



# COLCHESTER SENIOR CENTER NEWSLETTER



MAY 2025

**The Senior Center will close at 12:00 PM on Wed., May 14th for Staff and Volunteer Receptionists' Training. Community Cafe Lunch will be served at 11:00 AM**

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**We will be closed on Monday, May 26th for Memorial Day**

## **NEW TO MEDICARE - KNOW YOUR OPTIONS PRESENTATION**

**Tuesday, May 20  
5:00 - 7:00 PM**

Join us for a comprehensive overview of Medicare Parts A, B, C & D with Laura Crews, Director of Benefits Access with Senior Resources. She will discuss how and when to enroll, various Medicare options and tips on accessing assistance programs. This is a free program. Registration is required.

## **LILAC LUNCHEON FOR MOTHER'S DAY**

**Wednesday, May 21  
11:00 AM**

Lilacs are said to be a symbol of first love. What better flower to remember the first love of a mother and her child. Open to all members. We will welcome the acoustical music of Joe Kestenbaum followed by a dinner of Chicken Cordon Bleu, Peas and Pearl Onions, Garlic Mashed Potatoes, Dinner Rolls and Carrot Cake. Tickets are \$10 per person. Registration is required.

## **SECT REGIONAL SENIOR CENTER EVENT**

**Thursday, May 22  
5:00 - 8:00 PM**

We are thrilled to introduce international speaker, Maria Sirois, Psy.D., an expert on the subject of resilience, thriving, a published author and positive psychologist. Maria will be sharing her new book, **The Generous Exchange: How Attention to Beauty, Goodness, & Excellence Restores Us & Our World.** The event will include a buffet dinner catered by Papa Z's. Tickets are \$10 per person. Maria's books will be for sale that night for anyone who would like to purchase by cash, check, credit, or Venmo. Space is limited.

## **PAINT YOUR PET WITH JULIANNA CAMERON**

**Friday, May 23  
1:00 - 3:00 PM**

Paint a picture of your pet or favorite animal with the help of local artist, Julianna Cameron. No experience needed. Julianna will pre-draw your pet on an 11 x 14 canvas. She will share techniques and tips to help you be successful. The cost of the workshop is \$30 all materials included. Participants will need to send in a photo of their pet prior to the workshop. Space is limited.

## **MEMORIAL DAY PICNIC WITH HARRY'S PLACE**

**Tuesday, May 27  
11:30 AM**

Please join us as we celebrate the beginning of the summer season! Your choice of a hamburger, cheeseburger or hot dog with fries, onion rings, from Harry's Place Restaurant, a can of soda or bottle of water and an ice cream sandwich for dessert. After Lunch partake in a friendly competition of picnic games. Tickets are \$10, and available until May 22nd or till sold out. Our regular TVCCA cafe lunch will not be served on this day.

## **FREE MEMORIAL DAY BINGO**

**Thursday, April 29  
10:30 AM**

Who says you can't celebrate Memorial Day all week long? Join the staff of Harrington Court as they bring us a special Memorial Day themed free bingo program with prizes awarded for each game. Registration is required. Space is limited.



## **OLDER AMERICANS MONTH**



**FLIP THE SCRIPT ON AGING: MAY 2025**

May is Older American's Month. The 2025 theme is "Flip the Script on Aging" which focuses on transforming perceptions about and approaches to aging, encouraging active engagement and highlighting the contributions of older adults. We will be focusing on ways our members are changing their perceptions about being older with a photo wall. We will also be holding a discussion group after watching two documentaries on aging in America during our newly rebranded program "Senior Spotlight," formerly Ted Talk Discussion, while also unveiling our new Kindness Campaign "Positively CSC."

## **MEDICARE FRAUD & ABUSE PRESENTATION**

**Thursday, May 8  
10:30 AM**

Join Jill Vasington from Senior Resource's Senior Medicare Patrol who will discuss how to protect yourself from Medicare fraud, scams, and abuse. How to detect fraud and errors and how to report it if you suspect that you have been a target of a health care scam. This is a free program and open to all who are currently on Medicare or have a loved one on Medicare. Registration is required for this program.

