

COLCHESTER SENIOR CENTER



news

September 2024

NATIONAL SENIOR CENTER MONTH: "POWERING CONNECTIONS"

September is National Senior Center Month. This year's theme is "Senior Centers: Powering Connections". The theme highlights the ways in which senior centers create connections for their members through access to information, opportunities, and support in areas such as healthy aging, economic security, social engagement, creativity, mobility, and digital access. This month we have scheduled weekly programs that focus on a topic of connection and will allow you to connect with others in the process. We hope you will join us for one or all these programs:

Week 1: Connection Game Day

Week 2: Legacy Letters Lunch & Learn

Week 3: Ted Talks on Connections

Week 4: Falls Prevention Breakfast & Jeopardy

CONNECTIONS GAME DAY Friday, September 6 10:00 a.m.

What better way to connect than over some good, spirited team fun. Create a team of 2 and join us for an afternoon of Connect 4 battles and a puzzle connection competition, where we will see who can put a puzzle together the fastest. Don't have a partner? Sign up and we will match you with someone. Bragging Rights & Prizes will be awarded. Registration required.

CSC will be CLOSED for the
Labor Day Holiday
Monday September 2nd
&
Friday September 20th
12:00 p.m. to 4:00 p.m.
for Staff Training
(Lunch served at 11:00 a.m.)

LEGACY LETTERS LUNCH & LEARN

**Wednesday, September 11
11:00 a.m.**

A Legacy Letter is a personal statement that communicates what matters most in a person's life. Learn how to prepare this document and capture your history, stories, and values to share with family, friends and future generations. This is a free program sponsored by Marlborough Health and Rehabilitation Center and National Health Care. Lunch will consist of your choice of Turkey or Tuna sandwich, chips, cookie and bottle of water. Space is limited. Register in the office for this program.

TED TALKS ON CONNECTIONS

**Tuesday, September 17
10:00 a.m.**

TED Talks are short, powerful presentations that aim to spread ideas and inspire curiosity, creativity, and innovation. Join us as we view 2 talks about connection. A discussion will take place after our viewing. Refreshments will be served. Registration is required.

FAREWELL (FINALLY) "MOVING DAY" LUNCHEON Wednesday, September 18 11:00 a.m.

We are "Moving on Up" and will soon be in our new home. After 44 years at this location, join us as we celebrate one of our final few luncheons at 95 Norwich Avenue. Join us for this "Moving Day" themed luncheon. We will play several rounds of "Moving & Leaving" Musical Bingo and other games with a moving theme. We will also recall some of the special times in this building as we share our favorite memories. A traditional moving lunch menu of pizza, salad, chips will be served with a special cake to honor this time in our history. The cost is \$9 per person. Space is limited. Registration is required.

FALLS PREVENTION BREAKFAST & JEOPARDY GAME

**Monday, September 23
9:30 a.m.**

Help us celebrate Falls Prevention Week by enjoying a delicious breakfast and a fun competitive game of Falls Prevention Jeopardy. Learn about ways that you can make your home safe and minimize your risk of falling at home and in the community. Breakfast will consist of pancakes, sausages, fruit cup, coffee, and orange juice. This free program is sponsored by Colebrook Village at Hebron. Space is limited. Registration is required.

CAR FIT EXPRESS

**Friday, September 27
9:00 – 10:00 a.m.**

CarFit Express is a fast, free, and fun interaction with a trained CarFit Advisor to help drivers to find the safest fit in their vehicle. It provides practical in-vehicle advice on 4 items (Seat Belt, Steering Wheel Tilt, Airbags, Line of Sight). Schedule your 5-minute appointment in the office. Space is limited.



PUMPKIN PLAQUE PAINTING WORKSHOP Monday, September 30 10:00 a.m.

Fall is the time for falling leaves, apples, hayrides, and of course pumpkins. Join Jodi as she walks you through painting a pumpkin on an old slate roofing tile. No experience is needed. The tile can be hung on a wall or on a door. The cost is \$5 per person and includes the roofing tile, paint and supplies needed to complete the project. Registration is required. Space is limited.

