affluent society woman, an imaginative Jewish immigrant, and an optimistic Harlem pianist navigate a changing world, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair. With a Tony Award-winning score which blends ragtime, blues, jazz and show tunes, it’s a powerful, sweeping saga of America! **The cost is \$100 per person and includes senior bus transportation, meals, and tickets to the show. Space is limited.**

OVERNIGHT TRIPS

SOUTH PACIFIC WONDERS – NEW ZEALAND & AUSTRALIA

March 12 – 26, 2025 SOLD OUT




ALASKA DISCOVERY LAND & CRUISE

July 23 – Aug. 3, 2025 

Traverse the Pacific coast by land and sea on this breathtaking 12-day journey through Alaska. Highlights include a trip of the riverboat the Sternwheeler Discovery, a rail journey from Denali to Talkeetna in a luxury domed railcar, experience Anchorage, and embark on your 7-night Holland America cruise. Your cruise ends in the vibrant Canadian city of Vancouver. **12 days, 26 meals, 11 breakfasts, 7 lunches, and 8 dinners. Contact travel agency for up-to-date rates**

WALKING KEY FOR TRIPS

 = Light Walking   = Moderate Walking

   = Mostly Walking

INCLEMENT WEATHER PROTOCOL

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. Please be aware that we do not always follow the school closures and delays.



PROGRAM INTEREST SURVEY

Starting February 3rd we will be conducting a program survey to gather your thoughts and ideas. Please be on the look out for our email with the link to survey. Hard copies will be available at the Senior Center and Town Hall for those unable to complete it electronically. Your feedback is important to us.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2025



Colchester Senior Center



 Groundhog Day	2 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Program Registration Begins 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	3 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo NO AARP Meeting	4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Sewing Circle 1:30 Cardio Drumming 2-3 Fitness Orientation	5 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	6 8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 10:45 Go Red for Women Photo 11:00 Yoga 1-2 Fitness Orientation 1:30 Bingo	7 8
9	10 9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Inspired by Art 11-12 Fitness Orientation 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	11 9:00 Making Memories 9-10 Fitness Orientation 9:45 Tai Chi 10:00 Regional Ombudsman Meeting 12:30 Choices Counseling 12:30 Pinochle 1:30 Bingo 7:00 SCBC Mtg	12 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Chocolate Buffet 1:00 Sewing Circle 1:30 Cardio Drumming 2-3 Fitness Orientation 2:30 CSC Staff Meeting <small>Tu B'Shevav Begins</small>	13 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 11:00 Lunch & Learn 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	14 8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 10:45 BP Clinic 11:00 Yoga 11:15 Chatham Health Education 1-2 Fitness Orientation 1:30 Bingo <small>Valentine's Day</small>	15 <i>happy Valentine's day</i>
 Presidents Day	17 CSC Closed for Presidents' Day Holiday <small>Presidents' Day (U.S.)</small>	18 9:00 Making Memories 9-10 Fitness Orientation 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo 4:30 Pizza & A Movie – "Maybe I Do?" (Rated PG-13)	19 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Cupid's Cabaret Luncheon 1:00 Sewing Circle 1:30 Cardio Drumming 2-3 Fitness Orientation	20 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:00 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	21 8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:00 Card Making 10:30 Senior Serenaders Choral Group 11:00 Yoga 12:00 Tech Time w/ Harry 1-2 Fitness Orientation 1:30 Bingo	22
23	24 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Unleash Your Joy 10:00 Stitch & Fix 11-12 Fitness Orientation 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	25 9:00 Making Memories 9-10 Fitness Orientation 9:45 Tai Chi 11:30 TVCCA Nutrition Talks: Magnificent Magnesium 12:30 In the Know 12:30 Pinochle 1:30 Bingo	26 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 TED Talk Discussions 1:00 Sewing Circle 1:30 Cardio Drumming 2-3 Fitness Orientation	27 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 They Battled for Liberty 11:00 Yoga 12:00 Chair Massage 12:00 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	28 8:30 – 3 AARP Tax Aide 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:30 Lunch Bunch 1-2 Fitness Orientation 1:30 Bingo <small>Ramadan Begins</small>	 PAGE 9



TVCCA SENIOR CAFE MENU ~ FEBRUARY 2025









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available <i>1% milk and whole grain bread served with each meal.</i> <i>Menu is subject to change without notice</i></p>	<p><u>FOOD ALLERGY WARNING:</u> 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>Inclement weather watcher: If severe inclement weather in the forecast, delivery schedules are subject to change. Inclement weather closings will be announced on local radio stations and TV channels 3 & 8.</p>
<p>3 Chicken Cordon Bleu Herb Roasted Potatoes Broccoli Fresh Fruit</p>	<p>4 Country Fried Beef Steak Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Pineapple Tidbits</p>	<p>5 Crispy Cod w/ Bun Tater Tots Zucchini, Peas, & Carrots Sweet Treat Grape Juice</p>	<p>6 Chicken Dijon Roasted Garlic Rice Green Beans Tropical Fruit Cup</p> 	<p>7 Pineapple Glazed Ham Sweet Potatoes Mixed Vegetables Medley Diced Pears</p> <p><u>Add-On: Black Bean Soup</u></p>
<p>10 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>11 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Fresh Orange</p>	<p>12 Beef Tips w/ Peppers & Onions Gemelli Pasta Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>13 American Chop Suey Peas & Pearl Onions Carrot Coins Applesauce Cup</p> 	<p>14 <u>Valentines' Day Celebration</u> Chicken Cacciatore Pasta Shells w/ Herbs Green & Waxed Beans Cookies Orange Juice</p> <p><u>Add-On: Beef Barley Soup</u></p>
<p>17 President's Day Holiday</p>  <p>PROGRAM CLOSED</p>	<p>18 <u>Ethnic Celebration</u> Chicken Taco w/ Flour Tortilla & Cheddar Cheese Spanish Rice Green Beans Sweet Treat Grape Juice</p>	<p>19 <u>Cupid's Cabaret Luncheon</u> Broccoli and Cheese Stuffed Chicken Breast Roasted Potatoes Green Beans Almandine Multigrain Rolls Iced Chocolate Cake Ticket Cost: \$10.00</p> 	<p>20 Stuffed Shells w/ Marinara Waxed Beans Broccoli Pineapple Tidbits</p>	<p>21 Beef Stew Steamed Parsley Potatoes Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>24 Chicken Parmesan w/ Bun Gemelli Pasta w/ Marinara Green & Yellow Squash Sweet Treat Apple Juice</p> 	<p>25 Vegetarian Lasagna Diced Carrots Waxed Beans Mixed Fruit Cup</p> 	<p>26 Pork Stir Fry Steamed Rice Asian Vegetable Blend Diced Peaches</p>	<p>27 Country Style Chicken Garlic Mashed Potatoes Snap Peas Mandarin Oranges</p>	<p>28 Baked Cod w/ Herbs and Tomatoes Rice Pilaf Broccoli Fresh Fruit</p> <p><u>Add-On: Cream of Chicken Soup</u></p>