**Colchester Senior Center**  
15 Louis Lane  
Colchester, CT 06415

**Phone:** 860-537-3911  
**Fax:** 860-537-5574  
**Email:** [csc@colchesterct.gov](mailto:csc@colchesterct.gov)  
[facebook.com/www.colchesterct.gov](https://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](mailto:pwatts@colchesterct.gov)

**Jodi Savage**  
Program Coordinator  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Susan Plefka**  
Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Missy Bauman**  
Making Memories Program Coord.  
[mbauman@colchesterct.gov](mailto: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

**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**  
**Madelyn Starkey, Alternate**  
**Vacant, Alternate**  
**Rosemary Coyle, BOS Liaison**  
**Michael Hayes, BOF Liaison**  
**Chris Rivers, BOE Liaison**

### **From the Director's Desk**

What a joy to have the weather warm up (especially after our unexpectedly chilly April) and see the daffodils swaying in the breeze along with other trees and flowers as they yield their blossoms to the sun! Spring has arrived and we are gearing up for another busy month of activities here at the Colchester Senior Center.

May is a month of fresh beginnings. April showers give way to May flowers and perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month, acknowledging the contributions of older adults to our nation. The Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2025 theme is ***Flip the Script on Aging***, which is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 OAM theme focuses on:

- Transforming how society perceives, talks about, and approaches aging
- Encouraging individuals and communities to challenge stereotypes and dispel misconceptions
- Honoring older adults' contributions to our society
- Exploring the many opportunities for staying active and engaged as they age
- Highlighting the opportunities for purpose, exploration, and the connection that come with aging

Doesn't that touch upon some of the most important reasons senior centers exist? Holding a positive view of growing older; honoring our community's older adults; giving opportunities for people to remain active, and healthy throughout the lifespan; and helping people to engage with new friends, activities and personal growth. It seems especially since we've moved into our new building, the Colchester Senior Center is perceived in new ways within the community. Residents aged 55 and over are finding new reasons to join and participate in the programs and services that we offer.

We want the Colchester Senior Center to be known as a warm place of acceptance, friendliness, and care for one another. In that vein, we are looking to begin a new Kindness Campaign theme that we are calling "Positively CSC!" We hope that you will come along on the journey of finding the gifts that are imbedded in the aging process and calling it out in your life and the lives of others. Be on the lookout throughout the month of May for programs and activities that will invite you to explore ways of recognizing and growing many positive aspects of aging, and helping us all to improve perceptions around aging, including our own.

Warmly,  
**Patty**

**UNLEASH YOUR JOY**

Unleash your joy will be taking a hiatus this month and will return in June. We hope you have a joyful month.

**SOCIAL SERVICES SOCIAL & COFFEE HOUR**

**Friday, May 2, 10:00 AM**

We are excited to announce that the town's Social Services Coordinator, Michele Heaton, will be keeping weekly office hours at CSC on Fridays from 9 am – 12 pm. She will primarily be doing Renters Rebate and Energy Assistance applications. To welcome her to CSC we will be hosting a special coffee hour in her honor. This will be a chance for you to meet Michele. Refreshments will be served.

**CSC MOVIE TIME  
"MAESTRO"**

**Monday, May 5, 10:00 AM**

This movie chronicles the love story and lifelong relationship (30 years) of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein. The film has won 27 awards and was nominated for 7 Oscars. It stars Bradley Cooper, Carey Mulligan, and Matt Boomer. Popcorn is provided. This is a free program. Registration is required.

**OLDER AMERICANS' MONTH  
"SENIOR SPOTLIGHT"**

**Tuesday, May 6, 10:30 AM**

Join us for a discussion on positive aging. We will be viewing two short documentaries created by PBS and NBC on aging. After we will have an open discussion on the stereotypes and misconceptions of aging and how we can challenge that thinking. After our discussion we will unveil our new Kindness Campaign called "Positively CSC!". We have some exciting things planned for this new initiative and we cannot wait to share them with you. This is a free program. Registration is requested.

**SEWING REFRESHER**

**Tuesdays, May 13 & 20, 9:30 – 11:30 AM**

Do you have a sewing machine gathering dust? Do you need a sewing refresher? Join CSC members Nola Weston and Cyndy Ostrout as they help you re-learn the basics. This is a two-week class. Week one, you will make a small, quilted potholder and week two you will make a small tote. Kits will be provided for these projects. Bring your sewing machine if you have one. The cost is \$15 per person. Space is limited. Registration is required.

**THEY BATTLED FOR LIBERTY  
PART 2 – CIVIL WAR SOLDIERS**

**Wednesday, May 14, 10:00 AM**

Join CSC member Irene Watson, as she continues her discussion on African American soldiers from Colchester who fought in American wars. This presentation will focus on the Civil War soldiers. She will also share information about a new monument honoring African American soldiers from Colchester who served and died in the Civil War being dedicated as part of the Freedom Trail on the Colchester Town Green. This ceremony will take place on Saturday, May 17<sup>th</sup> at 11:00 AM. This presentation is free. Registration is required.