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
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 Medical Driver

Linda Martin
Out-of-Town Medical Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzincki, Chair
William Otfinoski, Vice Chair
Terry Brown, Treasurer
Roberta Avery, Secretary
Linda Pasternak
Rosanne Tousignant
Nola Weston
Geraldine Transue, Alternate
Bonnie Trecarten, Alternate
Rosemary Coyle, BOS Liaison
Scott Chapman, BOF Liaison
Chris Rivers, BOE Liaison

From the Director's Desk

Changes are an integral part of life--not always the easiest part of life, but necessary just the same. Some changes are positive, exciting and much anticipated. Yet others are difficult, uncomfortable and sometimes even scary. We have a change coming up that is probably on everyone's radar (at least those who have driven up Lebanon Avenue recently) our upcoming move to 15 Louis Lane, in Colchester's brand new senior center.

A historical moment is almost upon us, and I'm finding that I am filled with a mix of emotions. I'm nostalgic for the past 11 years that I've spent here at 95 Norwich Ave., and am cognizant that many of you have memories that stretch even farther back in time. 95 Norwich Ave. has been the home of CSC, almost since the beginning. Colchester Senior Center was about 2 years old when it moved from the Town Grange on Hayward Ave. (now known as Oz & Bones Restaurant) and into the Building of Arts & Sciences, which at that time was owned by the Bacon Academy Board of Trustees. The Town purchased the building to secure the location of the senior center in 2017. I can't help but remember fondly the many staff and members whose presence warmed these halls, and the camaraderie, laughter and memories that we've shared. The Building of Arts & Sciences, you've given us shelter and we are grateful for the 44 years that we've spent here serving the senior community.

The reality is that Colchester has changed in many ways since the Colchester Senior Center was established in September of 1978. One of the most substantial changes has been the shifting demographics in our country. In fact there has been a seismic shift and seniors comprise the fastest growing demographic in the nation. Not only that, but aging services and the very nature of senior centers has changed dramatically, as well. Once existing to keep frail elderly citizens safe, fed and social; modern senior centers are now truly community hubs of health and wellness with a mission to support every citizen as they age with vitality.

I am so excited that Colchester citizens voted to support this new vision for aging by investing in a state-of-the-art facility, designed exactly for how it will be used. This building will be used to serve the community for generations to come providing opportunities to get and remain fit and active, create, grow, play, enjoy and stay connected throughout one's lifespan. Congratulations to Colchester! What a wonderful way to celebrate National Senior Center Month's theme of Powering Connections. May the new Colchester Senior Center help connect its citizens to information, opportunities and other friends. Trust me, the best is yet to come!

Warmly,

Patty

PROGRAMS

STOP & SHOP COMMUNITY BAG PROGRAM

The Colchester Stop & Shop has selected Colchester Senior Center's Meals on Wheels Program as a Community Bag Program Nonprofit Partner. This means, our Meals on Wheels program will receive a \$1 donation for every \$2.50 reusable Community Bag sold during the month of September at the Colchester store.

LIFE REVIEW WRITING Wednesday, September 4 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.

GARDEN CLUB Monday, September 9 8:30 a.m.

The group will meet at the senior center to maintain the front and side gardens. Everyone is welcome.

FIBER FACTS with TVCCA Monday, September 9 11:15 a.m.

Dietary fiber is essential for intestinal health and for the body as a whole. Andrea Deedy, Dietician from TVCCA will be here to discuss the facts about fiber in your diet. This is a free presentation, no registration required.

SEASONAL CRAFTING Tuesday, September 10 10:30 a.m.

Join Jodi as we plan for the Annual Scarecrow on the Green Contest and plan our Holiday Tree which will be donated to the Wadsworth Atheneum's Annual Festival of Trees & Traditions.

SEWING CIRCLE

**Wednesday, September 11 & 18
1:00 p.m.**

Come and work on a project of your own or one of ours. We do have some machines to use but you are encouraged to bring your own if you can. Some assistance is provided but some knowledge of sewing is helpful

SHOPPING TRIP Thursday, September 12 10:30 a.m. Departure

This month's monthly shopping trip will be to Manchester Walmart. Suggested donation is \$5.00. Please pre-register by calling the senior center office.

CARD MAKING WORKSHOP Friday, September 13 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 September 6th, in the senior center office.

TECH TIME WITH HARRY Friday, September 13 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.

BOOK CLUB Tuesday, September 24 10:30 a.m.

This month's book selection is *The Good Omen* by Neil Gaiman. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

IN THE KNOW Tuesday, September 24 12:30 p.m.

Join Patty Watts as she shares CSC updates, answers your questions and addresses your concerns in this monthly forum.

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ALZHEIMER'S WALK Wednesday, September 25 10:00 a.m.

It is not too late to join our team, The Colchester Memory Makers and support the Alzheimer's Association. We will be walking in town this year, leaving from the senior center. Short and long walk options will be available. Sign up with Jodi.

AARP DRIVER SAFETY Wednesday, September 25 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. The cost is \$20 for AARP members and \$25 for non-members. Register by Sept. 18th.

LUNCH BUNCH OUTING Friday, September 27 12:00 p.m.

Join us for lunch at Fresca Tequila Bar & Grill in Colchester. Suggested donation for bus transportation is \$3.00. Please sign up in the office, even if you plan to drive yourself.

STITCH & FIX WITH MARIA Monday, September 30 Beginning at 10:00 a.m.

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



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 of the Month 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 AM & 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.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	2 nd / 4 th 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, Sept. 13, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, Sept. 13, 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 Respiratory Illnesses.

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.

WHAT MAKES US FALL?

Have you ever wondered why people fall more when they get to be over 65? There are various reasons that seniors fall more often than their younger counterparts.

Some reasons include: medical conditions, multiple medications, vision deficits, unsafe environments and lack of activity or mobility. What should we do?

1) If you or anyone you know has a fall it is important for their physician to be made aware. They may choose to refer you to a Physical Therapist.

2) If you are someone who doesn't exercise or move much, a Physical Therapist could help you get stronger or work on activities which promote balance which will prevent future falls.

3) If you are already someone who is active—keep moving! People who exercise and stretch regularly have a lower risk for falls.

4) If you have multiple prescriptions from different doctors, be sure to let your primary physician know all of the medications you're on (prescription and over-the counter). Your physician can make sure that your medications are compatible and possible even reduce the medications you're on.

5) Get regular eye exams to prevent vision loss or glasses for clear vision.

6) Assess your environment for any potential hazards, especially on the floors. Keep pathways free from clutter. Keep a nightlight on in the bathroom. Add grab bars inside and outside of the tub to prevent slipping while bathing. Install grab bars beside the toilet to help with getting on/off of the toilet. Add railings to both sides of the stairs, if able, to decrease your risk for falling down the stairs. Lastly, remove area rugs.

Apple Rehab of Colchester
Physical Therapy Department



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, September 10
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

**Thursday Sept., 19 & 26
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. Please note that Ellen will not be available on September 5th or 12th.

ENERGY ASSISTANCE

Season begins September 20

The income threshold for the 2024-25 heating season is at or below \$41,553 for a single person or \$54,338 for a couple.

MEETINGS IN SEPTEMBER

AARP CHAPTER #4019

Tues., Sept. 3, 1:30 p.m.

Topic: Benefits of Using a Smart Watch

COMMISSION ON AGING

Mon., Sept. 9, 9:00 a.m.

Town Hall Hybrid Meeting Room

LTC OMBUDSMAN

REGIONAL MEETING

Tues., Sept. 10, 10:00 a.m.

SENIOR CENTER BUILDING COMMITTEE

Tues., Sept. 10, 7:00 p.m.

Meeting at CSC

Tues., Sept. 24, 7:00 p.m.

Town Hall Hybrid Meeting Room

CSC STAFF MEETING

Wed., Sept. 11, 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.

Help Needed**CELEBRATE COLCHESTER****Saturday, September 21****1:00 – 5:00 pm**

We are looking for volunteers to help man our informational table at this year's Celebrate Colchester on the town green. We are looking for volunteers for the following shifts...

1:00 – 3:00 p.m.

3:00 – 5:00 p.m.

If you are available to volunteer, please contact Jodi at 860- 537-3911.

NATIONAL SCHOOL PICTURE DAY**Thursday, September 12**

Join us as we celebrate those school pictures of days gone by. We all have those pictures whether we are donning that cute outfit or the hairdo that time forgot. Bring in or email Jodi one of your school pictures (any grade) between 9/1 and 9/12. Do not show it to anyone. On 9/12 we will display the photos for one week. During that time, you will have the opportunity to match as many as you can. Prizes will be awarded.