**ANGELO'S STUFFED BREADS LUNCH**

**Friday May 16, 12:00 PM**

TVCCA will be closed on this date as they celebrate their staff appreciation day. There will be no TVCCA Community Café Lunch. In place of our regular lunch, we will be offering Angelo's Bakery stuffed breads served alongside a tossed salad, a bottle of water and a cookie for dessert. Choose two stuffed bread flavors from eggplant parmigiana, chicken parmigiana, broccoli with cheese or spinach with cheese. The cost is \$9.00, please register by May 9th.

**DINING OPTIONS**

**COMMUNITY CAFÉ MEALS**

Lunch (provided by TVCCA) is served Monday-Friday at 12:00 p.m. in our dining room. 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 their 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.



CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
<b>ADULT COLORING</b> Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	<b>Wednesdays</b> <b>10:00 AM</b>	<b>Dining Room</b>	<b>NO FEE</b>
<b>BILLARDS – OPEN PLAY</b> This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Daily 9:00 – 11:30 AM & Wed, Thurs, & Fri 1:00 – 3:30	<b>Game Room</b>	<b>NO FEE</b>
<b>BINGO</b> Play one or 9 cards, Monetary prizes, 12 games	<b>Tuesdays &amp; Fridays 1:30 PM</b>	<b>Activity Room</b>	<b>50 cents a Card</b>
<b>BOOK CLUB</b> Join us for a lively discussion about this month's book: "Left Neglected" by Lisa Genova	<b>Third Tuesday of the Month</b> <b>10:30 AM</b>	<b>Conference Room</b>	<b>NO FEE</b>
<b>BRIDGE</b> This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy.	<b>Mondays</b> <b>12:30 PM</b>	<b>Activity Room</b>	<b>NO FEE</b>
<b>CARD MAKING WITH BARBARA (Registration Required)</b> Join CSC Member Barbara Gozzo for a seasonal card making session. Craft 4 cards	<b>Third Thursday of the Month</b> <b>10:00 AM</b>	<b>Art Room</b>	<b>\$10 Per Person</b>
<b>DOMINOES – MEXICAN TRAIN</b> The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains.	<b>Thursdays</b> <b>12:30 PM</b>	<b>Art Room</b>	<b>NO FEE</b>
<b>HAM RADIO CLUB</b> Monthly Ham Radio Meeting, learn about the craft, how to get licensed and about our broadcasting equipment	<b>Third Friday of the Month</b> <b>12:30 PM</b>	<b>Dining Room</b>	<b>NO FEE</b>
<b>IN THE KNOW</b> Join Patty Watts as she shares CSC updates & information about our programs and answers questions	<b>Tuesday May 20</b> <b>12:30 PM</b>	<b>Dining Room</b>	<b>NO FEE</b>
<b>KNITTING &amp; CROCHET</b> Create your own personal projects or contribute to community organizations chosen by the group. Group Led	<b>Thursdays</b> <b>1:00 PM</b>	<b>Dining Room</b>	<b>NO FEE</b>
<b>LEARNING TO SIGN</b> Learn the basics of American Sign Language (ASL). Group led	<b>Mondays</b> <b>11:00 AM</b>	<b>Conference Room</b>	<b>NO FEE</b>
<b>LIFE REVIEW WRITING</b> Learn the process and practice of reviewing one's life through writing and various writing prompts.	<b>First Wed. of the Month</b> <b>10:30 AM</b>	<b>Activity Room</b>	<b>NO FEE</b>
<b>LUNCH BUNCH</b> Join us for our monthly lunch outing – Registration is Required	<b>Friday May 30</b> <b>11:30 AM</b>	<b>Sadler's Marlborough, CT</b>	<b>\$3 fee for transportation</b>
<b>MAH JONGG</b> A rummy-like game played with tiles instead of cards	<b>Mondays</b> <b>12:30 PM</b>	<b>Game Room</b>	<b>NO FEE</b>
<b>PINOCHILE</b> trick-taking ace–ten card game	<b>Tuesdays</b> <b>12:30 PM</b>	<b>Game Room</b>	<b>NO FEE</b>
<b>SENIOR SERENADERS CHORAL GROUP</b> Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	<b>Fridays</b> <b>10:30 AM</b>	<b>Activity Room</b>	<b>NO FEE</b>
<b>SENIOR SPOTLIGHT (Formerly TED Talk Discussions)</b> Join us as we view a talk, documentary, podcast & discuss	<b>Tuesday May 6</b> <b>10:00 AM</b>	<b>Art Room</b>	<b>NO FEE</b>
<b>SETBACK</b> Setback is a name sometimes used for the trick-taking card game also known as Pitch	<b>Mondays</b> <b>12:30 PM</b>	<b>Art Room</b>	<b>NO FEE</b>

<b>SEW-CIAL TIME</b> Bring your projects and work on them with like-minded individuals. Once a month we work on projects for the holiday fair – Group Led	<b>Wednesday</b> 1:00 – 3:30 PM	<b>Art Room</b>	<b>NO FEE</b>
<b>SHOPPING TRIP (Registration Required)</b> This month's shopping trip will be to <b>LISBON WALMART</b>	<b>Thursday</b> May 8	<b>CSC BUS</b>	<b>\$5 Suggested Donation</b>
<b>STITCH &amp; FIX WITH MARIA</b> Bring items that need hemming, slight mending, buttons replaced etc. Items returned within 2 weeks. Must Register	<b>Last Monday of the Month</b> 10:00 AM	<b>Dining Room</b>	<b>NO FEE</b>
<b>TECH TIME WITH HARRY (Registration Required)</b> Make a one-on-one 30-minute appointment. Bring your own device.	<b>Friday May 16</b> 12:00 – 3:00 PM	<b>Conference Room</b>	<b>NO FEE</b>
<b>WII BOWLING</b> Video Version of the real-life game. Group Led	<b>Thursdays</b> 10:00 AM	<b>Activity Room</b>	<b>NO FEE</b>
<b>EXERCISE / WELLNESS PROGRAMS</b>	<b>DAY &amp; TIME</b>	<b>LOCATION</b>	<b>FEE</b>
<b>CARDIO DRUMMING</b> Fun low impact workout mixing music and drumming. <u>Registration is required to reserve your sticks and ball.</u>	<b>Wednesdays</b> 1:30 PM & 2:30 P.M	<b>Fitness Room</b>	<b>NO FEE</b> Registration Required
<b>CHAIR MASSAGE</b> By Appointment Only with Massage Therapist Sue McCaffrey	<b>Thursdays</b> 12:05 PM	<b>Fitness Room</b>	<b>\$10 for every 15 minutes</b>
<b>SIT &amp; BE FIT VIDEO</b> DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	<b>Wednesdays &amp; Fridays</b> 10:00 A.M.	<b>Fitness Room</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Leader: Steve Arbuckle	<b>Tuesdays</b> 9:45 A.M.	<b>Fitness Room &amp; Zoom</b>	<b>NO FEE</b>
<b>WALKING GROUP</b> Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	<b>Wednesdays</b> 9:00 A.M. & <b>Sundays</b> 10:00 A.M.	<b>RTE. 85 AMSTON AIRLINE TRAIL</b>	<b>NO FEE</b>
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i></b>	<b>DAY &amp; TIME</b>	<b>LOCATION</b>	<b>FEE</b>
<b>EXERCISE WITH ANNE</b> Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	<b>Mondays &amp; Thursdays</b> 9:00 A.M.	<b>Fitness Room &amp; Zoom</b>	<b>PRE-PAID CARD</b>
<b>SENIOR YOGA</b> 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	<b>Thursdays &amp; Fridays</b> 11:00 A.M.	<b>Fitness Room &amp; Zoom</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>Mondays &amp; Thursdays</b> 10:00 A.M.	<b>Fitness Room &amp; Zoom</b>	<b>PRE- PAID CARD</b>
<b>FITNESS CENTER</b> Completed waiver and doctor form to join Completed Fitness Orientation to use facility	<b>Monday - Friday</b> 8 AM – 4 PM	<b>Fitness Room</b>	<b>3-month - \$35 6-month \$60 1-year \$110</b>

TRANSPORTATION SCHEDULE

**Mondays, Wednesdays, & Fridays:**

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

**Tuesdays & Thursdays: Shopping Days** with stops at Stop & Shop, CVS, Noels, Walgreens, and Dollar General.

TRANSPORTATION POLICIES

Bus Transportation is available for seniors living in Colchester. We provide transportation services Monday through Friday to and from the Colchester Senior Center for programs, classes, and meals, 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.

HOW TO BOOK TRANSPORTATION

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.