SENIOR CENTER BUILDING COMMITTEE UPDATE

The new senior center project continues to build momentum, with the following items of note:

- The senior center building is weather tight and roofing and siding is almost complete.
- Interior painting prep work has started and painting is anticipated to start this week.
- Sidewalks are being formed and some sidewalks at the rear of the building (synagogue side) have been completed.
- Construction on the main entrance portico has begun.
- Interior storefront windows have been installed.
- Eversource has tied in the gas line and permanent electricity is now available inside the building.

**ANNUAL HOLIDAY FAIR & OPEN HOUSE
ANNOUNCEMENT**

Due to the uncertainty surrounding our move this year, it has been decided that our Annual Holiday Fair and Open House will be postponed until after our move is complete. We are looking forward to expanding and enhancing this much anticipated event once we have a larger space. Please look for future messages regarding dates and times. In the meantime, please keep creating and crafting items. If you need us to find space to store them until the next fair, let us know.

DEPARTING SOON

EXPLORING SCOTLAND & IRELAND
September 8, departure details in travel docs

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

DAY TRIPS

COVERED BRIDGES OF NEW HAMPSHIRE SOLD OUT

Tuesday, October 1, 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.**

JACK-O-LANTERN SPECTACULAR - PROVIDENCE

Tuesday, October 29, 3:00 p.m.   

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4-mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old time favorites and everything in between - all with painstaking detail and amazing intricacy. The event has been featured on the Today Show, CNN and hailed by USA Today as "extraordinary". Prior to the Spectacular, enjoy a delightful Harvest Buffet under the tent on the grounds of Roger Williams Zoo. Sample Menu: Garden Salad, Apple & Brie Stuffed Chicken, Fall Vegetables, Dessert Platter, Beverage. **The cost is \$140 per person. Sign up before September 29th.**

A CHRISTMAS STORY – THE MUSICAL at the GOODSPEED with lunch at the GELSTON HOUSE

Wednesday, November 6, 2024, 10:45 a.m. 

The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict schoolteacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter! **The cost is \$98 per person and includes senior bus transportation, meals, and tickets to the show. Space is limited.**

FIREPLACE FEAST AT THE SALEM CROSS INN

Friday, November 15, 9:15 a.m.  

Enjoy a day of "New England" activities at the Salem Cross Inn, a restored 18th century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Tour the inn and learn about its history, take a horse drawn wagon or sleigh ride over the property, watch your prime rib roast in an open-hearth fireplace. The meal includes prime rib, chowder of the sea, vegetable, potato and apple pie (alternate entrée option of vegetarian stuffed squash). Stop at Brookfield Orchard's country store before departing from home. **The cost is \$150 per person. Sign up before October 15th.**

SHADOWS OF THE 60's: A HOLIDAY TRIBUTE TO MOTOWN

Tuesday, December 3, 10:00 a.m. 

What happens when you mix the most celebrated music in American history with the most popular Holiday of the year? You get "Shadows of the 60's", bringing you the best of two worlds! Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the mood to sing and dance. Includes donuts and coffee on arrival and a family style lunch of garden salad, pasta, chicken parmesan, broiled scrod, vegetables, potato, rolls, dessert and coffee. **The cost is \$125 per person. Sign up before November 1st.**

OVERNIGHT TRIPS




SOUTH PACIFIC WONDERS – NEW ZEALAND & AUSTRALIA

March 12 – 26, 2025, departure TBD   

Explore two great countries of the Southern Hemisphere - Australia and New Zealand - on one single vacation package with Collette. Enjoy the tropical splendor of the Great Barrier Reef on Australia's northern coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this 15-day journey to the lands "down under" brings you the best of both countries at an enjoyable pace. Cruise Sydney Harbor and Milford Sound. Meet Australia's wildlife-up close. Discover the wonders of Aboriginal culture. Experience Queenstown, the adventure capital of the world. Optional excursions that can be added to the standard vacation package include a Maori Haka Ceremony, Vudu Lookout Tour (island tour), Flight from Milford Sound to Queenstown and Journey through Middle Earth. **15 Days, 22 Meals, 12 Breakfast, 4 Lunches, 6 Dinners. The Cost is \$7,699 (Double Occupancy) per person if booked before September 14th (Save \$450).**

WALKING KEY FOR TRIPS

 = Light Walking   = Moderate Walking

   = Mostly Walking