PROGRAM REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. We only accept cash or checks for payment. 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.

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.

**Dishwasher:** We are looking for volunteers who would like to assist Fred with cleanup in the kitchen running the industrial dishwasher. Training provided.

**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 Fred 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.

**INSPIRED BY ART – YAYOI KUSAMA**

**Monday, May 19, 2025, 10:00 AM**



In honor of Asian American and Pacific Islander Heritage Month, we will focus on celebrated Japanese artist, Yayoi Kusama, who is known for her use of polka dots, infinity installations, and pumpkin sculptures. At 96 she redefined the art world for older artists. Participants will make polka dot floral sculptures. The cost for this program is \$5 and covers the cost of all the supplies needed to complete the project. Space is limited. Registration required.

## HEALTH & WELLNESS

### **BLOOD PRESSURE CLINIC**

**Friday, May 9, 10:45 a.m.**

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

### **CHATHAM HEALTH EDUCATION SERIES**

**Friday, May 9, 11:15 a.m.**

This month, Chatham Health District will share information about Dental Health.

### **NATIONAL MENTAL HEALTH CRISIS & SUICIDE PREVENTION HOTLINE**

**9-8-8**

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

### **MAKING MEMORIES PROGRAM**

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

**The schedule will be as follows:**

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

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

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

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

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

## **ARTHRITIS AWARENESS MONTH**

The month of May is National Arthritis Awareness Month, an effort to spread the word about joint health, prevention and treatment. More than 40 million Americans have been diagnosed with arthritis. Many people believe arthritis is a disease that only affects people as they age. But both young and old can become afflicted. There are more than 100 forms of this crippling disease, which can cause stiffness, swelling and severe joint pain and lead to a loss of motion and mobility.

Early arthritis symptoms can be vague and confusing, but they are important to recognize. Symptoms usually include; joint pain, joint stiffness, tenderness in and around the joint, limited range of motion in one or more joints, redness and warmth around the affected joint. Though early symptoms are the first indication of an arthritic condition, there is much more information which needs to be gathered. For someone to obtain a specific diagnosis, a doctor must be consulted.

Don't ignore those aches, pains or stiffness in your joints. Yes, there are temporary causes and solutions for these issues, but it can also be a sign of arthritis. Early diagnosis and treatment can help you continue all your regular activities and avoid complications.



## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, May 13  
12:30 p.m. - 3:30 p.m.**

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

### **SENIOR BENEFITS COUNSELING**

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

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

### **SOCIAL SERVICES OFFICE HOURS @ CSC**

**Friday, May 16, 23 & 30  
9:00 a.m. – 12:00 p.m.**

Schedule an appointment with Michele Heaton, Social Services Coordinator for the town at CSC. She can help you with Renter's Rebate applications. Call the senior center office for an appointment.

### **MEETINGS IN MAY**

#### **AARP CHAPTER #4019**

**Tuesday, May 6, 1:00 p.m.  
Speaker: Kim Talarczyk of Colchester Cares**

#### **COMMISSION ON AGING**

**Mon., May 12, 9:00 a.m.  
CSC Conference Room**

#### **LTC OMBUDSMAN REGIONAL MEETING**

**Tues., May 13, 10:00 a.m.**

#### **SENIOR CENTER BUILDING COMMITTEE**

**Tues., May 13, 7:00 p.m.**

#### **CSC STAFF MEETING**

**Wed., May 14, 12 – 4 PM  
Special Training**

**DEPARTING SOON**

**SOLD OUT - DANCING DREAM – ABBA  
TRIBUTE BAND AQUA TURF CLUB**

**Thursday, May 15, 2025, 10:00 AM**

**ISABELLA STEWART GARDNER MUSEUM**

**Thursday, May 22, 2025, 7:30 AM**

**SOLD OUT - RAGTIME – THE MUSICAL,  
GOODSPEED with lunch at the GELSTON  
HOUSE**

**Wednesday, May 28, 2025, 10:45 AM**

**DAY TRIPS**

**SOLD OUT - NEWPORT FLOWER SHOW**

**Friday, June 20, 2025, 9:00 AM** 

**SPIRIT OF BOSTON BINGO LUNCH CRUISE**



**Thursday, June 26, 2025, 8:15 AM**

Come see Boston Harbor from the water aboard the popular Spirit of Boston for a unique mix of dining, dancing, and BINGO games. 2 hour cruise with delicious luncheon buffet with freshly prepared entrees, salads, and desserts. There will be BINGO games with great prizes and DJ entertainment. You will have time at Quincy Market in the afternoon. **The cost is \$165 per person. Sign up before May 26th.**

**TWIN LOBSTER AT THE LOG CABIN,**

**HOLYOKE MA** 

**Tuesday, July 22, 2025, 9:15 AM**

Start the day with a beautiful cheese and vegetable platter. Then enjoy a lunch of either Twin Lobsters or Prime Rib au jus with clam chowder, salad, baked potato, coleslaw and a yummy dessert with coffee. During and after the lunch Rich DePalma, Italian American Crooner, will entertain you with songs from Sinatra, Bobby Darin, and Dino. In addition to these “Rat Pack” songs, enjoy the music from the earliest days of Rock ‘n Roll, the oldies from the 50s and 60s, and Broadway hits. Rich truly captures the beauty of both Italian and Neapolitan songs. **The cost is \$148 per person. Sign up before June 22<sup>nd</sup>.**

**RELAX ON THE RIVER - GRISWOLD INN &  
RIVERQUEST CRUISE** 

**Wednesday, August 6, 2025, 10:45 AM**

What could be nicer than dining at the historic Griswold Inn located on Main Street in charming Essex , CT. The inn is one of the oldest continuously operated inns in the country since 1777. You will dine on a pre-selected menu of your choice. Before lunch, stroll along Main Street. After Lunch enjoy the beauty of the Connecticut River Valley aboard the RiverQuest for a 60 minute cruise along the river. Visit Essex Harbor, Hamburg Cove, Nott Island and perhaps catch a glimpse of a Bald Eagle or Osprey. **The cost is \$149 per person. Sign up before July 6<sup>th</sup>.**

**OVERNIGHT TRIPS**

**SOLD OUT - ALASKA DISCOVERY LAND &  
CRUISE**

**July 23 – Aug. 3, 2025** 

**BOOTHBAY HARBOR MAINE** 




**Monday, October 6 – Wednesday October 8, 2025**

Spend 3 days 2 nights at the charming Boothbay Harbor Inn. The Inn is located on this scenic harbor near the footbridge and boasts amazing views of the water. Visit the Coastal Maine Botanical Garden, a natural wonder on 300 acres of shorefront and is home to some giant Trolls in the forest. Explore the charming village of Boothbay with its wonderful shops, crafts, and eateries. In the evening enjoy a lobster dinner. Before departing for home, enjoy a tour on the Harbor Lights and Sights Cruise where you will cruise thru the Diamond Pass, viewing Civil War era forts and lighthouses that guide mariners into Portland Harbor. Free time for lunch and shopping in downtown Portland before returning home. **This trips includes Deluxe Motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing and admissions per itinerary, Friendship Tours Escort, and Driver & Tour Director Gratuity. The cost is \$739 per person double / triple occupancy. Must register before July 14.**

**\*Please note: The Boothbay Harbor Inn is a 2-story property with no elevator access.**

**WALKING KEY FOR TRIPS**

 = Light Walking        = Moderate Walking

   = Mostly Walking

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# May 2025

## Colchester Senior Center

				<p>9:00 Exercise with Anne <b>1</b>  10:00 Program Registration  10:00 Sittercize  10:00 Wii Bowling  11:00 Yoga  12:05 Chair Massage  12:00 Senior Benefits Counseling  12:30 Dominoes  1:00 Knit &amp; Crochet  May Day</p>	<p>10:00 Sit &amp; Be Fit <b>2</b>  10:30 Senior Serenaders Choral Group  10:00 Social Service Social Coffee Hour  11:00 Yoga  11:30 – 3:30 AARP Driver Safety  1:30 Bingo</p>	<p><b>3</b>    Happy May Day!</p>
<p><b>4</b>  9:00 Making Memories  9:00 Exercise with Anne  10:00 Sittercize  10:00 CSC Movie Time  11:00 Learn to Sign  11-12 Fitness Orientation  12:30 Mah Jongg  12:30 Bridge  12:30 Set Back  Cinco de Mayo</p>	<p><b>5</b>  9:00 Making Memories  9:45 Tai Chi  10:30 Older Americans Month Senior Spotlight  12:30 Pinochle  1:30 Bingo  1:00 AARP Meeting</p>	<p><b>6</b>  9:00 Making Memories  9:00 Walking Group  10:00 Adult Coloring  10:00 Sit &amp; Be Fit  10:30 Life Review Writing  1:00 Sew-cial Time  1:30 Cardio Drumming  2-3 Fitness Orientation  2:30 Cardio Drumming</p>	<p><b>7</b>  9:00 Exercise with Anne <b>8</b>  10:00 Sittercize  10:00 Wii Bowling  10:30 Medicare Fraud  11:00 Yoga  12:05 Chair Massage  12:00 Senior Benefits Counseling  12:30 Dominoes  1:00 Knit &amp; Crochet</p>	<p><b>9</b>  10:00 Sit &amp; Be Fit  10:30 Senior Serenaders Choral Group  10:45 Blood Pressure Clinic  11:00 Yoga  11:15 Chatham Health Education  1:30 Bingo</p>	<p><b>10</b></p>	
<p><b>11</b>    Mother's Day  National Skill Nursing Care Week</p>	<p><b>12</b>  9:00 Making Memories  9:00 Exercise with Anne  9:00 COA Meeting  10:00 Sittercize  11:00 Learn to Sign  11-12 Fitness Orientation  12:30 Mah Jongg  12:30 Bridge  12:30 Set Back</p>	<p><b>13</b>  9:00 Making Memories  9:00 Golf League Starts  9:30 Sewing Refresher 1  9:45 Tai Chi  10:00 LTCOP Meeting  12:30 Pinochle  12:30 CHOICES Counseling  1:30 Bingo  7:00 SCBC Mtg</p>	<p><b>14</b>  9:00 Making Memories  9:00 Walking Group  10:00 Adult Coloring  10:00 Sit &amp; Be Fit  10:00 Civil War Soldiers Presentation  11:00 Community Café  Meal served early  12:00 CSC CLOSED for staff/volunteer training</p>	<p><b>15</b>  9:00 Exercise with Anne  10:00 Sittercize  10:00 Wii Bowling  10:00 Card Making  10:00 ABBA Trip Departs  11:00 Yoga  12:05 Chair Massage  12:00 Senior Benefits Counseling  12:30 Dominoes  1:00 Knit &amp; Crochet</p>	<p><b>16</b>  9-12 Social Service Hours with Michele Heaton  10:00 Sit &amp; Be Fit  10:30 Senior Serenaders Choral Group  11:00 Yoga  12:00 Angelo's Stuffed Bread Lunch  12:00 Tech Time w/Harry  12:30 Ham Radio</p>	<p><b>17</b>    THANK YOU TO ALL THAT SERVE.  Armed Forces Day  Armed Forces Day</p>
<p><b>18</b>  9:00 Making Memories  9:00 Exercise with Anne  10:00 Sittercize  10:00 Inspired by Art  10:00 Stitch &amp; Fix  11:00 Learn to Sign  11-12 Fitness Orientation  12:30 Mah Jongg  12:30 Bridge  12:30 Set Back  Victoria Day (Canada)</p>	<p><b>19</b>  9:00 Making Memories  9:30 Sewing Refresher Part 2  9:45 Tai Chi  10:30 Book Club  12:30 Pinochle  12:30 In the Know  1:30 Bingo  5:00 New to Medicare: Know Your Options</p>	<p><b>20</b>  9:00 Making Memories  9:00 Walking Group  10:00 Adult Coloring  10:00 Sit &amp; Be Fit  11:00 Lilac Luncheon  1:00 Sew-cial Time  1:30 Cardio Drumming  2-3 Fitness Orientation  2:30 Cardio Drumming</p>	<p><b>21</b>  9:00 Exercise with Anne <b>22</b>  10:00 Sittercize  10:00 Wii Bowling  11:00 Yoga  11:30 Cragin Library Day  12:05 Chair Massage  12:00 Sr. Benefits Couns.  12:30 Dominoes  1:00 Knit &amp; Crochet  5:00 SECT Regional Event</p>	<p><b>23</b>  9-12 Social Service Hours with Michele Heaton  10:00 Sit &amp; Be Fit  10:30 Senior Serenaders Choral Group  11:00 Yoga  1:00 Paint your Pet Class w/ Julianna Cameron  1:30 Bingo</p>	<p><b>24</b></p>	
<p><b>25</b>    memorial DAY  Memorial Day</p>	<p><b>26</b>  Closed for Memorial Day  Memorial Day</p>	<p><b>27</b>  9:00 Making Memories  9:45 Tai Chi  11:30 Memorial Day Picnic catered by Harry's Place  12:30 Pinochle  1:30 Bingo</p>	<p><b>28</b>  9:00 Making Memories  9:00 Walking Group  10:00 Adult Coloring  10:00 Sit &amp; Be Fit  10:45 Good Speed Trip Departs  1:00 Sew-cial Time  1:30 Cardio Drumming  2-3 Fitness Orientation  2:30 Cardio Drumming</p>	<p><b>29</b>  9:00 Exercise with Anne <b>29</b>  10:00 Sittercize  10:00 Wii Bowling  10:30 Memorial Day Bingo  11:00 Yoga  12:05 Chair Massage  12:00 Senior Benefits Counseling  12:30 Dominoes  1:00 Knit &amp; Crochet</p>	<p><b>30</b>  9-12 Social Service Hours with Michele Heaton  10:00 Sit &amp; Be Fit  10:30 Senior Serenaders Choral Group  11:00 Yoga  11:30 Lunch Bunch to Sadler's Ordinary  1:30 Bingo</p>	<p><b>31</b>    PAGE 9</p>



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.



# TVCCA CAFÉ MENU ~ MAY 2025







## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>FOOD ALLERGY WARNING:</b> 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>TVCCA Senior Nutrition Program <b>81 Stockhouse Road Bozrah, CT 06334 860-886-1720</b> ~~~~~ <i>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</i></p>		<p><b>1</b> Meatballs Marinara Penne Pasta Zucchini, Peas, Carrots Fresh Orange</p> 	<p><b>2</b> Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Tropical Fruit Cup</p>
<p><b>5</b> Chicken Taco w Tortilla &amp; Cheddar Cheese Spanish Rice Corn w Peppers &amp; Onions Sweet Treat Grape Juice</p> 	<p><b>6</b> Beef &amp; Bean Chili Pasta Shells w/ Herbs Mixed Vegetables Medley Fresh Fruit</p>	<p><b>7</b> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p><b>8</b> Beef Hot Dog w Bun Baked Beans Mixed Vegetable Medley Mixed Fruit Cup</p>	<p><b>9</b> Stuffed Shells w/ Marinara Carrot Coins Waxed Beans Diced Pears</p>
<p><b>12</b> Crispy Cod Macaroni &amp; Cheese Broccoli Diced Pears</p>	<p><b>13</b> Vegetarian Lasagna Diced Carrots Green Beans Tropical Fruit Cup</p>	<p><b>14</b> <u><b>Birthday Celebration</b></u> Creamy Dijon Chicken Roasted Garlic Rice Snap Peas Birthday Treat Grape Juice</p> 	<p><b>15</b> Stuffed Chicken w Broccoli &amp; Cheese Herb Roasted Potatoes Corn w Peppers &amp; Onions Fresh Orange</p>	<p><b>16</b> <u><b>Angelo's Stuffed Breads Lunch</b></u> Choice of 2 Stuffed Breads Garden Salad with Dressing Bottled Water Cookie <b>Ticket Cost: \$9.00</b></p>
<p><b>19</b> Meatballs Marinara Penne Pasta Cauliflower, Carrots, &amp; Snap Peas Diced Peaches</p>	<p><b>20</b> <u><b>Ethnic Celebration</b></u> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, &amp; Mushrooms Sweet Treat Orange Juice</p> 	<p><b>21</b> <u><b>Lilac Luncheon for Mother's Day</b></u> Chicken Cordon Bleu Peas &amp; Pearl Onions Garlic Mashed Potatoes Dinner Rolls Carrot Cake <b>Ticket Cost: \$10.00</b></p>	<p><b>22</b> Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Mixed Fruit Cup</p>	<p><b>23</b> Salisbury Steak w/ Gravy Gemelli Pasta Broccoli Fresh Fruit</p>
<p><b>26</b> <u><b>Memorial Day Holiday</b></u></p>  <p><b>Senior Nutrition Program Closed</b></p>	<p><b>27</b> <u><b>Memorial Day Picnic from Harry's</b></u> Choice of Hamburger, Cheeseburger or Hot Dog French Fries &amp; Onion Rings Soda or Bottled Water Ice Cream Sandwich <b>Ticket Cost: \$10.00</b></p>	<p><b>28</b> Pesto Grilled Chicken Rice Pilaf Corn w/ Peppers &amp; Onions Applesauce Cup</p> 	<p><b>29</b> Whole Grain Fish Sticks Tater Tots Squash Mix w Peppers &amp; Onions Fresh Orange</p>	<p><b>30</b> American Chop Suey Carrot Coins Peas &amp; Pearl Onions Sweet Treat Apple Juice</p>